

# ANNOUNCEMENTS

## Swim Workouts

USMS has contracted with the Bryan Family YMCA in downtown Greensboro from 5:30-7:30 am Thursday – Saturday, 8 lane x 25 yard pool. Bus transportation will be provided

Schedules and more “details” will be available at the certification table when you check in.

## Meet the Candidates

Thursday September 15<sup>th</sup>, 6:00-7:00 pm  
Victoria ABC

Formal Interviews

Thursday September 15<sup>th</sup>, 8:30-9:30 pm  
Victoria ABC

Formal Interviews

Friday, September 16<sup>th</sup>, 5:15-6:30 pm  
Victoria ABC

## Club Mentoring Workshop

Mel Goldstein, Presenter

Saturday, September 17<sup>th</sup>, 11:15-12:45 pm  
Auditorium II

## Rehabilitation of Common Swimming Injuries

Sports Medicine Presentation  
by  
**Nadine KM Day**

Friday, September 16<sup>th</sup>  
1:00-2:00 pm  
Meeting Room – Auditorium II

Illinois Masters Swimmer, Nadine KM Day is a licensed physical therapist. Nadine excels in the water with Top Ten standings in every event and in every course. She is the owner of Aqua Performance, an aquatic physical therapy practice and specialized in rehabilitation of swimmers' injuries. She coaches high school, age-group and Masters swimmers. Nadine also hosts swim camps focusing on technique and dry-lane exercises for swimmers.

## Are You Bringing A Lap Top?

There will be external power supply in the House of Delegates on Friday and Saturday, but we do not know the amount of convenient outlets. Please bring an extension cord to make sure you can “plug in”.

## Coaches Presentation By members of the USMS Coaches Committee

Wednesday, September 14<sup>th</sup>  
2:00 – 5:00 pm  
Meeting Room – Pinehurst

## Shipping Packages?

Sally Newell has volunteered to be the “recipient” of packages that need to be sent to convention. Received by deadline is Monday, September 12<sup>th</sup>. Contact Sally at 336-299-1456 or [swimsally@bellsouth.net](mailto:swimsally@bellsouth.net) to let her know how many packages you are sending and when they will be delivered. Please send packages to:

Sally Newell  
1812 Swannanoa Dr  
Greensboro, NC 27410-3934

## New Delegate Orientation

Thursday, September 15<sup>th</sup>  
7:30-8:30 am  
Meeting Room – Victoria ABC

## To All USMS Delegates,

Our Hosts – the North Carolina LMSC, will have a Barbeque for delegates in the hospitality suite on Friday, September 16<sup>th</sup> after 6pm.

First come, first served and they will continue to serve until it runs out!

Also, they will be providing a “light breakfast” each morning at the pool, following the workout.