

To: MSI House of Delegates

From: Lauren Harris, Jr. Athlete Representative

Date: April 19, 2015

Re: Annual Report to House of Delegates

My first year serving on the MSI board has been a great experience. I was amazed to learn about the different governing aspects of the sport and everything that's involved in making the LSC successful. Being a part of the board has also allowed me to meet many athletes from different teams. I've really enjoyed working with Patrick and Jack this last year, and I hope to continue their hard work and dedication next year. Highlights of my last year as an MSI board member include:

- The athlete committee- Patrick, Jack, and I have worked hard to create a devoted and motivated group of athletes who are open and willing to discuss different issues surrounding MN and USA Swimming. It is nice to have created a group of swimmers who are very good about voicing their opinions. We've had various conference calls throughout the year to discuss current topics. Membership in the committee is growing as more and more athletes show an interest in voicing their opinion. This was an important part of getting the athletes more involved in decisions made by MSI.
- Social Media- All of the athletes agreed that social media is an important part of relaying information to athletes and getting them motivated. I really took to this because I am a heavy user of social media. We began with creating a MN Swimming Athletes Facebook page which I took over running. The site is used to post meet results, motivational messages, and event updates. In about three months we've gotten over 100 likes, and it is growing by the day. More recently we decided to add a twitter page to extend our reach to more athletes.
- Pool Grant Committee- I also served on the pool grant committee. This was very new to me because I began to get insight into the financial side of MN swimming. I didn't realize the complexity of the financials of MN Swimming. Overall, this committee taught me a lot, and it was an eye-opening experience for me.

This past year has been quite a learning experience for me. I now feel that I've become accustomed to the aspects and practices of MSI to really help make decisions and improve the LSC. I look forward to the coming year and all of the changes that are to come.

Respectfully submitted,

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