Hello everyone,

Welcome to an exciting new year with the Gulf Athlete Reps! We hope you had an amazing summer and that your long course season ended well. There are a few things we need to address before the year begins.

1. Please make sure you are connected with us through remind! Communication is our biggest struggle as an organization ,so it is imperative that you are staying connected! We will send out all important and urgent updates through this method. You can also reach us at any time with any questions or concerns by simply texting back.If you need to join text to 81010 with the message @gulfsw
2. The retreat is on **August 26th @inSPIRE Rock in Spring,TX from 1130AM-430PM.** Please make sure you have RSVP’d via Evite. If you have not here is the link (http://evite.me/dAq4FUqfVU) \*even if you can not go we need your response so please mark no when you go to the link.
3. We need each and every one of you to fill out this form with YOUR correct information. This is so we know how to contact you and are able to recognize you as a rep. Here is the link (https://goo.gl/forms/kgSxiwjJQ9NNj4VI3) \*most of you have already done this and will not have to do it again\*
4. We agreed at our summer meeting that all reps should take Safe Sport Training. This course is administered through USA Swimming and is to be completed sometime within the next month. Here is the link (<https://www.usaswimming.org/articles-landing-page/2017/04/05/free-safe-sport-training-for-athletes>) \*more info will be sent out later about how to show us that you have completed it\*
5. We have updated our attendance policy for the 2018-19 year. All athletes must make at least 1 BOD/HOD meetings unless noted below. A detailed schedule of meetings will be sent when we have access to it. The changes are as follows.

 Elected BOD Reps: Must make all but one BOD meetings and all athlete meetings

Committee Leaders: Must make 2 BOD/HOD meetings and all athlete meetings

General Athletes: Must make 1 BOD and or HOD meeting unless living more than 45 minutes away from the meeting location (DADS) and 75% of athlete meetings

\*Committee leaders will get in contact with their committees about the attendance of their committees\*

This is going to be a great year! For any comments or concerns please feel free to reach out to us via remind or email (gulfathletereps@gmail.com).

Looking forward to a great year,

Jake Mitchell Senior Rep & Annika Ruehlicke Junior Rep