

I attended all athlete meetings where we learned about SafeSport, USADA, rules and regulations, finances, and how to be more involved as athletes in our LSC's. I went to the keynote address and learned about the power of a healthy mindset. At the Eastern zone meeting I learned how zones make their decisions and about the 20% athlete representation rule, with a demonstration. I went to meet the candidates along with the cornhole tournament where I got to speak to some of the new board of directors candidates. I was at the athlete engagement workshop with Jim where we talked with other LSC's to see how they engage their athletes and get new swimmers to join. I attended the House of Delegates meeting where I learned more about USA swimming governance and how changes were made.

Thanks!  
Kristy B