



OKLAHOMA SWIMMING

2017 Spring Report – OKS Age Group/Program Development Chair

MEETS –

- 1) Looking into possible changes for the OKS State meet and DII meets for 2018 and beyond. Always wanting to challenge ourselves to see if we can hold a better meet, which is difficult with large numbers and timelines. We also need to be mindful of long sessions and less downtime for the swimmers. It is a process of balance.
 - a) Working on possibly trying to hold a stand alone Senior level State meet to be able to expand the State meet for 14 & unders. The Senior meets would be held at a time of the Senior coaches' choosing, which would fit best into the flow of their training and progressions. If no cooperation from Arkansas or another LSC, we could host it ourselves with maybe A times and above as the standards to give swimmers enough rest in between events, while trying to fill up the events. Timed finals, 2 ½ days or 3 full, if coaches still want Prelim/Finals.
 - b) Would love to have the 10 and under session in the afternoons like the Central Zone meet. We could say their names behind the blocks for all heats but the final heat. We could parade that heat out to music and announce their names before they swim. After every event, awards would be presented from the previous event to keep the flow without taking time to figure out the event just held. Make it a fun racing party!
 - c) 11-12 and 13-14 year old swimmers could be prelim/finals – heats A and B at finals. Same things for them as the 10 and unders (a couple of events before awards break to make the most of being out of the water, and process for proper warm ups and cool downs). Make this meet even more of a celebration, with the main eye on swimming really fast!
 - d) Add into the order of the State meet, the Events that were passed at the USA Convention – Central Zone House of Delegates – if we can arranged for the meets to be split.
 - e) Looking to place 2 heats of the 1000 free in finals on Friday. Save time on Friday afternoon. We have a good timeline in the evening.
 - f) Other changes – in discussion with coaches, swimmers, and Technical planning going forward

- 2) Zone Meet this summer in Pleasant Prairie, Wisconsin, August 3-6. This is a trip for swimmers 14 and under that have achieved a AAA time or better in one or multiple events. We would love to take 10-11 swimmers from each age group and gender to fill up the bus with amazing kids. The key is to have a large group of great swimmers for depth and to fill our A and B relays.

We will leave from OKC and Tulsa on Tuesday, August 1st early a.m. and drive through to our destination. We will return the same way we came after finals on Sunday, August 6th, arriving home at our destinations probably mid-morning on Monday, August 7th.

Cost will be \$300 for a AAAA swimmer and \$400 for a AAA swimmer. That cost includes bus, hotel, entries, 4 t-shirts, 2 caps, coaching leadership, chaperones, meals, and snacks. Please make all payment by check, made out to Oklahoma Swimming.

The OKS website 14 and under Central Zone sign up portal will reopen right after the deadline for sign up for the Diversity and Inclusion meet trip is over in May, so we can avoid confusion while signing up. Please sign up as soon as you make a qualifying time to get in on all the apparel signups early to receive what we can before the trip begins. The rest will be shipped to our Team hotel.

We are working on designs for the cap and t-shirts moving forward. We are looking to have parent apparel as well!

TIMES -

- 3) New State times for 2018 and beyond – all times and relays. The process has begun. 3 year average from results of the previous OKS State meets. They will all end in .X9, as we used to do in the past, and as USA Swimming prefers with their motivational times.
- 4) New DII minimums for 2018 and beyond – adding a relay time, if possible, for each group. Will take a look at relays over the past 3-5 years for a starting point. All other events are starting from an ongoing process based on results from the last 3 years of DII.

Side note - will discuss, through the Board, if it is better to take a 3 year average for both these meets and adjust times after those 3 years, or a 3 year average and hold firm on times for 2 years, or finally do a 2 year average and hold for 2 years. Year one is just fine, year 2 gets quite full, but by year 3, our swimmers have mastered the times and our meet is too full in a lot of areas for our timelines (little time for more pomp and circumstance). 3 years may be too long.

OTHER -

- 5) Age group advisory committee – a large group (one coach from each team) to give advice, their opinions, and weight in on things that allow us to promote excellence and growth within our Age Group programs. Want each team to have a voice and be part of the process.
- 6) E-mails/calls every week – able to talk with several people especially Board members to discuss, hash out issues, or hear and look into issues that are in our path. Talking with our LSC membership is a big part of our jobs, and most times very enjoyable.