

To all interested High School Sophomores: (Juniors for the 2010-2011 Season)

Adirondack has two athletes represent their LSC, as members of the board and as athlete representatives for USA Swimming. Those who are interested may nominate themselves to represent Adirondack Swimming as the Junior Representative for the 2010-2011 Season (and subsequently the Senior Athlete Representative for the 2011-2012 Season).

With this post, come responsibilities and opportunities alike.

As a Junior Representative, you are required to:

1. Attend both bi-annual Board of Directors/House of Delegates meetings.
2. Represent Adirondack Swimming at the USA Swimming National Convention held in September.
3. Coordinate a service project in collaboration with the Senior Representative and other Adirondack Athletes. Traditionally, this has been the Special Olympics, but that is by no means binding.
4. In all functions regarding USA swimming, most importantly at the National Convention, represent Adirondack Swimming in a way that will not detract from its image.

Those responsibilities are in fact opportunities as well. At the district meetings, you will have the opportunity to see and participate in the mechanisms of our governing swimming body. Additionally, the National Convention allows opportunities to make connections throughout the swimming world with other athlete representatives, as well as some of the most important leaders in our organization.

In 2010, the US Aquatics Sports Convention will be held in Dallas Texas, September 16-18 (for athletes).

If one is interested in pursuing the position of Adirondack Junior Representative, he/she must provide a picture of him/herself along with a brief essay (1-2 pages) stating reasons why he/she believes themselves to be worthy of this position. All nominations go to JoAnn Faucett. You may mail the application to JoAnn or turn it in to her on Friday, the first day of Gold Championships. If you mail the application, be sure to mail early enough so it arrives before Gold Championships.

JoAnn Faucett
4 Edwin Drive
Charlton, NY 12019

Recommendations: Keep the essay brief and easily readable. Include your involvement in swimming over the years, along with any other applicable areas (volunteer service, extracurricular activities, etc.) that you believe may help you to be the best candidate for Junior Representative.

Note: This position is decided upon by the 13 & Over swimmers of Adirondack, who each have a vote. It should **not** be a popularity contest.

I wish the best of luck to all of you who apply.

Sincerely,

Caitlin Brauer

Adirondack Senior Representative