



VIRTUALLY ATTENDING
THE 2022 HYBRID ANNUAL MEETING
HOUSE OF DELEGATE SESSIONS

For Virtual Delegates

SEPTEMBER 16, 2022
U.S. MASTERS SWIMMING
Zoom Webinar

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*Zoom’s Help Center has a library of tutorials with in depth information, for more details visit the [Zoom Getting Started page](#). In addition, their [Zoom Meetings Training Reference Guide.pdf](#) is helpful.

Zoom Personal Account Setup

If you have not yet setup your Zoom user account, follow these steps:

- Go to “[Zoom.us](https://zoom.us)”
- Select the “Sign up, it’s free” option in the upper-right corner
- Enter your date of birth
- Enter your preferred email address

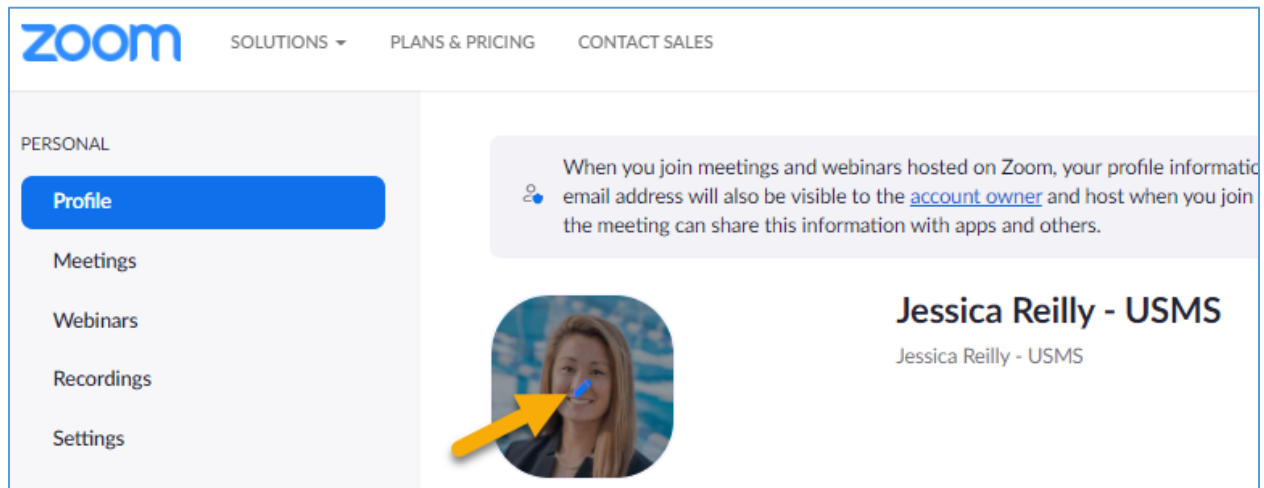
- A confirmation email will be sent to the email you entered. Click the confirmation link to activate your account.

- Enter your name and create a password for your account
 - Must be at least 8 characters in length
 - Have at least one letter (a, b, c)
 - Have at least one number (1, 2, 3)
 - Include both upper case and lower-case characters
- Skip through “Invite Colleagues” & “Start your test meeting”
- Your account will now be setup and ready to Zoom!

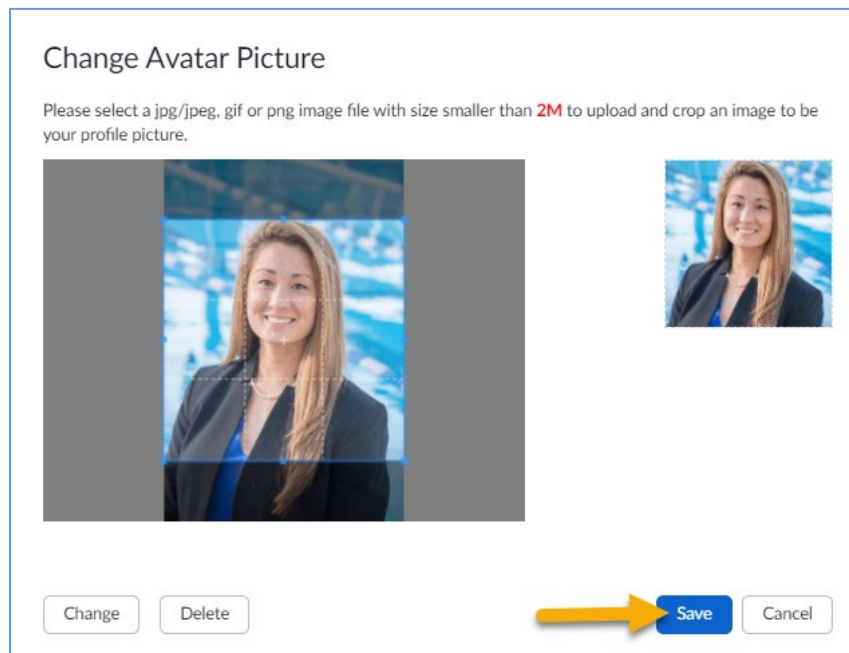
Customizing your profile

Your Zoom profile allows you to update your user information, including your name, profile picture, email address, and more. To access your Zoom profile, sign in to the Zoom web portal and click [Profile](#). You can view and edit the following settings:

Profile Picture: To add or change your profile picture, scroll your mouse over the image until you see the pencil icon, then adjust the crop area on your current picture or upload a new one. You can also delete your profile picture by clicking Delete.



The screenshot shows the Zoom web portal interface. At the top, there is a navigation bar with the Zoom logo and links for SOLUTIONS, PLANS & PRICING, and CONTACT SALES. On the left, a sidebar menu is labeled 'PERSONAL' and includes options for Profile, Meetings, Webinars, Recordings, and Settings. The 'Profile' option is highlighted. The main content area features a notification box stating: 'When you join meetings and webinars hosted on Zoom, your profile information and email address will also be visible to the account owner and host when you join the meeting can share this information with apps and others.' Below the notification is a circular profile picture of Jessica Reilly. A yellow arrow points to the pencil icon in the bottom right corner of the profile picture. To the right of the picture, the name 'Jessica Reilly - USMS' is displayed, with 'Jessica Reilly - USMS' written below it in a smaller font.



The screenshot shows a 'Change Avatar Picture' dialog box. At the top, the title 'Change Avatar Picture' is displayed. Below the title, a message reads: 'Please select a jpg/jpeg, gif or png image file with size smaller than 2M to upload and crop an image to be your profile picture.' The main area of the dialog contains a large image of Jessica Reilly with a blue crop box overlaid on it. To the right of this image is a smaller thumbnail of the same image. At the bottom of the dialog, there are four buttons: 'Change', 'Delete', 'Save', and 'Cancel'. A yellow arrow points to the 'Save' button.

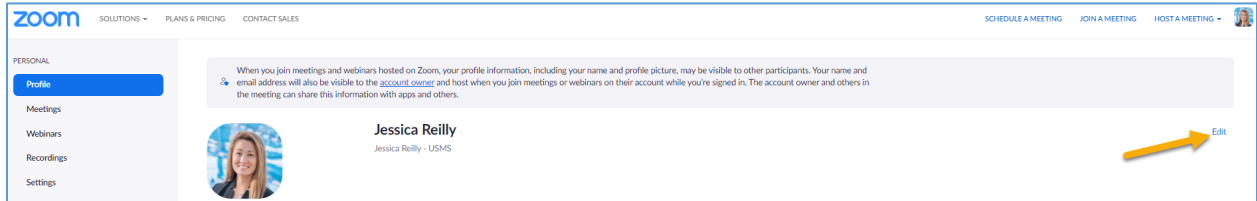
If you have uploaded a profile picture and it may not be appearing in a meeting or webinar

This could be because you aren't logged in to Zoom when you join a meeting. Sometimes, you are logged into your account from the browser and not from the app or vice versa. That's why your profile picture isn't showing up. The Zoom system takes you as a guest user if you aren't signed in. Since a guest account doesn't have a profile picture and your actual profile is connected to your Zoom account, you don't see a photo for yourself in the meetings.

To fix it, you need to sign into your Zoom account before joining a meeting. The trick is to keep your account logged in and enable Stay signed in for both the Zoom website and apps before you join a meeting. That way, Zoom knows who you are and will show up the correct picture.

Name: To change your name, click Edit on the right side. You can also add other profile information including Department, Job Title, Company, and Location.

- ****Ensure your Zoom username is your first and last name followed by your LMSC. (i.e. Jennifer Freestyle - Ozark, or John Butterfly - Maryland) This will allow for those running the meeting to identify easily and accurately who you are during the call.**

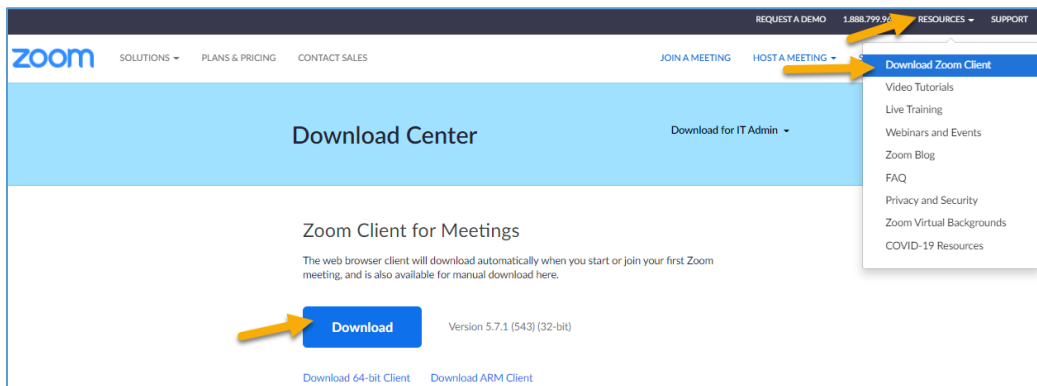
A screenshot of the Zoom profile edit form. On the left is a circular profile picture of a woman. The form fields are: 'First Name' (Jessica), 'Last Name' (Reilly), 'Display Name' (Jessica Reilly - USMS, with a yellow arrow pointing to it), 'Pronouns' (Enter your pronouns), 'Share in a meeting or webinar?' (Ask me every time), 'Department' (e.g. Product), 'Manager' (Enter manager's name or email), 'Job Title' (e.g. Product Manager), 'Company' (Company/Organization Name), and 'Location' (e.g. San Jose). At the bottom are 'Save' and 'Cancel' buttons.

Download Zoom Client/App and Installation

Options may vary slightly depending on your computer and/or phone's Operating System.

Windows–Microsoft Windows computers and MacOS –Apple Mac computers

- The Windows client allows for joining meetings, scheduling, screen sharing, recording, virtual backgrounds, sharing files, and more.
- Go to “[Zoom.us](https://zoom.us)”
- Above the “Sign up, it’s free” option, select resources
- Select “Download Zoom Client”
- Under “Zoom Client for Meetings”, select “Download”
- Save the file, it will be named:
 - Windows - “ZoomInstaller”
 - MacOS “Zoom.pkg”
- Run the install with the default options
- Once the install completes, you may sign into the client



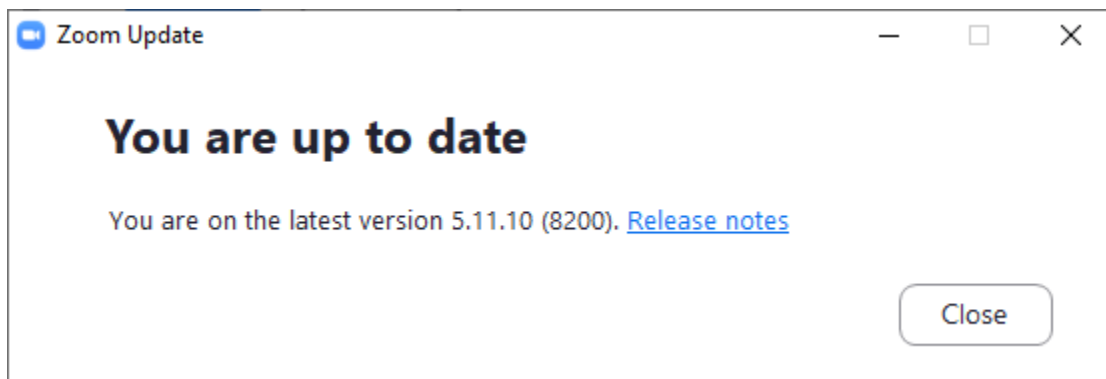
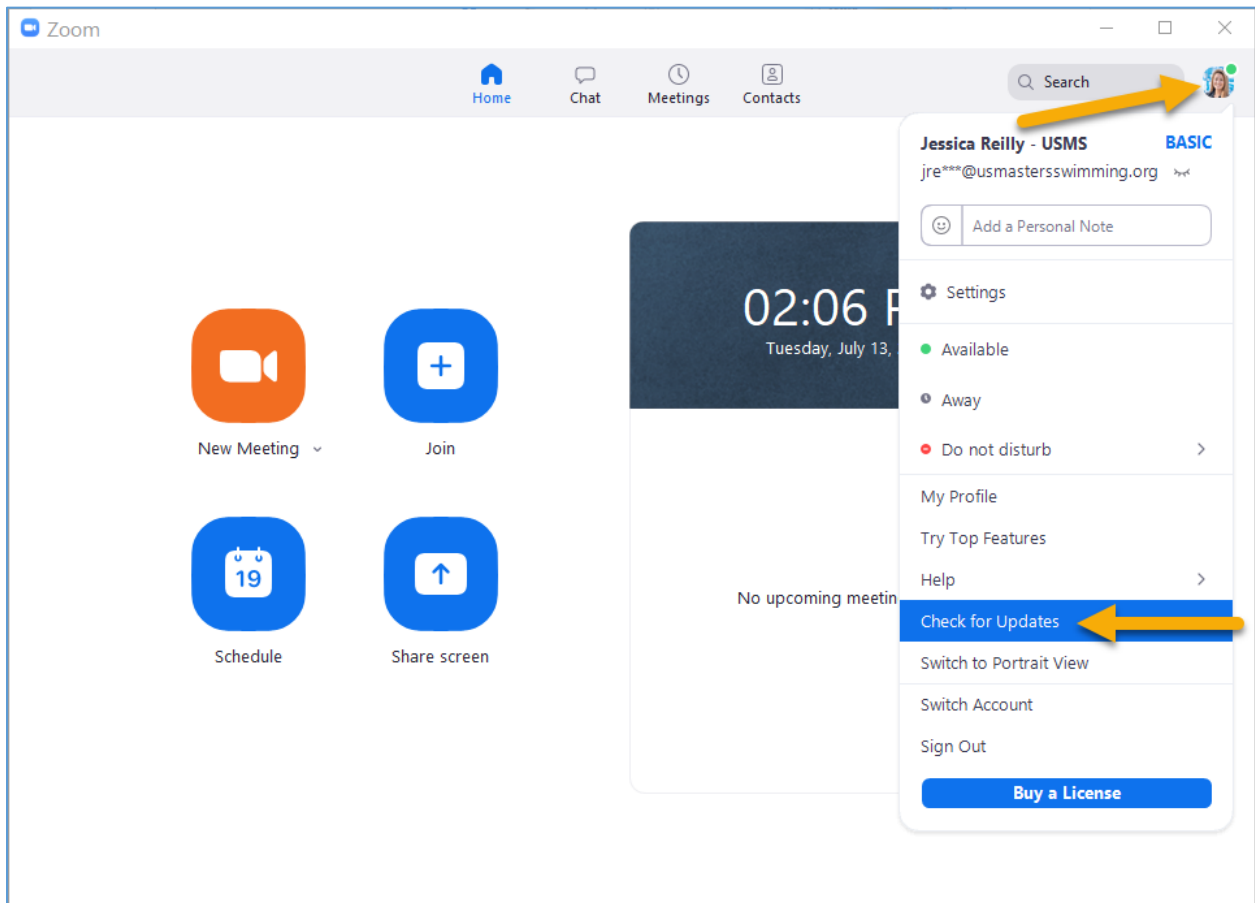
iPhone/iPad (iOS)

- The mobile app can be used to join Zoom meetings when you're on the go.
- The iOS client contains most of the tools included in the Windows/MacOS clients. It is missing tools for file sharing, recording meetings, support sessions, and some security features (such as locking a room to prevent additional users from joining a meeting).
- Go to the App Store
 - If on an Android-based phone (such as a Samsung Galaxy S10, Google Pixel, OnePlus 6, etc.), please use Google Play Store to download the Zoom app
- Search “Zoom”
- Download the app “ZOOM Cloud Meetings”
- Once installed, open the app
- Select “Sign In” and enter the credentials you used to set up your account.

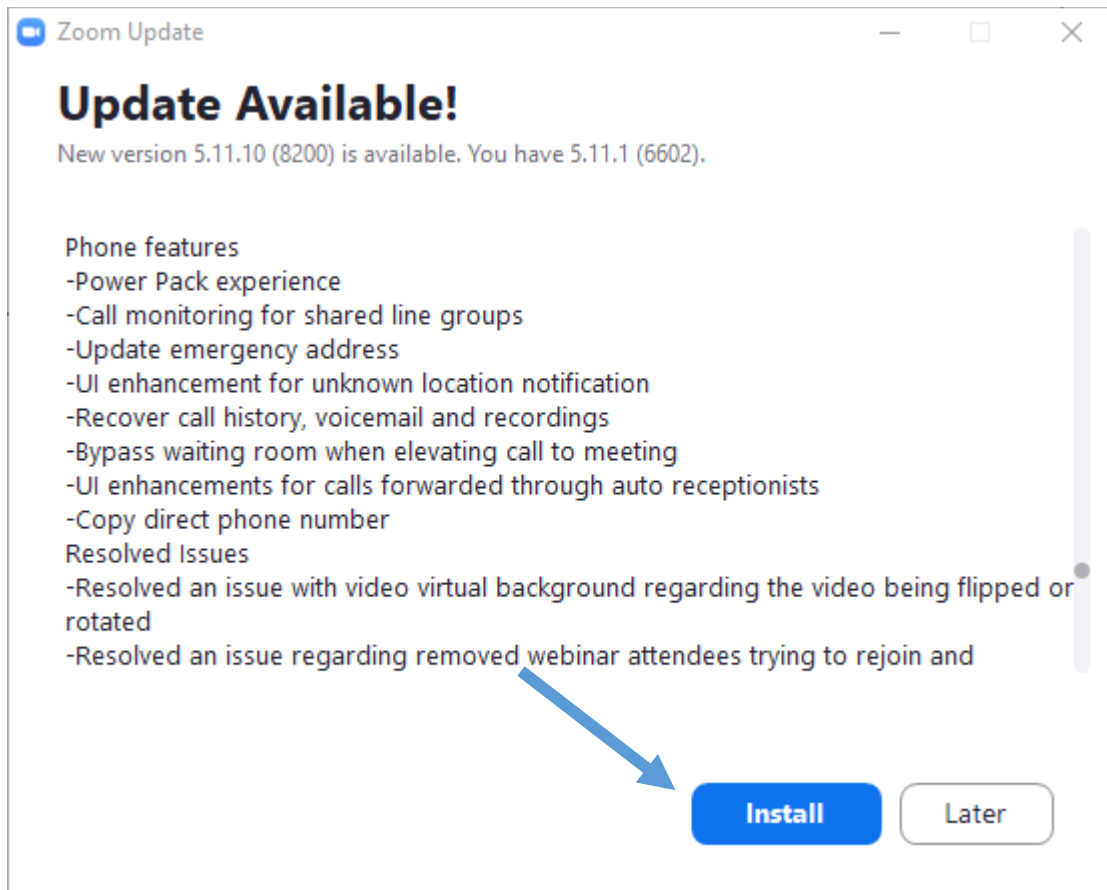


Checking for Zoom Updates

Ensure you are operating on the most current version of the Zoom Client/App



>>>>OR<<<<<<

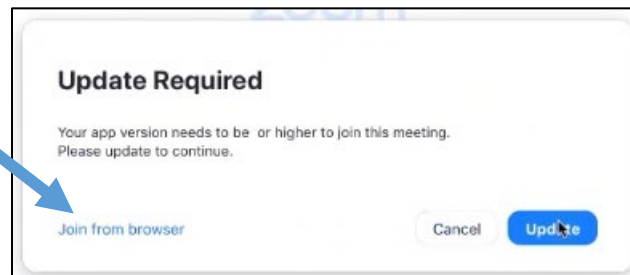


If you receive the following message:

If you receive an "Update Required" message:

1. Please select "**Update**" and let it run its course
2. ***DO NOT select "Join from Browser"***

We have found that if a member joins a Zoom meeting via a web browser portal there are functionalities that do not work as intended, such as polling for voting.



Meetings held in conjunction with the Annual Meeting

Committee meetings held in conjunction with the Annual Meeting will be hosted via Zoom. It is highly recommended that delegates [Sign Up](#) for an account and use it to [login](#) to Zoom.

- On the [2022 USMS Virtual Annual Meeting Schedule page](#), select the meeting you are interested in attending.
 - There you will be able to see more information on the meeting, speakers, in addition to the Zoom meeting information. [This guide will help you navigate](#) through using the Sched functionality.
 - Attendees can choose their preferred time zone (calendar defaults to EDT otherwise). For those attending the sessions of the House of Delegates in person, the time zone in Denver, CO is Mountain Daylight Time (MDT) - please note the appropriate meeting times for your specific time zone.
- Customized links for each of the House of Delegates sessions will be sent directly to voting delegates at a future date. Non-voting delegates will be able to watch HOD sessions via a live streaming platform.

2022 USMS Annual Meeting



Schedule ▾ Speakers Attendees

Thursday, September 1 • 8:00pm - 9:00pm

[Back To Schedule](#)

Long Distance Forum Edit Speaker Tools

[Click here to add to My Schedule.](#)

<https://sched.co/16q5l>

Tweet

Share

Open Zoom



Click on the meeting you're interested in attending. On this page, click on the "Open Zoom" yellow button and you will be brought to the meeting registration page.

Cover questions on proposals

Speakers



Catherine Rust
Florida Gold Coast
Long Distance Commit



Sarah King
Long Distance Committee Member. LMSC secretary, Connecticut LMSC



Ali Hall
Trainer and Consulting, Ali Hall Training and Consulting
Ali Hall is a member of the Motivational Interviewing Network of Trainers (MINT), a MINT Certified Trainer, and an independent consultant and trainer. Ali currently serves on the MINT Board of Directors, focusing on professional skill development for MI practitioners and trainers... [Read More](#) →



Robin Smith
Vice President of Programs / Southern Pacific LMSC, U.S. Masters Swimming



Phyllis Quinn
Chair, Pacific Masters LMSC
Chair for Pacific LMSC. Chair for Long Distance committee. Member of Governance committee.



Long Distance Committee

You will be brought to the registration page for the desired meeting. Enter the required information and click "Register".

Webinar Registration

Topic Long Distance Forum

Time Sep 1, 2022 08:00 PM in [Eastern Time \(US and Canada\)](#)



* Required information

First Name *

Last Name *

Email Address *

Confirm Email Address *

Information you provide when registering will be shared with the [account owner](#) and host and can be used and shared by them in accordance with their Terms and Privacy Policy.

Register

Bookmarking your favorite meetings

[Sign up for a SCHED account](#) and use it to [login to Sched](#) to bookmark your favorites, indicate your plans to attend, and/or sync meeting details to your phone or calendar.

If you're a first timer using Sched, [this guide will help you navigate](#) through using the Sched functionality.

If a meeting has a “pin” symbol it has already been pinned to your schedule by the host

2022 USMS Annual Meeting

2022 USMS Annual Meeting

Schedule ▾ Speakers Attendees

View All Past Dates Sunday, August 21 Tuesday, August 23 Wednesday, August 24 Thursday, August 25

Sunday, August 28

Tuesday, August 30

8:00pm EDT ● New Delegate Orientation
Carrie Stolar • Chris Colburn

8:30pm EDT ★ Delegate orientation and USMS Townhall
Peter Guadagni • Dawson Hughes • Chris Colburn • Jessica Reilly

Wednesday, August 31

8:00pm EDT ● Breadbasket Zone Meeting
Robin Tracy

Thursday, September 1

7:00pm EDT ● Colonies Zone Meeting
Douglas Sayles ● Great Lakes Zone Meeting
Lisa L Brown ● South Central Zone Meeting
Nicole Christensen

● Southeast Zone Meeting
Randy Marchman

8:00pm EDT ● Long Distance Forum
Catherine Rust • Sarah King • Ali Hall • Robin Smith • Phyllis Quinn • Long Distance Committee

9:00pm EDT ● Northwest Zone Meeting
Aaron Norton ● Oceana Zone Meeting
Ian King ● Southwest Zone Meeting
Kenny Brisbin • Arlette Godges

Schedule or People Search

Timezone
America/New York ▾

Filter By Date
Jun 10 - Sep 18, 2022

Filter By Venue
Venues

Filter By Type

- Committee Meetings
- Deadline
- Forum
- House of Delegates
- In Person Delegates
- Orientation
- Zone Meeting
- ★ Popular

Recently Active Attendees

SH

Attendee 1

Attendee 2

Attendee 3

Attendee 4

Attendee 5

BD

More →

Select a meeting you are interested in. You will be able to see more details about the meeting, the speaker(s), as well as add the meeting to your personal agenda.

2022 USMS Annual Meeting

 Schedule ▾ Speakers Attendees

Thursday, September 1 • 8:00pm - 9:00pm


Long Distance Forum  

Click here to add to My Schedule.

<https://sched.co/16q5t>

 Tweet

 Share

 Open Zoom

Cover questions on proposals

Speakers



Catherine Rust
Florida Gold Coast
Long Distance Committee, Vice ChairLMSC, Secretary, Open Water



Sarah King
Long Distance Committee Member. LMSC secretary, Connecticut LMSC



Ali Hall
Trainer and Consulting, Ali Hall Training and Consulting
Ali Hall is a member of the Motivational Interviewing Network of Trainers (MINT), a MINT Certified Trainer, and an independent consultant and trainer. Ali currently serves on the MINT Board of Directors, focusing on professional skill development for MI practitioners and trainers... [Read More →](#)



Robin Smith
Vice President of Programs / Southern Pacific LMSC, U.S. Masters Swimming

Step 1: [create a SCHED account](#) to build your personal schedule.

Step 2: Select the meeting you are interested in attending.

Step 3: click the meeting title and it will be added to your personal schedule.

[Back To Schedule](#)

2022 USMS Annual Meeting

2022 USMS Annual Meeting



Schedule ▾ Speakers Attendees


Thursday, September 1 • 8:00pm - 9:00pm


Long Distance Forum  

Click here to remove from My Schedule.

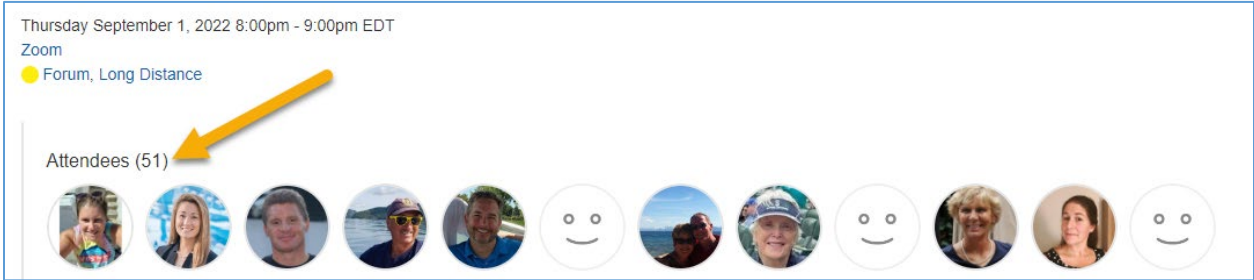
<https://sched.co/16q5t>

 Tweet

 Share

 Open Zoom

In your SCHED settings, if you selected the option to make your profile public, you will be added to the list of attendees.



If you created a SCHED account, and bookmarked meetings, SCHED will automatically send you email reminders for meetings on your schedule the day of.

2022 USMS Annual Meeting

 Hi Jessica,
Here is your custom schedule for today!

Take it with you → [Online](#) • [Mobile App](#) • [Print Ready](#) • [iCal Feed](#)

Timezone: America/New York

Tuesday, August 30

8:00pm-8:30pm EDT @ Zoom
New Delegate Orientation

8:30pm-9:30pm EDT @ Zoom
Delegate orientation and USMS Townhall

[VIEW YOUR SCHEDULE](#)

 **SCHED** Organize events? Use Sched to publish your event app & manage attendance. [Learn more.](#)

House of Delegates and legislative committee forums

We will be using the Zoom Webinar platform for the HOD sessions and the Legislative committee forums (Legislation, Rules, Long Distance, and BOD).

- Delegates will enter the sessions as view-only participants who can be unmuted if the host chooses. Their view of the webinar is controlled by the host.

HOD Registration Links for Voting Delegates

Each voting delegate will receive a confirmation email for each HOD session (3) directly from Zoom with their unique and customized links to join each specific session. (Example below) ***This information should not be shared with others; it is unique to each specific delegate.***

The image is a screenshot of an email registration confirmation for a Zoom webinar. At the top, it says "Hello Jessica Reilly - New England," followed by "Thank you for registering for USMS Annual Meeting: House of Delegates #1. You can find information about this webinar below." Below this is a table with the following details:


USMS Annual Meeting: House of Delegates #1	
Date & Time	[Redacted]
Webinar ID	[Redacted]
Passcode	[Redacted]

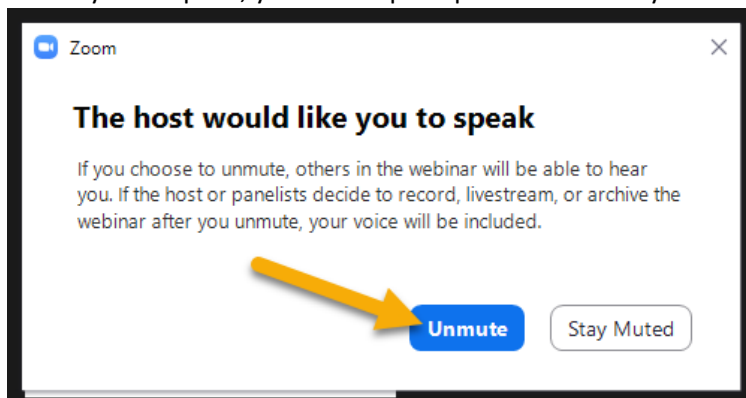
A red box labeled "HOD #" has an arrow pointing to the "Webinar ID" field. Below the table, a red-bordered box contains the text: "Note: This information and link should not be shared with others; it is unique to you." Further down, it says "Please submit any questions to: volunteer@usmastersswimming.org. You can cancel your registration at any time." Under the heading "WAYS TO JOIN ZOOM", there is a section "1. Join from PC, Mac, iPad, or Android" with a blue "Join Webinar" button. A red box with the text "Click here to join HOD" has an arrow pointing to the "Join Webinar" button. Below this, it says "If the button above does not work, paste this into your browser:" followed by a large black redaction box. At the bottom, it says "To keep this webinar secure, do not share this link publicly." and provides links: "Add to Calendar(.ics) | Add to Google Calendar | Add to Yahoo Calendar".

Speaking at the microphone for virtual delegates

We will be utilizing the “raise hand” feature in our webinar sessions to allow virtual delegates to raise their hand to indicate that they would like to virtually approach the microphone to address/speak on the topic being discussed.

How to use the “raise your hand” feature for virtual delegates

1. Click **Raise Hand** in the Webinar Controls.  you will be placed in order of the virtual hands raised.
2. The host will be notified that you've raised your hand. If the host allows you to speak, you will be prompted to unmute yourself:



3. Once you select “Unmute” you’ll be able to speak during the session and all participants will be able to hear you.
4. While unmuted, your name is displayed to all delegates.
5. Once done, the host will “lower your hand” and put you back on mute.
6. No member shall speak in debate more than once on the same question, on the same day, or for longer than two minutes. (per the [2022 Proposed Rules of the USMS Annual Meeting](#))



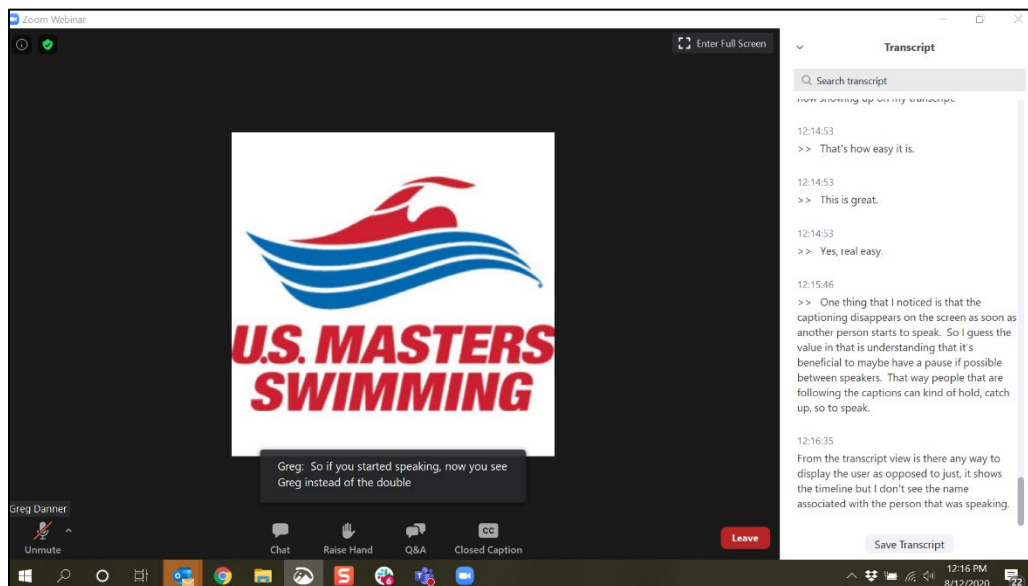
Using “Chat” for virtual delegates

Per the [2022 Proposed Rules of the USMS Annual Meeting](#), we will be utilizing the “chat” feature in our webinar sessions to allow virtual delegates to do the following:

1. A “chat to host” message is used for virtual delegates to raise points of order or by a non-panelist member to second a motion.
2. Raise privileged and incidental motions (enter motion in chat).
 - a. Participant chat is limited to “hosts and panelists only”
 - b. Chat other than raising privileged and incidental motions or seconding a motion shall be disregarded.
3. Seconding motions may be done by anyone other than presiding officer (enter second in chat to host).

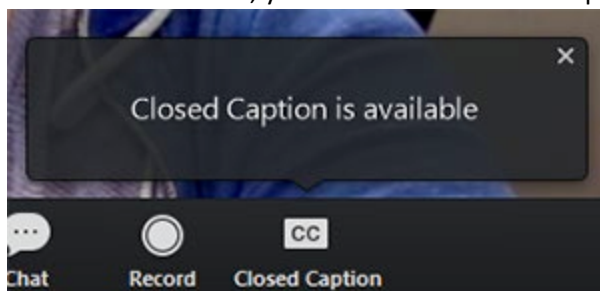
Closed Captioning for HOD Sessions

We will have closed captioning available for our HOD sessions, Friday, Saturday and Sunday.

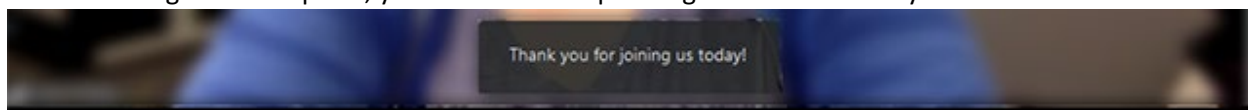


How to View Closed Captions

- When closed captions are in use, you will see a notification.
 - In a webinar, you will see the "Closed Caption" icon in the controls on your screen.

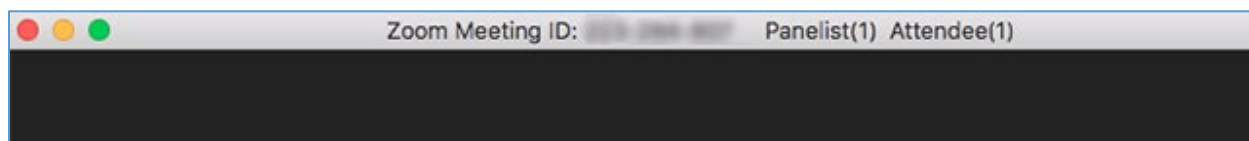


- After selecting Closed Caption, you will see the captioning at the bottom of your screen.



View Participant Count

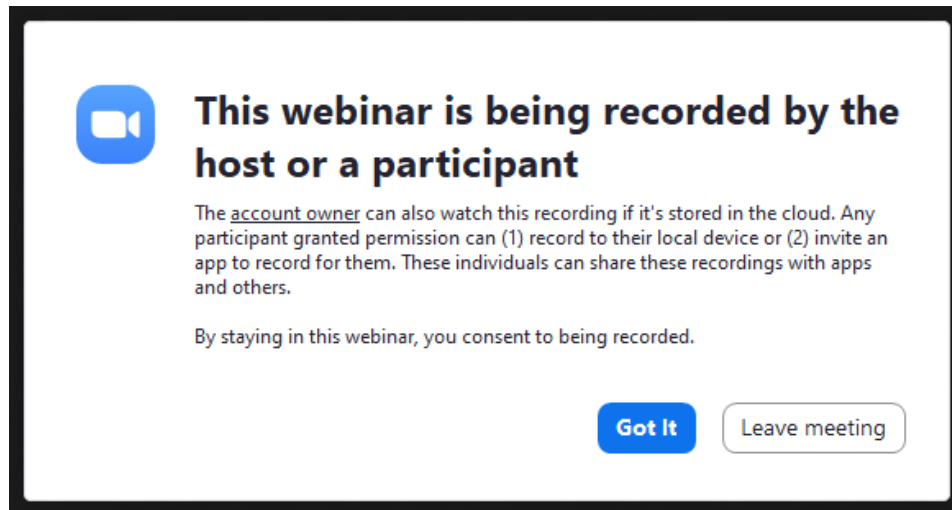
Attendees are able to see how many panelists and attendees are in the webinar. The number of panelists includes the host. It will appear at the top of your screen, after the meeting ID.



Recorded Meetings

We will be using the Zoom Webinar platform for the HOD sessions legislative committee forums (Legislation, Rules, Long Distance) and BOD meeting. The legislative forums will be recorded and posted for public viewing on the 2022 annual meeting page. The HOD sessions and BOD meeting will be recorded for the sole purpose of aiding the USMS Secretary in taking accurate meeting minutes, as approved by the BOD.

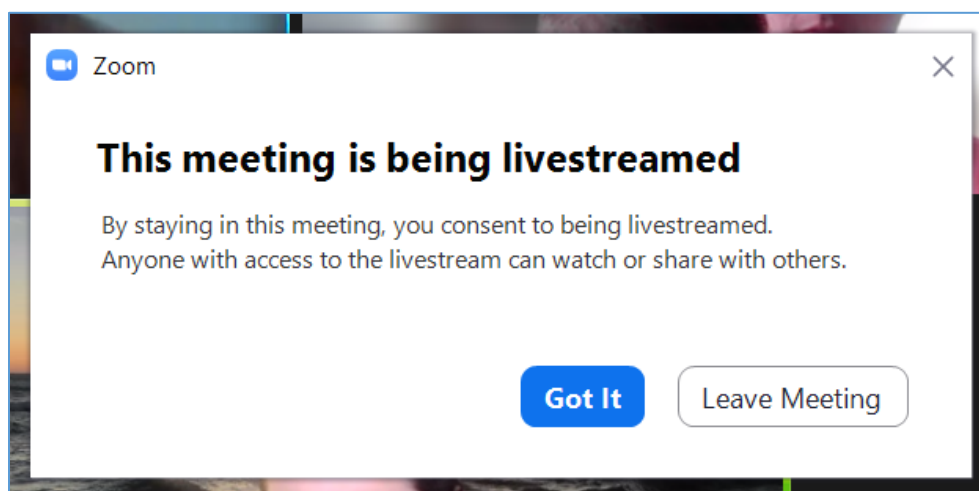
Attendees and delegates who join a recorded meeting will be prompted with the following message letting them know the meeting is being recorded:



Livestreaming the HOD sessions

Attendees will be able to watch HOD sessions via a live streaming platform such as YouTube. The link to the livestream will be provided in each individual HOD #1, #2, and #3 session on the [USMS Annual Meeting Schedule](#) page.

Delegates who join each HOD session will be prompted with the following message informing them of the meeting being livestreamed:



2022 Elections: Electronic Voting via Zoom Polling

Due to the hybrid nature of the 2022 Annual Meeting, the 2022 elections will be done electronically.

During the designated HOD session where voting will take place, each voting delegate that:

1. [signed up](#) for and [logged into](#) their own Zoom account; and is
2. present on the designated Zoom HOD session during elections,

will receive the election ballot via Zoom polling. Delegates will need to be using their own device (computer or smart phone) to be able to participate in the 2022 elections and submit their ballot.

When the election is opened, voting delegates will see the following election ballot via Zoom polling, automatically pop open on their screen during the Zoom HOD session. (Example from 2021)

The screenshot shows a window titled "Polls" with a green header "2021 Elections: Officers". Below the header, there are two sections for voting. The first section is "1. President" and the second is "2. Vice President of Administration (oversees the following committees: Championship, Legislation, Registration, and Rules)". Each section has a list of candidates with radio buttons next to their names. The "no response" option is at the bottom of each list. A "Submit" button is located at the bottom of the form.

Position	Candidate
1. President	<input type="radio"/> Katie Ledecy
	<input type="radio"/> Simone Manuel
	<input type="radio"/> Gary Hall, Jr.
	<input type="radio"/> no response
2. Vice President of Administration (oversees the following committees: Championship, Legislation, Registration, and Rules)	<input type="radio"/> Ian Thorpe
	<input type="radio"/> Libby Trickett
	<input type="radio"/> Caeleb Dressel
	<input type="radio"/> no response

Each position will have their candidate(s) listed, in addition to a "no response" option.

2021 Elections: Officers

Caeleb Dressel

no response

3. Vice President of Community Services (oversees the following committees: Coaches; Diversity and Inclusion; Fitness Education; and Sports Medicine and Science)

Roland Matthes

Mark Spitz

Dara Torres

no response

4. Vice President of Local Operations (oversees the following committees: History and Archives; LMSC Development; Records and Tabulation; and Recognition and Awards)

Missy Franklin

Allison Schmitt

Submit

Make sure each position has an option selected.

The "Submit" button will remain greyed out until all positions have an option selected.

Polis

2021 Elections: Officers

Nathan Adrian

Sun Yang

no response

6. Secretary

Ryan Lochte

Matt Grevers

no response

7. Treasurer

Michael Phelps

Kristin Otto

no response

Submit

Once all positions have your desired candidate selected, the "Submit" button will automatically turn blue.

Once you have completed your ballot, select "Submit".

Once submitted the poll will disappear.

Polis

2021 Elections: Officers

Nathan Adrian

Sun Yang

no response

6. Secretary

Ryan Lochte

Matt Grevers

no response

7. Treasurer

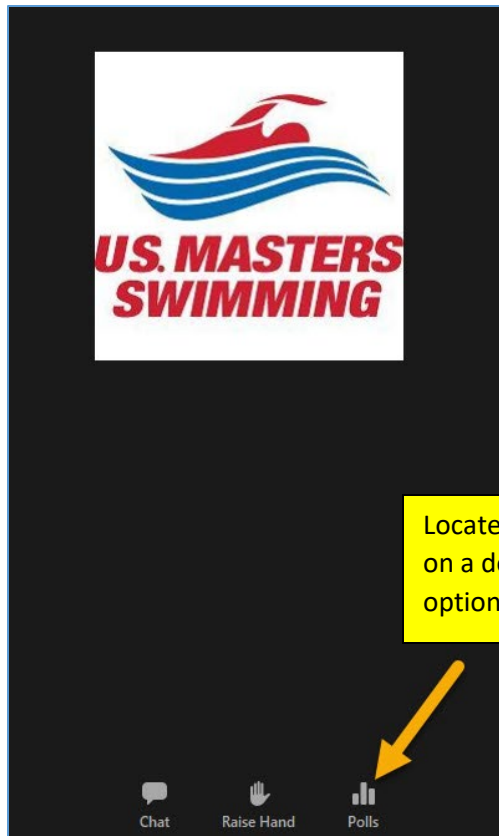
Michael Phelps

Kristin Otto

no response

Submit

In the event you close out of the election ballot before submitting your votes...



Locate your menu bar (image shown on a desktop) and select the "Polls" option.

The ballot will re-appear with your previous selections still intact.

2021 Elections: Officers

Nathan Adrian

Sun Yang

no response

6. Secretary

Ryan Lochte

Matt Grevers

no response

7. Treasurer

Michael Phelps

Kristin Otto

no response

Submit

Once all positions have your desired candidate selected, the "Submit" button will automatically turn blue.

Once you have completed your ballot, select "Submit".



Once your ballot has been submitted, the poll will disappear, and you will no longer have a “Polls” option in your menu bar.