

Senior Athlete Report

Sarah Solfelt
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1. Summer Swim Meets

In addition to the fun yearly summer meets across our state, Minnesota was honored to send swimmers to the Olympic Trials and the Paralympic Games. Special congratulations to Justin Zook and Annisa Kemna for representing the USA in Greece.

2. SWIM Program

- a. This year, a committee was established to talk about how to continue the SWIM program. Members of the committee included Katie Braun, Justin Zook, Alicia Jensen, Mark Solfelt, Kaite Wind, Neil Mahoney, and myself. Emily Alex also expressed interest in helping our committee in the future. Although we did not actually execute any seminars this summer due to the high volume of summer meets as well as the absence of many committee members at the US Olympic Trials, we did take active steps in continuing to maintain contact with our sponsors and developing a SWIM manual for future reference. All of the informational materials regarding the SWIM program have been moved into the MSI office along with the extra goody bags that were not used this summer. It will be great next year to enjoy these pre-assembled goody bags and handouts.
- b. Due to the presentation regarding the SWIM seminar last year at convention, similar programs have been started in South Carolina and Montana. Many athlete reps continue to contact me with questions regarding how to start a similar program. I try to equip them with the materials that we have created and encourage them to actually implement a similar program.

3. USAS Convention

- a. At convention, I had the honor to discuss with athletes some of the pertinent issues that we feel USA Swimming as well as individual LSCs need to address. Some of the topics included:
 - i. What role does an athlete rep have to the LSC and to USA Swimming? How much of that should be required?
 - ii. What is the best way to vote for an LSC athlete rep?
 - iii. How can an individual swimmer feel a connection to their particular LSC? (communication, knowledge of athlete rep position)
 - iv. What facilities should be mandated for athletes at swim meets?
 - v. How do we draw representation from all different levels of athletes?
 - vi. Is the USA Swimming website a fun and effective way to communicate to athletes?
 - vii. What went well at Trials / what should be changed?
 - viii. Etc.
- b. In addition, I had the honor at convention to be elected to the position of Central Zone Athlete Rep by my fellow athletes.

4. For this year:

- a. Some of the important issue as an athlete rep this year that I would like to see addressed are:
 - i. Defining the position and responsibilities of athlete rep within our state as well as informing athletes about this position
 - ii. Evaluating a venue of effective communication among athletes and athlete reps in the Central Zone
 - iii. Continue hosting the SWIM seminar program
 - iv. Many other fun things as they come!