



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 ([Marsalis A](#)) to check in and receive your name tag and other convention materials. Then head over to the USMS Certification table ([Marsalis A](#)) 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

On Thursday 12:00-1:30pm, all new delegates (first timers to convention) and several "seasoned veterans" will be invited to a **New Delegate Luncheon** at Parrino's Oven, the hotel restaurant. 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.

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. There are a few functions that most people will "dress up" for, such as 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 suite**, staffed by volunteers from the North Texas LMSC, will have light breakfast and lunch and snacks during the evening. The hospitality suite will not be open during House of Delegates meetings. The exact hours of operation are listed in the pre-convention packet's "Announcement" page. USAS will offer a breakfast coupon to the hotel restaurant that will be given out at registration. Feel free to invite yourself to anybody's dinner group, whether it's in the hotel or at a local restaurant. (see the "**Social Events**" section below for more food and drink available events.)

5. Workouts

Swim - Since we are mostly swimmers, workouts have been arranged **Thursday and Friday at the LISD Westside Aquatics Center** from 5:30-6:30am. Bus transportation will leave PROMPTLY at 4:45am these mornings from Trinity Crossings. **Saturday's workout has been arranged at the Southern Methodist University (SMU)** (*SMU does not have any showers or bathrooms) from 6:00am-7:00am. Bus transportation will leave PROMPTLY at 5:45am from Trinity Crossings.



Workouts will be one hour in length. A different coach will present the workout for all ages and abilities so do try to attend at least one. They're fun, will get your heart pumping and will stimulate friendly discussion.

Dry Land – Dry land workouts, will be available Thursday, Friday, and Saturday from 6:00 – 7:00am in **Marsalis B.** Dry land workouts will be conducted Thursday by Jennifer Masquelier, Friday by Dean Hawks, and Saturday by Jennifer Masquelier.

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** (Thursday 5:30-7:00pm) which will be led 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 Chris Stevenson.

Everyone is expected to attend **ALL** HOD meetings. This is where the results of meetings are presented and voting takes place. **Meeting minutes will be available on the convention page of the USMS website soon after the close of the meeting. Please make every effort to read all the meeting minutes as soon as they are distributed.** The Saturday afternoon HOD meeting will include the evaluation and feedback session.

7. Workshops / Presentations

Friday the LMSC Development Committee has arranged for an interesting and informative slate of workshops. 9:30-10:30am *LMSC Standards: Everything that you wanted to know but were afraid to ask!* (Hugh Moore), *Tech Crunch for the Swim World* and *Do You Have the Meet Officials You Deserve?* (Brian Albright). 10:45-11:45am *Mentoring vs. Coaching, Know the Difference– Futures Task Force* (Dan Cox) and *Adding Ooomph to Your Meet* (CJ Rushman). 1:15-2:15pm *Getting Your Fitness Swimmer on and off the Blocks!* (Tim Waud and Scott Bay), *Open Water Sanctioning & Long Distance National Championship Bidding* (Donn Livoni & Bob Bruce) and *Are Your Volunteers in Jeopardy* (Ray Novitske).

On Friday from 12:00pm – 1:00pm **Sports Medicine Presentation** – *All About Us - Results of the health status of USMS swimmers survey* (Sally K. Guthrie, PharmD). 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.

Saturday 10:30-11:30am, **National Office Speed Dating.** 10:30am – 11:30am. These workshops offer an extremely valuable opportunity for you to learn and share much more about a specific subject area that you might be interested in. **Round Table Lunch** from 11:30am – 1:00pm.

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 first House of Delegates Meeting on Thursday morning. Also on Thursday (12:00 – 1:30pm), you will have a chance to meet many of these people as well as other convention veterans at the **New Delegate Luncheon**. 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

The North Texas LMSC will be staffing our hospitality suite (Room 396) which is for all delegates. Light breakfast and lunch will be served and snacks during the evening. 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. **The hospitality suite will be closed during all House of Delegates Meetings**. For full details on hours of operation, check out the [full hospitality suite schedule](#), which is also listed in the “[Announcements](#)” page of the pre-convention packet and will be posted at the Certification table and outside the door of the hospitality suite.

10. Social Events

USAS Welcome Reception (Wednesday, 7:00-10:00pm) – Marsalis A

LMSC Social (Thursday, 7:00-9:00pm) – Take advantage of another networking opportunity to unwind with other people who share your passion for Masters swimming. The North Texas LMSC will be treating us to Dick’s Last Resort BBQ.

IMSHOF Induction Ceremony (Friday, reception at 6:00pm followed by the Award ceremony to 9:00pm), Landmark A. See Masters swimming legends Anne Adams, Ann Hirsch, Danielle Ogier, Yoshi Oyakawa, and Hugh Wilde get inducted in to the International Masters Swimming Hall of Fame. 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.

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 cannot 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.



**U.S. MASTERS
SWIMMING**

11. Useful Items to Bring

Useful items to bring to convention: USMS Rule Book, a laptop, a notepad, highlighter, pens, paper clips, extension cord (if you bring a laptop), and a refillable water bottle. The USMS HOD room and meeting rooms will be internet accessible. There will also be a "Cybercafé," which 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 of course - 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](#) 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!
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