# GENERAL SYNOPSIS (The Big Picture in 3-4 sentences):

# A panel of athletes and board members spoke about the great ways to get athletes involved in the LSC and how to mentor them in their involvement. This participation starts at a team level and them state and potentially regional or national level. POSSIBLE MAIN POINTS OR TAKEAWAYS FOR…

1. Choose an athlete rep for every team in the state who has qualified individuals.
2. Encourage coaches to share information about the WI LSC and its House of Delegates
3. Offer team building ways for athlete reps to feel like they are part of a team of reps working together for the good of the LSC
4. Mentor athlete reps
5. Give athletes the leeway to propose ideas, ask for budget items, execute strategies
6. Realize the investment of empowering athletes will pay back the sort of swimming as these young people give back in their later years.

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| LSC Board/Committee Members Enable athletes to take the reins in as many areas as possible with instruction, guidance and oversight.  Empower athletes to create budget item proposals. Teach them how to propose to BOD and execute budget use ideas.  WI LSC hopes to plan and execute an athlete rep camp this Spring. | Teams in Wisconsin |
| Coaches Choose an athlete rep for your team. We would like the House of Delegates in WI to include an athlete rep from as many team as possible. It is only in representation that we can get a full picture of the needs of the LSC. Consider this a critical part of your mentorship of your senior athletes. | Officials Get to know the athlete reps in your state. These young men and women may choose to be officials as early as 18. They serve on the officials committee and they are interested in the rules and regs of their sport. |
| Athletes Get involved! Athlete representation is a great way to make change or bring influence to your sport. Ask your coach about becoming an athlete rep for your team.  Those of you who are already reps, let’s get excited about our upcoming meetings and camps. | LSC Others |

ADDITIONAL NOTES OR INFORMATION CAN BE ADDED ON FOLLOWING PAGES