

Potomac Valley Swimming Athlete Committee

House of Delegates Report

May 12, 2025

Dear Members of the House of Delegates,

This past year has been huge for athlete representation and engagement within our LSC. We have expanded our initiatives, increased athlete leadership opportunities, and received national recognition for our efforts

National Leadership and ABM

Our athlete representatives attended the USA Swimming House of Delegates meeting from September 26-28, 2024. This valuable experience provided us with significant insights and best practices that we have begun implementing within our LSC. The knowledge gained has already influenced our approach to athlete representation and engagement.

We are particularly proud to highlight that two of our representatives are serving in national leadership positions:

- Harper Freeman is currently serving on the USA Swimming Athlete Executive Committee and Membership Committee
- Nicole Zhang holds the position of Junior Athlete Director of Eastern Zone Swimming



Team Representatives Committee

Over the summer of 2024, Previous Senior Rep Sammantha Gilbert and Current Senior Rep Harper Freeman developed a Team Representatives Committee. This initiative has created a structured approach to team-level athlete representation.

Team Athlete Representatives:

- Represent their swim teams at the LSC level
- Attend all Athlete Committee calls to share team activities and bring information back to their teams
- Serve as leaders within their clubs

- Assist coaches with team activities and development
- Work collaboratively with teammates to improve both their team and PVS as a whole
- Meet once every two months to coordinate efforts

We encourage all teams to begin considering candidates for next year's Team Representatives positions. **Each team may send up to three representatives!**

Spirit Initiatives

The Athlete Committee successfully introduced two spirit days at PVS Senior/Junior Championships:

- Blue Out Day
- Red Out Day

These initiatives helped foster team spirit and unity across the LSC during our championship meets.



Academic Recognition

In Fall 2024, Harper Freeman curated and distributed over 500 personalized Athlete Scholar Certificates to swimmers who applied for this recognition. This program celebrates the academic achievements of our student-athletes and reinforces the importance of excellence both in and out of the pool.



National Recognition

We are extremely honored to announce that the PVS Athlete Committee received TWO USA Swimming Awards this past year:

1. Eastern Zone Impact Award (Winner)
2. Civic Engagement Award (Runner Up)

These accolades reflect the dedication and innovation of our committee members and the support of the entire PVS community.



Athlete Elections

We shifted our athlete leadership election timeline. This proactive approach allowed us to identify and train new leaders well ahead of September, ensuring they hit the ground running.

The streamlined election process began with applications closing on April 30th, followed immediately by candidate biographies being posted on PVS and the PVS Athletes Instagram on May 1st. Voter registration opened simultaneously, with comprehensive Voter Packets distributed to all eligible participants.

After registration closed on May 8th, we conducted a week-long voting period via Election Buddy from May 9th-15th. Our team processed results on May 16th-17th, culminating in our May 20th House of Delegates meeting where we welcomed and onboarded our newly elected athlete leaders.

This earlier timeline represents our commitment to developing prepared, confident athletic leaders who are fully equipped to serve their peers when the new season begins in September.

New Athlete Representatives

Athlete At Large - Eurie Kim

Junior Athlete Rep - Hanna Kovac

Senior Athlete Rep - Nicole Zhang

Athlete Engagement 2024-2025

We've seen remarkable growth in student-athlete engagement across platforms. Instagram followers and view counts are climbing steadily, showing athletes are actively consuming our content even if they're not yet commenting. Spirit days have transformed into school-wide celebrations with unprecedented athlete participation. Most impressively, we're witnessing a surge in leadership applications, with more athletes stepping forward to guide their teams and programs. This upward trajectory reflects our athletes' growing commitment not just to their sports, but to building our vibrant athletic community.

Thank You's

I wanted to express my sincere gratitude for the opportunity to serve as an athlete representative on the PVS Board for the past two years. This experience has been incredibly rewarding and has taught me so much about leadership, collaboration, and the inner workings of swimming governance. During my time on the board, I've had the privilege of working alongside passionate individuals who truly care about advancing our sport and supporting our athletes. I'm especially thankful for the chance to represent my fellow athletes and bring their perspectives to discussions. The skills I've developed through this role have been invaluable, and I'm truly grateful to have been part of the Potomac Valley Swimming BOD.

Sincerely,

Harper Freeman

Looking Forward

As we move into the next year, we are excited to build upon these successes and develop new initiatives to further enhance athlete representation and engagement within Potomac Valley Swimming. We remain committed to ensuring athlete voices are heard at all levels of our organization.

Report Respectfully submitted,

Senior Rep: Harper Freeman