

# Athlete's Corner

## Call All Prospective College Swimmers!

### Is It All About the Times?

### Policy Check: Deck Changing

Prior to the 2014 USAS convention, deck changing policies were left to each LSC to define and enforce. The policy was presented this year in order to have a consistent regulation. Many of the athletes were opposed to the complete banning of deck changing across the nation because of the vague definition currently in the USA handbook. After a heated debate the motion passed to completely prohibited deck changing. The New England Swimming athlete representatives and the board are now working together on trying to create a clear definition for future meet directors and other deck patrollers to judge the concept of deck changing.

New England Swimming Athlete Representatives asked college swimming coaches around the USA, across all divisions and conferences, to rate the top three qualities they look for in perspective student athletes that is not related to their performance.

Take a moment to look over the characteristics highlighted by the college coaches who participated in the survey.

Results: 50 coaches were asked and 24 of them responded

- 62% of all coaches mentioned academic achievements and 40% of all coaches placed academics as their number one non-time attribute
- 38% of all coaches listed work ethic as one of the top 3 qualities they look for
- 16% listed dedication/commitment
- 30% consider personality/character
- 16% of coaches appreciate a positive attitude in the swimmer
- 16% included potential
- 12% said they looked for passion
- 12% listed accountability/responsibility
- 12% looked to see how compatible the prospective student-athlete would be with the team
- 8% listed recommendation letters

Want to see more resources about college swimming? Check out these links!

Resources:

<https://www.teamunify.com/SubTabGeneric.jsp?team=lscnes&stabid=72534>

Congrats to the college commitments made for the Fall of 2015!

See the list:

<https://www.teamunify.com/SubTabGeneric.jsp?team=lscnes&stabid=94851>

## A Short Message to Our Swimmers:

Social media has become a big part of the lives of teenagers nowadays. Unfortunately, some things get posted that should not be. Whatever it may be, college coaches can find it. Students get kicked out of colleges, lose acceptances, lose scholarships, and other opportunities if they have something inappropriate on their profile. It is important for everyone to be careful with what they post online and make sure that it is appropriate and will not hinder any future goals. Though this list will continue to grow with more research, we know for sure of some local schools that check social media. This includes Boston University, Harvard, Keene State, Regis, University of Vermont, and West Point (see list below for more schools). It is important to realize that nothing posted on social media is worse losing any great opportunity over.

A few other Schools that also check social media:

- Wellesley College
- MIT Men and Women
- Dartmouth Men and Women
- Cornell Men and Women
- Columbia Women
- Yale Women
- University of Pennsylvania Men and Women



# Life at Convention

Jacksonville, FL

In September, the four New England Swimming Athlete Representatives had the wonderful opportunity to travel to Jacksonville, Florida to attend the United States Aquatic Sports (USAS) convention. The Athlete Reps interacted with other athlete representatives from around the nation and discussed major problems faced within each LSC.

To our astonishment, we discovered that most of the other LSC's athlete representatives are facing a similar dilemma: how to communicate and reach out to the athlete communities, and how to make our positions better known. Not many swimmers are aware of the position we hold as New England's Athlete Representatives. Our goal is to spread awareness on how important our positions are to New England Swimming and to USA Swimming. Since the sport of swimming is centered on the athletes, our opinions are extremely valuable. We brainstormed and shared various ideas with other Athlete Representatives around the Eastern Zone and around the nation.

All of the Athlete Representatives had a busy schedule everyday filled with informative meetings and social activities. Meetings started at 8 AM and were followed by more meetings until 8 or 9 PM. Within these meetings, we learned the importance of Safe Sport, the #funnestsport campaign, and the methods of Robert Rules. We were trained on the format and were prepared for our role in the House of Delegates (HOD) meeting.



All of the LSCs attended the HOD meeting. The USA-S Board of Directors presented an overview of the past year and we all voted on the rules and regulation motions. We also had the privilege of electing a new president for USA Swimming, Jim Sheehan.

Throughout the week, the Athlete Reps were able to interact with a few Olympians that were at the USAS Convention. We bagged over 11,360 meals for children and families with Hunger Fight, Inc. A former New England Swimming member and Olympic medalist, Elizabeth Biesel, also joined the effort. The Athlete Reps were able to bond with Biesel and Olympian Garrett Weber-Gale during breaks in between the meetings. In the mornings, the athletes traveled with the Olympians to practice at the Bolles School.

Although the entire trip was exhausting, the Athlete Representatives were grateful for the experience and the entire opportunity. This is the first time that NE Swim has sent all four Athlete Representatives to the Convention, and they are excited to attend next year.

# Save the Date

**Touch the Wall** – The Inclusion and Diversity Committee will be hosting a screening of the new short film Touch the Wall. This event is open for athletes from all teams, and will be a chance to interact with other athletes outside of the water.

**Late March:  
Date TBA**

Athlete Volunteers  
Needed

**Water Safety Festival** – Educate and motivate communities about the importance of aquatic awareness. This event will bring our swimming community one step closer to reducing the rate of drowning amongst youth by teaching water safety skills.

**April 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>  
10:00 – 3:00p.m.**

Athlete Volunteers  
Needed

**Diversity and Inclusion Multi-cultural Swim meet** – A travel team representing NES while providing an educational opportunity for NES athletes from all backgrounds.

**April 15<sup>th</sup>**

Athletes, Coaches, and  
Chaperones needed.  
For more information  
please contact Nadine  
Johnson:  
[najohnjes@gmail.com](mailto:najohnjes@gmail.com)

**International Water Safety Day** – Educate individuals on how to be safe in and out of the water. This event addresses all aspects of water safety: pool and open water safety, water safety equipment, drowning statistics, and basic swimming skills.

**May 15<sup>th</sup>**

Athlete Volunteers  
Needed

**HOD** – All team representatives are encouraged to come out and be a voting delegate on this year's House of Delegate's meeting. Location TBA.

**May 2<sup>nd</sup>**

Team Athlete  
Representatives  
Volunteers Needed

**Equipment Drive** – The Athletes committee will once again be partnering up with the Inclusion and Diversity committee to help collect unwanted and gently used equipment to donate to the community within the New England area. All donations will be collected and sorted before the annual HOD meeting.

**May 2<sup>nd</sup>**

Team Athlete  
Representatives Needed

# #NESERVES

Swim teams all across New England Swimming have been quietly and humbly serving their local communities by partaking in various community service events. From fundraisers to collections, teams have been finding ways to work together and improve the community. On our Facebook page, we have been broadcasting these times to honor their achievements and efforts. Throughout 2015 we would like to continue shining light on those teams who participate in these types of events. We will continue posting on our Facebook page pictures and descriptions of teams. If your



team has been active in the community in any way this past year, please email us a brief description and any pictures of the event with the team's involvement!

## Questions, Comments, Concerns?

Like us on Facebook: New England Swimming Athletes

Follow us on Twitter: @NEathletereps

Email us at: [neathletereps@gmail.com](mailto:neathletereps@gmail.com)

### NE Athlete Representatives

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