

United States Aquatic Sports 2010 Convention Report

Submitted by: Lucas Kuriga

Thursday, September 16, 2010

Athletes' Meet & Greet (9:00-10:00)

- Connected with friends from last year
- Discussed coach/swimmer relationships

Athlete Welfare Education Program (10:00-11:30)

- Similar to last year, mainly about drugs
- Make sure to not take non-FDA approved supplements
- Be more aware of what you put in your body

Athletes' Meeting (1:00-2:00)

- Review of previous meetings

Athletes Only: Tech Savvy-Tech Safe? (3:00-4:30)

- Repeat from last year, Sr Reps did not attend

Central Zone (7:00-9:00)

- Discussion about Central Zone Athlete Rep
- Where the Zone Meet will be held

Friday, September 17, 2010

Athletes' Meeting (8:00-9:50)

- Coach and swimmer relations
- Review of HOD in Red hand book

Swimming Into College (10:00-11:30)

- Early certification through NCAA
- Choosing not to swim for high school will not crucially effect recruiting
- Get to know the school, not just the team

Athletes' Meeting (1:00-2:50)

- Closing for today
- Review of materials from previous meetings

Central Zone (3:00-4:00)

House of Delegates (7:30-9:00)

- Jim Wood's President's Report
- Awards + Recognitions
- Memorial Presentation-**Natalie Bolin** was recognized

Saturday, September 18, 2010

Athletes' Meeting (8:15-8:45)

- Prepare for HOD

House of Delegates (9:00-2:00)

- State of the Sport Report
- Voted on Rules & Regulations
- Issue R22 is discussed, majorly based on Coach and Athlete relationships

Athlete Executive Committee (5:00-6:00)

- Review of HOD, how did it go?

Aquatics Awards Banquet (7:00-10:00)

- Fun, dinner was served, sat with friends
- Keynote speaker was Adolf Keifer (took a picture with him)

Athlete Social (10:00-12:00)

- Almost all athletes together = VERY FUN!

Other Activities not on the agenda:

- Outreach Clinic (Very fun!)
 - Connected with kids of many ages who wanted to learn how to swim
 - Intriguing to see so much diversity in the pool
- Walking tour of Dallas with Athlete Reps including JFK assassination site