



**SENIOR ATHLETE  
ACTIVITIES &  
PROGRAMS  
SEPTEMBER 30,  
2023**



There is also an **Athlete Meeting and Elections**. In this meeting, discussion will focus on what is coming up in the afternoon legislative session and HOD meeting.

Athletes will also elect two (2) At-Large Athlete Representatives and the Junior Athlete Representative to serve on the Indiana Swimming Board of Directors. For more information on these responsibilities might include and age requirements contact: [tony@inswimming.org](mailto:tony@inswimming.org).

**Location:**

**Center Grove High School**  
2717 S. Morgantown  
Rd. Greenwood, IN 46143

**What is the House of Delegates?**

The House of Delegates (HOD) is the annual meeting of the Indiana Swimming membership. Athletes, coaches, and club leaders from around the LSC, as well as ISI board members and staff come together for a full day of informative programs, followed by the HOD meeting to discuss decisions and legislation impacting Indiana Swimming and its athletes.

**ATHLETES play a large role in voicing opinions and helping set direction at the House of Delegates. In fact, USA Swimming requires that at least 20% of voting membership at the meeting be athletes.**

Athletes must be a registered Indiana Swimming member to participate.

**What do I need to do to participate?**

After discussing participation with your parents, you can register for all athlete programs on Saturday morning by using your **parent's email**. Speak to your coach about attending the House of Delegates meeting as an athlete voting member of your club. Your coach must submit the names of these athletes' voting delegates in advance of the House of Delegates Meeting. **[CLICK HERE TO REGISTER FOR ALL ATHLETE PROGRAMS ON SATURDAY MORNING PRIOR TO HOD](#)**

**I can't miss practice.**

There is a morning workout for athletes with an appearance by

**This is the program is being opened to 8th grade athletes and older.**

Coaches encourage attendance at this **All-Star Workout**. Workout will be limited to **100** athletes.

**Will I be fed?**

Absolutely! Athletes participating in the All-Star Workout will have a breakfast break & lunch. Those staying for the afternoon HOD meeting should request lunch through the online athlete registration reservations.

**What happens after the workout?**

The remainder of the athletes' morning focuses on social service, and leadership activities. Help support the Athlete Service Project for Peyton Manning Children's Hospital. Your elected Senior, Junior and At-Large Athlete Representatives will lead this activity.

**SCHEDULE  
FOR THE DAY**

- 7:30a All-Star Workout**
- 9:30 Breakfast/Break**
- 10:00 Service Project and Leadership Activities**
- 11:30 Athlete Meeting and Elections**
- 12:15 Lunch and Presentation**
- 1:30 HOD**
- 5:00\* Finish**
- \*may finish earlier**