

Age Group Vice Chair Report
October 1, 2017

JO Stats

840 Total Athletes

2,743 Total Preliminary Splashes, Including Relays

9 Individual JO Records Broken

LCM AAAA TIME STANDARD SWIMS OR FASTER

FEMALE – 147

MALE - 135

OSI SUIT RESTRICTION UPDATE

At the 2017 USAS Convention, I attended the Open Forum on Suit Restrictions. With the growing popularity of LSCs restricting Tech Suits for age group swimmers, USAS is concerned with some LSC's restricting the suits and some LSC's that are not. This meeting was not to determine which direction USAS would go with their decision. This meeting was to allow coaches/LSC members to voice their opinion to USAS and the research team that USAS hired.

USAS said they would come out with their decision on February 2nd, 2017. Their decision will determine if USAS will put their own policy in place or allow/prevent LSC's to have their own policy. USAS did however say that individual teams may have their own suit policies.

USAS did mention that the suit companies did not voice any concerns with the trending suit restrictions. USAS stated the suit companies have a higher profit margin selling the lycra and Aquablade type suits than the expensive tech suits.

The Age Group Committee met right after USAS Convention and determined that it would be best for OSI to continue with the "hold" on implementing the 10 & Under Suit Restriction until USAS has come out with their decision. Based on USAS decision, the committee will meet and move forward accordingly. Any updates will be emailed to OSI teams and placed on the OSI website.

BUTTERFLY REVOLUTION

I also attended the Butterfly Revolution Presentation. This was a very interesting presentation as there are always different opinions how coaches train and coach butterfly. Mitch Dalton of USAS gave this presentation. He believes that in order to be proficient and improve butterfly on the national level, age group coaches need to train more aerobically and not be afraid train butterfly.

On the technique side, he says that most younger swimmers miss a strong second kick of the stroke. He didn't give any suggestions on how to incorporate the second kick into the swimmers' stroke. However, a few coaches suggested that young swimmers swim three fast strokes without a breath and finish the rest of the swim with easy free. Then add strokes as the swimmers get become stronger in the stroke. Butterfly Revolution has a Facebook page entitled Butterfly Revolution. This page has some great training sets and technique tips.

REMINDERS

1. Last year the Age Group Committee approved to allow 9th graders (who are still eligible to compete in

the Regional and/or JO Championships) the opportunity to declare competing at a Regional meet that does not conflict with their high school championship meet by November 1, 2016. We will also encourage those athletes to enter into the Regional Championship meet in accordance with the entry deadline but with an option to withdraw from sessions (with no penalty or charges) should they advance in the high school series of meets.

2. For Age Group Regionals, no relay should be entered faster than the respective JO time standard. We recommend not assigning a swimmer with a JO cut swim that respective leg on the relay.

ON GOING WORK

The Age Group Committee is looking into some concerns of using the retracting backstroke ledges for age groupers. A few of the concerns that were brought to the committee are the delays in between heats due to athletes not knowing how to set/lock in the retracting ledges. Another concern was that younger athletes are not strong enough to set the retracting ledge and lock in it in, thus leading to the retracting ledge snapping back on them and causing injury.

Any updates will be sent out to teams and posted on OSI's webpage.