

I would like to thank the New Jersey board for sending me to the USAS Convention in Jacksonville, Florida. This was another wonderful experience that I will forever remember from the friends I made, and the lessons I learned. The schedule was a little different from last years. We didn't speak much about governance this year but about leadership. The first day I learned how to present myself while speaking to someone. I learned how there are variations of handshakes and that someone can judge you within the first seven seconds of meeting you. I not only found this helpful in swimming but I can also bring this to my life outside of the pool. A very exciting thing happened at the House of Delegates meeting on Saturday, Nationwide they placed a ban on technical swimsuits. This is very exciting because New Jersey was one of the pioneers for this movement. I am very proud to have had been able to represent New Jersey swimming when we passed the ban last year and when the whole nation passed it this year.

I would like to bring some ideas I learned from this convention to my club team and to New Jersey swimming. I think the whole state coming together as a whole to have a community service or clubs for their local area would be great. Swim lessons for these areas is a great way to spread awareness for the safety of learning how to swim. Drowning is the leading cause of death in most children, we need to stop this. Also, having a Athlete gathering to get more swimmers involved in the NJ board would be great because we want to hear their questions and suggestions.

Thank you again so much for sending me to this Convention. I am sorry I will not be able to attend this meeting I am on a recruiting trip.

- Carlee Sanchez-Hegarty