



Western Zone Athlete Report

Saturday, September 27th, 2025

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Agenda

- Year Recap
 - 2025 WZ/SZ Joint Virtual Athlete Summit
- 2026 CZ/WZ Athlete Summit
 - Preliminary Information & Logistics
 - Logo Reveal
 - Athlete Track Information
 - Non-Athlete Track Information
 - Budget Proposal & Financials



2024-2025 Recap



WZ and SZ Joint Virtual Athlete Summit

- Successful joint virtual athlete summit with the Southern Zone
 - 1 day, 3 sessions
 - 3 Engaging topics
 - Governance and Leadership
 - Your Role, Your Tools, Your Leadership, and Your Impact
 - Living with Balance
 - What does it mean to be healthy and balanced? How does the role that swimming plays in my life effect this?
 - Post with Purpose
 - Why is social media important for athlete reps?
 - Excellent athlete engagement, and amazing feedback from our athletes



WZ and SZ Joint Virtual Athlete Summit

- “It was very useful to garner ideas about what we can do in the future.”
 - Feedback on the *Post with Purpose* presentation
- “I learned a lot from this including what it means to be an athlete representative and what you are expected to do in your role.”
 - Feedback on the *Governance and Leadership* presentation
- “The conversation about well-being was really helpful and the breakout rooms were a great way to break the ice a little and start thinking more creatively.”
 - Feedback on *Living with Balance* and the Summit as a whole



2026 CZ/WZ Athlete Summit



Basic Quick Facts

- June 11th-14th(Thursday-Sunday)
- St.Louis, MO @ Washington University in St. Louis
- We ask that each LSC send 4 Athletes and 1 Chaperone.
- We welcome LSCs who want to send more attendees than the above but please reach out to the Athlete Summit Leadership Team for approval.



Arrival/Departure Information

- All attendees should fly into St. Louis Lambert International Airport by 1pm CT on June 11th. Check-In will begin at the Washington University in St. Louis at 1pm CT and last until 2:30pm CT.
- The Athlete Summit will conclude promptly at 12:30 CT on Sunday June 14th.
- All athletes and chaperones are responsible for transportation to and from the airport. It is recommended that chaperones and athletes travel together.



Hotel Accommodations for Non-Athletes

- Non-Athletes who would not like to stay in the dorms have the opportunity to stay at hotels within walking distance of WashU and the athlete dorms.
- We will be asking a handful of chaperones to stay in the dorms in addition to the Leadership Team
- Many hotels within the 1.5 mile radius (Marriott, Hilton, IHG)



NEW Mission and Goal of 2026 Athlete Summit

2026 Mission: To engage zone athletes in bold, collaborative conversations and wild idea-sharing across LSCs, pushing the boundaries of creativity and leadership, to develop action plans that spark effective communication, drive impactful change, and ensure lasting success and continuity for LSC athlete committees.

2026 Vision: “Go Wild!: Bold Ideas, Real Action.”

- Diving deeper into critical thinking and creativity to solving problems and creating solutions.
- Engaging with National Committees to work towards collective problem solving
- Understanding the necessary skills for critical thinking, communication, and problem solving



2026 Athlete Summit Logo Reveal





Meet Your 2026 Athlete Summit Leadership Team!

- Western Zone Leadership Team (Simran, Lara, Scott, WZ Non-Coach Director)
- Central Zone Leadership Team (Hadley, Jack, CZ Jr Rep, CZ Coach Director)
- Zach Toothman
- Annie Kramer
- Casey Bretz
- Pam Lowenthal



Athlete Track Tentative Plans



Session Highlights

- DEI & Safe Sport Session
- Bold Critical Thinking
 - Collaborative Leadership
 - Unlock Creative Thinking
 - Trailblazing Critical Thinking
- Communication & Persuasion
 - Pitching & Persuasion
 - Project Communication
- Continuity & Jurassic Arena
 - Survival Guide
 - Problem Solution Jurassic Arena



Non-Athlete Track Tentative Plan



Who Should Attend?

- We are gearing this towards non-athlete representatives who work closely with the athlete representatives in your LSC. This could be someone on the Board of Directors or someone who is an athlete liaison to the athletes committee.
- A great chance to get to know the commonalities of issues all face within the Western Zone, have conversations on how to successfully implement ideas, and support your LSC athlete leaders



The Benefit for Non-Athletes!!

Getting to see and know our athlete leaders of the future and what they can bring back to their club and LSC with your support.



Non-Athlete Track Schedule

- As most non-athletes have working jobs, Thursday & Friday morning provide flexibility for them to wrap up their work week before engaging in curriculum and designated track.
- Optional non-athlete sessions will be available with the athletes or individual discussions with Zone Leaders & USA Swimming staff during those time periods.
- Mandatory programming will begin Friday afternoon at 2:00pm local time.



Thursday/Friday Schedule Plan

- LSC attendees arrive Thursday.
- All attend the initial welcome meeting and review the daily schedule.
- A list of joint workshops will be supplied by the Athlete Summit leaders.
- Non-athletes first session will begin at 2:00pm on Friday as a joint session with the athletes followed by an individual session. (Hopefully this will accommodate anyone's work schedule)
- Following dinner there will be an adult social.



Friday Topic Schedule

- There will be two mandatory sessions for the non-athletes track starting at 2pm.
- The first will be a critical thinking warm up with the athletes followed by some individual programming during that same block.
- The second session will focus on “Puzzles vs Mysteries” comparing easy problems to solve versus outside of the box problems that don’t have a clear cut answer.
- An adult social will follow dinner in the evening.



Saturday Topic Schedule

- Saturday will be focused on preparing for Sunday's presentation of the non-athletes take on out of the box problems and concerns within USA Swimming and the zones.
- Sessions will be focused on success stories, ways of working, and then group discussion and work time on generated problem statement.



Sunday Topic Schedule

- Jurassic Arena for non-athletes & athletes to pitch solutions and ideas for successful implementation in the sport & then vice versa
- Keeping with continuity and sustainability of athlete initiatives & allowing attendees to generate ideas and critical thinking at the national level then provide the same way of thinking locally in LSCs.



The Financials



Costs for LSC/Zone

- LSCs will be responsible for covering transportation to/from the event, meals, & rooming for their contingency.
- Athletes will be in a double or single bedroom for the event. Chaperones may opt in to the same setup with designated chaperone blocks.
- CZ & WZ will cover all other costs including social event cost, meeting spaces, swag, and other costs!
- CZ & WZ will supply \$13,000 each to cover these costs as in the budget.



Expected Cost Breakdown per Person:

Housing	\$161.87 per person (Double Rooms) \$178.37 per person (Single Room) \$25 per person (Linens)
Meals (Catering ~8 Meals)	~\$200-\$250 per person
Average Flight Cost	Denver (EAST)- \$310 Los Angeles (WEST)- \$350 Seattle (NW)- \$330 AVG- \$340
Average <i>Estimated</i> Cost <u>per person to LSC:</u>	~\$725



Any questions or comments?

