

ANNOUNCEMENTS

SWIM WORKOUTS

USMS has contracted with the Y pool for 16 SC lanes from 6-7:30 am Thursday – Saturday. There will be bus transportation provided.

Schedules and more “details” will be available at the certification table when you check in.

PUMP IT UP Exercise & the Heart

Sports Medicine Presentation
by
Jodi Welborn, M.D.

Friday, September 17th
12:15 – 1:15 pm
Meeting Room – Diamond

Swimming is the Fountain of Youth and a major reason is the effect of exercise on the heart. Jody Welborn, M.D., cardiologist and Masters Swimmer will motivate you by speaking about the benefits of exercise to the heart, for the adult swimmer and for all who exercise, young and old.

ARE YOU BRINGING A LAP TOP?

There will be external power supply in the House of Delegates on Friday and Saturday, but we do not know the amount of convenient outlets. Please bring an extension cord to make sure you can “plug in”.

Coaches Presentation

By members of the
USMS Coaches Committee

Wednesday, September 15th
2:00 – 5:00 pm
Meeting Room - Scribe

SHIPPING PACKAGES?

Ship to:

United States Aquatic Sports
C/o GES Exposition Services
Yellow Freight Systems
1265 LaQuinta Drive
Orlando, FL 32809

Attention: Masters Swimming
(and they will be delivered to our certification table)

NEW DELEGATE ORIENTATION

Thursday, September 16th
8:00 – 8:45 am
Meeting Room – Knave

To All USMS Delegates,

In lieu of a Friday night social, the Florida LMSC will be providing lunch for the Zone meetings on Saturday September 18. We will have sandwiches, beverages etc. Each Zone will have one or two designated delegates who will pick up the food in the Hospitality Suite prior to the meetings. PLEASE do not pick up your food individually. After you have eaten we are requesting that the meeting rooms be cleared of leftover food, trash etc. Thank you in advance for helping us out.

If you have any dietary restrictions please indicate them here: _____

Name: _____

Zone: _____

Turn in any special requests to the Hospitality Suite by Thursday September 16.

We look forward to meeting you.

The Florida LMSC