



2025 USA Swimming Annual Summit

Athlete Track

The Athlete Track is a development event for your athlete representatives, focused on athlete-led projects, collaboration, and advocacy. Athletes will have programming focused on athlete representative basics, committee functions, project management, and professional development. Athletes get the chance to create and outline future projects and initiatives, in addition to an introduction to a wide range of topics and perspectives through guest speakers, large group activities, and peer-to-peer mentorship.

Friday, September 26		
Track Sessions		
7-8:15 a.m.	Breakfast Buffet	Rocky Mountain Event Center
8 a.m.-6 p.m.	Ready Room	Atrium
8:30-10 a.m.	Athlete 101 & AEC Meet the Candidates <i>Presenters: Davis Shelton</i> <i>Audience: Athlete Track</i>	Evergreen B
10:30 a.m.-12 p.m.	Safe Sport, DEI (DICE), and Pitching New Ideas <i>Presenters: Michael Mares, Ellie Wang, Annie Norris</i> <i>Audience: Athlete Track</i>	Evergreen B
12:30-1:30 p.m.	USA Swimming Foundation Awards Luncheon <i>Presenter: USA Swimming Foundation</i> <i>Audience: All RSVP'd Attendees</i>	Rocky Mountain Event Center
2-3:30 p.m.	Athlete Project Planning & National Committee Overview <i>Presenter:</i> <i>Audience: Athlete Track</i>	Evergreen B
4-5:30 p.m.	Rules and Regulations Overview, Professional Development, & AEC Elections <i>Presenters: Lauren Hurt, Olivia Tighe</i> <i>Audience: Athlete Track</i>	Evergreen B
<i>Dinner on your own.</i>		
7-10 p.m.	Athlete Social and Awards Ceremony <i>Audience: Athlete Track</i>	Rocky Mountain Event Center

Session 1- Athlete 101

A welcome to Summit 2025 and what athletes will be doing during their time in Denver. Overview of the basics of athlete repping, structure of AEC/ZARC, and samples of the work representatives do surrounding projects and policies.

Session 2- Safe Sport, DEI / DICE, and Pitching New Ideas

External presentation to review the basics of Safe Sport and DEI (DICE) and how related activities can be worked into the project and policy work of athlete reps, with specific, recent LSC examples. During Summit 2025, athletes are exposed to a multitude of new ideas and project opportunities through direct lectures and peer-to-peer conversations. How do athletes quickly synthesize key information and present it in a way that is advantageous and persuasive to non-athlete stakeholders? How do you do this when you don't have an immediate plan? This session leverages prior presentations from Safe Sport and DEI to encourage projects and allows athletes to solicit feedback from SMEs.

Session 3

Project Planning - Track 1

Focused on basic athlete committee success (first project or laying the groundwork for the committee). The first portion will be focused heavily on SWOT and how to leverage for actionable insights into project and policy planning. Remainder of the time will be a handheld walk-through of how to plan a project.

Project Planning - Track 2

Highly focused on long-term athlete success. Current programming is centered around SWOT analysis, SMART goals, and 3/6/12/24-month planning. The ideal goal is for athletes to walk away with an actionable plan for the next two years for their athlete committee, focused on growth or maintenance of their committee's success

Session 4-

Rules and Regs

What is on the slate for HOD this year? How do we discuss legislation and understand common affairs of the house? What is the common language used (Robert's Rules) and how do we understand what is going on?

Professional Development

What are the critical skills athletes need in the professional world? How do you communicate professionally and efficiently? What is your network, how do you engage with it, and how do you maintain and grow it? This session intends to answer these questions and help athlete reps kickstart their professional careers within and outside of USA Swimming.