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September 2012 Report

Last weekend I had the opportunity to go to the United States Aquatic Sports Convention in Greensboro, NC. I was able to attend many meetings and get a better understanding of our sport.

On Thursday, the first full day that I was in Greensboro, I attended the two Athlete Meetings in the morning. At these meetings, the Athlete Executive Committee (AEC) introduced themselves and began to explain everything that was going to happen at Convention to all of the athletes. In the afternoon, I attended the Safe Sport Presentation by Britt Darwin-Looney of Praesidium. At this presentation the USA Swimming Athlete Protection Plan was reviewed. In addition, the new Abuse Awareness for Parents training program was explained. I believe that this new program is extremely important for parents to take and is a great step for USA Swimming to make in order to help prevent abuse. After, I had the opportunity to go to the Greensboro Aquatic Center to help teach at the AEC Outreach Clinic. This was another great experience to help get a new generation of kids excited about swimming and to help established swimmers learn more about our sport.

That night, we had the Eastern Zone Meeting. The meeting started with a presentation by Chuck Wielgus, Bruce Stratton and Frank Busch. The three executives spoke about the success of the London Olympics. After, Summer Sectionals were awarded to Buffalo, NY and Summer Age Group Zones were awarded to Ithaca, NY. The Eastern Zone Tech Planning Committee suggested that the Zone has its own Open Water Chair to oversee Open Water Swimming in the whole Zone. Finally, elections were held. New Jersey had a good night because both Ed Dellert and myself were elected to Zone Director and Athlete Rep respectively.

On Friday, I started the day with an Athletes' meeting. National Team Director Frank Busch spoke to us again about his experiences at the London Games. I was really cool to hear his first hand experience of the games and of the members of the team. Next, the members of the Safe Sport Committee spoke to us about their new program and asked for our input on the way they are educating athletes. Finally, members of the USA Swimming Marketing Department came to get our feedback on different ways they have thought up to advertise swimming to the general public. That afternoon, I attended a seminar on nutrition and the Open Water Committee meeting. I still feel that it is very important that we continue to support the growing open water movement. At night, the USA Swimming House of Delegates met for the first time. At this meeting of the HOD, the awards for the year were given out. This year the Athletes decided to give an award to Michael Phelps for his dedication to the sport and for bringing swimming into the media spotlight.

On Saturday, we went into the second session of the House of Delegates. This meeting lasted 4 hours and 45 minutes. During this time, the USA Swimming board member gave reports and the House reviewed this year's legislation. The big

topics for this year were deck changing, emotional and verbal abuse, and the USA Swimming Anti-bullying policy.

I would like to thank the NJ Board for allowing me to go to convention and for giving me the opportunity to continue my involvement in our sport even after my term with NJ is over at the end of the Long Course season. In my new position as Eastern Zone Athlete Rep. I hope to be able to continue to get all athletes involved in their sport beyond the pool.

If anyone has any question please to not hesitate to contact me.