

A Survival Guide for the New USAS Delegate (and a reminder to returning delegates)



1. When you arrive

You must check in. Upon your arrival, locate the United States Aquatic Sports (USAS) Registration Area to check in and receive your name tag and other convention materials. You may be asked if you plan to attend the banquet and other questions. Even if you aren't planning to attend the banquet, please say yes; your unused banquet ticket will be given to a very deserving local volunteer. Also as a general rule of thumb, anytime you are offered free stuff, take it; you can always throw it away before you leave. Then head over to the USMS Certification table (Exhibitor area) to have your name checked off the roll and have a "Delegate" sticker placed on your name tag, which shows that you are an "official voting delegate." If you arrive on Thursday, the certification table will move to the entrance of the House of Delegates (HOD) meeting room so you can check in there.

2. Orientation

Please attend the **Delegate Orientation** on Thursday (8:00-9:00am) led by Ed Tsuzuki, VP of Local Operations. You will be introduced to several members of the USMS leadership team and meet other "first time" delegates. In addition you will learn about the convention process and have the opportunity to ask (a few) questions. Also, on Friday from 12-1:00pm, a **Lunch with New Delegates** has been scheduled where you will be paired up with a friendly USMS veteran, who will accompany you and allow you to ask any additional questions you might have in a relaxed atmosphere. Just assemble in the hotel lobby, right after the morning committee meetings (scheduled to end at 11:45am) and Ed will assign you with a lunch partner (or two).

3. What to wear

Be comfortable – wear business-casual or casual clothes at the meetings, a sweater or jacket may be needed, even in the warmer climates due to the air conditioned rooms. In the likely event that you get out of the hotel, Jacksonville temperatures can range from very warm to hot at this time of year (80s-90s) so plan accordingly. There are a few functions that most people will "dress up" for, such as the **Insurance Welcome Reception**, the **IMSHOF Induction Ceremony**, and the **USAS Banquet**. For more information, see "**Social Events**" below.

4. Eating

There are many meetings you will be attending that might overlap. Working lunches are common. Many delegates struggle to find time to eat during the day, so bring a few snacks to have on hand. The USMS **hospitality room**, hosted by the Florida LMSC (exact room number and hours of operation to be announced at convention), will have light food and drink, so be sure to stop in and grab something if you need to refuel. Pastries and coffee or juice will be complementary from 7:00 - 7:30 am (Thu – Sat) in the exhibitor area. You just need to remember to present your ticket that came in the registration packet. Don't miss the **New Delegate Lunch** on Friday, where we'll match you up with some USMS veterans for an informal lunch. Here's your chance to ask lots of questions in an informal setting. Feel free to invite yourself to anybody's dinner group, whether it's in the hotel or at a local pub. (see the **Social Events** section below for more food and drink available events.)

5. Workouts

Since we are mostly swimmers, workouts have been arranged with a local club. The bus schedule will be announced for departure times and location for optional (early) morning workouts, Thursday through Saturday. A different coach will present the workout for all ages and abilities. The bus leaves early in the

morning and it's rushed, but try to attend one or two of these as they're fun, will get your heart pumping and will stimulate friendly discussion.

6. Meetings

There are so many meetings that you will not be able to take them all in. Several of the larger LMSCs with many delegates may assign meetings to specific individuals so all meetings are covered and information can be reported back to the LMSC membership. If you are from a smaller LMSC and don't have enough delegates to attend all the meetings, try to pick those meetings that pique your interests. Everyone should attend their **Zone Meeting** (Saturday 1030am-noon) which will be lead by your Zone Chair. If you have zone concerns or thoughts, you should contact your Zone Chair before convention to discuss. If you are not sure who your Zone Chair is, contact me

Everyone is expected to attend **ALL** HOD meetings. This is where the results of meetings are presented and voting takes place. **Meeting minutes are distributed to ALL delegates. Please make every effort to read all the meeting minutes as soon as they are distributed.** There will be files set up at the back of the House of Delegates room. Each person will have a slot, names listed alphabetically, where all meeting minutes will be made available. The Sunday morning evaluation and feedback session is valuable so plan to attend that too (schedule your return flight for mid Sunday afternoon).

7. Workshops / Presentations

The LMSC Development Committee has arranged for an interesting and informative slate of 3 workshops, offered at 2 different times. The 3 workshops will be presented on Friday, first at 1:15 to 2:15pm and then repeated from 2:30 to 3:30pm allowing you to attend one in case it conflicted with another one. These workshops offer a valuable opportunity for you to learn and share much more about a specific subject area that you might be interested in, whether you are trying to improve your masters programs and meets or trying to learn more about the many offerings of the usms.org website. Please check the agenda for the specific workshop topics.

In addition to the workshops, there will be 4 additional presentations/roundtables offered this year. The Sports Medicine and the Insurance presentations will be on Thursday from 11:15 to 12:15pm, the Coaches will be offering a Dryland and Pool session in the hotel pool Thursday from 6 to 7:00 pm and the Registrars Roundtable will be held on Friday from 11:45 am to 12:45 pm, immediately following the Registration Committee meeting (same room)

8. People to Meet

Our annual meeting is a great opportunity to reconnect with swimming friends and to meet many interesting, talented, and fun-filled people with a passion for swimming. I encourage you to take full advantage of this opportunity. You will be introduced to several members of the Executive Committee, National Office and Committee and Zone Chairs at the **Delegate Orientation** on Thursday morning. Please make every effort to meet as many of these people as you can – in and between meetings, over lunch or dinner, out on the town, and in the **Hospitality Suite**. A separate [handout of people to meet](#) has been posted to the website so that you can familiarize yourself with their faces and names.

9. Hospitality

We have a hospitality suite for all delegates; open daily (hours of operation will be announced at convention). Usually bagels, chips, veggies, drinks, and fruit are available at no cost. Most delegates make it a point to stop in as the hospitality room provides a great venue for networking with both new and veteran USMS members. Be sure to find the room number as soon as you arrive and visit the hospitality room often!

10. Social Events

Insurance Welcome Reception (Wednesday, 7:00-9:00pm) – Come network with fellow delegates at a reception hosted by our insurance provider – Risk Management.

IMSHOF Induction Ceremony (Friday, reception at 5:30pm, Award ceremony 6:15-7:45pm) – Meet some swimming legends and see four world-class swimmers get inducted in to the International Masters Swimming Hall of Fame (Lynn Marshall (Canada), Christel Schultz (Germany), Richard Abrahams (USA) and Jeff Farrell (USA)). Tickets for USMS House of Delegates members are complimentary. For more information, visit www.ishof.org. Women: dresses or non-jean slacks and top; Men: non-jean pants, collared shirt, sport jacket optional.

LMSC Social (Thursday, 7:30-10:00pm) – Take advantage of another networking opportunity to unwind with other people who share your passion for Masters swimming. The Florida LMSC will be hosting a “Florida Outdoors and Wildlife” social event in the USMS Hospitality Suite.

USAS Banquet (Saturday, 7:00-10:00pm) – This is a “must attend” gala affair where USA Swimming, Water Polo, Diving, Synchronized Swimming, and Masters Swimming present their highest honors and awards of the year. See USMS steal the show! You will not be disappointed! Women: nice dress/pants suit; Men: suit or slacks and sport coat and ties. You will need your ticket that you are given at registration to attend, although be sure to notify the registration table if you can not attend. You may reserve tables if you have a group (of up to 10) that would like to sit together. A table registration form is included in your registration materials.

11. Useful Items to Bring

Useful items to bring to convention: USMS Rule Book (if you do not have one, there will be a limited number available – free – at the certification table), a laptop, a notepad, highlighter, pens, paper clips, extension cord (if you bring a laptop), and a refillable water bottle. A Cybercafé will be set up with several web connected PCs for you to check e-mail throughout the convention. And don't forget to bring plenty of patience...and an open mind! And don't forget your suit, cap and goggles.

12. Be Prepared

For more general USAS convention information, check out www.usaquaticsports.org. A link to the **convention packet** on www.usms.org will be e-mailed to all who are attending. This packet contains reports of what USMS committees and staff have worked on since the last convention, meeting agendas, the proposed budget, rules and long distance proposals, as well as emergency legislation proposals. Once you receive this, it is your responsibility to read the packet completely BEFORE you arrive at convention so you are prepared.

Thanks and have fun!

Ed Tsuzuki

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