

To: Central Zone Members
From: Jack Swanson, Central Zone Athlete Representative
Date: Thursday, September 14th, 2017

Re: 2017 USAS Convention Central Zone Athlete Representative Report

For those who do not know me, my name is Jack Swanson and I am the Central Zone Athlete Representative; I was elected to this position at the 2016 USAS Convention in Atlanta, Georgia. I am a junior biology major at Pomona College. Through elementary school and high school, I swam for Aquajets Swim Team in the Minneapolis, Minnesota metro area; I have served as an athlete representative since 2013.

Much has been done since the last meeting of the Central Zone at the 2016 USAS Convention in Atlanta, Georgia. Much of my first year as zone representative has been spent focusing on athlete leadership development. I led the curriculum development phase of the four zone meetings, to which the Athletes Executive Committee (AEC) invited the Senior Athlete Representative from each LSC. The Central Zone's Meeting was held in Chicago, Illinois in May. An exceptional group of athletes was in attendance to discuss Athlete Committee and Board of Directors service best practices; I have seen many Central Zone LSCs make significant changes in the months since the zone meetings. I encourage LSCs who did not attend the zone workshop to reach out to me to obtain the resources presented as there is certainly more work to be done. *The expectation of the AEC is that each LSC has a standing, active Athlete Committee by 2019.* I am more than happy to help LSCs and LSC athlete representatives who aren't sure where to start with this.

The AEC would like to see athlete attendance at an Elite Leadership Camp in the coming year – tentatively in April 2018. The AEC plans for this camp to include training opportunities for athletes of all ability level featuring renowned coaches, coupled with leadership development workshops and seminars led by USA Swimming staff, motivational speakers, and AEC members. I have been working on preliminary planning for this workshop, which is in its early stages. Joe Gazzarato (Michigan Swimming), Van Donkersgoed, and Ceallach Gibbons (Minnesota Swimming) are several others from the Central Zone have also been highly involved in the early planning for this workshop. Please stay tuned for more details following convention!

I have also been working to establish the Central Zone Athlete Committee. This committee has helped me to more holistically represent the Central Zone's athlete members at an AEC level. The committee has met three times via conference call, and has several sub-committees that have met regularly by conference call and email. The Central Zone Athlete Committee's minutes can be found on the Central Zone website on the "Athletes" tab near the top of the homepage. Applications for the committee for 2017-2018 will open at the 2017 USAS Convention in Dallas. I encourage athlete members to apply! Non-athlete members should encourage athlete members from their LSC to apply as well.

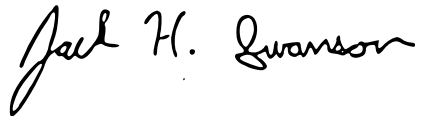
The Central Zone is also live on Facebook, Twitter, and Instagram. Be sure to periodically check these pages! I have been working with Brad Jacobs (Indiana Swimming), Ashton Pearson (Missouri Valley Swimming), and Emma Schaetz (Wisconsin Swimming) on this project. The Twitter page was launched in early January, and the Facebook and Instagram pages were launched in late

March. I am working with LSC athlete representatives in the Central Zone to promote these pages. All pages can be found at @CentralZoneSwim.

In my role as a member of the USA Swimming Governance Committee, I have been working on several projects. The Governance Committee met in Denver in April to discuss the proposed changes to the structure of the USA Swimming Board of Directors. During the meeting, the committee emphasized that LSCs are not being asked to switch from a “management” board to a “governance” board, as the needs of LSCs and the NGB are quite different. I encourage members to read and understand the rationale for the proposed changes prior to convention. I am happy to answer any questions I am able to on the Board Governance Task Force proposed legislation, and to direct members to appropriate resources for questions that I can not answer. I will be answering questions on the proposed legislation during Friday morning’s athlete meeting. Additionally, I am serving on the LSC Model Bylaws Task Force, which is working to revise and update the LSC model bylaws to make them easier to navigate. More information will be available on this in the coming year!

I look forward to seeing and meeting you at convention!

Respectfully Submitted,

A handwritten signature in black ink that reads "Jack H. Swanson". The signature is written in a cursive style with a large, sweeping initial "J".

Jack H. Swanson
Central Zone Athlete Representative