

**Welcome to your FIRST USAS Convention! This “helpful hints” sheet was developed by the Oregon LMSC and it’s purpose is to provide you with valuable information that will assist you with your first USAS Convention experience!!!**

## **WHAT TO EXPECT**

Plan to attend the Welcome and Orientation meeting on Wednesday evening to meet the other delegates (veterans and “first timers” alike) and to ask questions. Everyone is always in a hurry and on his or her way to or from a meeting. However, **Joanne Tingley** (volunteer who is responsible for the USMS Certification table) or one of her crew is always there and will be of great assistance if you need it.

## **WHAT TO WEAR**

Be comfortable, we are in meetings all day, wear casual clothes (the gals will wear dresses, slacks or shorts). There are 2 functions that most folks will “dress up” for:

- The Insurance Reception, Thursday evening – usually a “finger food feed”, gals wear nice dress, skirt or slacks
- USAS Banquet, Saturday evening – from sequins to silk to semi-formal

## **EATING**

There are so many meetings that overlap that you will want/need to attend. Working lunches are common. Many delegates struggle to find time to eat, so bring a few snacks to have on hand – just in case.

**Complementary Breakfast** - Muffins, coffee, and juice are served from approximately 7 – 7:30 am. After returning from morning workout, get off the bus and go directly to the breakfast area (usually near the lobby), then to your room to change. Otherwise, the food is gone by the time you come back.

**Lunches/Dinners** - Just invite yourself to anybody’s lunch or dinner group, whether it’s in the hotel or at a local pub. The more people in attendance the more information to be given or received.

## **MORNING WORKOUT**

The bus schedule will be announced and posted (in the hospitality suite) for departure times and location to a local pool. The USMS Coaches Committee coordinates the coaches and workouts each day (Thursday through Saturday) and provides a quality program for all ages and abilities. You do leave early and it’s rushed, but plan to attend one or two of these as they’re fun and will stimulate ideas. There are some die-hards that will attend every day, but many of us stay up late in planning sessions and opt to forgo practice while at the convention.

## **MEETINGS**

There are so many meetings that you will not be able to take them all in. Some LMSCs have a delegate meeting prior to convention and discuss what meetings they plan to attend; hopefully most of the meetings will be covered. Pick the meetings that most interest you and will do your LMSC the most good. Obtain handouts from the meetings you attend and share what you have learned with the other members of your LMSC.

**Meeting Minutes** – At the completion of each meeting, minutes are brought to the copy room by the recorder then copied and collated. All meeting minutes that have been completed in time will be distributed in accordion files located in the back of the House of Delegates room (each delegate’s name will be listed alphabetically). In between HOD meetings, the “files” will be kept in the Hospitality Suite. Be sure to get a copy of all of them and don’t forget to **READ** them!

**Zone Meeting** - On Saturday morning, each Zone will have a meeting for **ALL** the LMSC delegates within their zone. If you have zone concerns or thoughts, you might want to contact your Zone Representative before convention. Some zones have a “zone social”. If yours does, you will be told when and where (eventually).

**House of Delegates Meetings** - Everyone should attend **ALL** House of Delegates meetings. This is where the results of meetings are presented and a **VOTE** taken. The delegates from each LMSC usually sit together and someone (whoever gets there first) will save a section of seats.

**Wrap-Up Session** – This takes place on Sunday morning is a valuable session that is a review of what was done and what we can do to improve for the next years convention. So...plan to attend this too.

## **FOLKS TO MEET**

There are many interesting, talented, and fun-filled people at the convention so meet as many as you can. Hopefully everyone will wear their nametag and keep it on for the duration of the convention.

**Some Key Individuals** - **Nancy Ridout** - USMS President, Jack Geoghegan – USMS Vice President, Jeanne Ensign – USMS Treasurer, Betsy Durrant – USMS Secretary, Jeanne Crouse – USMS Legal Counsel, Mel Goldstein – USMS Past President, Hugh Moore – USMS Zone Chair, **Tracy Grilli**, USMS Executive Secretary (does every day tasks for the LMSCs too), **June Krauser** – Mother of Masters Swimming and ISHOF Masters inductee, Michael Heather – Convention Committee Chair (he runs the show).

## **HOSPITALITY SUITE**

There is a hospitality room for all delegates, expertly and enthusiastically run by volunteers from the hosting LMSC. It is open daily when meetings are not scheduled or in session (e.g., before 8 am, lunch, late afternoon and evening). Health munchies (bagels, chips, veggies), drinks and fruit are always available at no cost. The room name/number will be announced at the Welcome meeting. Be sure to find the room as soon as you have a break to take full advantage. During the “snack sessions” you meet many folks. Some will conduct business; however, it’s mostly casual. Providing for relaxation and socialization is its main function. Oh, before you leave, don’t forget to **thank the volunteers** who keep the suite well stocked and clean.

## **MAY WE QUOTE YOU?**

New Delegates from the NW Zone

**Bill Volckening** – “My pre-convention plan to sit in the back row and observe the proceedings quickly fell by the wayside, but I am happy to have had so many great opportunities to contribute. In addition, my participating in 10 USMS National Championships had allowed me to meet at least 100 delegates, so I felt very much at home among these friends.”

**Tom Liby** – “Upon arrival to the convention I was overwhelmed with the amount of enthusiastic, knowledgeable, fun-loving people which I came in contact. Although that first day I ran very behind, warm open arms, smiling faces, and brilliant minds, quickly made me part of a large, wonderful family.”

**Barbara Jackson** – “A delight to be here. It has been a reunion with old friends and the making of new friends. The convention has awakened a desire to further increase Masters swimming participation in Montana, and greater participation on my part in both competition and organizational work.”

**Carolyn Behse** – “New meaning to “Volunteers”, awesome group of dedicated men and women to USMS!”