

Below are a series of considerations on *potential* scenarios. No final decisions, and thus no current actions in play beyond what USAS has already indicated in the “*what we know*” section.

We thought it important for Clubs to have an idea of the types of conversations that are being held to make the best decisions for ND.

Directions for Sunday HOD meeting

When you arrive into the Zoom room;

- 1 - Please remember to MUTE yourself.
- 2 - Open the 'Participants' button on the banner where you turn off and on your video.
- 3 - Hover over your name and "Rename" yourself to indicate your club affiliation. Board Members will be renamed as something like "Dan Heckaman (Officials Chair)"
- 4 - We will likely use the "Raise Hand" function, or the "Chat" Feature when you have something you'd like to comment on.

What we know:

- USAS is currently making month-to-month decisions on sanctions with two-week notice for the upcoming decision. (notice on June will come mid-May)
- Each pool in LSC may have different expectations for return to water.
- Championship level meets above LSC for LC have been cancelled.
- USAS will be providing a 90-day Zoom license for each club. (email was sent to Club Presidents and is also attached at the end of this document)

What clubs can do:

- Plan for best (normal) through worst (2 kids per lane, opposite ends) case scenarios.
 - What will be the financial implications for those scenarios?
 - How does coaching work in these scenarios?
 - How are you going to do registration in these modified scenarios?
- Meet with pool directors on what their re-opening thoughts are. What will be different?
- Be a solution for helping see how to re-open in a controlled fashion with pre-determined sizes of attendance.
- Reach out to parents.
 - What are their expectations?
 - Are they comfortable traveling if season were to resume?
 - Or are they looking local only?
- How is each team planning to celebrate the return to water? It's not about times anymore, it's about getting back to a sport we all love.

What LSC can do:

- Consider waiving sanction fees for the short-term. Or reducing as meet sizes will need to be smaller, and thus more frequent.
- Consider waiving or reducing splash fees for the short-term.
- Work toward waiving some ST requirements to get more folks available given increase in meets. (such as # pools, # mentors)
- Remove 60 min warmup requirement. Especially if lane loads are a concern. May only get 10 min per group and have to do other creative things.
- What if all pools do not open? School or park considerations. How do we help them know a controlled v uncontrolled use?

- Establish minimum expectations for returning to competition.
 - 2 weeks of practices for the team (does that mean individual? ie HS 9 practice rules?)

Lots of things we can't control or see into future to know....but need some forms of "deadlines".

- When is it "too late" to run LC and go right into SC? Given no LC championship meets being held above LSC level, maybe right away is SC?
 - Do we run an extended LC season if we start in July? That rules out HS girls
 - Do we run a short SC season regardless of when we start?
 - Do we run a long SC season with mid-season championship events. A 10U session can be held same weekend of HS girls and a 11+ weekend after HS girls.
- All of the above require different planning. What is our decision timeline?

Potential Meet Scenarios:

- Any end of summer champ meet would consider
 - If we have a championship meet, we waive qualifying times.
 - Why, we're going to have reductions in numbers, some won't have a chance to swim new times, and we should be celebrating being back in the water.
 - If we have a championship meet, we run it as SC rather than LC
 - More kids have times, all teams could run an at-home meet in prep, allows more site options if need to split. Could even be split in same town between multiple pools in Fargo/WF or Bis/Man.
 - If we have a championship meet we push it back to Aug 15 – 16 rather than end of July.
- Run a split SC season with 2 champ meets. Aug - Nov with champ meet and Nov to March with 2nd champ meet.
- Smaller meets are necessary, including champ meet. Run meets same weekends in multiple locations and combine the file for overall results for state meet.
- Summer competitions can be held locally on weeknights or over several nights broken by age-group.
- SC will not be return to normal with size restrictions.
 - How are we going to handle meets?
 - What is our split state meet format?
 - Is co-hosting events at regular season meets the norm for now?
 - A meet may be over a series of evenings/day split by age groups to meet size quotas. Is the sanction then for the "series" that week?
 - What if a club doesn't have an AO? Who will work with them to verify? Does this become a hired position regulated by LSC?
 - Meets can be run with 3 watches if no timing system. Again, hire AO?
 - What is our proposal for min officials? Waivers can be requested via USAS. If 50 kids, can it be starter, ref, and timing room like HS meets?

Communication from USA Swimming on 17 April 2020.

To: Zone Directors, LSC General Chairs, Committee Chairs, Club Presidents and Coaches

[Five New Resources From USA Swimming](#)

ZOOM

Zoom (<https://www.zoom.us/>), an enterprise video conferencing with real-time messaging and content, has become one of the most prominent virtual tools during the Coronavirus crisis. For many members, the program has helped facilitate continued athlete engagement, virtual training and business continuity.

Beginning today, we have secured 'Enterprise' licenses, which provide the greatest number of features, for USA Swimming clubs for a 90-day period. Access requests should be sent to Paula D'Amico at pdamico@usaswimming.org.

In addition to the one Enterprise license per club, we also encourage you to register for free Basic accounts as needed.

USA Swimming Employee Assistance Program (EAP) mental health services for Coaches

During the COVID-19 pandemic coaches can now utilize the online/phone USA Swimming Employee Assistance Program (EAP) mental health services. The program provides health and wellness information as well as online resources and assistance for concerns such as: coping with Stress and Anxiety, Financial Fitness, Managing Work and Career, Parenting Resources, Older Adult Resources, Mental Health Conditions, Overcoming Depression and Grief, Relationship Resources and more.

Further information can be accessed here: <https://www.usaswimming.org/news-landing-page/2020/04/08/usa-swimming-employee-assistance-program>

THE LAST GOLD MOVIE

Members can now watch The Last Gold free of charge. This documentary film was produced by USA Swimming in 2016.

Narrated by Emmy-winner Julianna Margulies, The Last Gold is a feature-length documentary film that reveals one of the greatest untold stories in Olympic swimming history. Forty years ago, at the 1976 Montreal Games, a team of doped East German athletes thrashed their rivals from the United States, until a remarkable final race.

The central player was a transcendent American athlete denied her due and since lost in time: Shirley Babashoff. Babashoff and her teammates were surrogates in a Cold War struggle, who battled a tragic conspiracy with a blazing honesty and a ferocious, endless tenacity. In 1976, the U.S. Olympic swim team entered the Games in Montreal looking forward to its usual dominance. The men did not disappoint, delivering the most dominant performance in Olympic swimming history. They won every race but one, and in that race won the silver and bronze medals.

For the women, it was a completely different story. They were overwhelmed by an East German machine that had emerged on the world stage leading up to the Games with frighteningly fast performances. In a competition where 15 American records were set, the U.S. women had only four silver medals and one bronze medal to show for it. After an entire competition of disappointing results, winning no races and facing a critical media that heaped on additional pressure, the U.S. women finally came together to do as a team what they could not do individually. It was the final race when four women stepped to the blocks in an attempt to do what nobody thought possible... win The Last Gold.

The movie can be viewed by visiting: <https://vimeo.com/155310924>
password: lastgold2016

VIRTUAL SWIMBIZ PROGRAM

Traditionally, #Swimbiz is an annual marketing conference that emphasizes social media, advertising, branding, communications, sponsorship and local promotions for teams.

Subject matter experts are now being scheduled to deliver virtual seminars for club leaders and coaches. Beginning April 27, these presentations will be made available via the Swimming Community Coronavirus Resources page

on [usaswimming.org](https://www.usaswimming.org/utility/swimming-community-coronavirus-resources): <https://www.usaswimming.org/utility/swimming-community-coronavirus-resources>.

ONE AMERICA INFORMATIONAL SESSIONS

We have worked with OneAmerica, one of USA Swimming's financial services providers, to offer education and resources to help you navigate the days ahead. Whether you are looking for more information on budgeting, dealing with market volatility, or if you would be interested in connecting with a financial advisor, please visit: <https://www.usaswimming.org/news-landing-page/2020/04/17/oneamerica-financial-resources>