

USAS Convention Report

Dear Potential Delegate,

I'm writing this note after recently returning from the USAS (United States Aquatic Sports) Convention in Greensboro, NC. This convention hosted USA Swimming, USA Synchro, USA Diving, USA Water Polo as well as USMS. Each organization held separate meetings, coming together on the final night for a Gala banquet but it was unbelievable to get on the elevators and see 8 other "aquatic" individuals chattering away.

As a first time delegate, it was a great experience of learning, networking and swimming. I attended House of Delegate meetings each day and then had the opportunity to attend various committee meetings ranging from Open Water Safety, Fitness, Sports Medicine and a host of other options. The committee meetings were working sessions but input from all attendees was welcome and valued. It led to some lively discussions for sure!

I learned many new things about various aspects of USMS from the actual structure of the organization to the workings of the various committees. There were over 300 delegates/board members and USMS staff in attendance and there were two things that I shall always remember- The average delegate probably isn't the fastest swimmer (though Jeff Roddin and Jeff Strahota WERE there☺) but consists of a committed group that spend countless volunteer hours to ensure the future of Masters Swimming. The inner workings of USMS is complex and the sheer numbers of people willing to take on the roles is astounding. The other thing is that this was a very wonderful experience for a first time delegate, starting with the "New Delegate Survival Guide, the mentoring lunch for new attendees to the great social activities provided by the convention and the local LMSC. I proudly wore my "Help Me, I'm New" sticker on my name badge because more than once I was asked by veteran delegates if I had questions or was there anything I needed!

And to top it off, we headed off each morning (and early it was!) to practice at the lovely new Greensboro Aquatic Center. So not only did I get to meet many new people, I got to swim with them also. I finagled a trade of my team cap to a swimmer from the Chicago Smelts which I'm sure will become a topic of conversation during my next swim back at my home pool.

My sincere thank you to PV LMSC in allowing me to attend this event. I encourage anyone that is interested in learning more about USMS and giving back to your team, LMSC or USMS as a whole, to consider attending a convention. You won't be sorry.

See you swimming,

Lisa Wolf
ANCM/DCAC