



Ethan Schulz Denver Report April 21-24, 2022

On April 21, Taylor, Mary Ellen, Zack, Marcel, Ali and I arrived in Denver Colorado for a USA swimming workshop. On the first night at the Athlete Social, Maine Swimming was awarded the Breakout LSC Award by the Athletes Executive Committee. We were given this award due to our Athlete Leadership Summits and our recent increase in athlete involvement within the LSC.

Friday was the second day of the workshop and contained presentations about DEI, Athlete Leadership, and Goal setting. The DEI talks were excellent because they went deeper into how to actually be more diverse and inclusive. This was great as a lot of talks only go as far as to say what diversity is rather than help you learn how to be more diverse or inclusive. In the Athlete leadership presentation, the AEC brought in a speaker from USADA to talk about “drug” testing and other substances that you might not think are illegal in competition. They also just helped to outline what the role of athlete reps are within the LSC and how they can get involved/stay involved both in your LSC or nationally. One of the best workshops for the day was goal setting. Here we talked about not necessarily how to set goals, but how to look at your LSC and identify what it needs. From here you then set goals that will help move your LSC and the sport of swimming forward. Myself, Ali, Marcel, and Taylor came up with several goals including a Eastern Zone leadership retreat that we have been working on in the last week. There were also many more smaller goals that we came up with that we have started working on or have pushed aside for later.

Saturday, day two, started off with a swim in the morning led by Breandan Hansen. After the swim and getting back to the event venue, there was a short LiveBarn presentation before the kick off of the legislative review session. This session was in two parts and went over the proposed rule changes for the September Annual Business Meeting. Taylor spoke on one of the rule changes regarding the change to the 120 day rule. After this the governance committee gave a quick presentation. There was an awards lunch

where me and Ali were able to meet Rowdy Gaines and Missy Franklin. Following the lunch there were National committee meetings and then team trivia to wrap up the day. During team trivia, we worked on putting together details and budget for the Eastern Zone Leadership Retreat that we came up with at goal setting.

The final day started with an Eastern Zone meeting where I pitched our leadership retreat idea to the Eastern Zone and got feedback. We heard from two AEC members that were willing to set up a call with us to help us prepare before the zone business meeting on May 7 where Ali will be pitching the idea to those involved with the eastern zone that Couldn't make it to the workshop

Ali's Report:

USA Swimming Workshop - Ali Bragg

It is truly hard for me to find the words to describe what an impactful trip this was for me and for our LSC. There were so many great things to take away from the workshop to help to strengthen our LSC. I was most inspired during the goal setting session where Ethan, Taylor, Marcel, and I worked on drafting ideas for Maine Swimming. During the session, we came up with an idea to host an interzone meet and workshop weekend for the Eastern Zone. The whole idea of this meet is to a) bring the eastern zone athletes together for a weekend, b) host a meet at Colby Pool, and c) incorporate some of the sessions that we found so impactful in Denver and bring them to the eastern zone for athletes that may not have had the opportunity to go to the workshop. We are looking to have a DEI summit, goal setting, college recruiting, and other fun sessions to inspire, motivate, and bond the eastern zone athletes. For the college recruiting session, we are hoping to bring coaches from around the eastern zone to come talk about recruiting. Since I will be on the athlete committee through August, I will still be able to help out with this project despite not being Senior Rep anymore, but this was Ethan's million dollar idea and he has come up with every detail himself! While I was out there, I was able to room with a rep from the Pacific Northwest LSC named Grace. This opportunity was incredible for many reasons, not only because we exchanged ideas of things that worked in our LSCs and ideas for the future, but also to build a connection from a completely different coast. It was truly an experience of a lifetime, and I only wish I had been able to experience it a year earlier as I was indescribably inspired in ways to improve Maine Swimming as a whole.

Day 1: Arrival, Athlete Social

Day 2:

DEI 101: The Who, The What, The How

Athlete Session: LSC Athlete Leadership 101 and USADA Education

DEI: Organizational Equity Building

Athlete Session: Collaborative Goal Setting

- Ethan and I spoke about our Athlete Leadership Summit
- Brainstormed ideas for LS

Day 3:

Swim Workout with Brendan Hansen

Legislative Review Session

- AEC presented bylaw change to 120-day rule: active discussion

Governance Committee Presentation

National Committee Meetings

- Ali and Mary Ellen - LSC Development
- Ali and Zach - sat in on DEI

Day 4:

Eastern Zone Meeting

Flew home