



**CERTIFICATION TABLE HOURS**  
Wednesday 8:00am – 5:00pm  
Thursday 7:00am – 7:45am  
**Marsalis A**  
  
Thursday afternoon thru Saturday  
**Back of HOD** or come find Mary

**MEET & GREETs**  
  
**NEW DELEGATE LUNCHEON**  
Thursday 12pm – 1:30pm  
**Parrino's Oven**  
(Located in the Hyatt Regency Dallas atrium level)  
  
**MEET THE CANDIDATES FORUM**  
Thursday 3:45pm – 5:15pm – **Reunion G/H**  
Meet the candidates running for USMS Officer Positions

**"ROUND TABLE" LUNCH**  
  
**Saturday 11:30am – 1:00pm – Reunion G/H**  
  
Enjoy your lunch while networking with your peers who do the same job as you do in the LMSC.  
  
This will be an informal session where like officers will group together and discuss their positions and responsibilities. We hope to see lots of you there!

**USMS HOSPITALITY SUITE**  
**Room 396**  
  
The North Texas LMSC has graciously agreed to staff the USMS Hospitality Suite. The suite will be open beginning Thursday morning thru Saturday evening. Come socialize with other USMS volunteers in room 396  
  
Thursday thru Saturday – opens at 7am and will be open whenever the HOD is not in session  
  
[Full Hospitality Suite Schedule](#)

**WORKOUTS**  
  
**SWIM**  
  
**Thursday and Friday**  
**LISD Westside Aquatics Center**  
Workout will be from 5:30-6:30am  
Bus will arrive at 4:30am and depart for the pool PROMPTLY at 4:45am From Trinity Crossings  
  
**Saturday**  
**Southern Methodist University (SMU)**  
\*No showers or locker rooms at the pool\*  
Workout will be from 6:00am-7:00am  
Bus will arrive at 5:30am and depart for the pool PROMPTLY at 5:45am From Trinity Crossings  
  
**DRYLAND**  
**Marsalis B**  
6:00am – 7:00am  
Thursday & Saturday - Jennifer Masquelier  
Friday - Dean Hawks

**EVENING ACTIVITIES**  
  
**WELCOME RECEPTION**  
Wednesday 7:00pm - 10:00pm  
This will take place in the Marsalis A with cash bar and hors d'oeuvres.  
  
**LMSC SOCIAL**  
Hosted by the North Texas LMSC  
**Dick's Last Resort BBQ**  
a short .8 mile walk from the Hyatt  
Thursday 7:00pm – 9:00pm  
[LMSC Social Flyer](#)  
  
**IMSHOF INDUCTION**  
Friday 6:00pm – 9:00pm  
6:00-7:00 pm – Reception (cash bar)  
7:00-9:00 pm – Induction Ceremony  
**Landmark A**  
All USMS delegates are invited (complimentary tickets) to attend the induction of U.S. Masters Swimmers  
**Anne Adams, Ann Hirsch, Danielle Ogier, Yoshi Oyakawa, Hugh Wilder**  
  
**USAS BANQUET**  
Saturday 6:30pm – 10:00pm  
**Landmark B/C/D**  
Each USAS organization will present their annual awards. USMS presents the **Coach of the Year Award** and the **Ransom J. Arthur Award**.



## ORIENTATIONS

### **COMMITTEE CHAIRS**

**Wednesday 6:00pm – 7:00pm – Cockrell**

If you are a committee chair, Chris Colburn, USMS Secretary, will provide a Committee Chair Orientation on Wednesday pm. This is where you'll pick up your folder. Chris 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. Chris will be sending an email with the forms for you to print out or download to your laptop prior to convention.

### **LEADERSHIP ORIENTATION**

**Saturday 10:30am – 11:30am – Cockrell**

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.

## EDUCATION

### **ADULT LEARN TO SWIM INSTRUCTOR AND COACH CERTIFICATIONS**

USMS is hosting the following educational opportunities on Wednesday, September 13, 2017

**SpringHill Suites, 720 E Vista Ridge Mall Drive, Lewisville, TX 75067**

#### **USMS Adult Learn to Swim Instructor Certification**

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

#### **USMS Coach Certification**

[Levels 1 & 2 Coach Certification](#)

For registration and more details please click the links above.

## Presentations

### **Sports Medicine Presentation – All About Us - Results of the health status of USMS swimmers survey – Sally K. Guthrie, PharmD**

**Friday 12:00pm – 1:00pm – Reunion G/H**

The presentation will include a synopsis of four publications resulting from a study of the USMS population. In 2010 a survey of health status was conducted in USMS members. These four resulting publications evaluated overall health, hypertension and treatment, statin use, and dietary supplement use in USMS respondents - in comparison to the general US population.

### **National Office Speed Dating – U.S. Masters Swimming National Office**

**Saturday 10:30am – 11:30am – Reunion G/H**

Simple, easy and fun way to get to know more about the USMS National Office Team!



## LMSC WORKSHOPS

**LMSC Standards: Everything that you wanted to know but were afraid to ask! – Hugh Moore**

**Friday 9:30am-10:30am – Bryan Beeman A/B**

Hugh Moore brings us the key understanding of the LMSC Standards from the commonly complied to the most likely to be over looked. It's guaranteed to shed some insight on all of your inquiries.

**Do You Have the Meet Officials You Deserve? – Brian Albright**

**Friday 9:30am-10:30am – Moreno A/B**

Do you have trouble finding officials for your Masters meets? Are you always scrambling for officials so that you don't have to cancel the meet? Do you think the officials you have do a good job? This workshop will discuss how you can work with the officials community to staff your meet and how to certify your own officials through the USMS officials certification program.

**Tech Crunch for the Swim World!**

**Friday 9:30am-10:30am – Reverchon A/B**

What technology can your workout group, club, or LMSC be using to make a better USMS experience!

**Mentoring vs. Coaching, Know the Difference– Futures Task Force Dan Cox**

**Friday 10:45am –11:45am – Bryan Beeman A/B**

Mentoring is important for encouraging and training volunteers. But do you know how to mentor? Do you know the difference between mentoring and coaching? This workshop will give you tools and ideas for mentoring new volunteers and helping them expand their roles. Volunteers are our future - so come learn how to give them the support they need.

**Adding Ooomph to Your Meet! – CJ Rushman**

**Friday 10:45am –11:45am – Moreno A/B**

CJ Rushman offers several amazing value added features to bring the excitement to your next swim meet!

**Getting Your Fitness Swimmer on and off the Blocks! – Tim Waud and Scott Bay**

**Friday 1:15pm–2:15pm – Bryan Beeman A/B**

Tim Waud and Scott Bay join forces to offer tips, tricks, and motivations to turn fitness swimmers into meet monsters!

**Open Water Sanctioning & Long Distance National Championship Bidding – Donn Livoni & Bob Bruce**

**Friday 1:15pm–2:15pm – Moreno A/B**

Learn more about both Open Water Sanctioning and Long Distance National Championship bidding, timelines and how to run a successful National Championship event.

**Are Your Volunteers in Jeopardy? – Ray Novitske**

**Friday 1:15pm–2:15pm – Reverchon A/B**

How much do you know about recognizing and acknowledging your volunteers? Test your knowledge in an interactive, audience participation game of *Recognition & Awards Jeopardy* and hopefully take home some new ideas for keeping your volunteers volunteering.