

USAS New Delegate Helpful Hints

If you have additional tips that will assist our new delegates, please contact the National Office and they will be added to these pages.

What to Expect

Please attend the New Delegate Orientation meeting (usually on Wednesday evening or first thing on Thursday). You will have an opportunity to meet many of the leaders of USMS, and get answers to all of your questions at this meeting. If you have any questions you can ask any USMS Board of Directors member (signified by the sticker on their badge that says “Board of Directors”) and they will be happy to answer your questions or refer you to someone who can. **Debbie Cavanaugh**, Convention committee member who is responsible for the USMS certification table, or one of her crew, is always there and will be of great assistance if you need it.

What to Wear

Be comfortable; we are in meetings all day, so wear casual clothes (the ladies will wear dresses, slacks, or shorts). There are two functions that most folks will dress up for:

- The insurance reception, Thursday evening—usually a finger food feed, ladies wear nice dress, skirt, or slacks. Gentlemen wear clothes that don't smell.
- USAS banquet, Saturday evening—from sequins to silk to semiformal. Anything comfortable for a 3 hour sit down dinner and award ceremony.

Eating

There are many meetings that overlap that you will want/need to attend. Working lunches are common. Many delegates struggle to find time to eat, so bring a few snacks to have on hand—just in case. We will try to arrange “lunch buddies” on Thursday, where you will have an opportunity to go to lunch with a member of the Board of Directors or Committee Chairman.

Complimentary (Vendor sponsored) **Breakfast**—Muffins, coffee, and juice are served from approximately 7:00–7:30 a.m. After returning from morning workout, get off the bus and go *directly* to the breakfast area (usually near the vendors), then to your room to change. The setup varies, last year we received coupons that could be redeemed for a coffee or juice and pastry, other times it is a self serve buffet (which tends to run out quickly).

Lunches/Dinners—Invite yourself to anybody's lunch or dinner group, whether it's in the hotel or at a local pub. The more people you meet and talk to, the more information you'll be able to bring back to your LMSC!

Morning Workout

The bus schedule will be announced and posted (in the hospitality suite) for departure times and location to a local pool. The USMS Coaches Committee coordinates the coaches and workouts each day (Thursday through Saturday) and provides a quality program for all ages and abilities. You do leave early and it's rushed, but plan to attend one or two of these, as they're fun and will stimulate ideas. There are some diehards who will attend every day, but many of us stay up late in planning sessions and opt to forego practice while at the convention.

Meetings

There are so many meetings that you will not be able to take them all in. Some LMSCs have a delegate meeting prior to convention and discuss what meetings they plan to attend; they hope most of the meetings will be covered. Pick the meetings that most interest you and will do your LMSC the most good. Obtain handouts from the meetings you attend and share what you have learned with the other members of your LMSC.

Meeting minutes—At the completion of each meeting, minutes are brought to the copy room by the recorder, then are copied and collated. All meeting minutes that have been completed in time will be distributed in accordion files located in the back of the House of Delegates room (each delegate's name will be listed alphabetically). In between HOD meetings, the files will be kept in the hospitality suite. Be sure to get a copy of *all* of them and don't forget to **READ** them!

U.S. Masters Swimming

Zone meeting—Each zone will have a meeting for **ALL** the LMSC delegates within their zone. If you have zone concerns or thoughts, you might want to contact your zone representative before convention. Some zones have a zone social. If yours does, you will be told when and where (eventually).

House of Delegates meetings—Everyone should attend **ALL** House of Delegates meetings. This is where the results of meetings are presented and a **VOTE** taken. The House of Delegates moves very quickly, but you can anticipate when a topic will come up by the position on the agenda. Make sure you've (at least) skimmed over all the minutes and handouts before the meetings, since it goes by too quickly to do this during the meeting.

Wrap-up session—This takes place on Sunday morning and is a valuable session that is a review of what was done and what we can do to improve for the next year's convention. So ... plan to attend this too.

Folks to Meet

There are many interesting, talented, and fun-filled people at the convention, so meet as many as you can. Everyone should wear a name tag and keep it on for the duration of the convention.

Some key persons—USMS officers include Jeff Moxie, USMS president; Michael Heather, Ed Tsuzuki, Dave Diehl, and Nadine Day, USMS vice presidents; Ralph Davis, USMS treasurer; C. J. Rushman, USMS secretary; Doug Church, USMS legal counsel; and Rob Copeland, USMS past president. The USMS staff includes Rob Butcher, Executive Director; Mark Gill, Director of Operations; Jim Matysek, IT Director and Webmaster; Laura Hamel, Editor-in-Chief; Tracy Grilli and Anna Lea Matysek, Membership Coordinators; Kyle Deery, Account Executive; and Mel Goldstein, Club and Coach Services. Victor Buehler, Convention Committee chair, is the guy who runs the show every September.

Hospitality Suite

There is a hospitality room for all delegates, expertly and enthusiastically run by volunteers from the hosting LMSC and/or the convention committee. It is open daily except during House of Delegate Meetings about 9am – 11pm. Healthy munchies (bagels, chips, veggies) and fun food (candy, cheese and more chips), drinks, and fruit are always available at no cost. The room name/number will be announced at the New Delegates meeting and the first meeting of the House of Delegates. Be sure to find the room as soon as you have a break to take full advantage. During the snack sessions you meet many folks. Some will conduct business; however, it's mostly casual. Providing for relaxation and socialization is its main function. Oh, before you leave, don't forget to **thank the volunteers** who keep the suite well stocked and clean.