

SOUTH CAROLINA SWIMMING NEWSLETTER

October 2008

SC Swimming Athlete Registrations

When you drop your son or daughter off at the pool does it look like the lanes are more packed with swimmers than in years past? Looking at the early registration numbers (see chart) for our LSC which started on September 1st for the 2009 season your club is not alone. Keep in mind a number of clubs haven't sent in any registrations yet for the new year while others wait until December to send in renewals. Can only the Olympics and the Michael Phelps effect explain this increase? While that is a major factor here are a few others.

The Low-country teams have gotten together and created a developmental series that is supported by all the local clubs. Nearly 200 12&U swimmers showed up on a Sunday afternoon last month in Hilton Head to compete. These are inexpensive, one-day meets that are in the afternoon. It allows many families new to our sport to get a taste of swimming without the expensive hotels and three-day commitments. This five meet series targets those without state cuts and wraps up with the Grand Prix Championship in February.

SC Swimming Athlete Registrations:

2009: 1,600 as of Oct. 26th
(Projected 2,300-2,500)

2008: 2,187
2007: 2,157
2006: 2,087
2005: 2,033
2004: 2,001

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We have welcomed three new clubs to our LSC this fall – Coastal Aquatic Club, Greenview Dolphin Swim Team, and the Myrtle Beach Riptides. In addition to these clubs two others are in the process of completing the required paperwork. And I have received calls from a number of other organizations thinking about joining SC Swimming.

The LSC hosted the Ryan Lochte Select Camp in September. 60 of the best swimmers in our state were selected using IMX scores and top times for individual events from the Long Course season. This was a two-day camp held in Myrtle Beach. The athletes learned many life and swimming lessons from Ryan and his dad and took the enthusiasm for our sport back home to his/her club. A special thanks to Jimmy Smith for the hard work in putting the camp together. Along with the coaches from MPSC, SSS and YSSC that helped that weekend.

Looking around our state we have a number of new coaches at various clubs that have brought needed excitement and change to those programs. Whether the goal is Olympic Trials, College Swimming, State Champion, Y National Champion, All State, Zone Team, Select Camp, or to just have fun and get a little exercise, there have never been as many clubs with the ability to get you there in our LSC.

Good Luck. Swim Fast. Have Fun.

Doug Fetchen
SC Swimming General Chair

LSC Officials' Report

First of all, I want to thank all of you who serve as officials for USA Swimming. You are helping to provide the children of South Carolina a program which teaches life- long living skills, physical activity, and an opportunity to develop friendships and a sense of identity. In the news we read about the difficulties our country faces as a result of instant gratification, obesity, isolation and drug experimentation and a rise in gang violence. So you are directly helping the future of your state and country as well as the future of your own children. Those of you reading this report and who are not yet officials, I invite you to join us; you will develop life- long skills, an opportunity to develop friendships and a sense of identity

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in addition to all those benefits previously mentioned. I want you to know that your contribution to the sport will be valued by the rest of us on the team.

I would like to take a paragraph to thank Kent Easty who has served as the Officials' Chair for the past 5 years. Kent did not have a child participating in South Carolina Swimming during that time and yet was present at meets at every level from Olympic Trials to the South Carolina Grand Prix and Developmental series. He has served as a mentor to us. He has graciously allowed 5 different referees to attend the National Officials' Clinic in his place so that we could experience participation at a national level. We intend to continue the tradition he has started to encourage as well as share that experience with those who are working up the ranks right now.

The committee has identified 4 themes to promote over the next 4 years: recruitment, distribution, education and certification and promotion. By distribution we mean that we want more teams to be represented in the body of officials; 3 teams currently represent over 70% of all officials in the LSC. One of the 5 largest teams, by SCLSC athlete registration numbers, has 3 fewer officials than one of the 5 smallest teams. We want to change these numbers and are always willing to listen to ideas on how to better improve our recruiting and distribution of officials.

We are closely studying how to make entry into the ranks and the initial levels for becoming certified more "user- friendly" and accessible. For those who don't know- Shirley D., this is for you- the process begins by attending a clinic to better familiarize you with protocol, expectations, the technical rules, as well as the format of the USA Swimming rule Book. You need not be registered for USA Swimming in order to attend these clinics. After such a clinic the next steps are to apprentice – or observe a Stroke and Turn official during a meet session for a minimum of 2 meets and 4 sessions- and to take the on- line exams for Timer and for Stroke and Turn, which can be found on the USA Swimming website, under the "Volunteers" tab and under the testing and certification prompt. You don't have to be a USA Swimming member to apprentice but you do have to be registered as a USA Swimming member and set up an account in order to take the on- line exams. There is no cost for the certification exams. Once those exam results have been sent to the Officials' Chair of the LSC *and* proof of having apprenticed for the minimum 4 sessions, you will be provided with a certification card valid through

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December 31 of the following year. From that time forward, you will have to take re-certification tests for every level for which you are certified within the 2 year period, as well as serve a minimum of 10 sessions in your highest certified capacity in order to be re-certified for the following 2 years.

The Officials' Committee is reviewing this process. With the advent of the on-line testing program of United States Swimming, we have documentation of if not a thorough knowledge of the rules, then at least an intensive study session of those rules in order to pass the on-line exam. Given that there is an inconvenience factor to attending these clinics there may be other ways to guide volunteers through the initial phases of certification in order to pass the on-line exam. Every USA Swimming member team has within its "toolkit" the Stroke and Turn video which could be accessible at the team parents' convenience to get them started. We are considering mentor referees within each team or region of the LSC to encourage, recruit, mentor and oversee the distribution of the video in order to get more people started in the process. Again, the on-line test results will verify that each passing grade was the result of the individual's thoroughness to familiarize themselves with the rules well enough to pass the exam.

The next area we are targeting for revamping is the apprentice process. Many times those officials to whom these apprentices have been assigned have never been briefed as to how to help the apprentice get a hands-on feel and an opportunity to learn by experience. I was guilty of talking more about NCAA Football than about the specifics of the role I was attempting to teach. I have witnessed and corrected others who allowed the apprentice to raise their hand and make the call- and actually call the infraction in- when the apprentice was neither identifiable or a USA Swimming member. I believe this approach may have more merit than mine in terms of teaching, but we hope we can develop a protocol somewhere in between these two methods of apprenticeship. We also are looking at a longer period of apprenticeship, in which a provisional certification period would identify those who need to have the watchful eye and nurturing backing of a mentor referee or chief judge.

The last two topics I want to address are for the referees currently certified in the SCLSC and for the coaches in the LSC: Safety Chair Ed Miller reported that it has been mandated that the referee is responsible for ensuring that the Safety Mar-

shal is appraised of his/ her responsibilities. All entries into the competition pool **must** be made from the starting end of the pool; all entries into the warm- down pool must be made from the same end.

Finally we are standardizing the officials' briefing for each session throughout the season. The recommended script is forthcoming. It is a time to review and educate the rank and file regarding the technical rules; it will also be a time to review standard expectations for every position on the deck. Jim Gluhosky just returned from the National Clinic; he brought back material to this end being recommended by the National Committee. The committee is currently reviewing and assembling the format for these official briefings and will present to the LSC shortly.

Outreach Committee Report

South Carolina Swimming just completed its inaugural season for its Outreach Reimbursement program. The Board of Directors allocated the program with a one-time grant of approximately \$3,100.00 which was funded by a one- time "gift," and not from any budget account of the existing operating budget. This is a great news/ good news/ fair news proposition: only \$414.50 of the \$3,100.00 grant was utilized for the entire 2007- 2008 swimming year/ we have enough in the account to fund another 7 ³/₄ swimming years at the same rate/ only 8 swimmers and 3 teams utilized this resource, so if the program should grow significantly over the 4 year cycle (and the goal is to access a whole new population into the sport), we are going to have to budget the program or find funding through grant efforts within South Carolina. The "fair" new is only fair in that we hope the program will grow, given the current economic climate of the state and country we can anticipate it growing and we will be challenged to find new funding probably within the 4 year cycle.

The program seeks to reimburse registered athletes their meet fees for every meet sanctioned within the LSC. In order for an athlete to be eligible, they must be registered as an Outreach Athlete at the time of registration with South Carolina Swimming. The difference in cost is \$45 in registration fees per individual: Outreach swimmers can register with United States Swimming for just \$7.00 per year.

The program benefits not only these athletes and their families, but the swimming community and the LSC clubs which host meets.

Athletes are considered eligible if they qualify for reduced or free lunch programs at their public schools or if home schooled come from families which fall within the Health and Human Services Guidelines. The 2007 schedule can be found on the SCLSC website under Outreach; the 2008 schedule will e posted shortly but by and large is unchanged.

Disabilities Committee Report

USA Swimming sent out an article interpreting and defining the terms of Article 105 regarding Inclusion for swimmers with disabilities. Within the article were descriptions of how referees and coaches can facilitate with the process of inclusion.

The referee determines whether an athlete requires modifications in rules and access in order for an athlete to participate. The litmus test is broken into 4 bullet points: does the athlete have one or more **permanent** physical or cognitive limitations which would *substantially limit one or more life activities?*; does modification simply facilitate participation by the swimmer?; is the modification fair to others participating in the event?; and is the modification reasonably feasible? The key identifying determinant for the referee is **permanent** condition which **limits one or more major life activities**. Some of the questions a referee could ask to determine the answer are: is home life made significantly more cumbersome or majorly altered by the condition?; does the athlete attend school, or if they attend school does the swimmer have an IEP or other plan or modification to access education?

It is not the role of the referee to seek out athletes who *could* benefit from modifications. It is not the role of the parent to ask the referee for assistance for their child. **It is the role of the coach**, who sees from daily interaction at practice whether an athlete needs some accommodations and what **the minimum modifications are necessary in order for that swimmer to practice or participate in what the others swimmers on the team are doing**. Modifications could mean anything

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from reassigning lanes to better see or hear starters et al to allowing extra time for the swimmer to get “set” for the start of the race to modifying distances the athlete would swim (IE allowing swimmers with significant disabilities to swim the 200 IM during the 400 IM or the 200 free during the 500 free as the relative finish times could be similar to the average athlete entered in that event).

The entire interpretation to Article 105 may be found on the Disabilities Page on the SCLSC website.

All State 2009

The annual All State Banquet will be held in Rock Hill South Carolina on Saturday, April 18, 2009. Please mark your calendars now! The banquet will be held on the campus of York County Tech at the Baxter Hood Center. Rock Hill will be very busy that weekend with two different tournaments being held in the area so please do not wait to make your reservations. There are about 100 rooms reserved in Rock Hill for South Carolina Swimming but they will only be held until March 18, 2009. After March 18th you probably will not be able to find a room in Rock Hill.

Along with the banquet, the LSC will hold its meetings and the athletes will have their breakfast on Sunday, April 19. Following the breakfast there will be a trip to Carowinds for those athletes who would like to attend. More details about Carowinds will come closer to the banquet.

Rooms are reserved under South Carolina Swimming at the following hotels:

Courtyard Marriott- River Run Ct. (803)324-1400 @ \$96.00

Comfort Suites-Old Springdale Rd. (803) 326-3300 @\$105.00

Wingate Inn-Rock Hill Galleria (803) 324-9000 @\$103.00

Country Inn & Suites (803) 329-5151 @ \$95.00

Quality Inn & Suites- Cherry Rd. (803) 329-3121 @\$69.00

Days Inn- Riverview Rd (803) 329-2171 @\$59.00

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Hampton Inn- 2111 Tabor Dr. (803)325-1100

Please do not wait to make your reservations.

Thank You!

Maggie Boliek

Admin. Vice Chair

From the Age Group co-Chairs:

Tim Conley (YSSC) and Lee Hutchens (CA)

The 8 & Under IM Tough award is being relocated to the SC Swimming office for now on. We are in the process of changing the application to reflect this. If you have mailed in any recently and have not received the shirt please let me know and I will gladly get you the shirt. Here is the list of meets they will be handed out at: Carolina Classic in December at CA, SCS SC state Champs in February at YSSC, 8 & Under State Champs in March at TG, and Palmetto State Spring Champs in March at CA. We are also in the process of planning to make an announcement recognizing all IM Tough award winners at the 8 & Under Meet!

Recently Tim Conley of YSSC went to the Age Group Summit meeting in Colorado Springs where USA swimming brought together the top 30 Age Group Programs in the country. The purpose of the meetings was to ask the coaches what makes their programs so successful and to share these reasons with the other clubs and the USA Staff. The last time USA swimming had this meeting was 8 years ago. Tons of areas were covered by USA swimming staff about nutrition, sports psychology, growth and development of age group swimmers, dry land and strength training in age group swimmers, volume of training for age group swimmers, stroke mechanics, how to motivate swimmers/coaches, etc. Tim is working on getting all the information that was covered together and making it available for all Age group coaches in the LSC. "The four days that I spent in Colorado were extremely beneficial to me as a Coach and I know can help all age group programs in SC," Coach Tim said. If you are interested in having a copy of all that was covered please email Coach Tim at tcsolo710@yahoo.com.

Tim Conley

Head Age Group Coach

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A note to the coaches...

Congratulations to all swimmers and coaches who attended the 2008 Olympic trials! The coaches fund and all of the coaches who support it were glad to help assist coaches who were traveling to Olympic Trials. It is important to support our top athletes and coaches as they represent SC Swimming at national meets such as this.

For the 2008 – 2009 season, I am trying to put together another clinic, school, or talk for all SC Swimming registered coaches. Last year, our goal was to bring in Steve Haufler out of California, but due to his busy schedule we were not able to coordinate a good day. So, this year I will be speaking with Steve Haufler again in hopes of scheduling him to speak with all coaches. Please let me know if you have any suggestions for clinics or speakers that you think SC Swimming coaches could learn and benefit from. The coaches fund is supposed to support all coaches in their endeavor to be great coaches, so please let me know about your ideas.

As our mission and vision states that we want to be one of the leading LSC's in the nation, please try to participate in any and all meetings that take place. All of your ideas are very helpful, and will certainly help us to follow our mission and vision. If you are not able to attend meetings, please communicate any of your concerns, ideas, or comments to me. The more input we have on current or future issues, the better we can serve the SC Swimming community. I look forward to your involvement!

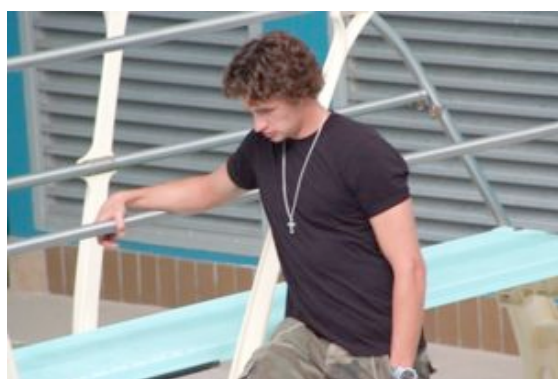
Good luck to all teams and coaches as they start the new season!

Thanks!

Liz Campbell
Coaches Representative
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SC Elite Camp held in Myrtle Beach in September



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