

I learned a great deal at the national convention this year and I am grateful to the LSC for providing me with this excellent experience. I attended several interesting meetings, but I would like to highlight the three most influential. The first meeting I went to was an athlete leadership workshop; this was headed by one of the world's best high jumpers, Dwight Stone. He spoke avidly about young athletes getting involved in their sport. He elaborated on points such as not being satisfied with how your sport is run and making sure your voice is heard on matters you feel strongly about. I think I benefited greatly from this workshop, because as an athlete rep. it is my responsibility to represent my fellow athletes by communicating any problems or ideas I may have about our sport. I then went to a college swimming meeting. The main speaker was the head swim coach at the University of Minnesota. Here I learned some tips that might be helpful for all swimmers looking to participate in college, such as:

- Visit as many campuses as you can.
- Have a career and a major in mind when choosing the school.
- Do not select a school strictly on their swimming program. You are in school to get an education and will most likely not continue your swimming career past the collegiate level.
- Make sure you fit in with the team and the coaches
- Evaluate if financial aid will be necessary or not. If so, make sure you are looking at schools that can offer you some sort of scholarship.
- Be upfront with the coaches; ask any questions you might have.
- Be realistic; do not look at a school that is too fast for you.

Next, I attended the Central Zone meeting along with the rest of our present LSC members. The main point of emphasis at that meeting was Zones. I was then placed on a review committee that evening, regarding recent problems at Zones. The biggest debate revolved around the issue of the girl that got her Junior cut after she had signed up to swim the same event at Zones. In the meeting, we clarified the legislation to eliminate any further confusion in regards to the rule about the conditions of achieving a Juniors cut and swimming the same event at the Zones meet. We also set deadlines for when the host team for Zones must submit their meet information to the Central Zone. This is relevant to us athletes, because this deadline should assure that the meet information is available earlier than in the past, to us and our parents.

Finally, I attended the House of Delegates. There we reviewed a great deal of legislation, the most important to us swimmers was requiring 20% representation on all LSC committees. The purpose of this was to provide athletes an opportunity to participate and express their opinions because it is fundamental in the USA Swimming philosophy that the athletes are properly represented. This item did not pass the house. However, a similar act was passed. A mandate of 20% athlete representation on LSC boards of Review and on any panels hearing cases. The purpose here was to bring LSC bylaws into compliance with the Ted Stevens Amateur Sports Act. Once again, I would like to thank the LSC for sending me on this outstanding learning experience and I hope that I successfully convey and pass on to you, the knowledge I learned at this year's convention.