

## **2005 USA-Swimming Convention Report**

Greensboro, NC

September 13-16, 2005

Will spare you all the details of our adventures in getting to the fair city of Greensboro, but suffice it to say after almost 24 hours of traveling, it certainly was quite comical in the end...

**Please find below a short synopsis of the meetings I attended at Convention:**

**Open Water Meet Directors Seminar:** Was asked by Lyle to attend this workshop to see what the feasibility of sanctioning some of the open water events around PNS would be.

This was put on by NC LSC Open water chair who has hosted the NC Open Water State Championships for the last 6 years. Distances vary from 800 meters all the way to a 5K swim.

He ran through his "how to do it" presentation, taking questions and making comments on what works and what doesn't in staging a big event. He certainly was into "NOT reinventing the wheel" and has borrowed ideas from other open water swims in the country. He said that triathletes and masters swimmers are definitely a population to tap into for this event and said that either the seasonal membership or new one day membership was great to get those folks involved.

He is looking to develop a "series" of swims throughout the summer in the next few years.

**All America Committee (Scholastic):** For the 2004-05 scholastic years, there were 369 men and 578 women on the team. PNS had 10 men and 16 women make the squad.

Ariana Kukors was one of 3 women who had a perfect score.

A portion of the meeting was spent on explaining exactly how the system worked and a portion of the meeting was spent discussing alternatives to the use of the now retired Disability Championships for meet submission for application to the team for swimmers with a disability.

The Disability Swimming Chair, after discussing with the Committee, will draft a proposal to be approved by the Chairs of the Scholastic AA Committee and then sent to the Board of Directors for approval. The proposal would be to substitute the US Paralympic Championship meets for the USA-S Disability Championships.

**Western Zone Meeting:** Slate of offices to be elected was presented. Bids for the 2007 Western Zone meet were done. Report of the Zone meet was given. And upcoming Zone legislation was reviewed. Katrina Task force was reviewed. Senior Zone rep, John Kinney gave his report. The Zone reps to the Age group Planning committee gave a report and plug for the workshops they are sponsoring this week. Other National Committee members gave short reports.

**Sports Medicine Workshop:** Full body analysis Project was reviewed by the principle investigators: James Hahn, Rajat Mittal and Timothy Wei. The presentations were

facilitated by Russell Mark, USA-S staff from Biomechanics technology. Based on the research data provided by Drs. Wei and Mittal, Dr. Hahn has been able to provide analysis of the dolphin kick and make 3 D visualization possible. The bottom line is that they are discovering what makes fast swimming...it will be up to the individual swimmer/coach to discover how to achieve that end.

**Disability Swimming workshop:** A 2 part presentation was given. The first part was Jim Devine, Chair of the Counselors committee and a professor of Law at Missouri University presenting on the Americans with Disabilities Act ...what is it and how would it affect your club/LSC? The second part was Julie Bare and Jack Dowling presenting on how to incorporate swimmers with a disability into an able-bodied meet...the nuts and bolts of doing it...from entries to results.

**Leadership: Where are the Women?** This was an excellent panel presentation (I am sorry I had to leave early) that focused on women in leadership.

The panelists included: Jill Sterkel, Teri McKeever, Leanne Spletzer, Jim Richardson and Linda Riker. It was moderated by Mary Jo Swalley. The 2 questions I heard posed included: How do you balance work life with traditional expectations of women?

What unique qualities do women bring to leadership roles?

A lot of what was said had to do with the panelists changing their views/ personality or how they approached things and learning to prioritize what was important to them first. I had to leave early to chair the Disability Swimming Committee meeting.

**The Disability Swimming Committee meeting** yielded the following 3 big items: will be offering an internet challenge meet for swimmers with a disability hopefully this next season.

Will continue to work on a plan to promote swimmers with a disability at the grassroots level by developing several options from which to draw a proposal to support local meet integration or development.

Will work with the Scholastic All American committee to come with a proposal for the BOD for a substitute meet for the Disability Champs for application to the team.

**Western Zone part 2:** Voting took place. Legislation was voted on. (Sorry, I didn't write down the specifics...except that 2007 Zones will be in Farmington, NM)

**House of Delegates:** included: memorial presentation, USA-S Foundation Report President's report, Presentations to Life Members and Past Board Members and miscellaneous awards. Jay Benner from Tacoma received the Developmental Coach of the Year award.

**House of Delegates part 2:** Chuck Wielgus gave the state of the Sport address and then legislation was voted on. Legislation that was passed will be up on the USA-S website as soon as the Rules committee is finished with the process.

Submitted by: Kiko VanZandt