

Subject: Convention Report

What I learned at convention:

First, that we have much to be thankful for in our sport. Everyone works so hard to get us where we are today.

Second, I learned so much about sports medicine and the psychology behind being a great athlete. I even have 3 pages of notes to prove it!

Third, there are so many opportunities to get involved in the dry side of swimming, and it will be a great learning experience as well as give a new perspective to swimming.

Fourth, convention is such a great place to meet new people from all over the country! It also inspires athletes to get more involved in their sport and creates a great environment to grow and learn!

Fifth, college swimming may seem scary, but there will always be people there to help you along the way! You can always talk about it with older athletes as well.

The biggest rule change that came out of convention that will affect Montana Swimming is that senior sectionals will only be allowed to be up to 4 days long. Time standards will only be allowed to be as fast as 5% slower than the junior national time standards.

Overall, I had an amazing experience at convention this year! I hope to be selected for a committee so I will be able to attend next year as well. Thank you to everyone who made convention possible this year.

Jenna Marsh