



SOUTHERN ZONE ATHLETE SUMMIT AND 2024 OLYMPIC TRIALS WATCH PARTY

June 21-23, 2024

Hosted at University of Louisville, Louisville, KY

INFORMATION SHEET

Purpose: To educate upcoming Athlete Leaders on the importance of their contributions to the LSC by volunteering for athlete roles on LSC Committees and Task Forces.

Goals: Foster an enthusiasm for athlete involvement in LSC activities and governance creating a pool of educated and aware athletes to serve their LSC and USA Swimming.

Site: University of Louisville, Louisville, KY

Dates: June 21 -23, 2024. Programming begins at 3pm on Friday June 21, 2024, and ends at 12 noon on Sunday, June 23, 2024.

Number of Attendees: Each LSC may send six (6) athletes ranging in age from 14-18 and is required to send one (1) adult chaperone, currently registered as a USA Swimming member. Should any SZ LSC commit to fewer than six (6) athletes, there may be an opportunity for other LSCs to send an extra athlete. That will be communicated to all LSCs on March 21, 2024.

Preferred Attendee Qualifications: The swimmers who attend the Leadership Summit will be determined at the discretion of each LSC's BOD. However, it is *highly recommended* that each LSC's athletes' representatives be automatically invited. Considering the summit has space for each LSC to bring roughly six athletes, this leaves space for other attendees outside current LSC leadership positions to be invited as well. In order to help standardize and simplify this process, the SZ Athlete Reps have created a simple Google Form that LSC BOD's can send to their LSC athletes' committee (if applicable) or their body of high school athletes as a whole. The form invites athletes to list the challenges they've faced as leaders and explain what they would hope to gain from attending the summit. BOD's can filter through athlete responses and also outsource help from the SZ athlete reps to aid them in their selection process. If BOD's feel they can identify athletes throughout the LSC who would be good candidates for the summit without the assistance of the Google Form, they are not obligated to send it out. Here's the link to the Athlete Selection Google Form:

<https://forms.gle/2i9Ho6eC7XoZiMz6>

Programming: Southern Zone Athlete Directors Megan Braman and Nicole Caruso have outlined the following topics for presentation:

- Leadership and Governance Involvement
- LSC Check-Ins
- Communication and Drafting Professional Emails
- Time Management
- College Recruiting and University Training
- Safe Sport topics of Bullying and social media
- Mental Health
- Nutrition and Sleep Habits
- One Session Pool Training
- Morning Yoga
- Two Nights of Olympic Trials Finals Viewing

Funding: Each LSC is financially responsible for their Attendees:

- Transportation to and from the University of Louisville. A specific drop-off and pick-up point on the UL campus will be communicated by the confirmation deadline.

- **Meals** while attending the Summit, **per person:**

Breakfast (2) \$8.99	Lunch (1) \$8.99	Dinner (2) \$11.99	Total: \$47.95
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- **Housing** in UL's BVN Dormitory. **All prices required per person.**

Athlete Shared Room \$82 (2 nights)	Cleaning Fee \$5.25	Total: \$87.25
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Adult Single Room \$98 (2 nights)	Cleaning Fee \$10.25	Total: \$108.25
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- Linen package rentals are available and optional for \$30 per person for the weekend. Included are twin sheets and pillowcase, pillow, blanket, and bathroom towels.

UL's dormitories are suite-style, with two double rooms sharing a bathroom in between. Room assignments for each suite will be of the same gender.

The Southern Zone is financially responsible for conference rooms and pool rental fees, guest speakers, educational materials, merchandise, snacks, and SZ personnel. The Southern Zone is not financially responsible for an athlete's travel home for any reason.

Deadlines:

March 20, 2024: The LSC Commitment Form is due to the SZ by this date. Send to Melissa Hellervik-Bing at mhellervikbing@hotmail.com.

March 21, 2024: All LSCs indicating on the Commitment Form that they would like to send more than 6 (six) athletes will be notified by email from Melissa. LSCs will have until March 28, 2024, to update their Commitment Form indicating the extra athletes attending from the LSC.

April 1, 2024*: by this date LSCs will be invoiced by Herb Schwab for the full amount as indicated on the Commitment Form. Included with the invoice will be the LSC Attendees Form, requesting names, contact information, shirt sizes, parent/guardian contact information, as well as Waiver and Code of Conduct Forms.

April 15, 2024: Full payments from the LSCs are due. Checks should be made out to USA Swimming and mailed to SZ Secretary Treasurer at 802 Lakeshore Drive, Sugar Land, TX 77478.

May 1, 2024: LSC Attendees Forms due. LSCs may change the names of the attendees after this date but may not add to the number of attendees. Please make sure any changes are of the same gender as it would affect room assignments.

*LSCs are financially responsible for the full amount on their commitment forms, including any withdrawals as of April 1, 2024.

Waiver and Code of Conduct Form: Each participant will be required to agree to and sign a USA Swimming Waiver and Code of Conduct form for submission by **June 1, 2024**.

Chaperone Pre-Summit Information Meeting: A Zoom meeting will take place with all chaperones (required attendance) and Athlete Summit organizing personnel at least one week prior to the Athlete Summit.

Questions or concerns should be directed to Melissa Hellervik-Bing (mhellervikbing@hotmail.com), Bruno Darzi (Bruno.darzi@gmail.com), Megan Braman (megan.braman03@gmail.com) and Nicole Caruso (swimcaruso@gmail.com).