

Coach Report from USA Swimming Convention  
By Dane Wolfrom

Thank you for selecting me as a delegate to Pacific Northwest Swimming this year at the 2011 USA Swimming Convention. It was a great experience, and I learned a lot. The following are items I believe all coaches should be aware of:

1. 2012 Summer National Championship will have time standards faster than Trials. This will probably be the case here forward. There were 1500 athletes in 2011, and they want to make it 1000. Similarly, there were 1800 at 2011 Junior Nationals, and they want to make that 1200-1500. The Juniors times will get much faster as well. They will be keeping the 18&U bonus cuts for Nationals.
2. There are some additional changes for Athlete Partnership Agreement, and for athletes winning at Juniors, and those making teams. If that is relevant to your team, I suggest you speak with Frank Busch about what is available for you.
3. Western Zone Age Group Championship will be 14&U starting in 2013. There is strong move as to expanding the Senior Zone meet in a direction to accommodate the many swimmers who will no longer qualify for the faster Junior Nationals. I am on the committee that is working to shape our Senior Zone Championship, and welcome any input you may have.
4. Deck Pass is the “big” thing this year. If you have input on how to make it better or more useful, please send me an email. I am in contact with the designers and they want feedback. I’ll pass on your feedback, or send you their email address.
5. The USOC Sports Dietitians provided an excellent presentation on recovery via nutrition. I learned the three main reasons for potential fatigue are glycogen shortage, dehydration, and low iron. I already knew the first two, but had very little idea about iron. If anyone would like a copy of their hand-out, or have questions about the presentation, I took copious notes. Also, noteworthy, the best carb-reload food is 4:1 carbs to protein, and sodium is the only electrolyte we really need to worry about replacing.
6. Much is happening regarding Athlete Protection, which I also call *Coach Protection*. At the coaches meeting there was a huge push to help support and protect coaches from false accusations. (If an athlete files a complaint, USA-S provides them with counsel, and the coaches would like the same.) But, to be safe, coaches should never be one-on-one with athletes, and carbon copy someone on all correspondences (texting, emails, etc). If your program uses social networking such as Facebook, I strongly encourage you to create a team account, where all correspondences are viewed by everyone.

I also went to the Disability Swimming Workshop and LSC Board of Review Workshop, and *National Board of Review Certification*.

If you would like to discuss anything above, or something not above, please give me a call (360-789-5241) or send me an email (dane@metroaquatics.org).