

### **LSC Development Committee Meeting**

The mission of this committee is “Providing LSCs with resources and services that support the development and achievement of athletes, coaches, clubs and volunteers.

In this meeting, they mostly went over previous initiatives on LSC leadership and volunteer recruitment, retention and recognition. They said that LEAP levels 1, 2 and 3 will be combined into one LEAP level and all LSCs will need to be certified as part of their LSC affiliation agreement in January 2021. There will be a Zone LSC workshop in Chicago May 1-3, 2020 to help LSCs get ready for this.

The LSC Development Committee has divided LSCs based on total athlete members into three groups – Mighty 2500s (less than 2500 swimmers), Mighty Mids (where Ozark is) and Mighty Megs. The Mighty Workshops are designed to get LSCs of similar sizes together to discuss issues common to their LSCs and promote coach leadership in each LSC. 2 coaches from each LSC are invited to Colorado Springs the first weekend in November for a Mighty workshop. I will be attending on behalf of Ozark.

Each LSC is also entitled to two free visits from the LSC Development staff during each Quad.

### **Region VIII Business Meeting**

There was nothing very eventful at this meeting. The dates for Spring sectionals in Columbia are March 12-15 and the meet will be long course with the same format and qualifying times as this past summer. Summer Sectionals will be July 22-25 in Lenexa, KS.

We reviewed the meet packet for the March meet and:

The facility surcharge will be raised to \$25 per athlete.

The Psych Sheet will be posted at 4pm on Monday, March 9. Coaches will have until 4pm on Tuesday, March 10 to correct errors.

There is a possibility chase starts will be used for prelims – depending on the size of the entry.

### **Rules and Regulations Committee Meeting / House of Delegates**

This meeting was not very contentious or long. There was some discussion about the recent issue of a swimmer in Alaska being disqualified for “improper” attire. They said that the definition would need to be more clearly outlined to protect athletes as well as ensure that suits are covering parts of the body they are supposed to.

There were only two issues eventually brought up for debate at the house of delegates. One was regarding the positioning of USA Swimming officials serving in a capacity to Observe swims in a non-USA Swimming-sanctioned meet. The language was clarified to ensure that USA Swimming officials must be in a position on deck to view the areas of possible infraction to allow times to be approved.

The other issue was the club dues increase. This went on for over 30 minutes and eventually got sent back to the executive committee for more consideration. Most delegates felt like a club dues increase would be appropriate (and will now be imminent), but the amount of the increase and the possibility of having different fees for different sized clubs made agreement impossible. That, and the fact that there

was not a clear explanation of where the additional dues collected would be allocated, led the delegates to send the issue back to the executive committee.

### **Russell Mark Technique**

Russell Mark presented both videos and data tables to identify trends in American swimming in relation to world rankings. He identified a deficiency in American distance swimming – especially on the men’s side. He also went over technique points on each stroke as well as relay “swings”. With the advent of the wedges on the top of the block, he said that the majority of swimmers at the women’s NCAA championships were doing a start stepping over the wedge in the middle of the block versus keeping both feet in front of it.

### **Coaches Open Forum**

This meeting was hosted by part of the USA Swimming Executive Committee. They informed us of more requirements for coaching and the desire to add more requirements to become a first-year coach. While they did say that they might be in favor of spreading out the time for all the additional requirements to be completed, Joel Shinofeld seemed to be interested in dramatically expanding the requirements to be a USA Swimming coach beyond what has already been added in the last several years.