

USA Swimming Leadership Summit Application

USA Swimming has developed a new and innovative Leadership Summit with the hope to inspire enthusiasm for governance and service throughout all levels of our organization.

The summit will be held April 24th through April 28th, 2019 at the Olympic Training Center in Colorado Springs, CO. Participants will stay in the Olympic Training Center living quarters. Training will occur at the Center's pool. Adirondack Swimming plans to send two athletes and one coach to the Summit.

CURRICULUM TO INCLUDE

- Personal values and the connection to leadership development; how leadership styles work together
- Clean Sport – Safe Sport – D&I – Governance – Mental Health
- Pool workouts (one per day)
- Servant Leadership
- Social interaction – movie night, scavenger hunt, mountain hike (weather permitting), community service
- Breakfast with Olympians
- Conducting an Athlete Leadership Summit in your LSC

If you would like to be considered for this opportunity, fill out the application and return to Sean Caron at scaron@nycap.rr.com by 5pm on January 28th, 2019. Applications will be reviewed and applicants will be notified by January 30, 2019.

Athlete Profile

Required:

- Athletes must be at least 15 years old by 4/15/19 (preference will go to current Sophomores).
- Actively competing member of USA Swimming
- In good standing with USA Swimming, LSC, and local community
- Demonstrated success in the classroom
- Participate in all three workouts
- Can complete 10 x 100 Swim @ 1:20; 10 x 50 Kick @ 1:00
- Demonstrate 4 legal strokes

- Ability to attend for the duration of the summit (arriving before 1pm on Thursday, April 24th, departing after 3pm on Sunday, April 28th). All travel will be paid for by USA Swimming and Adirondack Swimming. There is no cost to the athlete for travel or the Summit.
- Applicants must never have participated at a senior national level meet or other USA Swimming camp, and not have attended the 2018 Leadership Summit or the 2018 USA Swimming convention

Any questions regarding the Summit or how to apply can be directed to Sean Caron at scaron@nycap.rr.com or 518.698.5434.

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If you fit the above requirements, please fill out the application below and return by 5pm on January 28, 2019 to scaron@nycap.rr.com .

Name: _____

Current Grade Level: _____ Current High School overall GPA _____

Highest Level of swimming competition attended: _____

How many AD Board meetings have you attended: _____

What was your role at the AD board meeting? _____

Are you or have you ever been on any AD, Eastern Zone, or USA Swimming National committees? _____ If yes please briefly describe:

Brief description of how you have given back to your team, Adirondack Swimming and/or USA Swimming:

Explain why you would like to attend the Leadership Summit:

List any swimming related volunteer positions you have held. Please give details of job requirement and time commitment for each:

Use this space to briefly share anything else about you that would make you a good candidate to attend the Leadership summit.

Coach Signature that applicant is capable of performing 10 x 100 @ 1:20, 10 x 50 kick @ 1:00 and can demonstrate 4 legal strokes:

Coach Name (printed) _____ Coach Signature _____

Applicant Signature that all information provided on application is accurate:

Applicant Name (printed) _____ Applicant Signature _____

Parent Signature: if selected the applicant has your permission to travel and attend all aspects of the summit

Parent/Guardian Name (printed) _____

Parent/ Guardian Signature _____