



Help support the  
ATHLETE SERVICE PROJECT for  
Peyton Manning Children's Hospital

North Central High School  
1801 E 86th St, Indianapo-  
lis  
Enter through door:  
morning programming 24W  
afternoon programming 31W



SEPTEMBER 15, 2018

- 7:30am All-Star Workout
- 9:30 Breakfast/Break
- 10:00 Service Project and Leadership Activities
- 11:30 Athlete Meeting and Elections
- 12:15 Lunch and Presentation
- 1:00 Registration for HoD
- 1:30 HoD
- 5:00\* Finish
- \*may finish earlier

**What is the House of Delegates?**

The House of Delegates (HOD) is the annual meeting of the Indiana Swimming membership. Athletes, coaches, and club leaders from around the LSC, as well as ISI board members and staff come together for a full days of informa- tive programs, followed by the HOD meeting to discuss decisions and legislation impacting Indiana Swimming and its athletes.

**ATHLETES play a large role in voicing opinions and helping set direction at the House of Dele- gates.** In fact, USA Swimming re- quires that at least 20% of voting membership at the meeting be athletes.

Athletes must be a registered Indi- ana Swimming member to partici- pate.

**What do I need to do to participate?**

After discussing participation with your parents, talk to your coach and ask them to sign you up. **(RSVP is by club not individual.)** Each club only has one athlete vote, but may also add up to three (3) additional At-Large athlete votes for the House of Delegates. Names of these athletes must be submitted in advance with the reservation.

**I can't miss practice.**

There is a morning workout for athletes with **Todd Schmitz**, a spe- cial guest coach. This is the first year the program is being opened up to 7th and 8th grade athletes. Coaches encourage attendance at this **All-Star Workout**. Workout will be limited to 100 athletes.

**Will I be fed?**

Absolutely! Athletes participating in the All-Star Workout will have a breakfast break. Those staying for the afternoon HOD meeting should request lunch through their club coach who is the one who sub- mits your club's reservations.

**What happens after the workout?**

The remainder of the athletes' morning focuses on social, service, and leadership activities. Your elected Senior, Junior and At- Large Athlete Representatives will lead these activities. This is a fan- tastic way to meet other athletes from throughout the state!

There is also an **Athlete Meeting and Elections**. In this meeting, discussion will focus on what is coming up in the afternoon legisla- tive session and HOD meeting.

Athletes will also elect two (2) At- Large Athlete Representatives and the Junior Athlete Representative to serve on the Indiana Swimming Board of Directors. For more infor- mation on what these responsibili- ties might include and age require- ments contact:

arlene@inswimming.org

HOUSE of DELEGATES and BUSINESS MEETING