



Thursday, 26 – Travel and Check-in

- 4:00 PM Legislative Review – Attended session that detailed all of the items being voted on at the USAS House of Delegates (HOD) meeting.

Friday, 27 – DEI Track & General Track

- 8:30 AM Sat on a panel discussing “Growing the Sport via Community Engagement, Clinics, and Programs” long with Pam Lowenthal, Beth Harkins and Hilary Perez. I shared the many programs and services that Pacific Swimming offers and advice on how to get similar programs started in other LSC’s.
- 10:30 AM DEI session discussing ways to develop grants and scholarships to create access and grow the sport.
 - Coaches on the panel urged LSCs to play a role in developing financial assistance for athletes’ which PC has been attempting to do. It’s felt that supporting athletes in need will increase participation, retention, promote inclusivity, and help foster the development of swimmers who might otherwise be unable to participate, which will in turn strengthen the LSC.
 - Grant writing was also discussed for teams to be able to fund their programs. Collecting success stories and data was emphasized for writing in order to provide concrete evidence of a program’s impact.
 - Club were encouraged to start a program within their community to serve whichever group is in need and to start with whatever they currently have. Starting small and growing a program so that it is sustainable is very important in order to keep kids in the sport long term.
- 2:00 PM USA Swimming Programing and Services, Zone Directors Council Information and LSC Communications - This session was a lot of review of the previous year and it’s programs. Staff members went over the things that they have been working on and plan to offer. It was disappointing that DEI was left out of this session. The DEI track was holding another of its meetings at the same time, but none of the staff presented what was included in the DEI program and that grants would be opening soon.
 - Zone Directors reminded LSC’s that they are hosting monthly meetings for LSC Leaders to hear about what USAS is doing and to discuss current issues the LSC’s are facing.
 - The SWIMS updates were covered and how teams can access reports in their club portal. We asked when the LSC would have access to email contacts for all it’s member and were told that we already have it. I later tracked down the person who could share the information on how to create this report, and asked him to contact Laurie.
 - [Women in Governance](#) program was reviewed. It was unclear if they were going to do a 2024-2025 class.
 - The [10 & Under Coaches Network](#) was reviewed as well as the development of the 11-14 network and now a Senior Coaching network is starting.
 - USAS [Marketing Toolkit](#) and how clubs can use these resources to generate customized items to promote their team.
- 4:00 PM Panel Discussion on Controversial Legislation to Increase Club Dues. This session was contentious, but ultimately productive. Delegates were able to present their feedback, concerns and arguments either in favor or against the increase. By the end of the session most delegates were in favor of the legislation given the compromise and amendments made by USAS to amend the original motion.

Saturday, 28 – Western Zone HOD & USAS HOD

- 10:00 AM Western Zone Meeting
 - Election held for new Coach Director; Scott Shea of Pacific Swimming was elected! Junior Ath Rep Lara Robertson of WY elected.
 - Bidding for meet hosts: 2025 Short Course meet awarded to Southern Utah, 2026 Short Course meet is unbid, 2025 AG Champs is in Elk Grove, CA, 2026 AG Champ awarded to Mt Hood, OR, WZ SR Champs LC awarded to Clovis, 2026 WZ Open Water Champs awarded to Hawaii, Kamaole Beach Park on Maui to be held in mid June.
- 12:30 PM USA Swimming HOD
 - 10-Year Athletes election to the Athlete's Advisory Council: Nic Fink, Allison Schmitt with a run-off for the third spot between Ryan Murphy and Carson Foster
 - Board of Directors election: Nic Fink and Kathleen Fish

Summary of legislation changes to the USA Swimming Rulebook approved by the House

1. The composition of the House of Delegates was approved. (Corporate Bylaws 6.1)
 2. The rules for starting procedures were amended to allow Starters the ability to use any "stand" command when relieving athletes from their starting positions. (Articles 101.1.2, 101.2.3, and 102.12)
 3. The rules surrounding Mixed Gender Relays were changed to allow lead-off times to count for relays with compositions other than two male and two female athletes. (Article 101.7.3)
 4. The list of recognized events for 13-14 athletes was amended to include the 50s of Butterfly, Backstroke, and Breaststroke. (Article 102.1.2)
 5. The rules regarding the Zone Senior Program were amended to allow each Zone to govern the conduct of the competition as they see fit. (Article 205.7) [Effective January 1, 2025]
 5. The Code of Conduct was amended to include national origin as a class protected from Discrimination in violation of the Amateur Sports Act. (Article 304.3.2)
 6. The rules surrounding the Coach Advisory Council (CAC) were amended to grant the CAC the authority to appoint the coach members of multiple national committees that have required spots for coach members. (Article 501.1)
 7. The rule regarding the distribution of rulebooks was amended to clarify that non-athlete members must make a request for the physical rulebook, should they desire one. (Article 503.2) [Effective January 1, 2025]
 8. The rules surrounding the wearing of wetsuits were amended to give more flexibility to Meet Directors to allow the use of wetsuits in Open Water competitions. (Articles 701.1 and 701.4)
 9. The rules surrounding which meets are considered qualifying competitions for Open Water Junior National and National Championships were amended to allow additional qualifying competitions. (Article 705, multiple locations)
 10. The Required LSC Bylaws Template was amended to update the name of World Aquatics and to utilize gender-neutral pronouns. (Required LSC Bylaws Template, multiple locations)
 11. The annual registration fee for existing clubs was increased to \$225 per year and the registration fee for new clubs was increased to \$750 for their first year. (Resolution of the HOD) [Effective for the 2026 membership year]
- Review updated legislation and all USA Swimming rules [here](#).