



MONTHLY NEWSLETTER

February

*News.*

## SERVICE PROJECT

As we begin to close out our short course season, I want to thank those of you who have been attending our meetings and helped contribute to our service project! I would also like to give a big shoutout to Rhett Walker, who has helped us tremendously in planning our service project.

**This year, for our service project, we will be holding an athlete-run food drive at the 2026 Senior Champs meet at St. Marys college! If you are interested in helping out at the meet, feel free to email any of us, and we can help coordinate where you can go to help.**

## FEEDBACK FORMS

*Along with every newsletter, I'll be including a short feedback form for you to fill out. This form will give us insight into what you think about our ideas and the work we've been doing. It will also include a space for you to share any questions, concerns, or new ideas you'd like us to consider. Your feedback is an important way to make sure your voice is heard and helps shape the future of our LSC!*

**FEBRUARY FEEDBACK FORM!**

I hope your first month of training for 2026 has been both productive and rewarding!

Starting this February, you'll begin receiving a monthly emailed newsletter at the start of each month. Each issue will highlight key updates, opportunities, and resources—all designed to keep you informed, connected, and engaged throughout the season.

## Maryland swimming scholarship

Applications for the 2026 MD swimming scholarship are now open! If you are interested in applying or know anyone who is, please look at Susan's email for more information on how to apply.

## ABOUT OUR TRIP TO COLORADO!

At the end of September, we had the opportunity to represent Maryland Swimming at the USA Swimming Annual Business Meeting in Denver, Colorado. The event brought together athletes from across all 50 states and members from 59 LSCs, providing an opportunity to share ideas, build connections, and gain fresh perspectives. We came away inspired with new strategies to help strengthen and grow Maryland Swimming's Athlete Committee, and we're eager to involve you in that journey.

## What we learned:

We learned valuable communication and public speaking skills that will help strengthen our LSC and allow us to better communicate with all athletes! We also had time to work with the zone athlete directors in workshops, which guided us in creating meaningful service project ideas to bring back to our LSC.

# 2026 Eastern Zone Athlete Summit!

*The date and location have been set for the 2026 Eastern Zone athlete summit, which will be held in conjunction with the Southern Zone. If you are interested an email from Susan will be sent out soon if it was not already sent!*

Date: June 18–21, 2026

Location: Emory University, Atlanta, GA

- Fitting with our 2026 vision of “Go Wild! Bold Ideas, Real Action,” the EZ/SZ Athlete Summit will feature engaging workshops focused on leadership and governance, problem-solving and critical thinking, communication and personal branding, college recruiting and nutrition, officiating and coaching pathways, and hands-on skill development.
- LSC athletes will also have opportunities to connect through an athlete social, multiple practice and dryland sessions, including a meet-style practice, and an off-campus social event.

***If you have any questions, please don't hesitate to email me or any of your other athlete representatives!***

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