



North Central High School  
801 E 86th St, Indianapolis  
Enter through door 24W



SEPTEMBER 28, 2019

- 7:30am All-Star Workout
- 9:30 Breakfast/Break
- 10:00 Service Project  
Peyton Manning's  
Children's Hospital
- 11:30 Athlete Meeting  
and Elections
- 12:30 Lunch  
MJ Truex, Guest Speaker
- 1:00 Registration for HOD
- 1:30 HoD
- 5:00\* Finish  
\*may finish earlier

### ***What is the House of Delegates?***

The House of Delegates (HOD) is the annual meeting of the Indiana Swimming membership. Athletes, coaches, and club leaders from around the state, as well as ISI board members and staff, come together for a full day of informative programs, followed by the HOD meeting to discuss decisions and legislation impacting Indiana Swimming and its athletes.

**ATHLETES play a large role in voicing opinions and helping set direction at the House of Delegates.** In fact, USA Swimming requires that at least 20% of voting membership at the meeting be athletes.

Athletes must be a registered Indiana Swimming athlete member to participate.

### ***What do I need to do to sign up?***

After discussing participation with your parents, talk to your coach and ask them to sign you up. **RSVP is by club not individual.** Each club only has one athlete vote, but may also add up to three (3) additional at-large athlete votes for the House of Delegates. Names of these athletes must be submitted in advance with the reservation.

### ***I can't miss practice.***

There is a morning workout for athletes with *special guest coach Kevin Kinel and Olympians Ryan Held & Kevin Cordes*. This workout is for Indiana Swimming athletes in grades 7—12 only. Coaches encourage attendance at this **All-Star Workout**. The workout will be limited to 100 athletes.

### ***Will I be fed?***

Absolutely! Athletes participating in the All-Star Workout will have a breakfast break. Those staying for the afternoon HOD meeting should request lunch through their club coach who is the one who submits your club's reservations. MJ Truex, the lunch guest speaker, will talk about Athlete Progressions.

### ***What happens after the workout?***

The remainder of the athletes' morning focuses on social and service activities. Your elected Senior, Junior and At-Large Athlete Representatives will lead these activities. This is a fantastic way to meet other athletes from around the state!

There is also an **Athlete Meeting and Elections**. In this meeting, discussion will focus on what is coming up in the afternoon legislative session and HOD meeting.

Athletes will also elect two (2) At-Large Athlete Representatives and the Junior Athlete Representative to serve on the Indiana Swimming Board of Directors. For more information and age requirements contact [tony@inswimming.org](mailto:tony@inswimming.org)

HOUSE of DELEGATES and BUSINESS MEETING