

USAS VIRTUAL CONVENTION

ATHLETE SURVIVAL

GUIDE



SEPTEMBER 24-26, 2020

ATHLETE MEETINGS BEGIN SEPTEMBER 12TH

A MESSAGE FROM THE ATHLETES' EXECUTIVE COMMITTEE

Athletes, welcome to the 2020 USA Swimming Virtual Convention! This year has brought many unexpected changes in and out of our sport, but we are excited for you to join us virtually throughout the next two weeks and are looking forward to the many great opportunities to connect and engage in meaningful discussion.

As ambassadors of the sport and representatives of your peers, we strongly encourage you to contribute your ideas and share your valuable insight. The voices of athletes have never been more needed than today.

Actively engaging athletes in governance is an essential part of the growth and development of our sport. We are eager to further develop your understanding of these governance and legislative processes, as well as empower you to perform your Athlete Representative tasks and effectively solicit and communicate information among the multiple levels of athlete constituencies. Every member of our team is available to you and more than happy to help in any way that you need.

It is inspiring to see generations of swimmers engaged and making an active impact beyond the pool. This is your opportunity to help institute positive change in the sport of swimming. We are looking forward to working with all of you. If you have any questions over the next two weeks, don't hesitate to contact us.

**SINCERELY,
THE ATHLETES' EXECUTIVE COMMITTEE**

aec@usasathletes.org

usasathletes.org

FYI: Due to the impacts of COVID-19, USAS decided to cancel this year's in-person Convention. USA Swimming will move forward with a Virtual Convention for its delegates September 24-26, 2020. For first-time athletes attending this year's Convention, welcome! For those of you returning, welcome back!

TO PREPARE FOR CONVENTION

Sign Up for Remind

Be sure to sign up for Remind, USA Swimming's text-messaging service to communicate with you during the convention. You can sign-up by texting **@usas2020** to **81010** or by going to <https://www.remind.com/join/usas2020>. Message and data rates may apply.

Communication Channels

Please utilize Remind, the Contact Information listed below, and your Zone group chats if you have any questions throughout the course of convention! We're here to help and want to answer your questions as they come.

Legislation Packet

Please download and review the proposed legislation that will be considered at the House of Delegates meeting. You can find the legislation packet [here](#).

FAQ

If you are looking for general information regarding Virtual Convention, check out the Frequently Asked Questions guide on the USA Swimming [website](#).

To attend this year's virtual convention, you must [register](#) by September 21st or you will not be admitted to any official meetings, nor will you have a vote.

Links for events/meetings prior to Convention (Sept. 24-26th) can be obtained by emailing the staff liaison of that group (more info below). Links for events/meetings 24-26th will be emailed on September 22nd to all registered participants.

CONTACT INFORMATION

If you have any further questions, feel free to reach out to anyone listed below.

- **For general AEC inquiries** contact Interim Chair, [Ellery Parish](#).
- **For questions regarding voting or missing sessions** contact Admin Vice Chair, [Madison Lash](#).
- **For questions regarding National Committees and/or leadership programming** contact Leadership Chair, [Jack Swanson](#).
- **For questions regarding athlete convention programming** contact Interim Programming & Events Chair, [Annie Norris](#).
- **For zone specific questions, contact your respective zone rep:** [Maria Davila](#) (WZ), [Brad Jacobs](#) (CZ), [Ryan Gibbons](#) (SZ), or [Sara Gaston](#) (EZ).
- **For anything else** contact aec@usasathletes.org.

MEETING AND WORKSHOP INFORMATION

All Meetings and Workshops

Refer to the Convention Schedule on the USA Swimming [website](#) for a list of all committee meetings, workshops, and athlete meetings.

Athlete Meetings and Workshops

Refer to the full Athlete Convention Schedule on the USAS Athletes' Resources [website](#). All meetings will be held live unless otherwise noted. For athlete specific resources regarding meetings, including call information, schedules, asynchronous content, etc., check the [2020 Virtual Convention landing page](#) for more detailed information.

Office Hours

Office Hours will be hosted throughout the next two weeks by members of the AEC and the Athlete Representatives on the Rules and Regulations Committee as a resource for anyone who has questions or concerns about any programming or legislative items. These office hours will be drop-in (no appointment needed) and will be held at the following times:

Monday, September 14th 2020, 8-9 PM EST
Wednesday, September 16th 2020, 8-9 PM EST
Friday, September 18th 2020, 8-9 PM EST
Monday, September 21st 2020, 8-9 PM EST
Wednesday, September 23rd 2020, 8-9 PM EST
Friday, September 25th 2020, 6-7 PM EST***

***This meeting will be hosted exclusively by the Rules and Regs Committee athletes and will have a focus on the legislative items being voted on at the USA Swimming House of Delegates.

If you cannot attend any of the times above and have questions you'd like to ask, email aec@usasathletes.org with the subject line "OFFICE HOURS CONFLICT" and we will do our best to accommodate you.

Best Practices

During any Zoom meetings you attend, we ask that you maintain a respectful business-professional attitude as if we were all in the same room together. Please log on appropriately dressed, keep your microphone muted unless speaking, keep your video on (if possible), and headphones are always appreciated (for those around you!).

Call Information

All call information for athlete meetings can be found on the [AEC Website](#). Call information for individual zone meetings will be posted here as well.

MANDATORY ATHLETE SCHEDULE

Links to Zoom Meetings will be posted [here](#).

SATURDAY, SEPTEMBER 12TH, 2020

Southern Zone Business Meeting, 3PM EST

SUNDAY, SEPTEMBER 13TH, 2020

Southern Zone Athlete Meeting, 3PM EST

Central Zone Athlete Meeting, 3PM EST

Western Zone Business Meeting, 5PM EST

Eastern Zone Athlete Meeting, 6PM EST

Western Zone Athlete Meeting, 8PM EST

SATURDAY, SEPTEMBER 19TH, 2020

Eastern Zone Business Meeting, 12:30PM EST

Western Zone House of Delegates Part 1, 2PM EST

Western Zone House of Delegates Part 2, 4PM EST

AEC Leadership Workshop, 6PM EST

SUNDAY, SEPTEMBER 20TH, 2020

Athletes' Committee Meeting, 6PM EST

THURSDAY, SEPTEMBER 24TH, 2020

AEC Elections Ballot Opens, 6PM EST (asynch.)

FRIDAY, SEPTEMBER 25TH, 2020

USA Swimming House of Delegates Part 1, 7PM EST (asynch.)

SATURDAY, SEPTEMBER 26TH, 2020

USA Swimming House of Delegates Part 2, 10AM EST

SUNDAY, SEPTEMBER 27TH, 2020

Central Zone Business Meeting, 4PM EST

Southern Zone Elections & Meeting, 7PM EST

You are required to attend all mandatory athlete meetings and events of the convention, unless excused by the AEC [Admin Vice-Chair](#) or their designee. Failure to attend all mandatory athlete meetings (without an approved excuse) will result in disciplinary action by the USA Swimming Athletes' Executive Committee. All USA Swimming Safe Sport policies apply and will be enforced. You are responsible for familiarizing yourself with USA Swimming's Safe Sport policies.

VOTING INFORMATION

AEC Elections

Voting for AEC Elections will be conducted via ElectionRunner. If your LSC has designated you as a voting athlete, you have been designated a voting athlete by the AEC, or you are a voting member due to national committee status, the AEC will email your ballot prior to the election. If you have questions regarding your voting status for the AEC election or would like more clarification on the AEC election process, reach out to the AEC Admin Vice Chair.

Zone Elections

Voting for Zone Elections, legislation changes, and meet bids will be conducted via ElectionRunner. If your LSC has designated you as a voting athlete, you will receive an emailed ballot from the AEC and/or your Zone Board prior to each election. If you have questions regarding your voting status for the Zone elections or would like more clarification on the Zone election process, reach out to your respective Zone Athlete Representative.

USA Swimming House of Delegates

Voting for the USA Swimming House of Delegates will be conducted via conferencing voting software. If your LSC has designated you as a voting athlete, you have been designated a voting athlete by the AEC, or you are a voting member due to national committee status, you will receive your ballot via email from USA Swimming staff. If you have questions regarding your voting status for HOD or would like more clarification on the HOD process, reach out to the AEC Admin Vice Chair.

Election & Voting Etiquette

Campaigning for any position is NOT permitted. In a virtual environment, this includes, but is not limited to, actions such as soliciting votes, denigrating other candidates for the purpose of improving one's chances of winning, promising incentives or favors in return for election, or publishing a platform beyond what was included in the application and/or what may be said on the floor during the election. Please report any campaigning from a candidate to aec@usasathletes.org.

If you know you are a designated voting delegate but did not receive a ballot, check your spam folder. If you still cannot locate your ballot, email the [AEC Admin Vice Chair](#) with the subject line "MISSING BALLOT".

OTHER

Zone Athlete Rep Applications

If you would like to serve as a Senior or Junior Zone Athlete Representative for your respective zone, fill out this [application](#). This form will be open until Saturday, September 12th at 11:59PM EST. Athlete Representatives may still run from the floor at the time of election.

National Committee Applications

National Committee duties and roles can be accessed [here](#). If you are interested in serving on a USA Swimming National Committee, fill out the [USA Swimming National Committee application](#) and the [AEC Supplemental Athlete Form](#) no later than Sunday, October 4th, 2020. While not required, submitting the AEC form is strongly encouraged for your best chance at making a national committee.

Missing School

As we are not at a hotel this year away from your home, we hope you miss less school than before. However, if you need a student letter for hours missed from Thursday, September 24th- Saturday, September 26th, reach out to aec@usasathletes.org with the subject line "SCHOOL ABSENCE LETTER".

To be eligible for an athlete position on a USA Swimming National Committee, you must have competed in a USA Swimming sanctioned event within the past 24 months. If you are ineligible to serve as an athlete this year, we strongly encourage you to apply for a committee in a non-athlete capacity!

Looking forward to a great Virtual Convention!