

Athlete Reps: Logan Reeves and Cade Brower

### **House of Delegates Report November 2018**

Southern California's athlete committee has been very busy lately. Going back to late September, Senior Athlete Rep Cade Brower and Athlete Rep Joann Choi attended the 2018 USAS Convention. It was very rewarding to attend convention because we were taught more than governance in USA Swimming. The organization, "Forward Progress," led most of the meetings and gave lectures that were mainly centered around how to be a better leader and overall a better human being. It was also awesome to be apart of the voting process for the newly elected AEC. Joann and I learned lots and we are excited to bring our newly obtained knowledge back to the LSC.

Additionally, we held an Athlete Rep Clinic at the Swimposium which was a huge success. We had around 25 club reps with representation from each geographic committee. We discussed the position in depth as well as a number of ideas and plans for the future. We were also joined by Ceallach Gibbons who gave a great presentation and really went into how to maximize the position. We are in contact with all of them now and are working closely with them on plans within their committees and the entire LSC.

The biggest thing that the Athlete Committee is working on at the moment is our proposed "Safe Sport Week." Our goal is to conduct a week long event throughout the entire LSC to educate all of its members on Safe Sport and its importance in the swimming experience. Michael, Kim, and DeAnne have been working with us on this project but we welcome and would greatly appreciate any ideas that you may have moving forward. Our tentative plan is as follows:

- Kick off the week at a swim meet (if possible a weekend where all committees have a meet going on). We will have a booth at each meet where we can pass out information and have something to take pictures with to get the athletes involved and excited. Another idea that was presented at the Swimposium was to create a mobile scavenger hunt using the GooseChase scavenger hunt app to make it fun.
- Monday: Go over generic concepts of safe sport, goals, importance
- Tuesday: Read USA Swimming provided scenarios to better understand concepts
- Wednesday: Action planning - each team draws up plans and ideas to improve SCS and submits them to Athlete Committee
- Thursday: Draw up team Safe Sport Guidelines (maybe elect a Safe Sport Team Rep)
- Friday: Team wide event where everyone signs and commits to guidelines, small incentive for everyone who signs (patch, bag tag, stickers?)
- We would also like to incentivise teams to buy Safe Sport banners from USA Swimming, team members could sign them, take pictures with them and submit them to the SCS/USA Swimming social media pages under a Safe Sport Week hashtag.