

# USAS CONVENTION 2018

## Overall Experience

- we met athletes from all of the LSCs in the country and learned what they do in their LSCs and compared ours to see if we could make any improvements
- we interacted in a professional environment with professional adults during the convention, teaching us about how to conduct ourselves in a mature and professional manner
- we volunteered with Make a Splash to teach children how to swim

## Leadership

- lead by example; actions speak louder than words
- care about others, not just what they get done
- leaders share the glory in success, but take responsibility in failure
- you're not a leader until you've made a leader that is capable of making leaders
- make everyone feel included and important
- be respectful and willing to listen to new ideas

## Teamwork

- always be polite
- encourage new and young swimmers
- include and cheer for everyone, not just your team's fastest
- be aware of others' goals and (if possible) help them achieve those goals
- even if you don't do well, don't neglect congratulating others

## Representation

- act in a professional manner (body language and eye contact)
- make sure you represent your school, team, state, and yourself well by acting mature
- think about what you say, do, and post

## Rules and Regulations

- drug testing rules and resources
- new 12 and under technical suit rule

# Future

- USA Swimming recognizes that every swimmer matters, not just olympians and national team members
- USA Swimming would like to see more athlete involvement and leadership
- as athletes, we want to create an environment of inclusion and connection

WEST VIRGINIA SWIMMING, INC.

NET WORTH REPORT AS OF SEPTEMBER 30, 2018

Checking Account (City National Bank)	\$86,344.77
Certificate of Deposit (City National Bank)	35,000.00
Certificate of Deposit (City National Bank)	<u>30,000.00</u>
TOTAL	\$151,344.77