

# United States Aquatic Sports Convention

Notes submitted by Lucas Kuriga

Arrival: Thursday morning

Departure: Sunday morning

Total mileage: 326 miles

## **Thursday, September 17, 2009**

9:00-11:00 Athletes' Meet & Greet

1:00-2:50 Athletes' Meeting

- Information given regarding governing agencies: USAS, FINA, FDA, LSC, WADA

3:00-4:00 Athletes Only: Future Tech Law Issues & Legal Risks

- Online risky behaviors: Info from the Illinois attorney general's office
  - Bullying & inappropriate jokes online
  - Friends list: don't add strangers
  - "Grandma rule"
  - Informational movie: Dangers of "sexting"

7:00-9:00 Central Zone

- Preview of Chicago Olympic Games
- Discussion of future zone meet dates

## **Friday, September 18, 2009**

8:00-9:50 Athletes' Meeting

- History of USA Swimming

10:00-12:00 College Swimming 101-for Junior Athlete Reps

- NCAA requirements
- The application process
- Choosing the right school (not just for sport)
- College choice considerations:
  - Location
  - Academics
  - Sport
  - Atmosphere
  - Price

1:00-3:00 Athletes' Meeting

- FDA approved medications and supplements
- Consequences/testing positive

3:30-5:30 Central Zone

- Proposals for future zone meet locations

7:00-9:00 House of Delegates

- Background information for tomorrow's voting

## **Saturday, September 19, 2009**

8:15-8:45 Athletes' Meeting

- Voting Credentials

9:00-2:00 House of Delegates

- Voting: 2 major issues
  - Alter vs. Tweak on starts
  - Date for restrictions on suits

7:00-10:00 Aquatics Award Banquet

10:00-12:00 Athlete Activities