



2017 Convention Workshop Guide

BY DAY

Tuesday, September 12

Safe Sport 101 (3-4pm)

AUDIENCE: Restricted to new LSC Safe Sport Chairs or designee

SPONSOR: Safe Sport Committee

Designed for new LSC Safe Sport Chairs and others new to Safe Sport, 101 will cover foundational information of the Safe Sport program and the role of volunteers in creating a safe, abuse-free USA Swimming community.

Diversity & Inclusion 101 (3-4pm)

AUDIENCE: New D&I Chairs or their designee

SPONSOR: D&I Committee

This program is meant for all NEW Diversity Chairs. The 101 will provide Diversity Chairs the fundamental basics and resources available to succeed in their position. Returning Diversity Chairs are welcome as well as anyone who might be thinking of becoming a Diversity Chair.

Diversity and Inclusion Chairs Workshop (4-6pm)

AUDIENCE: D&I Chairs

SPONSOR: D&I Committee

This program directly follows the D&I Chairs 101. It is geared towards both new and returning Diversity Chairs, although anyone interested is welcome. During this workshop attendees will participate in scenario-based training sessions that will help participants understand different Diversity & Inclusion situations that they may come across and the best ways to handle each situation.

LSC Safe Sport Chairs Workshop (4-7pm)

AUDIENCE: LSC Safe Sport Chairs or their designee

SPONSOR: Safe Sport Committee

For the LSC Safe Sport Chairs or their designee, this workshop will discuss implementing Safe Sport on the local level and continue the work on existing LSC Chair projects.

Happy2Help Reception (6-7:30pm)

AUDIENCE: First time Convention attendees and anyone else looking to meet, greet and mingle

SPONSOR: Convention Education Committee

This cash bar reception is designed as an early Convention meet and greet. Those attending Convention for the first time are especially encouraged to attend. Convention Education Committee members will be on hand to answer questions about the Convention schedule, workshops, how to find things, and to orient attendees to our new Sched software designed to make the Convention experience more efficient and enjoyable.

Wednesday, September 13

Coach Mentoring Workshop (9-9:50am)

AUDIENCE: Head Coaches, LSC Coach and Age Group Representatives

SPONSOR: Club Development/D&I

This workshop will discuss the importance of mentorship for coaches. USA Swimming staff will provide information on the LSC Coach Mentorship program and how to apply for funding for 2018. Examples of different ways to use the program will be provided. Maryland Swimming and Indiana Swimming will showcase how they have effectively used the program in the past, as an example for others who are interested in participating.

Breaking Down Barriers: D&I Grab and Grin (10-10:20am)

AUDIENCE: D&I Chairs, others interested in D&I

SPONSOR: Diversity & Inclusion Committee

Convention attendees will be able to meet the members of USA Swimming's National Diversity & Inclusion Committee and the USA Swimming Diversity & Inclusion staff. An overview of the Quad Goals will be discussed along with ways you can get involved.

Let's Talk: Opening up the D&I Conversation (10:20-11:20am)

AUDIENCE: D&I Chairs, others interested in D&I

SPONSOR: Diversity & Inclusion Committee

Following a meet and greet, members of the national D&I Committee will discuss D&I fundraising opportunities, keys to successful D&I partnerships and collaborations, and how your team can become an asset to the community.

First Rodeo? ConvEd First Timers Corral (11-11:50am)

AUDIENCE: First time convention attendees

SPONSOR: Convention Education Committee

If you are attending the USA Swimming Convention for the first time, this workshop is for you! This quick-paced, fun event lets you meet other "rookies", learn about the Convention schedule and to use new online Sched app, HOD mechanics, and how to get your voting credentials and reserve a table for the closing Banquet. You also will meet USA Swimming Chair Jim Sheehan and new President/CEO Tim Hinchey, along with the ever-helpful members of the Convention Education Committee/Posse. You also will be brought up to speed on the top swimming lingo for Lingo Bingo!

Games, prizes, FB selfies and your first Lingo Bingo card should make you want to gallop on over to this workshop.

And don't forget to come see ConvEd at the Happy2Help Desk for all your Convention needs!

She LEADS for Athletes (1-2:15pm)

AUDIENCE: Female athletes

SPONSOR: Club Development Women's Leadership

This session is designed to inspire leadership both in and out of the sport of swimming among female athletes who are attending Convention. The session will be led by USA Swimming staff, and will cover a variety of topics that can help to connect, grow and build leadership.

New General Chairs Orientation (1-2:20pm)

AUDIENCE: New General Chairs, GCs seeking help

SPONSOR: LSC Development Committee

Congratulations! You're the new General Chair, or most likely will be elected this fall, or not so new but you'd like some help. Before you "run for the hills" be sure to attend this session and get the answer to the one question we know you are all asking: "Now What?" We will provide you with information and tools to get you started on your way as the leader of your LSC and provide an opportunity to network with other General Chairs.

SWIMS Times Module Workshop (1-2:50pm)

AUDIENCE: LSC Times Officers, anyone interested in learning more about SWIMS and its times reporting

SPONSOR: Times & Recognition Committee

See what the Times & Recognition Committee has been up to over the last year and network with your fellow LSC Times Officers. Brief tutorials and reviews of SWIMS Times procedures will be given. Tips about how to use the Times features of the new USA Swimming website also will be demonstrated. And, there will be time for general SWIMS Times Q&A. The Times & Recognition Committee looks forward to your participation.

Disability Swimming Workshop (2-3:50pm)

AUDIENCE: Coaches, LSC Disability chairs

SPONSOR: Disability Swimming Committee

This workshop is intended for coaches who either have or would like to know more about coaching a swimmer with a disability. National level coaches who have placed swimmers on the U.S. Paralympics Swimming team in London and Rio will present the workshop. The interactive format will provide plenty of opportunities for discussion and is geared to all levels of coaching from Novice to Elite.

Safe Sport at Meets (2-3:50pm)

AUDIENCE: Meet Directors, Coaches, Officials

SPONSOR: Safe Sport Committee

This workshop will discuss Safe Sport “Meet in a Box” which includes information for meet hosts, marshals, officials, and volunteers. Modeled after meal-delivery services that provide everything you need (and nothing that you don’t!), Safe Sport “Meet in a Box” provides the tools needed to create a safe, positive, and abuse-free environment on every pool deck. The workshop will explore these resources for all who are involved in hosting meets.

Sneak Peek -- Deck Pass on TeamUnify and a New Communication Hub (3-3:50pm)

AUDIENCE: Team administrators, Coaches, LSC Administrators

SPONSOR: Team Unify/USA Swimming Business Development

Join TeamUnify and USA Swimming for this informative session to optimizing your team and/or LSC’s communication efforts. Powered by TeamUnify’s all new Communication Hub plus a sneak peek at the forthcoming Integrated USA Swimming’s Deck Pass Portal in TeamUnify. Learn how administrators and coaches will better engage with families through powerful communication and social sharing tools, and much more!

SwimJitsu 101: Recruiting, Retention and Fund Raising (5-6pm)

AUDIENCE: General, Coaches, Aquatic Directors

SPONSOR: Business Development Division

Interested in hosting a SwimJitsu in 2018? Channel your inner Swimja and join us for SwimJitsu 101: Recruiting, Retention and Fundraising. Jim Fox, USA Swimming’s Director of Marketing will cover items like facility requirements, costs, hosting options and the process of how to host. Additionally, we cover some case studies from past hosts and give some best practices to find success.

Thursday, September 14

Women in Aquatic Sports Breakfast (7-8am)

Advance Registration required at USAS registration -- \$25 Fee. Come join women (and men) across the entire USAS community for breakfast to network and celebrate women’s accomplishments in our sports. The annual Women in Aquatics Sports award will be presented.

Introducing Children into Competitive Swimming for Long Term Success (8-9:50am)

AUDIENCE: Age Group Coaches; Age Group LSC Chairs and Athlete Reps

SPONSOR: Age Group Development Committee

During the last 18 months, the Age Group Development Committee has presented various suggestions to help insure the 10 & Under Swimmer's first competitive swimming experiences are more positive for their long-term development.

Beth Winkowski, Dynamo Swim Club, will be presenting on the Dynamo Juniors program. An innovative pre-team program designed to introduce new swimmers to the sport. Chad Rehkamp, Northern Kentucky Clippers, will present on the Clippers new novice program where swimmers sign up for blocks of time (instead of committing to the entire season) and their interesting new training group structure and names.

At the conclusion of the two presentations, we will have an open forum on any things that people have heard either from a club or an LSC level on innovative programs for novice swimmers.

Officials Committee Meeting/Workshop (8-9:50am)

AUDIENCE: Officials

SPONSOR: Officials Committee

An overview of the efforts of the National Officials Committee over the past year. Includes a question and answer session with the audience on these and other topics of interest to the officiating community.

Bridging the Gap from Swim Lessons to Swim Team (8:30-9:50am)

AUDIENCE: Make a Splash participants, Aquatic Directors, Head Age Group coaches

SPONSOR: Foundation/Make a Splash/Diversity and Inclusion Committee

This workshop will highlight the significance of strengthening the relationship between swim lesson providers and swim teams. Wisconsin-ites Matt Miller, a successful team coach and Kim Metz, a swim school owner, will share how they have “bridged the gap” between swim lessons and competitive swimming in their community and are successfully working to connect with one another. USA Swimming and USA Swimming Foundation staff also will be speaking about the opportunities that come with “bridging the gap.”

Steering Committee – Club Coaches Open Forum (9-10:50am)

AUDIENCE: Senior Coaches

SPONSOR: Steering Committee

Roundtable Discussions – LSC Registration/Membership Coordinators (10-11:50am)

AUDIENCE: LSC Registrars and Membership Coordinators

SPONSOR: Registration/Membership Committee

This session will offer discussions on eight topics near and dear to Registration/Membership Coordinators' daily routine, with moderators playing “musical chairs (and topics)” every 15 minutes. Topics include: Membership in an Electronic World, Searching the APT and BGC Queues, The SWIMS

Holding Tank, Using the Mass Member Update Feature in SWIMS, Online Payment Options, Meet Recons/Club Registration, Financial Reconciliations, and Reports and Custom Reports in SWIMS. Come prepared to share and learn some new tips and meet some new people.

Sports Medicine/Science Workshop (10-11:50am)

AUDIENCE: Coaches, athletes, volunteers

SPONSOR: Sports Medicine/Science Committee

Swimmers can suffer concussions and the need exists to educate athletes, coaches, and parents regarding concussion recognition and management. Meaningful education for all involved, thoroughness, a commitment to excellence, and a team approach to managing concussions are imperative to prevent detrimental, long-term adverse outcomes. This workshop features the educational programs geared towards 'raising awareness' and 'changing behaviors' regarding concussion recognition and management developed by the Concussion Task Force of USA Swimming.

Governance Committee – Business Meeting & Open Forum (10-11:50am)

AUDIENCE: General

SPONSOR: Governance Committee

Learn about the Board Task Force Report and Governance Recommendations at this combined business meeting and open forum. Recommended legislation has been reviewed by the Rules & Regulations Committee and will be submitted to the House of Delegates on Saturday for vote. Bill Schalz, chair of the Task Force, along with Bill Charney, the independent consultant who conducted the review, will present the results. Governance Committee member Todd Adams and USA Swimming Chairman of the Board Jim Sheehan also will be available to answer questions.

#SwimBiz: Oh Snap! Tips, Tricks and Trends in Social Media (10-11:50am)

AUDIENCE: Team Administrators, Club Leadership, Club and LSC Communications Directors

SPONSOR: USA Swimming Marketing Staff

#SwimBiz Topic 1: Oh Snap! An Intro into the fastest Growing Social Network for Teams & How Your Club Can Take Advantage. USA Swimming's Communication Coordinator, Kara Raney gives an introduction to Snapchat. The fastest growing social media network for teens.

#SwimBiz Topic 2: Like, RT & Share: A Guide to Creating Content That Makes People Click. Learn how to create social media content that will engage your fans and get them to share with your friends and family with Nailah Ellis Timberlake, Manager of USA Swimming Productions.

General Chairs' Luncheon (By invitation only) (noon-1pm)

AUDIENCE: LSC General Chairs

SPONSOR: LSC Development

All General Chairs are invited to attend this annual event. While you nosh on some spectacular eats, the LSC Development Committee will be rolling out our newest recognition program for LSCs: "The Bright Ideas Contest". We know LSCs are running really great programs for athletes, clubs, coaches, and volunteers. We'll let you know how your LSC's "Bright Idea" can be turned into cash money and recognition for your LSC at the 2018 convention. See you there!

An Open Forum on Technical Suits in Age Group Swimming (1-2:50pm)

AUDIENCE: Age Group & Head Coaches; Age Group LSC Chairs

SPONSOR: Age Group Development Committee

As a number of LSCs have recently passed legislation regarding the use of technical suits in age group swimming, the Age Group Development Committee is holding an open forum to discuss this issue. This workshop will be moderated. Please come with questions to ask and to voice your opinion on this somewhat controversial issue.

Understanding Male Survivors of Sexual Abuse (1-2:50pm)

AUDIENCE: Advocates and Professionals who work with men

SPONSOR: Safe Sport Committee

This 90-minute workshop for advocates and other professionals who work with men provides an opportunity to consider the particular ways men may respond differently to childhood sexual abuse or assault. Whatever your level of knowledge about working with men who have experienced sexual abuse or assault, this interactive workshop may encourage you to rethink your current assumptions, examine your expectations, and employ a lens of masculinity to enhance your existing skills when working with men.

Championship Evaluation Committee – Meet Research Results (1-2:50pm)

AUDIENCE: Senior Coaches, Athletes, Officials, Facilities Managers and Aquatic Directors

SPONSOR: Championship Evaluation Committee

The Championship Evaluation Committee conducts research at key Summer and Winter Championship Meets in order to "Provide feedback to help insure that national-level swimming competitions provide the best possible environment for maximizing athlete performance." To this end, research was conducted at the 2016 Short Course National and Juniors Championship Meets, as well as the 2017 Nationals/World Championship Trials, US Open, Juniors and four Futures Meets. The Committee's convention meeting will focus on presenting the research results for these 10 meets.

LSC Finances: Understanding the LEAP Requirements (1:45-2:30pm)

AUDIENCE: LSC Treasurers and Finance Managers

SPONSOR: LSC Development Committee

Does the "BUCK" stop with you when it comes to your LSC finances? Well then, this session is for you! We will be discussing the annual reporting requirements for LSC finances to USA Swimming; as well the requirements for each level of LEAP. No need to bring along your CPA, our presentation will make it easy to be in compliance.

Simple Strategies to Raise More Swim-a-Thon Money (2-2:50pm)

AUDIENCE: Head coaches, assistant coaches, club president, club marketing personnel, club administrators, parent volunteers, athlete reps and LSC directors. Anyone interested in hosting an in-pool fundraiser for his or her organization should attend.

SPONSOR: USA Swimming Foundation

Learn innovative and unique Swim-a-Thon fundraising strategies from team representatives who have hosted fun and financially rewarding Swim-a-Thon fundraising events. Whether you're new to Swim-a-

Thon fundraising or a veteran fundraiser, you will come away with new ideas and a fresh perspective on how to raise more money at your next Swim-a-Thon. Workshop attendees will be entered into a drawing for a VISA gift card. Attendees must be present to win.

Mighty 2500 LSC Reunion (2-2:50pm)

AUDIENCE: At least two board members from LSCs with under 2500 athletes (see below)

SPONSOR: LSC Development Committee

Representatives from the 19 Mighty 2500 LSCs will gather for their 4th annual reunion to share all the great things happening in their LSCs and walk away with wonderful new ideas to consider in their home LSC. Don't miss this unique opportunity to network with colleagues from LSCs of similar size and hear about upcoming LSC programming sponsored by the LSC Development Committee. The Mighty 2500 LSCs are AD, AK, AR, BD, CC, IA, IE, ME, MS, MT, MW, ND, NM, OK, SD, SR, WT, WV, and WY. Each LSC is asked to send two board members to this invigorating session.

Mighty Mid LSC Reunion (2-2:50pm)

AUDIENCE: Leadership from the Mighty Mid LSCs (see below)

SPONSOR: LSC Development Committee

LSC board representatives from the 21 Mighty Mid LSCs will convene for the 2nd annual Mighty Mid LSC Reunion to share the progress made on the LSC goals set the November 2015 Might Mid LSC Leadership Workshop as well as any new programming their LSCs have undertaken in the last year. Participants will take home new ideas that are working in similarly sized LSCs and learn about upcoming LSC programs sponsored by the LSC Development Committee. The 21 Mighty Mid LSCs are AM, AZ, CT, FG, HI, KY, LE, LA, MD, MV, NI, NT, OH, OR, OZ, PN, SI, SN, SC, UT, and VA. Each LSC is encouraged to send two board members to this session

Mighty Mega LSC Reunion (2-2:50pm)

AUDIENCE: Two LSC Representatives from Mighty Mega LSCs (see below)

SPONSOR: LSC Development Committee

This reunion is a follow-up to the November 2016 Mighty Mega LSC Leadership Workshop held in Colorado Spring. Workshop participants will be sharing the progress made on the LSC goals set at last fall's workshop including engagement by their LSC boards, challenges that were encountered, and success stories. The two LSC representatives (or their designees) from the 2016 Colorado Springs workshop are invited to attend. Participants will walk away with creative new ideas that are working in other Mighty Mega LSCs and hear about upcoming LSC programs sponsored by the LSC Development Committee. The 19 Mighty Mega LSCs are CO, FL, GA, GU, IL, IN, MR, MI, MA, MN, NE, NJ, NC, PC, PV, ST, SE, CA, and WI.

Diversity & Inclusion Roundtable (2-3pm)

AUDIENCE: D&I Chairs, others interested in D&I

SPONSOR: Diversity & Inclusion Committee

In the first hour of this block, special invited guest panelists will address how to create a diverse workplace, how to diversify their customers/members and how they promote the benefits of diversity in their industries.

Diversity Spotlight: Meet G Ryan (3-3:50pm)

AUDIENCE: D&I Chairs, others interested in D&I

SPONSOR: Diversity & Inclusion Committee

The second hour of this D&I Spotlight block features special guest speaker G Ryan, former National Team member and swimmer at the University of Michigan. G will talk about the challenges and sacrifices that G has made to participate in the sport that they are passionate about.

Robert's Rules of Order (3-3:50pm)

AUDIENCE: General, athlete and non-athlete members newer to meetings run by Robert's Rules

SPONSOR: Convention Education Committee

This workshop will discuss proper meeting etiquette specifically relevant for the House of Delegates meeting, as well as LSC meetings run with Robert's Rules. Run by Sam Hansen, Chief Parliamentarian of the HOD, this session will explain the ins and outs of Robert's Rules and discuss how a proposed rules change makes its way to a House vote. It also will give attendees the opportunity to exercise their knowledge to the fullest through interactive practice sessions.

Navigating the Coach/Official Relationship (3-3:50pm)

AUDIENCE: Coaches and Officials

SPONSOR: Officials Committee and Convention Education Committee

Join us for a workshop that will present situations and scenarios common to coach-official interactions during swim meets for discussion by a panel of three coaches and officials, along with the audience. The goal is to walk in each other's shoes (or flip flops) to generate suggestions and useful tools for both groups as they work to collaborate in the best interest of all swimmers. Panelists include Marci Callen (FAST-NI), Dave Coddington (PNS), Jim Holcomb (BOR), Bob Menck (NES), Jamie Bloom (YOTA) and Chad Onken (YOTA).

LSC Board Orientation (3-3:50pm)

AUDIENCE: LSC General Chairs, Administrative Chairs

SPONSOR: LSC Development Committee

Was your welcome to the BOD a hearty handshake and a thumb drive full of files? Or worse yet, a big sigh of relief from your predecessor followed by crickets? Break that cycle by attending this session designed to help you organize and conduct a great orientation session that will benefit the whole BOD. We'll also provide resources to help you construct a BOD manual that will be a useful resource for all members of the BOD. PS... no crickets at this session!

Swimming with the Sharks – Managing Risks in Swimming (3-3:50pm)

AUDIENCE: Safety Chairs, coaches, others tasked and interested in managing risks

SPONSOR: Operational Risk Committee

This year's one-hour workshop will provide a comprehensive review of USA Swimming's insurance, both coverage and optional coverage available to clubs and coaches. The workshop will include a review of the new backstroke start certification. Additionally the American Red Cross will be updating Safety Training for Swim Coaches soon; workshop participants are invited to bring questions, concerns and ideas re: STSC to the workshop.

Board Governance Town Hall (7-9:00pm)

AUDIENCE: All

SPONSOR: Board Governance Task Force

Members of the special Governance Task Force established at last year's Convention to review the role, purpose, function, and composition of the USA Swimming National Board of Directors will topline their assessment and recommendations at this meeting and entertain questions. Bill Schalz, chair of the Task Force, and Bill Charney, the outside consultant selected to conduct the actual review, will lead the presentation and discussion, along with other Task Force members Pat Hogan, Julie Bare, Mike Gibbons, Richard Pocket and Trent Staley.

The recommendations presented to and endorsed overwhelmingly by the BOD in April, have been reviewed by the Rules & Regulations Committee and will be presented to the House of Delegates as part of the legislation packet at the Convention. They will be voted on at the HOD on Saturday.

This meeting is your last opportunity to ask questions of the consultant and task force members before the vote.

Friday, September 15

LGBTQ Affinity Group Breakfast (7-8am)

Advance Registration required at USAS registration -- \$10 Fee. Come join us for breakfast in support of the LGBTQ community. Meet G. Ryan, National Team member from 2012-2015, who identifies as genderqueer. G will be on hand for an informal meet and greet.

Burning Issues for Officials (8-9:50am)

AUDIENCE: Officials

SPONSOR: Officials Committee

A free-format question/discussion session of "burning issues" for the officiating community and others.

#SwimBiz: Marketing Tips to Grow Your Team (and Revenue) (8-9:50am)

AUDIENCE: Anyone who thinks about revenue - leaders/administrators of clubs, board leaders and LSC leaders. Also LSC Communications Coordinators and Webmasters

SPONSOR: USA Swimming Marketing Staff

#SwimBiz Topic 3: 10 Marketing Tips to Grow Your Team. Join us for marketing tips that will impact to your swim lesson and swim team programs with Jim Fox, USA Swimming's Director of Marketing.

#SwimBiz Topic 4: #SwimBiz Experts: How our top marketing clubs are growing their team and revenue. Matt Farrell, USA Swimming's Chief Marketing Officer will moderate a panel of the top marketing clubs on how to increase revenue, grow the sport and improve your social media presence in your community. You will also get a sneak peak into future marketing efforts of USA Swimming.

Investment Management – Best Practices (8:30-9:45am)

AUDIENCE: LSC Treasurers, Financial Officers, Investment Managers

SPONSOR: Finance Vice Chair

This session will cover the current Investment policies of USA Swimming, including assets allocation, diversity of investments, types of investments, and general practices of managing USA Swimming Investments. This workshop will allow LSCs to compare and contrast their LSCI investment policies with the USA Swimming Investment policy. It also will allow local LSC Investment Managers to ask questions of the firms that provide the management of the USA Swimming Investments.

Open Water Swimming Seminar (10-10:50am)

AUDIENCE: Coaches, LSC Open Water Chairs, Aquatic Directors

SPONSOR: Open Water Development Committee

This year's Open Water Swimming Seminar addresses "How to Conduct an Open Water Clinic in a Swimming Pool". Conducted by Denny Ryther, long time USA Swimming Open Water team manager and administrator, as well as UANA Open Water Committee chair, the session also will include Q&A opportunities.

Club and LSC Financial Management (10-11:50am)

AUDIENCE: LSC and Club Treasurers, Financial Officers, Business Managers, LSC Leadership

SPONSOR: Finance Vice Chair

This session will cover tax updates related to non-profit organizations to include filing requirements, new overtime rules, correction of employee/contractor classifications, state filing requirements, and public disclosure of documents. In addition, we will take a look at accounting updates for non-profit organizations to include charitable donation acknowledgments, financial statement reporting changes, audits (internal and external) and updates/tips related to the use of QuickBooks.

Athlete Committees: Engaging and Empowering LSC Athlete Leadership (10-11:50am)

AUDIENCE: Athletes, LSC Leadership, LSC Athlete Liaisons

SPONSORS: LSC Development Committee and Convention Education Committee

This year's Athlete Leadership Workshop will focus on Athlete Committees. Many LSCs have made huge strides in promoting and developing athlete leadership, and we want to use their successes to help everybody establish a strong Athlete Committee. You can expect to learn how to start an athlete committee, how to divide work between athletes and non-athletes, and how to use your Athlete Committee to improve your community and empower your swimmers. This session will have something for everybody, regardless of whether or not you currently have an Athlete Committee. We hope to encourage collaborative work between your athlete and non-athlete members, so bring as many people from your delegation as you can!

Zone Board of Review Workshop (10-11:50am)

AUDIENCE: Anyone interested in the Zone Board of Review process or becoming a panel member

SPONSOR: Board of Review Committee

Come learn more about the Zone Board of Review through the presentation of an abbreviated hearing. This interactive presentation will allow you to address questions you may have about the ZBOR process and help you determine whether you want to become involved with your Zone.

Registration Workshop – Technology Updates (10:30-11:50am)

AUDIENCE: LSC Registration/Membership Coordinators, anyone interested in learning more about the new usaswimming.org website

SPONSOR: Registration/Membership Committee

The trio of Mark Brown, John Burbidge and Paul Bloom address three technology-related topics. The first two are near and dear to Registration/Membership Coordinators: Safety Training for Swim Coaches – Tracking Two Expiration Dates in SWIMS and an update on the Member Data Validation Project. The third topic offers a Q&A about the new usaswimming.org website.

Mind/Body Connection: Let's Talk about Mental Health (1:30-3:20pm)

AUDIENCE: Athletes, General

SPONSOR: National Team Athletes Committee

Mental health and the athlete transition has become a large topic of discussion among swimmers, coaches, and parents. The ever growing challenges of performance expectations, managing academics and social life on top of training, and finally addressing what life will be like when a swimming career has ended are all areas of stress and concern for the swimming community. USA Swimming shares these concerns and is taking steps to proactively answer them at all levels. An internal task force comprised of athletes, coaches, sports psychologist, and allied health care providers is identifying issues concerning mental health and the determining the best way to address and support our members.

In this session an expert panel will cover a number of issues from a mental health perspective: transitioning from club to college, college to pro, and into retirement; the psychology of overtraining; the ups and downs of a season or career; dealing with injury; and how to eliminate the “tough it out” approach to swimming. Panelists include three-time Olympian, NCAA Champion and mental health ambassador Allison Schmitt; Dr. Lenny Wiersma, professor of kinesiology at Cal State Fullerton and member of the Performance Staff for the 2017 World Championships; and Chuck Bachelor, head coach and owner of Bluefish Swim Club and national team coach at many international Championships.

Laying Foundations and Building Bridges: Making Your LSC More Effective at the Board/Staff Level (1:30-3:20pm)

AUDIENCE: General Chairs, LSC Leadership, paid/volunteer staffs

SPONSOR: LSC Development Committee

This is a workshop for General Chairs, LSC leadership, and paid/volunteer staff. Also, for those who want to explore the possibility of hiring staff for their LSC. The “three legs of the stool” for board/staff effectiveness will be offered. In addition, facilitated breakouts for LSCs at different stages of staff development, an overview of a LSC staff survey, and sharing some staff-related resources gathered online are all on the agenda. The workshop concludes for those in a staff role to network. Bring your hot topics for peer input and we will plan to have our “easy button.”

National Board of Review Committee Training and Update (1:30-3:20pm)

AUDIENCE: Anyone interested in the BOR process in general, or in becoming a panel member

SPONSOR: Board of Review Committee

Come meet members of the National Board of Review and learn more about the hearing process, including the impact of the new U.S. Center for Safe Sport. This is an ideal opportunity to have your questions answered and determine whether you are interested in applying to become a panel member.

Facilities Development Department Update/ Pools and Programming (1:30-3:20pm)

AUDIENCE: Aquatics Directors

SPONSOR: Facilities Development Department

This is a two-part workshop. In Part 1, Mick and Sue Nelson will provide an update on new adult and children's programming and how they support swim teams and facilities. They also will share information on drowning prevention, and stats you can take home to make a difference in your community. Part 2 features Dave Williams, Executive Director of Recreation at Rutgers University, who will present new time- and money-saving technology for swim meets.

Town Hall Meeting with CEO/President & Chair of the Board (3:30-4:20pm)

AUDIENCE: General

SPONSOR: Board Chair

Join USA Swimming Board Chair Jim Sheehan and new President/CEO Tim Hinchey for an informal, town hall meeting. This is a chance early in Convention to meet our new Chief Executive, learn about key issues involving our sport, and ask questions and share your concerns about topics important to you.

BY TOPIC/COMMITTEE

Age Group Development

Introducing Children into Competitive Swimming for the Long Term Success (Thursday, 8-9:50am)

AUDIENCE: Age Group Coaches; Age Group LSC Chairs and Athlete Reps

SPONSOR: Age Group Development Committee

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Bridging the Gap from Swim Lessons to Swim Team (Thursday, 8:30-9:50am)

AUDIENCE: Make a Splash participants, Aquatic Directors, Head Age Group coaches

SPONSOR: Foundation/Make a Splash/Diversity and Inclusion Committee

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An Open Forum on Technical Suits in Age Group Swimming (Thursday, 1-2:50pm)

AUDIENCE: Age Group & Head Coaches; Age Group LSC Chairs

SPONSOR: Age Group Development Committee

As a number of LSCs have recently passed legislation regarding the use of technical suits in age group swimming, the Age Group Development Committee is holding an open forum to discuss this issue. This workshop will be moderated. Please come with questions to ask and to voice your opinion on this somewhat controversial issue.

Athletes

She LEADS for Athletes (Wednesday, 1-2:15pm)

AUDIENCE: Female athletes

SPONSOR: Club Development Women’s Leadership

This session is designed to inspire leadership both in and out of the sport of swimming among female athletes who are attending Convention. The session will be led by Maggie Vail, USA Swimming’s Safe Sport Education Specialist, and will cover a variety of topics that can help to connect, grow and build leadership.

Sports Medicine/Science Workshop (Thursday, 10-11:50am)

AUDIENCE: Coaches, athletes, volunteers

SPONSOR: Sports Medicine/Science Committee

Swimmers can suffer concussions and the need exists to educate athletes, coaches, and parents regarding concussion recognition and management. Meaningful education for all involved, thoroughness, a commitment to excellence, and a team approach to managing concussions are imperative to prevent detrimental, long-term adverse outcomes. This workshop features the educational programs geared towards ‘raising awareness’ and ‘changing behaviors’ regarding concussion recognition and management developed by the Concussion Task Force of USA Swimming.

Championship Evaluation Committee – Meet Research Results (Thursday, 1-2:50pm)

AUDIENCE: Senior Coaches, Athletes, Officials, Facilities Managers and Aquatic Directors

SPONSOR: Championship Evaluation Committee

The Championship Evaluation Committee conducts research at key Summer and Winter Championship Meets in order to "Provide feedback to help insure that national-level swimming competitions provide the best possible environment for maximizing athlete performance." To this end, research was conducted at the 2016 Short Course National and Juniors Championship Meets, as well as the 2017 Nationals/World Championship Trials, US Open, Juniors and four Futures Meets. The Committee's convention meeting will focus on presenting the research results for these 10 meets.

Robert's Rules of Order (Thursday, 3-3:50pm)

AUDIENCE: General, athlete and non-athlete members newer to meetings run by Robert's Rules

SPONSOR: Convention Education Committee

This workshop will discuss proper meeting etiquette specifically relevant for the House of Delegates meeting, as well as LSC meetings run with Robert's Rules. Run by Sam Hansen, Chief Parliamentarian of the HOD, this session will explain the ins and outs of Robert's Rules and discuss how a proposed rules change makes its way to a House vote. It also will give attendees the opportunity to exercise their knowledge to the fullest through interactive practice sessions.

Athlete Committees: Engaging and Empowering LSC Athlete Leadership (Friday, 10-11:50am)

AUDIENCE: Athletes, LSC Leadership, LSC Athlete Liaisons

SPONSORS: LSC Development Committee and Convention Education Committee

This year's Athlete Leadership Workshop will focus on Athlete Committees. Many LSCs have made huge strides in promoting and developing athlete leadership, and we want to use their successes to help everybody establish a strong Athlete Committee. You can expect to learn how to start an athlete committee, how to divide work between athletes and non-athletes, and how to use your Athlete Committee to improve your community and empower your swimmers. This session will have something for everybody, regardless of whether or not you currently have an Athlete Committee. We hope to encourage collaborative work between your athlete and non-athlete members, so bring as many people from your delegation as you can!

Zone Board of Review Workshop (Friday, 10-11:50am)

AUDIENCE: Anyone interested in the Zone Board of Review process or becoming a panel member

SPONSOR: Board of Review Committee

Come learn more about the Zone Board of Review through the presentation of an abbreviated hearing. This interactive presentation will allow you to address questions you may have about the ZBOR process and help you determine whether you want to become involved with your Zone.

Mind/Body Connection: Let's Talk about Mental Health (Friday, 1:30-3:20pm)

AUDIENCE: Athletes, General

SPONSOR: National Team Athletes Committee

Mental health and the athlete transition has become a large topic of discussion among swimmers, coaches, and parents. The ever growing challenges of performance expectations, managing academics and social life on top of training, and finally addressing what life will be like when a swimming career has ended are all areas of stress and concern for the swimming community. USA Swimming shares these concerns and is taking steps to proactively answer them at all levels. An internal task force comprised of athletes, coaches, sports psychologist, and allied health care providers is identifying issues concerning mental health and the determining the best way to address and support our members.

In this session an expert panel will cover a number of issues from a mental health perspective: transitioning from club to college, college to pro, and into retirement; the psychology of overtraining; the ups and downs of a season or career; dealing with injury; and how to eliminate the “tough it out” approach to swimming. Panelists include three-time Olympian, NCAA Champion and mental health ambassador Allison Schmitt; Dr. Lenny Wiersma, professor of kinesiology at Cal State Fullerton and member of the Performance Staff for the 2017 World Championships; and Chuck Bachelor, head coach and owner of Bluefish Swim Club and national team coach at many international Championships.

National Board of Review Committee Training and Update (Friday, 1:30-3:20pm)

AUDIENCE: Anyone interested in the BOR process in general, or in becoming a panel member

SPONSOR: Board of Review Committee

Come meet members of the National Board of Review and learn more about the hearing process, including the impact of the new U.S. Center for Safe Sport. This is an ideal opportunity to have your questions answered and determine whether you are interested in applying to become a panel member.

Coaches

Coach Mentoring Workshop (Wednesday, 9-9:50am)

AUDIENCE: Head Coaches, LSC Coach and Age Group Representatives

SPONSOR: Club Development/D&I

This workshop will discuss the importance of mentorship for coaches. USA Swimming staff will provide information on the LSC Coach Mentorship program and how to apply for funding for 2018. Examples of different ways to use the program will be provided. Maryland Swimming and Indiana Swimming will showcase how they have effectively used the program in the past, as an example for others who are interested in participating.

Disability Swimming Workshop (Wednesday, 2-3:50pm)

AUDIENCE: Coaches, LSC Disability chairs

SPONSOR: Disability Swimming Committee

This workshop is intended for coaches who either have or would like to know more about coaching a swimmer with a disability. National level coaches who have placed swimmers on the U.S. Paralympics

Swimming team in London and Rio will present the workshop. The interactive format will provide plenty of opportunities for discussion and is geared to all levels of coaching from Novice to Elite.

Sneak Peak -- Deck Pass on TeamUnify and a New Communication Hub (Wednesday, 3-3:50pm)

AUDIENCE: Team administrators, Coaches, LSC Administrators

SPONSOR: Team Unify/USA Swimming Business Development

Join TeamUnify and USA Swimming for this informative session to optimizing your team and/or LSC's communication efforts. Powered by TeamUnify's all new Communication Hub plus a sneak peek at the forthcoming Integrated USA Swimming's Deck Pass Portal in TeamUnify. Learn how administrators and coaches will better engage with families through powerful communication and social sharing tools, and much more!

Bridging the Gap from Swim Lessons to Swim Team (Thursday, 8:30-9:50am)

AUDIENCE: Make a Splash participants, Aquatic Directors, Head Age Group coaches

SPONSOR: Foundation/Make a Splash/Diversity and Inclusion Committee

This workshop will highlight the significance of strengthening the relationship between swim lesson providers and swim teams. Wisconsin-ites Matt Miller, a successful team coach and Kim Metz, a swim school owner, will share how they have "bridged the gap" between swim lessons and competitive swimming in their community and are successfully working to connect with one another. USA Swimming and USA Swimming Foundation staff also will be speaking about the opportunities that come with "bridging the gap."

Sports Medicine/Science Workshop (Thursday, 10-11:50am)

AUDIENCE: Coaches, athletes, volunteers

SPONSOR: Sports Medicine/Science Committee

Swimmers can suffer concussions and the need exists to educate athletes, coaches, and parents regarding concussion recognition and management. Meaningful education for all involved, thoroughness, a commitment to excellence, and a team approach to managing concussions are imperative to prevent detrimental, long-term adverse outcomes. This workshop features the educational programs geared towards 'raising awareness' and 'changing behaviors' regarding concussion recognition and management developed by the Concussion Task Force of USA Swimming.

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AUDIENCE: Senior Coaches, Athletes, Officials, Facilities Managers and Aquatic Directors

SPONSOR: Championship Evaluation Committee

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Simple Strategies to Raise More Swim-a-Thon Money (Thursday, 2-2:50pm)

AUDIENCE: Head coaches, assistant coaches, club president, club marketing personnel, club administrators, parent volunteers, athlete reps and LSC directors. Anyone interested in hosting an in-pool fundraiser for his or her organization should attend.

SPONSOR: USA Swimming Foundation

Learn innovative and unique Swim-a-Thon fundraising strategies from team representatives who have hosted fun and financially rewarding Swim-a-Thon fundraising events. Whether you're new to Swim-a-Thon fundraising or a veteran fundraiser, you will come away with new ideas and a fresh perspective on how to raise more money at your next Swim-a-Thon. Workshop attendees will be entered into a drawing for a VISA gift card. Attendees must be present to win.

Robert's Rules of Order (Thursday, 3-3:50pm)

AUDIENCE: General, athlete and non-athlete members newer to meetings run by Robert's Rules

SPONSOR: Convention Education Committee

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#SwimBiz: Marketing Tips to Grow Your Team (and Revenue) (Friday, 8-9:50am)

AUDIENCE: Anyone who thinks about revenue - leaders/administrators of clubs, board leaders and LSC leaders. Also LSC Communications Coordinators and Webmasters

SPONSOR: USA Swimming Marketing Staff

#SwimBiz Topic 3: 10 Marketing Tips to Grow Your Team. Join us for marketing tips that will impact to your swim lesson and swim team programs with Jim Fox, USA Swimming's Director of Marketing.

#SwimBiz Topic 4: #SwimBiz Experts: How our top marketing clubs are growing their team and revenue. Matt Farrell, USA Swimming's Chief Marketing Officer will moderate a panel of the top marketing clubs on how to increase revenue, grow the sport and improve your social media presence in your community. You will also get a sneak peak into future marketing efforts of USA Swimming.

Open Water Swimming Seminar (Friday, 10-10:50am)

AUDIENCE: Coaches, LSC Open Water Chairs, Aquatic Directors

SPONSOR: Open Water Development Committee

This year's Open Water Swimming Seminar addresses "How to Conduct an Open Water Clinic in a Swimming Pool". Conducted by Denny Ryther, long time USA Swimming Open Water team manager and administrator, as well as UANA Open Water Committee chair, the session also will include Q&A opportunities.

Mind/Body Connection: Let's Talk about Mental Health (Friday, 1:30-3:20pm)

AUDIENCE: Athletes, General

SPONSOR: National Team Athletes Committee

Mental health and the athlete transition has become a large topic of discussion among swimmers, coaches, and parents. The ever growing challenges of performance expectations, managing academics and social life on top of training, and finally addressing what life will be like when a swimming career has ended are all areas of stress and concern for the swimming community. USA Swimming shares these concerns and is taking steps to proactively answer them at all levels. An internal task force comprised of athletes, coaches, sports psychologist, and allied health care providers is identifying issues concerning mental health and the determining the best way to address and support our members.

In this session an expert panel will cover a number of issues from a mental health perspective: transitioning from club to college, college to pro, and into retirement; the psychology of overtraining; the ups and downs of a season or career; dealing with injury; and how to eliminate the “tough it out” approach to swimming. Panelists include three-time Olympian, NCAA Champion and mental health ambassador Allison Schmitt; Dr. Lenny Wiersma, professor of kinesiology at Cal State Fullerton and member of the Performance Staff for the 2017 World Championships; and Chuck Bachelor, head coach and owner of Bluefish Swim Club and national team coach at many international Championships.

Facilities Development Department Update/Pools and Programming (Friday, 1:30-3:20pm)

AUDIENCE: Aquatics Directors

SPONSOR: Facilities Development Department

This is a two-part workshop. In Part 1, Mick and Sue Nelson will provide an update on new adult and children’s programming and how they support swim teams and facilities. They also will share information on drowning prevention, and stats you can take home to make a difference in your community. Part 2 features Dave Williams, Executive Director of Recreation at Rutgers University, who will present new time- and money-saving technology for swim meets.

Disability

Disability Swimming Workshop (Wednesday, 2-3:50pm)

AUDIENCE: Coaches, LSC Disability chairs

SPONSOR: Disability Swimming Committee

This workshop is intended for coaches who either have or would like to know more about coaching a swimmer with a disability. National level coaches who have placed swimmers on the U.S. Paralympics Swimming team in London and Rio will present the workshop. The interactive format will provide plenty of opportunities for discussion and is geared to all levels of coaching from Novice to Elite.

Diversity & Inclusion

Diversity & Inclusion 101 (Tuesday, 3-4pm)

AUDIENCE: New D&I Chairs or their designee

SPONSOR: D&I Committee

This program is meant for all NEW Diversity Chairs. The 101 will provide Diversity Chairs the fundamental basics and resources available to succeed in their position. Returning Diversity Chairs are welcome as well as anyone who might be thinking of becoming a Diversity Chair.

Diversity and Inclusion Chairs Workshop (Tuesday, 4-6pm)

AUDIENCE: D&I Chairs

SPONSOR: D&I Committee

This program directly follows the D&I Chairs 101. It is geared towards both new and returning Diversity Chairs, although anyone interested is welcome. During this workshop attendees will participate in scenario-based training sessions that will help participants understand different Diversity & Inclusion situations that they may come across and the best ways to handle each situation.

Breaking Down Barriers: D&I Grab and Grin (Wednesday, 10-10:20am)

AUDIENCE: D&I Chairs, others interested in D&I

SPONSOR: Diversity & Inclusion Committee

Convention attendees will be able to meet the members of USA Swimming's National Diversity & Inclusion Committee and the USA Swimming Diversity & Inclusion staff. An overview of the Quad Goals will be discussed along with ways you can get involved.

Let's Talk: Opening up the D&I Conversation (Wednesday, 10:20-11:20am)

AUDIENCE: D&I Chairs, others interested in D&I

SPONSOR: Diversity & Inclusion Committee

Following a meet and greet, members of the national D&I Committee will discuss D&I fundraising opportunities, keys to successful D&I partnerships and collaborations, and how your team can become an asset to the community.

Diversity & Inclusion Roundtable (Thursday, 2-3pm)

AUDIENCE: D&I Chairs, others interested in D&I

SPONSOR: Diversity & Inclusion Committee

In the first hour of this block, special invited guest panelists will address how to create a diverse workplace, how to diversify their customers/members and how they promote the benefits of diversity in their industries.

Diversity Spotlight: Meet G Ryan (Thursday, 3-3:50pm)

AUDIENCE: D&I Chairs, others interested in D&I

SPONSOR: Diversity & Inclusion Committee

The second hour of this D&I Spotlight block features special guest speaker G Ryan, former National Team member and swimmer at the University of Michigan. G will talk about the challenges and sacrifices that G has made to participate in the sport that they are passionate about.

Multicultural Breakfast sponsored by Diversity & Inclusion and Safe Sport (Friday, 7-8am)

Advance Registration required at USAS registration -- \$10 Fee. Come join us for breakfast in support of the LGBTQ community. Meet G Ryan, National Team member from 2012-2015, who identifies as genderqueer. G will be on hand for an informal meet and greet.

Finance

LSC Finances: Understanding the LEAP Requirements (Thursday, 1:45-2:30pm)

AUDIENCE: LSC Treasurers and Finance Managers

SPONSOR: LSC Development Committee

Does the “BUCK” stop with you when it comes to your LSC finances? Well then, this session is for you! We will be discussing the annual reporting requirements for LSC finances to USA Swimming; as well the requirements for each level of LEAP. No need to bring along your CPA, our presentation will make it easy to be in compliance.

Simple Strategies to Raise More Swim-a-Thon Money (Thursday, 2-2:50pm)

AUDIENCE: Head coaches, assistant coaches, club president, club marketing personnel, club administrators, parent volunteers, athlete reps and LSC directors. Anyone interested in hosting an in-pool fundraiser for his or her organization should attend.

SPONSOR: USA Swimming Foundation

Learn innovative and unique Swim-a-Thon fundraising strategies from team representatives who have hosted fun and financially rewarding Swim-a-Thon fundraising events. Whether you’re new to Swim-a-Thon fundraising or a veteran fundraiser, you will come away with new ideas and a fresh perspective on how to raise more money at your next Swim-a-Thon. Workshop attendees will be entered into a drawing for a VISA gift card. Attendees must be present to win.

Investment Management – Best Practices (Friday, 8:30-9:45am)

AUDIENCE: LSC Treasurers, Financial Officers, Investment Managers

SPONSOR: Finance Vice Chair

This session will cover the current Investment policies of USA Swimming, including assets allocation, diversity of investments, types of investments, and general practices of managing USA Swimming Investments. This workshop will allow LSCs to compare and contrast their LSCI investment policies with the USA Swimming Investment policy. It also will allow local LSC Investment Managers to ask questions of the firms that provide the management of the USA Swimming Investments.

#SwimBiz: Marketing Tips to Grow Your Team (and Revenue) (Friday, 8-9:50am)

AUDIENCE: Anyone who thinks about revenue - leaders/administrators of clubs, board leaders and LSC leaders. Also LSC Communications Coordinators and Webmasters

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Club and LSC Financial Management (Friday, 10-11:50am)

AUDIENCE: LSC and Club Treasurers, Financial Officers, Business Managers, LSC Leadership

SPONSOR: Finance Vice Chair

This session will cover tax updates related to non-profit organizations to include filing requirements, new overtime rules, correction of employee/contractor classifications, state filing requirements, and public disclosure of documents. In addition, we will take a look at accounting updates for non-profit organizations to include charitable donation acknowledgments, financial statement reporting changes, audits (internal and external) and updates/tips related to the use of QuickBooks.

General

Happy2Help Reception (Tuesday, 6-7:30pm)

AUDIENCE: First time Convention attendees and anyone else looking to meet, greet and mingle

SPONSOR: Convention Education Committee

This cash bar reception is designed as an early Convention meet and greet. Those attending Convention for the first time are especially encouraged to attend. Convention Education Committee members will be on hand to answer questions about the Convention schedule, workshops, how to find things, and to orient attendees to our new Sched software designed to make the Convention experience more efficient and enjoyable.

First Rodeo? ConvEd First Timers Corral (Wednesday, 11-11:50am)

AUDIENCE: First time convention attendees

SPONSOR: Convention Education Committee

If you are attending the USA Swimming Convention for the first time, this workshop is for you! This quick-paced, fun event lets you meet other "rookies", learn about the Convention schedule and to use new online Sched app, HOD mechanics, and how to get your voting credentials and reserve a table for the closing Banquet. You also will meet USA Swimming Chair Jim Sheehan and new President/CEO Tim Hinchey, along with the ever-helpful members of the Convention Education Committee/Posse. You also will be brought up to speed on the top swimming lingo for Lingo Bingo!

Games, prizes, FB selfies and your first Lingo Bingo card should make you want to gallop on over to this workshop.

And don't forget to come see ConvEd at the Happy2Help Desk for all your Convention needs!

Women in Aquatic Sports Breakfast (Thursday, 7-8am)

Advance Registration required at USAS registration -- \$10 Fee. Come join women (and men) across the entire USAS community for breakfast to network and celebrate women's accomplishments in our sports. The annual Women in Aquatics Sports award will be presented.

Sports Medicine/Science Workshop (Thursday, 10-11:50am)

AUDIENCE: Coaches, athletes, volunteers

SPONSOR: Sports Medicine/Science Committee

Swimmers can suffer concussions and the need exists to educate athletes, coaches, and parents regarding concussion recognition and management. Meaningful education for all involved, thoroughness, a commitment to excellence, and a team approach to managing concussions are imperative to prevent detrimental, long-term adverse outcomes. This workshop features the educational programs geared towards 'raising awareness' and 'changing behaviors' regarding concussion recognition and management developed by the Concussion Task Force of USA Swimming.

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Board Governance Town Hall (Thursday, 7-9:00pm)

AUDIENCE: All

SPONSOR: Board Governance Task Force

Members of the special Governance Task Force established at last year's Convention to review the role, purpose, function, and composition of the USA Swimming National Board of Directors will topline their assessment and recommendations at this meeting and entertain questions. Bill Schalz, chair of the Task Force, and Bill Charney, the outside consultant selected to conduct the actual review, will lead the presentation and discussion, along with other Task Force members Pat Hogan, Julie Bare, Mike Gibbons, Richard Pocket and Trent Staley.

The recommendations presented to and endorsed overwhelmingly by the BOD in April, have been reviewed by the Rules & Regulations Committee and will be presented to the House of Delegates as part of the legislation packet at the Convention. They will be voted on at the HOD on Saturday.

This meeting is your last opportunity to ask questions of the consultant and task force members before the vote.

Multicultural Breakfast sponsored by Diversity & Inclusion and Safe Sport (Friday, 7-8am)

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AUDIENCE: Anyone interested in the Zone Board of Review process or becoming a panel member

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AUDIENCE: Athletes, General

SPONSOR: National Team Athletes Committee

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AUDIENCE: Anyone interested in the BOR process in general, or in becoming a panel member

SPONSOR: Board of Review Committee

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Facilities Development Department Update/ Pools and Programming (Friday, 1:30-3:20pm)

AUDIENCE: Aquatics Directors

SPONSOR: Facilities Development Department

This is a two-part workshop. In Part 1, Mick and Sue Nelson will provide an update on new adult and children's programming and how they support swim teams and facilities. They also will share information on drowning prevention, and stats you can take home to make a difference in your community. Part 2 features Dave Williams, Executive Director of Recreation at Rutgers University, who will present new time- and money-saving technology for swim meets.

Town Hall Meeting with CEO/President & Chair of the Board (Friday, 3:30-4:20pm)

AUDIENCE: General

SPONSOR: Board Chair

Join USA Swimming Board Chair Jim Sheehan and new President/CEO Tim Hinchey for an informal, town hall meeting. This is a chance early in Convention to meet our new Chief Executive, learn about key issues involving our sport, and ask questions and share your concerns about topics important to you.

Governance

Governance Committee – Business Meeting & Open Forum (Thursday, 10-11:50am)

AUDIENCE: General

SPONSOR: Governance Committee

Learn about the Board Task Force Report and Governance Recommendations at this combined business meeting and open forum. Recommended legislation has been reviewed by the Rules & Regulations Committee and will be submitted to the House of Delegates on Saturday for vote. Bill Schalz, chair of the Task Force, along with Bill Charney, the independent consultant who conducted the review, will present the results. Governance Committee member Todd Adams and USA Swimming Chairman of the Board Jim Sheehan also will be available to answer questions.

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Athlete Committees: Engaging and Empowering LSC Athlete Leadership (Friday, 10-11:50am)

AUDIENCE: Athletes, LSC Leadership, LSC Athlete Liaisons

SPONSORS: LSC Development Committee and Convention Education Committee

This year's Athlete Leadership Workshop will focus on Athlete Committees. Many LSCs have made huge strides in promoting and developing athlete leadership, and we want to use their successes to help everybody establish a strong Athlete Committee. You can expect to learn how to start an athlete committee, how to divide work between athletes and non-athletes, and how to use your Athlete Committee to improve your community and empower your swimmers. This session will have something for everybody, regardless of whether or not you currently have an Athlete Committee. We hope to encourage collaborative work between your athlete and non-athlete members, so bring as many people from your delegation as you can!

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AUDIENCE: General

SPONSOR: Board Chair

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LSC Development/LEAP

New General Chairs Orientation (Wednesday, 1-2:20pm)

AUDIENCE: New General Chairs, GCs seeking help

SPONSOR: LSC Development Committee

Congratulations! You're the new General Chair, or most likely will be elected this fall, or not so new but you'd like some help. Before you "run for the hills" be sure to attend this session and get the answer to the one question we know you are all asking: "Now What?" We will provide you with information and tools to get you started on your way as the leader of your LSC and provide an opportunity to network with other General Chairs.

LSC Finances: Understanding the LEAP Requirements (Thursday, 1:45-2:30pm)

AUDIENCE: LSC Treasurers and Finance Managers

SPONSOR: LSC Development Committee

Does the “BUCK” stop with you when it comes to your LSC finances? Well then, this session is for you! We will be discussing the annual reporting requirements for LSC finances to USA Swimming; as well the requirements for each level of LEAP. No need to bring along your CPA, our presentation will make it easy to be in compliance.

Mighty 2500 LSC Reunion (Thursday, 2-2:50pm)

AUDIENCE: At least two board members from LSCs with under 2500 athletes (see below)

SPONSOR: LSC Development Committee

Representatives from the 19 Mighty 2500 LSCs will gather for their 4th annual reunion to share all the great things happening in their LSCs and walk away with wonderful new ideas to consider in their home LSC. Don't miss this unique opportunity to network with colleagues from LSCs of similar size and hear about upcoming LSC programming sponsored by the LSC Development Committee. The Mighty 2500 LSCs are AD, AK, AR, BD, CC, IA, IE, ME, MS, MT, MW, ND, NM, OK, SD, SR, WT, WV, and WY. Each LSC is asked to send two board members to this invigorating session.

Mighty Mid LSC Reunion (Thursday, 2-2:50pm)

AUDIENCE: Leadership from the Mighty Mid LSCs (see below)

SPONSOR: LSC Development Committee

LSC board representatives from the 21 Mighty Mid LSCs will convene for the 2nd annual Mighty Mid LSC Reunion to share the progress made on the LSC goals set the November 2015 Might Mid LSC Leadership Workshop as well as any new programming their LSCs have undertaken in the last year. Participants will take home new ideas that are working in similarly sized LSCs and learn about upcoming LSC programs sponsored by the LSC Development Committee. The 21 Mighty Mid LSCs are AM, AZ, CT, FG, HI, KY, LE, LA, MD, MV, NI, NT, OH, OR, OZ, PN, SI, SN, SC, UT, and VA. Each LSC is encouraged to send two board members to this session

Mighty Mega LSC Reunion (Thursday, 2-2:50pm)

AUDIENCE: Two LSC Representatives from Mighty Mega LSCs (see below)

SPONSOR: LSC Development Committee

This reunion is a follow-up to the November 2016 Mighty Mega LSC Leadership Workshop held in Colorado Spring. Workshop participants will be sharing the progress made on the LSC goals set at last fall's workshop including engagement by their LSC boards, challenges that were encountered, and success stories. The two LSC representatives (or their designees) from the 2016 Colorado Springs workshop are invited to attend. Participants will walk away with creative new ideas that are working in other Mighty Mega LSCs and hear about upcoming LSC programs sponsored by the LSC Development Committee. The 19 Mighty Mega LSCs are CO, FL, GA, GU, IL, IN, MR, MI, MA, MN, NE, NJ, NC, PC, PV, ST, SE, CA, and WI.

LSC Board Orientation (Thursday, 3-3:50pm)

AUDIENCE: LSC General Chairs, Administrative Chairs

SPONSOR: LSC Development Committee

Was your welcome to the BOD a hearty handshake and a thumb drive full of files? Or worse yet, a big sigh of relief from your predecessor followed by crickets? Break that cycle by attending this session

designed to help you organize and conduct a great orientation session that will benefit the whole BOD. We'll also provide resources to help you construct a BOD manual that will be a useful resource for all members of the BOD. PS... no crickets at this session!

Athlete Committees: Engaging and Empowering LSC Athlete Leadership (Friday, 10-11:50am)

AUDIENCE: Athletes, LSC Leadership, LSC Athlete Liaisons

SPONSORS: LSC Development Committee and Convention Education Committee

This year's Athlete Leadership Workshop will focus on Athlete Committees. Many LSCs have made huge strides in promoting and developing athlete leadership, and we want to use their successes to help everybody establish a strong Athlete Committee. You can expect to learn how to start an athlete committee, how to divide work between athletes and non-athletes, and how to use your Athlete Committee to improve your community and empower your swimmers. This session will have something for everybody, regardless of whether or not you currently have an Athlete Committee. We hope to encourage collaborative work between your athlete and non-athlete members, so bring as many people from your delegation as you can!

Laying Foundations and Building Bridges: Making Your LSC More Effective at the Board/Staff Level (Friday, 1:30-3:20pm)

AUDIENCE: General Chairs, LSC Leadership, paid/volunteer staffs

SPONSOR: LSC Development Committee

This is a workshop for General Chairs, LSC leadership, and paid/volunteer staff. Also, for those who want to explore the possibility of hiring staff for their LSC. The "three legs of the stool" for board/staff effectiveness will be offered. In addition, facilitated breakouts for LSCs at different stages of staff development, an overview of a LSC staff survey, and sharing some staff-related resources gathered online are all on the agenda. The workshop concludes for those in a staff role to network. Bring your hot topics for peer input and we will plan to have our "easy button."

Membership/Registration

Roundtable Discussions – LSC Registration/Membership Coordinators (Thursday, 10-11:50am)

AUDIENCE: LSC Registrars and Membership Coordinators

SPONSOR: Registration/Membership Committee

This session will offer discussions on eight topics near and dear to Registration/Membership Coordinators' daily routine, with moderators playing "musical chairs (and topics)" every 15 minutes. Topics include: Membership in an Electronic World, Searching the APT and BGC Queues, The SWIMS Holding Tank, Using the Mass Member Update Feature in SWIMS, Online Payment Options, Meet Recons/Club Registration, Financial Reconciliations, and Reports and Custom Reports in SWIMS. Come prepared to share and learn some new tips and meet some new people.

Registration Workshop – Technology Updates (Friday, 10:30-11:50am)

AUDIENCE: LSC Registration/Membership Coordinators, anyone interested in learning more about the new usaswimming.org website

SPONSOR: Registration/Membership Committee

The trio of Mark Brown, John Burbidge and Paul Bloom address three technology-related topics. The first two are near and dear to Registration/Membership Coordinators: Safety Training for Swim Coaches – Tracking Two Expiration Dates in SWIMS and an update on the Member Data Validation Project. The third topic offers a Q&A about the new usaswimming.org website.

Officials

Officials Committee Meeting/Workshop (Thursday, 8-9:50am)

AUDIENCE: Officials

SPONSOR: Officials Committee

An overview of the efforts of the National Officials Committee over the past year. Includes a question and answer session with the audience on these and other topics of interest to the officiating community.

Championship Evaluation Committee – Meet Research Results (Thursday, 1-2:50pm)

AUDIENCE: Senior Coaches, Athletes, Officials, Facilities Managers and Aquatic Directors

SPONSOR: Championship Evaluation Committee

The Championship Evaluation Committee conducts research at key Summer and Winter Championship Meets in order to "Provide feedback to help insure that national-level swimming competitions provide the best possible environment for maximizing athlete performance." To this end, research was conducted at the 2016 Short Course National and Juniors Championship Meets, as well as the 2017 Nationals/World Championship Trials, US Open, Juniors and four Futures Meets. The Committee's convention meeting will focus on presenting the research results for these 10 meets.

Navigating the Coach/Official Relationship (Thursday, 3-3:50pm)

AUDIENCE: Coaches and Officials

SPONSOR: Officials Committee and Convention Education Committee

Join us for a workshop that will present situations and scenarios common to coach-official interactions during swim meets for discussion by a panel of three coaches and officials, along with the audience. The goal is to walk in each other's shoes (or flip flops) to generate suggestions and useful tools for both groups as they work to collaborate in the best interest of all swimmers. Panelists include Marci Callen (FAST-NI), Dave Coddington (PNS), Jim Holcomb (BOR), Bob Menck (NES), Todd Schmitz (STARS-CO) and Matt Webber (HSA-SES).

Burning Issues for Officials (Friday, 8-9:50am)

AUDIENCE: Officials

SPONSOR: Officials Committee

A free-format question/discussion session of "burning issues" for the officiating community and others.

Open Water

Open Water Swimming Seminar (Friday, 10-10:50am)

AUDIENCE: Coaches, LSC Open Water Chairs, Aquatic Directors

SPONSOR: Open Water Development Committee

This year's Open Water Swimming Seminar addresses "How to Conduct an Open Water Clinic in a Swimming Pool". Conducted by Denny Ryther, long time USA Swimming Open Water team manager and administrator, as well as UANA Open Water Committee chair, the session also will include Q&A opportunities.

Operational Risk

Sports Medicine/Science Workshop (Thursday, 10-11:50am)

AUDIENCE: Coaches, athletes, volunteers

SPONSOR: Sports Medicine/Science Committee

Swimmers can suffer concussions and the need exists to educate athletes, coaches, and parents regarding concussion recognition and management. Meaningful education for all involved, thoroughness, a commitment to excellence, and a team approach to managing concussions are imperative to prevent detrimental, long-term adverse outcomes. This workshop features the educational programs geared towards 'raising awareness' and 'changing behaviors' regarding concussion recognition and management developed by the Concussion Task Force of USA Swimming.

Swimming with the Sharks – Managing Risks in Swimming (Thursday, 3-3:50pm)

AUDIENCE: Safety Chairs, coaches, others tasked and interested in managing risks

SPONSOR: Operational Risk Committee

This year's one-hour workshop will provide a comprehensive review of USA Swimming's insurance, both coverage and optional coverage available to clubs and coaches. The workshop will include a review of the new backstroke start certification. Additionally the American Red Cross will be updating Safety Training for Swim Coaches soon; workshop participants are invited to bring questions, concerns and ideas re: STSC to the workshop.

Safe Sport

Safe Sport 101 (Tuesday, 3-4pm)

AUDIENCE: Restricted to new LSC Safe Sport Chairs or designee

SPONSOR: Safe Sport Committee

Designed for new LSC Safe Sport Chairs and others new to Safe Sport, 101 will cover foundational information of the Safe Sport program and the role of volunteers in creating a safe, abuse-free USA Swimming community.

LSC Safe Sport Chairs Workshop (Tuesday, 4-7pm)

AUDIENCE: LSC Safe Sport Chairs or their designee

SPONSOR: Safe Sport Committee

For the LSC Safe Sport Chairs or their designee, this workshop will discuss implementing Safe Sport on the local level and continue the work on existing LSC Chair projects.

Safe Sport at Meets (Wednesday, 2-3:50pm)

AUDIENCE: Meet Directors, Coaches, Officials

SPONSOR: Safe Sport Committee

This workshop will discuss Safe Sport “Meet in a Box” which includes information for meet hosts, marshals, officials, and volunteers. Modeled after meal-delivery services that provide everything you need (and nothing that you don’t!), Safe Sport “Meet in a Box” provides the tools needed to create a safe, positive, and abuse-free environment on every pool deck. The workshop will explore these resources for all who are involved in hosting meets.

Understanding Male Survivors of Sexual Abuse (Thursday, 1-2:50pm)

AUDIENCE: Advocates and Professionals who work with men

SPONSOR: Safe Sport Committee

This 90-minute workshop for advocates and other professionals who work with men provides an opportunity to consider the particular ways men may respond differently to childhood sexual abuse or assault. Whatever your level of knowledge about working with men who have experienced sexual abuse or assault, this interactive webinar may encourage you to rethink your current assumptions, examine your expectations, and employ a lens of masculinity to enhance your existing skills when working with men.

#SwimBiz/Marketing/Communications

Sneak Peek -- Deck Pass on TeamUnify and a New Communication Hub (Wednesday, 3-3:50pm)

AUDIENCE: Team administrators, Coaches, LSC Administrators

SPONSOR: Team Unify/USA Swimming Business Development

Join TeamUnify and USA Swimming for this informative session to optimizing your team and/or LSC’s communication efforts. Powered by TeamUnify’s all new Communication Hub plus a sneak peek at the forthcoming Integrated USA Swimming’s Deck Pass Portal in TeamUnify. Learn how administrators and coaches will better engage with families through powerful communication and social sharing tools, and much more!

SwimJitsu 101: Recruiting, Retention and Fund Raising (Wednesday, 5-6pm)

AUDIENCE: General, Coaches, Aquatic Directors

SPONSOR: Business Development Division

Interested in hosting a SwimJitsu in 2018? Channel your inner Swimja and join us for SwimJitsu 101: Recruiting, Retention and Fundraising. Jim Fox, USA Swimming's Director of Marketing will cover items like facility requirements, costs, hosting options and the process of how to host. Additionally, we cover some case studies from past hosts and give some best practices to find success.

Bridging the Gap from Swim Lessons to Swim Team (Thursday, 8:30-9:50am)

AUDIENCE: Make a Splash participants, Aquatic Directors, Head Age Group coaches

SPONSOR: Foundation/Make a Splash/Diversity and Inclusion Committee

This workshop will highlight the significance of strengthening the relationship between swim lesson providers and swim teams. Wisconsin-ites Matt Miller, a successful team coach and Kim Metz, a swim school owner, will share how they have "bridged the gap" between swim lessons and competitive swimming in their community and are successfully working to connect with one another. USA Swimming and USA Swimming Foundation staff also will be speaking about the opportunities that come with "bridging the gap."

#SwimBiz: Oh Snap! Tips, Tricks and Trends in Social Media (Thursday, 10-11:50am)

AUDIENCE: Team Administrators, Club Leadership, Club and LSC Communications Directors

SPONSOR: USA Swimming Marketing Staff

#SwimBiz Topic 1: Oh Snap! An Intro into the fastest Growing Social Network for Teams & How Your Club Can Take Advantage. USA Swimming's Communication Coordinator, Kara Raney gives an introduction to Snapchat. The fastest growing social media network for teens.

#SwimBiz Topic 2: Like, RT & Share: A Guide to Creating Content That Makes People Click. Learn how to create social media content that will engage your fans and get them to share with your friends and family with Nailah Ellis Timberlake, Manager of USA Swimming Productions.

Simple Strategies to Raise More Swim-a-Thon Money (Thursday, 2-2:50pm)

AUDIENCE: Head coaches, assistant coaches, club president, club marketing personnel, club administrators, parent volunteers, athlete reps and LSC directors. Anyone interested in hosting an in-pool fundraiser for his or her organization should attend.

SPONSOR: USA Swimming Foundation

Learn innovative and unique Swim-a-Thon fundraising strategies from team representatives who have hosted fun and financially rewarding Swim-a-Thon fundraising events. Whether you're new to Swim-a-Thon fundraising or a veteran fundraiser, you will come away with new ideas and a fresh perspective on how to raise more money at your next Swim-a-Thon. Workshop attendees will be entered into a drawing for a VISA gift card. Attendees must be present to win.

#SwimBiz: Marketing Tips to Grow Your Team (and Revenue) (Friday, 8-9:50am)

AUDIENCE: Anyone who thinks about revenue - leaders/administrators of clubs, board leaders and LSC leaders. Also LSC Communications Coordinators and Webmasters

SPONSOR: USA Swimming Marketing Staff

#SwimBiz Topic 3: 10 Marketing Tips to Grow Your Team. Join us for marketing tips that will impact to your swim lesson and swim team programs with Jim Fox, USA Swimming’s Director of Marketing.

#SwimBiz Topic 4: #SwimBiz Experts: How our top marketing clubs are growing their team and revenue. Matt Farrell, USA Swimming’s Chief Marketing Officer will moderate a panel of the top marketing clubs on how to increase revenue, grow the sport and improve your social media presence in your community. You will also get a sneak peak into future marketing efforts of USA Swimming.

Times

SWIMS Times Module Workshop (Wednesday, 1-2:50pm)

AUDIENCE: LSC Times Officers, anyone interested in learning more about SWIMS and its times reporting

SPONSOR: Times & Recognition Committee

See what the Times & Recognition Committee has been up to over the last year and network with your fellow LSC Times Officers. Brief tutorials and reviews of SWIMS Times procedures will be given. Tips about how to use the Times features of the new USA Swimming website also will be demonstrated. And, there will be time for general SWIMS Times Q&A. The Times & Recognition Committee looks forward to your participation.