

USAS CONVENTION 2011
JACKSONVILLE, FLORIDA
Athlete Report by Gregg Byrne

Thursday, Sept. 15:

- **Athletes Meet and Greet:** Met with the Athletes Executive Committee and learned about the people who represent athletes on the Executive Committee. We learned which sports make up USAS (USA Swimming, USA Diving, USA Masters Swimming, USA Polo and USA Synchro)
- **Athletes Meeting:** We introduced ourselves and went over what our expectations were for this weekend what was expected of us.
- We went over Roberts Rule and how these rules apply to every HOD Meeting and even our local meetings.
- **Athlete Welfare Educational Presentation:** Met the Athlete Protection Committee and watched and observed a presentation from Brit of Praesidium. Brit discussed the issues of unsafe communication between older adults and athletes and different strategies on how to protect athletes and report incidents to the proper authorities.
- **Eastern Zone Meeting:** Went over meet bids which awarded the University of Buffalo, LC Sectionals and a board member was elected. It was discussed and approved that there will be no time trials for relay only swimmers at LC Sectionals. It would be allowed only if time permits. This was a very long meeting and many issues were discussed.

Friday, Sept. 16:

- **Athlete Meeting:** Deck Pass Presentation was made by Matt. Went over rules that would be brought up at the House of Delegates meeting and were explained in detail what each rules purpose was.
- **Second Athlete Meeting:** Met with an Executive from "Make a Splash" who explained the program and encouraged us to bring

it back to our team and community. The AEC gave us a rule book and explained to us what was going to happen at the House of Delegates meeting.

- **House of Delegates Meeting:** Watched a slide show of the Lost Lights in the USA Swimming Community. Then awards were presented to Coaches and Athletes.

Saturday, Sept. 17:

- **Athlete Meeting:** Went over some different rules and House of Delegate etiquette and proper procedure for meeting.
- **House of Delegates:** Discussed and changed some rules such as no camera devices in locker rooms; water temperature difference; qualifying periods; bullying and athlete protection in USA Swimming; rules of missing an event and open water rules and regulations.
- **Banquet:** Attended a social event consisting of the other four sports that are included in USAS and awards were given out for the sports.
- **Athlete Social:** Played games and mingled with athletes from all sports. .

Each of these meetings were approximately two hours long with the Eastern Zone Meeting last approximately five hours.

This was a great experience and I am honored to be a member of USA Swimming and I thank Metropolitan Swimming, Inc. for the opportunity to represent both Metro and our athletes at the convention.