Morning Athlete Meeting 9/13 The members of the AEC lead the meeting and discussed the behavioral expectations that they had for the athlete representatives. Then the new CEO, Jim Hinchey, was introduced to the athletes. After that, there was a short introduction to USAS. We were then split off into teams and reviewed HOD and received a packet about rules and regulations. Next, the national committees were introduced. Then we reviewed what voting credentials were for and how to get them. We reviewed USA Swimming and LSC governance. We listened to a success story from the Missouri Valley Athlete Board. Then split into our zones to discuss strengths and weaknesses, along with zones and sectionals, our central zone athlete representative, Jack Swanson, suggested that each LSC athlete group hold a meeting with him every month. We then reviewed main points of the first meeting and the schedule for the rest of convention.

Afternoon SafeSport at Meets Meeting 9/13 We brainstormed issues of safesport at meets. Established that the goal of this meeting is to create a safe environment at meets, rather than that, it is to create a set of tools to allow us to run meets with a safesport environment, a “safesport meet in a box”. We talked about the roles that people hold at swim meets and went through different scenarios and how they should be addressed. We then had a small group breakout discussing different resources then discussed each topic in a larger group. They said that they will distribute the meets in a box to every LSC Officials Chair an General Chair.

Swimposium Planning Meeting 9/14 Discussed which seminars were to be part of our swimposium. Discussed which coaches and swimmers we might want to attend. Discussed the budgets of the events and when it should be held. Also discussed whether or not to have swimjitsu as an activity.

Afternoon Athlete Meeting 9/14 Rules and Regulations explained HOD and the proposals this year. There also was a review of Robert’s Rules of Parliamentary Order. We watched a short video on Robert’s Rules, talked about approaching the microphone and then had time for open questions.

Central Zone Meeting 9/14 Meeting began with zone chair reports, then Jim Hinchey was introduced as CEO of USA Swimming. Discussed location bids for Age Group Fourteen and Under Championships (2018), The Central Zone Multicultural Camp (2018), and The Central Zone Open Water Championship. The 2019 Site Selection bids were presented. Then 2020 bid intentions were opened. Then there were nominations for offices elected positions, in which John Bradley was re-elected as Zone Coach Director. Then, new business was discussed. Morning Athlete Meeting

9/15 Reviewed HOD and split off into smaller groups to discuss any questions, also had a committees fair in which members of the national committees were around the room to explain the functions of each national committee and to answer any questions that we had. Mind/Body Connection: Let’s Talk About Mental Health 9/15 The meeting was lead by speakers that took open questions, Allison Schmitt was one of the speakers that took questions. The general discussion was focused around how to prevent swimmers from developing mental health issues, and supporting them if they do. Specific scenarios, such as how to help an injured swimmer stay mentally healthy, were discussed as well. The point that was emphasized throughout the meeting was that if there is a mental health issue, it should be discussed and swimmers should get help if needed.