



## Announcements

### CERTIFICATION TABLE HOURS

Wednesday 8:00am – 5:00pm  
Thursday 7:00am – 7:45am  
Exhibit Area/Grand Foyer

Thursday afternoon thru Saturday  
Back of HOD or come find Mary

### PRESENTATIONS

#### USMS Sports Medicine Presentation

Friday 12:00pm – 1:00pm  
Conference Center A

#### USA Swimming - Show Me the Money! Tips on Securing Swim Lesson Funding

Friday 10:00am – 11:20am  
City Terrace 11  
USMS' Holly Neuman to speak

### MEET & GREETs

#### NEW DELEGATE LUNCHEON

Thursday 12:30pm – 2:00pm  
**The River Club**  
1 Independent Dr # 3500, Jacksonville, FL 32202  
(Located at the top of the Wells Fargo Center)

#### MEET THE CANDIDATES FORUM

Friday 2:30pm - 4pm in Conference Center A  
Meet the candidates running for  
**USMS At Large Director Positions**

#### ADULT LEARN-TO-SWIM INSTRUCTOR LUNCH

Saturday 12:30-1:20pm  
**SHOR Seafood Grill & Tavern**  
(located in the lobby of the HYATT)

### USMS HOSPITALITY SUITE

#### Mathews Hospitality Suite

The Florida LMSC has graciously agreed to staff the USMS Hospitality Suite.

Wednesday – evening  
Thursday thru Saturday – opens at 7am and will be open whenever the HOD is not in session

[Full Hospitality Suite Schedule](#)

### WORKOUTS

Thursday, Friday & Saturday morning  
6:00am – 7:00am  
[Coaches on Deck](#)

### SWIM

**The Bolles School – San Jose Campus**  
Busses will arrive at 5:10am and depart for the pool **PROMPTLY** at 5:25am from the HYATT's Newnan Street entrance by the gift shop.

### DRYLAND

Room: **Daytona**

### EVENING ACTIVITIES

#### WELCOME RECEPTION

Wednesday 7:00pm - 9:00pm  
This will take place in the **Grand Foyer** with cash bar and hors d'oeuvres.

#### LMSC DESSERT SOCIAL

Hosted by the Florida LMSC  
Thursday 8:00-10:00pm  
**Mathews Hospitality Suite**  
["Let's Flamingle"](#)

#### IMSHOF INDUCTION

Friday 6:00pm – 8:30pm  
6:00-7:00pm – Reception (cash bar)  
7:00-8:30 pm – Induction Ceremony  
**River Terrace 1**  
All USMS delegates are invited (complimentary tickets) to attend the induction of U.S. Masters Swimmers:

**Maurine Kornfeld**  
**Walt Reid**  
**Jurgen Schmidt**

#### USAS BANQUET

Saturday 7:00pm – 10:00pm  
**Grand Ballroom**  
Each USAS organization will present their annual awards. USMS presents the **Coach of the Year Award** and the **Ransom J. Arthur Award**.



## EDUCATION

### ADULT LEARN TO SWIM INSTRUCTOR AND COACH CERTIFICATIONS

USMS is hosting the following educational opportunities on Wednesday, September 26, 2018:

- **USMS Adult Learn to Swim Instructor Certification**  
Holiday Inn Express & Suites Jacksonville SE- Med Ctr Area  
[4791 Windsor Commons Ct.](#)  
Jacksonville, FL 32224

[Adult learn-to-swim Instructor Certification – Register here](#)

- **USMS Coach Certification, Level 1-2 and Level 3**  
Jacksonville Marriott  
4670 Salisbury Road  
Jacksonville, FL 32256

[Levels 1 & 2 Coach Certification register here](#)

[Levels 3 Coach Certification register here](#)

## MEET & GREETs

### **NEW DELEGATE LUNCHEON - Thursday 12:30-2:00pm**

#### **The River Club - 1 Independent Dr # 3500, Jacksonville, FL 32202**

All new delegates (first timers to convention) will be invited to a New Delegate Luncheon at [The River Club, a short .3 mile walk from the HYATT](#). This is your chance to meet some of our experienced delegates and staff members and ask any questions you might have in a relaxed and informal atmosphere, while grabbing a bite to eat.

### **ADULT LEARN-TO-SWIM INSTRUCTORS LUNCH - Saturday 12:30am-1:30pm**

#### **SHOR Seafood Grill & Tavern – located in the lobby of the HYATT**

Join Certified Adult Learn-to-Swim Instructors attending the 2018 USAS Convention for an informal lunch and meet and greet on Saturday, September 29 from 12:30-1:20pm at SHOR Seafood Grill & Tavern, right in the lobby of the HYATT! This falls in between workshop session #8 and the final House of Delegates meeting of the convention. Please join us as we meet new friends and reconnect with the old, share ALTS success stories, collaborate to learn new teaching methods, and more!

Masters swimmers who are interested in becoming ALTS instructors are welcome to come as well!



## ORIENTATIONS

### **COMMITTEE CHAIRS – Wednesday 5:30pm – 6:00pm**

#### **City Terrace 10**

If you are a committee chair, Greg Danner, USMS Secretary, will provide a Committee Chair Orientation on Wednesday pm. Greg will explain the procedure for producing minutes and also for getting reimbursement. Zone Chairs should also attend this orientation, since they too will be chairing a meeting. USMS will be sending an email with the forms for you to print out or download to your laptop prior to convention.

### **LEADERSHIP ORIENTATION - Saturday 11:15am – 12:30pm**

#### **City Terrace 10**

We will provide a “New Board Member Orientation” for newly elected officers on Saturday. This orientation includes information on your responsibilities as an officer and a member of the USMS Board of Directors. This meeting is also open to those who are interested in serving as an officer in the future.

## Presentations

### **Sports Science in Masters Swimming: Various Research Findings for Masters Swimmers**

**Dr. Hiro Tanaka - Friday 12:00pm – 1:00pm**

#### **Conference Center A**

Dr. Hiro Tanaka, Professor at the University of Texas, will be presenting his research on a variety of topics surrounding Masters swimming, including swim performance, aging, training preparations, and health benefits.

## LMSC WORKSHOPS

**WORKSHOP #1 – Friday 9:30am-10:30am - Grand 7 & 8 - Canceled**

### **WORKSHOP #2**

**Star System for Volunteers**

**Futures Task Force**

**Friday 9:30am-10:30am - Conference Center A**

Everything you wanted to know about the new five star volunteer system and how to win a fifth star!

### **WORKSHOP #3**

**Understanding and Engaging Volunteers – Survey Results from the Volunteer Task Force**

**Tom Moore & Chris McGiffin**

**Friday 10:45am-11:45am - Conference Center A**

As part of the Volunteers Task Force work to understand volunteers, increase volunteer engagement, and assess volunteer roles, hundreds of current LMSC and National volunteers (as well as non-volunteer USMS members) were surveyed earlier this year. We will present an overview of the results of those surveys, identifying the key factors in volunteer motivation and engagement, perform a short interactive breakout session, and conclude with next steps that USMS can address to improve the volunteer experience moving forward.



## LMSC WORKSHOPS

### **WORKSHOP #4**

#### **How to Make Sure Your Times Count for Top Ten and Records Records & Tabulation Committee**

##### **Friday 10:45am-11:45am – River Terrace 2**

Are you a meet director? A sanction chair? A Top 10 Recorder? Are you a swimmer who competes in pool events? Do you want to understand the intricacies of Top 10 and Records reporting so that your times will qualify for Top 10 and Records consideration? Do you swim at USA-S Meets? Do you swim at meets outside of the United States? This presentation by the Records and Tabulation Committee will answer some questions that you might have about getting your times to qualify for Top 10 and Records consideration. It will bring together several sources into one concise reference.

### **WORKSHOP #5**

#### **Digital Transformation - USMS 3.0 National Office**

##### **Friday 1:15pm–2:15pm - Conference Center A**

The USMS 3.0 – Digital Transformation Workshop will briefly cover background on the project and discuss the change in the philosophy on how USMS approaches our technology needs. The bulk of our time will be spent on the upcoming and future phases of USMS 3.0 and benefits they will provide for our members, volunteers and USMS. Please make sure to review all workshop related documents in advance of the meeting.

- [USMS 3.0 - Digital Transformation Primer \(Video\)](#)
- [USMS 3.0 - Digital Transformation Workshop Overview](#)
- [USMS 3.0 - Digital Transformation Technical Definitions](#)

### **WORKSHOP #6**

#### **USMS Officials Certification - Where We've Been...& Where We're Going! Teri White**

##### **Saturday 11:15pm–12:30pm - Conference Center A**

Current USMS Officials Certification program and new Referee certification introduced. Recruiting USMS members to Officiating, including athletes. Training tools for LMSCs.

### **WORKSHOP #7**

#### **Swimming Saves Lives Foundation - Get involved. Make a difference Jay Definis**

##### **Saturday 11:15pm–12:30pm - City Terrace 7**

Learn more about the USMS Swimming Saves Lives Foundation. We'll provide an overview of successful programs and discuss mission and direction for 2019. You'll take away ideas, tips and tools for how your club can get involved and learn how to put together a successful fundraising effort to support the charitable arm of USMS.