

Convention Athlete Report – Jacksonville, FL

Day 1 (Wednesday)

The first day of convention led off to an early start. We all met down in the lobby at 4:45 AM and left the hotel at 5 AM to go to Bolles High School for morning practice. Practice started precisely at 5:30 AM. The coaches wanted us to quickly divide up into lanes by our speed, so lane one, was who had the fastest 200 freestyle time and lane 8 had the slowest. During practice the coaches had us do a sprint freestyle set while working on breath control. When practice concluded at 7 AM we hopped back on the bus and headed back to the Hyatt Hotel. When we arrived back to the hotel we had time to get ready and have quick breakfast by the time the first Athlete meeting started at 9 AM in Conference center B. Our first meeting consisted of meeting the people in charge of us athletes and having Forward Progress come out to talk to us. Will Bagget from Forward Progress Athletic Consulting lead this athlete meeting. Will taught us about executive image. He taught us how impressions were formed in the first seven seconds of meeting someone. This is by 7% of your spoken words, 38% of your voice and the tone you are speaking in, and 55% of your body language. Will also taught us about the three questions you should always ask ourselves before meeting with someone important. The first question is how do you look from 12 feet away, secondly how do you look (and smell) from 12 inches away, and lastly what are the first 12 words that come out of your mouth. When you meet new people regardless if the person is powerful, the key to remembering their names and building a rapport with new people is to meet and repeat. They kiss you master this is to play back key parts of the conversation with the person you are talking to for example: When you meet Frank you could remember his name by how he speaks and you know he has short hair. Lastly Will taught us about how important your handshake and body stance was. He taught us that there were four different types of handshakes. The first one was the Wet Fish handshake meaning, I do not have much emotion to show. Secondly was the Palm Down Thrust handshake which would mean you are trying to show that you have power. Thirdly was the Hand Hugger handshake which means that you are very caring. Lastly you have the Lucky Lefty which means that you are in power and you would want to place your hand on the opposite specimens shoulder or arm. Lastly we discussed body stance and what people can infer from you just standing there. Will talked about five different stances you will encounter. Stance one would be you having your arms down in front of you and having your right arm of your left, this means you are shielded and guarded. The second stance is hands behind your back, this means you are a wild card because no one can see your hands and nobody knew nobody knows what to expect. The third stance was that you have your hands on your hips which means, you have power and that you're confident. The fourth stance has you place your hands in your pockets, this means that you are passive. Lastly by having your arms crossed over your chest, this means you are shielded and most likely have a negative attitude. The athlete meeting adjourned at 11:50 AM During our time in between meetings we walked from the Hyatt to Jimmy Johns and then back to the Hyatt. The next Athlete meeting started at 1:00 PM. During this athlete meeting One love came to talk to us. During their presentation they handed us a card that shows the top 10 signs of a healthy relationship and the top 10 signs of a unhealthy relationship. For example, the top two characteristics of a healthy relationship was

comfortable pace and trust. The top two characteristics of a unhealthy relationship was intensity and jealousy. We watched a video about a high school couple that look like they are in love through social media but in the background there are many problems with their relationship like, Jealousy, deflecting responsibility, and intensity. After One Love was done with their presentation we all broke into our groups and we went over expectations of the athletes at convention and we discussed what we were hoping to learn the most about. The athlete meeting adjourned at 4:20 PM. Our last meeting of the day was the Keynote Address: Thriving in Transformational Times. This keynote presentation started at 4:30 PM in the Grand 5,6,7&8. Rishad Tobaccowala was the speaker at this presentation. He told us all about the changing world around us, like technology, do you accept it or do you reject it and most importantly, how to use change to make ourselves, organizations, and our world a better place for everyone. One example he gave was the iPhone XS max versus the Samsung galaxy s9. He compared both of these phones to the international space station data room back in the 1900s. He did this by showing us the logistics behind each phone and saying how much times faster it was then back in the 1900s. The Keynote ended at 6 PM. Following the meeting we went to dinner with other kids varying from different LSC's. I would like to thank everyone in OKS that makes all of this possible for us athletes and to the BOD, your hard work and dedication does not go unnoticed. I'm so grateful that you let me have the opportunity to serve on the board as a athlete representative and to be able to have all these great experiences to help us further ourselves in and out of the water. I am so thankful that I was giving the opportunity to learn new things that will stick with me for a lifetime!

-Dylan McClain SR Athlete Rep

Day 2 (Thursday)

The second day of convention began with another early wake up call for morning practice. We hopped onto the bus and drove to Bolles High School and swam from 5:30-7am. During practice the coaches split the athletes into groups where we did a workout based on our specialties. After practice, we drove back to the hotel and grabbed a quick breakfast. At 8am we headed off to Cecil Aquatics Center, the location of our community service event. The athletes were assigned a child, age ranging from 3-15, to give lessons to. This was a very successful event with a large turnout. It was an awesome opportunity for the athletes spread their love and passion for swimming to the younger generation. At noon we arrived at the hotel, ate lunch, and prepared for our next meeting. USADA gave a very informative presentation on anti doping and illegal substances and supplements. They gave us very useful resources and encouraged us to spread our new knowledge back to our LSC, which we plan to do at the fall OKS athletes meeting before HOD. After the USADA meeting, the athletes attended a servant leadership meeting led by forward progress. This very inspirational meeting encouraged the athletes to lead from any position in life and listen to your voice and values. The presenters also taught us the importance of understanding and awareness. They wrapped up their presentation by motivating the athletes to extend our legacy by creating more leaders. At the conclusion of the meeting the central zone athletes met with Jack Swanson before the zone meeting where he discussed proper meeting etiquette. We then attended the Central Zone meeting with the rest of the adults. After the zones meetings, Rowdy Gaines hosted a live streaming of the Olympic Trial

standards. Finally, later on that evening all of the athletes attending an athlete social event at Main Event Entertainment. This athlete social was very fun and a great opportunity to meet and bond with so many more athletes! The 2018 USAS convention was truly an amazing opportunity that I will remember for a lifetime. Not only did we bond with athletes across the nation, but we we learned a seemingly endless amount of information that I will continue to implement in my life in and out of the pool. I hope to implement my new knowledge in several aspects of our LSC. Thank you to everyone on the OKS BOD and everyone else who makes it possible for the athletes to attend this one of a kind event.

-Annie Kramer SR Athlete Rep

Day 3 (Friday)

On Friday, the first meeting of the day started at 7:30 a.m (start time differs from the Sched time- meeting moved up 30 minutes) and lasted until around 9:15 a.m at Conference Center B. This meeting pertained to getting the athletes ready for the upcoming elections and preparing them for the Board of Delegates Meeting. The next meeting occurred directly after the first and lasted until 9:45. The new amendments were discussed at this time, and athletes were allowed to ask questions about the more controversial amendments, such as the amendment regarding the use of technical suits for 12 and unders. The athletes were broken up into their color teams to discuss the pros and cons of a certain amendment and then explained these pros and cons to the group of athletes as a whole. After this meeting concluded, Dylan, Annie, Rachel and I, met with Michele, Deanna, and Ali to attend the Engagement Workshop in Grand Ballroom 5 held by Forward Progress. This meeting lasted from 10:00 until 11:30 a.m. At this meeting we explored new ways to establish our culture as an LSC, and further defined our understand of the LSC's existing culture. We also talked of the creation of new goals and reminisced on past goals that our LSC achieved in the past year. This Workshop proved to be extremely beneficial, as it allowed us to review Oklahoma Swimming's core values and establish the legacy we wish to promote as an LSC. By identifying our core values, we could further recognize ways to implement these values at various levels (ex: implement our leadership value at the Athlete Rep level by taking initiative and directing others toward our goals, following through with ideas). It also allowed us to create an Action Plan and Culture Calendar, meant to be an organizational asset to plan for our future as an LSC. After the workshop finished, our LSC group planned to travel to the USA Swimming Foundation Luncheon together at 11:50- the Luncheon started at 12:00. The Luncheon took place offsite at the River Club in the Wells Fargo Building (at the top floor!). While there, we were able to meet professional swimmers Zane Grothe and Hannah Moore, and of course the famous Rowdy Gaines. While enjoying the many desserts provided at the luncheon, Rowdy illustrated the need for the USA Swimming Foundation. The Foundation "raises funds to support programs that save lives and build champions- both in the pool and in life." The Foundation emphasizes the need for all people to learn how to swim and provides swim lessons across the country to people regardless of their family's ability to pay. After the Luncheon drew to a close at 1:15 p.m, the athletes returned to Conference Center B to place their votes for the Athlete Elections at 1:30. Voting concluded at 2:05, and the athletes then found out who the new members of the Athlete's Executive Committee were, and then the meeting ended later, before the start of the Zones Meeting at

4:00 p.m. At the Zones Meeting the athletes voted on the new Central Zone Athlete Representative. The Zone Meeting also essentially wrapped up the business discussed in the Zones meeting on Thursday. After the meeting concluded at just before 5:00, many athletes went to talk to their color team leaders to check in. While I attended this small discussion, I learnt of other ways the different LSCs ran the Athlete Representative positions, and I talked about the ways our LSC has worked toward state unity and how these experiments have shown success. Our miniature meeting ended at close to 6:00, and then we and a few other athletes from various LSCs went to grab a quick dinner that was not actually quick, and all of us ended up taking our orders to go. And thus we headed into the USA Swimming House of Delegates Meeting, where Oklahoma Swimming received the “big check” for reaching LEAP level 2, where us athletes were commissioned to pick up the check. We were extremely proud to be able to accept the check on behalf of USA Swimming, and even more proud of the goals our LSC has achieved to earn the “big check”. The HoD meeting concluded around 9:00, and after the meeting the athletes went to the Athlete Hospitality Suite and allowed us to cement friendships with swimmers from across the country. The USAS convention was an amazing experience and I am extraordinarily grateful to be able to have these opportunities. I am proud to be apart of the Oklahoma Swimming team, and hold great respect for my fellow athlete reps and the adults who make our LSC superb. The presentations and meetings all helped to develop our skills not only as swimmers, but also developed important skills for use outside the pool. I look forward to another year of teamwork, and even though this year was monumental, I believe with continued effort and passion, the next year will be even better.

-Kayley Henderson JR Athlete Rep

Day 4 (Saturday)

Saturday morning the athletes met for breakfast to review a few of the proposed amendments that will be brought up at the House of Delegates meeting. They also discussed some of the protocols we will observe. For example, if you would like to speak you need to move to an available microphone on the floor. Once recognized by the Chair you will need to identify yourself by name and LSC or committee. An amendment requires a simple majority and an entirely new item will require 90% for adoption. R-3, to ban the use of technical suits by 12 & under swimmers, was the main legislative item discussed. The first part of the House of Delegates was run by the Leadership team, Tim Hinchey, Mike Unger, Matt Farrell, Lucinda McRoberts and Lindsay Mintenko. They answered questions from the floor. All updated bylaws that were pulled earlier were discussed and then voted upon. Saturday evening, we attend the USAS banquet. Rowdy Gaines was the emcee. The five disciplines of aquatics were recognized, Diving, Masters, Synchro, Swimming and Water Polo. Many awards were given during the event. The Oklahoma Swimming athletes sat with the athletes from San Diego and Minnesota. After the banquet we watched the fireworks on the river. We hung out with many athletes for our last night. We met several of the Synchro athletes that attended the banquet. They were so enthusiastic and even performed their routine on land for us. The convention was one of the most amazing opportunities I have experienced. I met athletes I will stay connected with for a very long time and learned our LSC is capable of many great things if we work together!

-Rachel Brown JR Athlete Rep