

2009 USA Diving Annual Meeting

All Meetings in **Florence** unless otherwise noted

WEDNESDAY, September 16, 2009

3:00pm - 7:00pm Board of Directors - **Midway**

7:00pm - 9:00pm USAS INSURANCE WELCOME RECEPTION – EXHIBIT HALL

THURSDAY, September 17, 2009

7:00am - 8:00am Women in Aquatics Breakfast– See USAS Registration Desk

8:00am - 9:45am John Wingfield, Director/Head Coach, USA Diving National Training Center & Head Coach of 2008 U.S. Olympic Diving Team

Dryland/Conditioning Training and Skill Progression for Junior Divers

10:00am - 10:45am Governance Forum

10:45am - 11:45am Governance Committee Meeting - **Gatwick**

11:00am - 1:00pm Jeni McNeal (PhD), Strength and Conditioning Consultant for USA Diving and the 2008 U.S. Olympic Team

Strength and Conditioning for Adolescent Divers

2:00pm - 4:00pm General Assembly-First Session

4:15pm - 6:00pm Rules Forum

6:00pm - 7:00pm Athletes' Meeting

7:00pm - 9:00pm Rules Committee - **DaVinci**

FRIDAY, September 18, 2009

9:00am - 12:00 pm USD Foundation Board of Trustees - **Dulles**

8:00am - 9:00am Grass Roots Committee

9:15am - 10:15am Member Services Committee

10:30am - 12:00noon Steve Foley, USA Diving High Performance Director

Town Hall Meeting

1:00pm - 2:15pm Tom Gompf, former chair of the FINA Technical Diving Committee and certified FINA judge

FINA Judging Forum

2:30pm - 4:00pm Alexandre Despatie, 2-time Canadian Olympic Silver medalist, and **Laura Wilkinson**, U.S. Olympic Gold Medalist

Question and Answer Session with World Champions and Olympic Medalists

4:15pm - 5:45pm General Assembly - Second Session (*Code*)

7:00pm - 9:00pm CCE Meeting - *Session #1*

SATURDAY, September 19, 2009

8:00am - 9:00am CCE Meeting - *Session #2*

9:00am - 10:00am Megan Neyer (PhD) Sport Psychologist, 1980 U.S. Olympian and 1982 World Champion
Sport Psychology: Overcoming Fears and Mental Preparation for Junior and Senior Divers

Divers

Team **10:00am - 12:00noon Ken Armstrong**, Coach, Woodlands Diving Academy; 2000, 2004 and 2008 U.S. Olympic Coach, and **Steve Foley**, USA Diving High Performance Director

Open Forum with Olympic Coaches

11:00am -12:00noon Athletes' Meeting - **Paris**

1:00pm - 4:30pm General Assembly-Third Session (*Rules*)

4:45pm - 5:45pm Board of Directors Meeting – **Midway**

7:00pm - 10:00pm AQUATIC AWARDS BANQUET – GRAND BALLROOM

SUNDAY, September 20, 2009

8:00am - 9:00am United States Aquatic Sports Board of Trustees – **Hartsfield**

8:00am - 1:00pm *Safety Certification Course* *Off Site*