



SENIOR ATHLETE ACTIVITIES & PROGRAMS SEPTEMBER 20, 2025

FAQ's:

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 LSC, 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 the direction at the House of Delegates. In fact, USA Swimming requires at least 20% of voting membership at the meeting be **athletes**.

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

- **Special Guests:**
Olympic Medalists
Josh Davis, Anna Peplowski,
& Josh Matheny

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 on these responsibilities and age requirements, contact Tony Young at tony@inswimming.org.



Will there be a morning workout?

There will NOT be a morning workout this year.

Will I be fed?

Absolutely! Athletes attending programming and staying for the afternoon HOD meeting should request lunch through the sign-up form.

Who is eligible to participate in HOD?

This program is open to 8th grade athletes and older. Athletes must be a registered Indiana Swimming member to participate.

How are athletes nominated for elections?

Athletes will be nominated through an online form.

Is there a deadline for nominations?

The form can be completed by the day of the HOD meeting, 9/20. Athletes can be nominated on the floor at the meeting as well. All attendees must register for HOD by 9/15/2025.

What is the service project?

We will work on cards for nursing homes, and MORE!

Location:

**Lawrence Central
High School
7300 E 56th Street
Indianapolis, IN 46226**

*****Enter through Door # 1***

What do I need to do to participate?

After discussing participation with your parents, you can register for athlete programs on Saturday by using your **parent's email**. Speak to your coach about attending the House of Delegates meeting as an athlete voting member of your club. Your coach must submit the names of these athletes' voting delegates in advance of the House of Delegates Meeting.

[CLICK HERE TO REGISTER FOR SENIOR ATHLETE PROGRAMS.](#)
[CLICK HERE TO NOMINATE SENIOR ATHLETES FOR ELECTIONS](#)

REGISTRATION DEADLINE:

September 15, 2025

SCHEDULE FOR THE DAY:

9:30 – Registration
10:00 - Opening Discussion & Leadership Presentation
11:00 - Service Project
12:00 - Elections & Lunch Meeting featuring Olympians
Josh Davis, Anna Peplowski, & Josh Matheny
1:30 - HOD Meeting