



CERTIFICATION TABLE HOURS

Wednesday 8:00am – 5:00pm
Thursday 7:00am – 7:45am
Exhibit Area/Grand Foyer

Thursday afternoon thru Saturday
Back of HOD or come find Mary

PRESENTATIONS

USMS Keynote Speakers

Friday 12:00pm – 1:00pm
Regency C & D

USMS Sports Medicine Presentation

Friday 1:15pm – 2:15pm
Regency C & D

MEET & GREETs

NEW DELEGATE LUNCHEON

Thursday 12:30pm – 2:00pm
Gateway East
(Located on the 18th floor of the HYATT)

MEET THE CANDIDATES FORUM

Friday 2:30pm - 4pm in Regency C & D
Meet the candidates running for
USMS Officer Positions

USMS HOSPITALITY SUITE
Gateway West (18th Floor of the HYATT)

The Ozark LMSC has graciously agreed to staff
the USMS Hospitality Suite.

Wednesday – evening
Thursday thru Saturday – opens at 7am and will be
open whenever the HOD is not in session or during
the LMSC Social.

Full Hospitality Suite Schedule

WORKOUTS

Thursday, Friday & Saturday morning
6:00am – 7:00am

SWIM

Maplewood Family Aquatic Center
Coaches on Deck (sign up)

Busses will arrive at 5:20am and depart for the
pool **PROMPTLY** at 5:30am from **North 4th Street**
entrance of the HYATT by the Brewhouse.

DRYLAND

Room: **Regency Foyer**
Coach at Dryland (sign up)

EVENING ACTIVITIES

WELCOME RECEPTION

Wednesday 7:00pm - 9:00pm
This will take place in the **Grand Foyer** with cash
bar and hors d'oeuvres.

LMSC SOCIAL

Hosted by the Ozark LMSC
Thursday 7:00-9:00pm
Kiener Plaza/Old Courthouse
(depending on weather)

IMSHOF INDUCTION

Friday 6:00pm – 8:30pm
6:00-7:00pm – Reception (cash bar)
7:00-8:30 pm – Induction Ceremony

Gateway East

All USMS delegates are invited (complimentary
tickets) to attend the **induction of U.S. Masters**
Swimmers:

Rick Colella
Ambrose “Rowdy” Gaines
Caroline Krattli
Jim Miller, MD
Willard Lamb

USAS BANQUET

Saturday 7:00pm – 10:00pm
Grand Ballroom

Each USAS organization will present their annual
awards. USMS presents the **Coach of the Year**
Award and the **Ransom J. Arthur Award.**



EDUCATION

ADULT LEARN TO SWIM INSTRUCTOR AND COACH CERTIFICATIONS

USMS is hosting the following educational opportunities on Wednesday, September 11, 2019:

- [USMS Coach Certification, Level 1-2](#)

Hilton Garden Inn St. Louis Airport
4450 Evans Place
Saint Louis, Missouri, 63134

Levels 1 & 2 Coach Certification - [Register here](#)

- [USMS Coach Certification, Level 3](#)

Hilton Garden Inn St. Louis Airport
4450 Evans Place
Saint Louis, Missouri, 63134

Levels 3 Coach Certification - [Register here](#)

- [USMS Adult Learn to Swim Instructor Certification](#)

Location of classroom instruction

Doubletree by Hilton Chesterfield
16625 Swingley Road
Chesterfield, MO 63107

Location of pool instruction

Chesterfield Athletic Club at the Doubletree
16625 Swingley Road
Chesterfield, MO 63107

Adult Learn to Swim Instructor Certification – [Register here](#)



MEET & GREETS

NEW DELEGATE LUNCHEON - Thursday 12:30pm-2:00pm

Gateway East

All new delegates (first timers to convention) will be invited to a New Delegate Luncheon on the 18th floor of the HYATT in Gateway East. 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.

ORIENTATIONS

COMMITTEE CHAIRS – Wednesday 5:30pm – 6:00pm

Sterling Studio 9

If you are a committee chair, Greg Danner, USMS Secretary, will provide a Committee Chair Orientation on Wednesday pm. Greg will explain the procedure for producing minutes and for getting reimbursement. Zone Chairs should also attend this orientation, since they too will be chairing a meeting. USMS will be sending an email with the forms for you to print out or download to your laptop prior to convention.

LEADERSHIP ORIENTATION - Saturday 11:15am – 12:30pm

Sterling Studio 3

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.

Presentations

Masters Stories from Opposite Ends of the Pool

Olympic gold medalist Josh Davis and ALTS graduate Pat Mathison - Friday 12:00pm – 1:00pm

Regency C & D

U.S. Masters Swimming's membership is diverse in many ways, and our appeal has broad reach among various demographics, ability levels, and motivations to swim. Spend your lunch hour hearing from two members with distinctly different Masters swimming experiences. Three-time Olympic gold medalist Josh Davis and Adult Learn-to-Swim graduate Pat Mathison will share their reasons for swimming and the passion they have for USMS. Please join your fellow delegates and welcome Josh and Pat to the USMS Annual Meeting – Presented by Pacific Maste

Training Design for Masters Based of the Recovery and Rate of Adaptation

Dr. Genadijus Sokolovas (Dr. G) - Friday 1:15pm – 2:15pm

Regency C & D

Presentation includes scientific data on rates of recovery for Masters using the lactate tests as well rate of adaptation in training. It will also include examples of training plans for Masters.



LMSC WORKSHOPS

WORKSHOP #1

Friday 9:30am-10:30am - Regency C & D

Presented by: Teri White

Subject: Developing Officials in your LMSC: Tools and process for training, certifying, and encouraging Officials within your LMSC. Training tools for LMSCs.

WORKSHOP #2

Friday 10:45am-11:45am - Regency C & D

Presented by: Clare Kubiak and Maria Elias-Williams

Subject: Registrar as Membership Coordinator and the new Volunteer Coordinator Role - The Volunteers Task Force will hold an interactive workshop to discuss changes to volunteer positions at the LMSC level. The Task Force will discuss the new Volunteer Coordinator role and the changing role of Registrar to a Membership Coordinator.

WORKSHOP #3

Friday 10:45am-11:45am - Regency E

Presented by: CJ Rushman and Jeff Strahota

Subject: The Combined Sanctions/Top Ten Role - For meet directors, anyone hosting meets, and other LMSC volunteers, The Volunteers Task Force will discuss their proposal to combine the Sanctions role with the Top Ten role in an interactive environment.

WORKSHOP #4

Friday 1:15pm-2:15pm - Regency A

Presented by: Laura Winslow

Subject: Proposed National Committee Structure - The Volunteers Task Force will hold an interactive discussion on their proposed changes to tasks performed by volunteers on the National-level Committees.

WORKSHOP #5

Saturday 11:15am-12:30pm - Regency C & D

Presented by: Diversity and Inclusion Committee

Subject: The Ways We Differ--How to Include Others: Jeff Commings will moderate a panel of USMS coaches who will share their perspectives for creating an inclusive culture and approaches for more diversity in masters swimming. Coach panelists will address ethnic and cultural diversity, language, generational differences, gender differences, different abilities including how para-athletes can contribute to your programs. Throughout the workshop, the Diversity and Inclusion Committee will share resources, best practices and coach interviews developed for clubs, workout groups and LMSC organizations.

WORKSHOP #6

Saturday 11:15am-12:30pm - Regency E

Presented by: William Kolb, Holly Neumann

Subject: How to Run a Successful Adult Learn to Swim Program: An overview of how to run a successful Adult Learn to Swim Program in your local area. Key topics of discussion will include securing pool space, marketing, fundraising, tax and legal structure, and community outreach.