

## 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 to check in and receive your name tag and other convention materials. Then head over to the USMS Certification table (Exhibitor area) 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

Please attend the **New Delegate Orientation** on Thursday (8:00 – 8:30am) led by Chris Stevenson, VP of Local Operations. You will be introduced to several members of the USMS leadership team and meet other “first time” delegates. In addition you will learn about the convention process and have the opportunity to ask questions. Also, on Thursday 12:30-1:45pm, all new delegates (first timers to convention) and several “seasoned veterans” will be invited to a **New Delegate Luncheon** at a local 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. The lunch has been scheduled at [Max Lager’s](#), short 5 minute walk from the hotel.

### 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 Georgia 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 at the Dynamo Swim Club (Dynamo Masters Swim Team – DYNA). Bus transportation will leave **promptly** at 5:30am on Thursday, Friday and Saturday mornings from the corner of Peachtree and Baker. 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 on Thursday (Inman), Friday (Auburn) and Saturday (Kennesaw) mornings from 6:00 – 7:00am.

### 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 9:45-11:15am) 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

The LMSC Development Committee has arranged for an interesting and informative slate of workshops on Friday. 9:30-10:30 am *Turning Resources into Satisfied Swimmers* (Paige Buehler) and *Futures Committee Panel* (Dan Cox). 10:45-11:45 am *ALTS and SSL Grants* (Bill Meier & Karen Harris) and *Avoiding Grievances* (Lisa Brown). 1:15-2:15 pm *Putting the USMS Officials Certification to Use in Your LMSC* (Brian Albright), *The Social Median Driver: Getting Your LMSC Behind the Wheel* (Alana Aubin) and *Diversity – Opportunities & Obstacles* (Lisa Dahl & Sarah Welch). **National Committees Speed Dating Workshop**, Facilitator Dan Cox. 10:30am – 11:30am. **Round Table Lunch** from 11:30am – 1:00pm. 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. **Sports Medicine Presentation** - Dr. Hiro Tanaka, Professor and the Director of the Cardiovascular Aging Research Laboratory at the University of Texas at Austin be presenting a variety of topics that encompass physiological mechanism that mediate vascular aging, sequel or consequences of age-related vascular dysfunction such as cognitive dysfunction, and lifestyle modifications that prevent and reverse vascular dysfunction with aging are being investigated in his research laboratory. Masters athletes or aging competitive athletes are often studied as the model of successful aging. on Friday from 12:00pm – 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 **New Delegate Orientation** on Thursday morning. Also on Thursday (12:30 – 1:45pm), 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 Georgia LMSC will be staffing our hospitality suite 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.** Hours of operation are 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, 7:00-9:00pm) – Grand Hall East

**LMSC Social** (Thursday, 7:30-9:30pm) – Take advantage of another networking opportunity to unwind with other people who share your passion for Masters swimming. The Georgia LMSC will be treating us in the Hospitality Suite with a Slider Station.

**IMSHOF Induction Ceremony** (Friday, reception at 6:00pm followed by the Award ceremony to 8:30pm), Embassy A/B/C. See Masters swimming legends Joann Leilich & Thomas Maine and Contributor Tom Boak 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](http://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.

## 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](http://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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