I had the best time at convention and learned so many new things. One of the most helpful things I learned, was the parliamentary procedure. It really helped me to figure out how the HOD meetings are run and how my opinion as an athlete matters to Montana swimming and USA swimming. Some of the other things that we learned in our athlete meetings was the rules of safe sport, drug testing, advertising of USA swimming, and we also got to ask the presidents of USA swimming and USA synchro, as well as the head Official of USA swimming and the head of USA diving some questions we had about their ideas for their sport and their experiences they have had.

One thing I think we should do in our LSC is to have an athlete rep informational talk. It can be only an hour or we could probably add it to some sort of meeting at a meet just so Montana athletes can understand what it means to be an athlete representative and if they want to be one or not. This would be a good idea because i know that both AJ and I didn’t know about the athlete rep position until the morning before the meeting where we were voted into our positions. This talk would greatly increase the number and level of candidates that we have run for the junior rep position, and give some different outlooks on USA swimming. It would also help those who become the next Junior reps understand what they are doing and understand how to do their job. Nobody really told AJ and I what our job was as Junior reps and It took us a while to figure out how to do it. With this talk, our Junior reps would be voted in ready to do their best without having to learn about how meetings are run and how the voting works.