

**From:** Hailey Jacobson

**Sent:** Sunday, September 22, 2013 10:46 PM

**To:** Curtis N. Jacobson

**Subject:**

The USA Swimming Convention 2013 was in Anaheim, California. During the convention I learned a lot of things. The two non-athlete meetings I went to were a sports/medicine meeting and a college informational meeting. The college meeting was boring and did not answer questions that I had, but the sports medicine meeting was very informational. It talked about what swimmers should do during taper and at a meet. [If anyone wants notes or more information on this meeting, contact me at [hailey@ctgmt.com](mailto:hailey@ctgmt.com) for notes or questions.]

During an athlete meeting, we saw a very jarring presentation on Safe Sport. I was surprised by the scenarios that small groups played out. The two presenters told us to relay back to our LSCs that every kid must take the safe sport course. All it is are short videos that explain different things about safe sport and how to prevent it. Also it provides an anonymous line for anyone to come forward with a situation they need to talk about pertaining to Safe Sport. If anyone wants more information on this topic, go to USA Swimming and search Safe Sport.

As a student group, the Western Zone talked about issues that affected the Western Zone. First we talked about problems like little to no pool access, bad pools, no communication, distance (for meets), recruiting, etc. We also talked about the success of the first Senior Zones meet in Clovis, California.