

## Office Report from the USA-S Workshop

The USA Swimming workshop for the office focused on SWIMS 3.0 for most of the sessions. SWIMS 3.0 will be the new registration system starting September 1<sup>st</sup>. We got a demonstration that was really helpful and showed us how far they have come and how much more they need to do. I will be focusing on creating training materials for teams and will have virtual trainings in August.

The LSC Development Committee of which I am head of the Share Services Working Group met during the Workshop. This was the first time I had seen the committee members in person. I presented on Shared Services and what we are doing to engage athletes in the LSCs and promoting a survey to elicit what LSCs are looking for.

I attended the Governance Session and the Eastern Zone Meeting. I find that the best use of my time at these events is not in the meetings but in the networking. I was able to have a lot of one-on-one time with Nate Chessey and Brendan Hansen to discuss how to further our mission in Maine Swimming and to make the Clinic awesome! I met with LSC office managers from Wyoming, North Texas, Pacific Northwest, New Jersey, New England and others to exchange ideas.

I got to spend time with Ali and Ethan. To see how much these two grew over just the course of the weekend was incredible. Their confidence and maturity developed so quickly spending time with the amazing athlete leaders in USA Swimming. And winning the LSC Breakout Award for Athlete Engagement was totally awesome!

Finally, Taylor made an impression on so many people. I introduced her to many people in my network and she spent time with those in her expanding network and Maine swimming has such a bright future!