

Opportunities for Athlete Participation

Where	What it does	How you can serve	Why it matters
House of Delegates (HOD)	- Sets LSC policies - Elect's officers - Approves yearly budget	1 club-appointed Athlete Group Member Rep must attend (every team gets up to 3 reps, one must be an athlete). • Volunteer through your head coach. • If athlete voting power is less than 20%, the General Chair appoints Athlete At-Large Members: email the Senior and/or Junior Rep if you'd like to be considered.	HOD votes ripple into everything in Metro Swimming
Board of Directors (BOD)	- Meets every other month - Suggests and implements changes - A place where athlete perspectives are heard	Run for Athlete Representative. Happens in between February-May HOD. Information posted on Metro Website.	The Board controls a dominant proportion of Metro swimming and suggests policies to HOD.
Athletes' Committee	- Voice of all Metro athletes - Runs outreach events - Reviews legislation	Automatic seat for all athlete reps. Club athletes 14 + may be invited/request to be involved as Program Leads (social media, Safe Sport outreach, etc.). Reach out to the athlete reps to be considered or fill out the form on the Metro website.	Great “starter” role. Allows you to collaborate with peers before jumping onto other committees.
Various Committees (Age Group, Senior, Technical Planning, etc.)	- Develops technical rules - Evaluates time standards for championship meets	Any athlete 14 + can request to be appointed via the form on the Metro website or email the athlete representatives to be connected.	You influence time standards, championship formats, scholarship criteria, and more.

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Metro Swimming Website - <https://bit.ly/metroSwimming>