

9/26/07

USAS Convention

Wednesday

STEERING

Came in late.

Review of WUG:

Dennis Dale gives a recap and a summary of the accommodations and training facilities leading into the 2008 Games in Singapore?

Word from Peter Daland who is finishing his long run as organizer for the WUG

Mark Schubert asks for any questions about National Team:

Comments on the large numbers of coaches and athletes making and experiencing international trips

Comments about the depth of swimming in the US leading to Trials

Sports Medicine info: Asthma need T.U.E. may need Pulmonary Function Test PFT, vaccines for overseas travel like Hepatitis B, Flu shots – disease related to Asia awareness. Issues specific to preparation for travel like time change and open water issues.

National Team is top 6 in each event reimbursement to Grand Prix events \$400.00.

Coach and athlete support from sport science – Jonty Skinner limit focus to top 60 athletes – testing, race analysis and video.

New Omega blocks at Trials. It's got some athletics – type block(s) for rear foot. Probably will have rails too. Jonty and the 3 types of starts grab, front and rear leaning track start types. Maybe specs will come out about the block.

Top 16 & Reportable Times and Recognition Committee

Came in late.

Need some additional volunteers to test new programs

Suzanne Heath was talking about new proposed legislation to recognize single age recognition. To help keep recognizing athletes at the younger age groups top 10.

Possibly take out the percentile-based times of the rulebook.

Recognition of HS times – there's a debate about registered swimmers who are competing for their HS teams in HS meets and if they can earn USA Swimming Recognition.

Observation of Masters Meets. They have to meet the criteria of rules – timing systems must be in compliance, and masters officials must be in compliance with numbers / positions

Scholastic All American 1287 in 2007. 3.5 GPA and in a certain level of competition.

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## AGE GROUP DEVELOPMENT

Talk begins with the addition of shorter events to the age group program (50's of stroke) for the retention of athletes above the age of 12. Comment isn't it natural that as athletes age they are beginning to select their sport and all sports begin to lose athletes. And what events should we be encouraging to make better senior swimmers. Moves toward initiating this at the LSC level not the national level.

R9 - S. Heath recaps the rule change eliminating Top 16 and switching to a National Age Group Recognition Program – Top 10 single age recognition Certs provided for 10 – 14, no certs for 15 & O. Why not start at age 9? Developmental reasons, less parent / athlete pressure. The AG Committee further recommends beginning at 11 and not 10. L. Herr introduces C. Walden as the coordinator for new NAGR program. Two reports Nationals Team Report Card, how are the national team performances going and where are they headed? [usaswimming.org/stats](http://usaswimming.org/stats) there are 3 reports, national team, pipeline and AG – how are we doing?

Left meeting to go to Disability Swimming Committee mtg.

## DISABILITY SWIMMING MEETING

Discussion about classification and long term classification, D. Watkins is recommending that US Para is addresses international para governing bodies to

continue to develop and refine classification systems. Talk about changes of classification as the athlete ages and develops.

USA Swimming sponsored disability national championships. Elite level swimmers are not interested in a national champ meet because of the established Can-Am – type series meets however the athletes say there is a need to have some way to get new or age group disabled athletes introduced to a disability only meet. Get a list / calendar together of meets for disability athletes offered around the country.

Military project – military sport camp, masters swimming addresses this area. St. Charles S.C. is working on recruiting military personnel.

## SPORTS SCIENCE COMMITTEE

Physical therapist George Edelman ([gtedelman@aol.com](mailto:gtedelman@aol.com)) presents new shoulder stretching ideas. 80% of elite level athletes suffer from shoulder pain. Stroke imbalances, weaknesses, etc are accepted reasons why. Stretching is an accepted way to reduce shoulder pain. Elite swimmers are predisposed to flexibility and laxity of joints. Conventional / traditional stretches encourage multidirectional instability and then impingement problems.

Although stretching may provide temporary relief of pain from tightness due to training / muscle soreness and perceived joint tightness. The conventional wisdom goes tight over developed anterior muscles create imbalance and impede the muscles of the upper back that support the shoulder.

Not recommended: wall stretch, lat stretch hand down back, cross over arm stretch, bent over shoulder, no partner stretches. All of the typical stretches! Arm swinging is also not recommended

Age group stretching not recommended – they should be loose already

Recommended stretching targets muscles not the joints, hand up wall stretch that gets after the pec, lat muscle stretch in kneeling position arms overhead, neck stretches

Recommended no team stretching but individual stretches. If you can't streamline then no joint stretching, but athletes who cannot streamline may need joint specific stretching.

Recommended strength training / rehab away from swim training or after swim training not before swim training.

Recommended is self-massage during training.

Will be on USA Swimming site: under

Coaches – sports medicine – injury prevention and rehab

## BUDGET

Pete Carney and Jim Harvey

Budget on the quadrennium, balance on the quad rather than annual. More money around the Games and then it tends to go away after the Games. There's planning going on now for 2009 – 2112.

Carney is an elected tres. Harvey is the staff.

USOC is pressing or demanding that the control and approval of the budget responsibility is going to be wrested from the House of Delegates and will be placed on the USA Swim board of Directors. This is coming from pressure from non-performing NGB's.

As of the first half of 2007 we are about \$250,000 ahead of plan and mostly because of lesser expenses and the reason is because of conservative budgeting.

2007 budget is about \$22,000,000 in revenue and \$26,000,000 in '08. this quad is budgeted at \$92,000,000.

I asked: What were the Quad numbers for the last couple and predicted for the next?

Last Quads were 44, 65 and then 100+ (millions)

I asked about: Fundraising / Development

There is a USA Swimming Foundation (3 years now) it has a \$50,000,000 goal. Chuck is the President of the Foundation. No designated goals for spending. Make a Splash is a piece of this and is currently been funded by USA Swimming. Looking for big reasons to get people to give. Not much giving going on now.

I asked if there services offered from USA S to Lsc's. There is a task force to look at providing services to LSC Finance vols within LSC's.

I asked about if there is info available about the relative size in terms of dollars of the Lscs. Should it be a concern for WI like a goal to have a bigger or smaller budget and then offer more service. Have a plan, an operating plan and raise revenue to meet the goals.

## CENTRAL ZONE

Roll call – M Mohr does a great job

Randy Julian – greeting / announcements / review of services

Reports of Officers -Eric Nelson and Arlene McDonald, Betty Kooy, Tony Young and Julie Youngquist, Jake Grosser.

Published on Central Zone Site

Some talk about an age group IMX meet – zone based – nov / dec

Reports of Appointed Officials

Championship Evaluations

Cleveland meet was a sketchy site

2009 Sites

Grand Forks, ND & Nobelsville, IN both meets 8/7 – 9/2009

Nominations of Officers

Bill Schalz & Julie Youngquist

Adjournment

9/28/2007

## COACHES MEETING

President Jim Wood kicked off the meeting with a charge to serve as coaches.

Mark Schubert was optimistic about 2008 and warned coaches and challenged coaches to prepare their athletes for better than the 20% best times at OT's. he pointed out the mental prep angle – the pressure and the venue may be responsible for failures.

Chair, George Block then spent the remaining time “learning about” Zone meets around the country. The purposes served and how they are conducted. It seemed that in most zones the 14 and U piece was strong and important. 15 – 18 was generally not as well defined and needed. Southern Zone – an all star type meet – was firm in the import of 15 – 18 swimming.

## USA SWIMMING FACILITIES DEVELOPMENT SERVICES

LEED Certified leadership in Environmental

Sustainable Sites

Water Efficiency

Use air scourer to do backwash

Energy and Atmosphere – be careful about natural light  
Materials and Resources  
Interior Environmental Quality  
Innovations and Design Process

How to get money from state, federal and energy companies?

Ratings:  
Certified, Silver, Gold, Platinum based on points

Smart Energy & Environmental Design =  
Effective  
Efficient  
Economical  
Environmentally Friendly

This talk is a little oblique

Monolithic Dome is their big thing

## SPORTS SCIENCE

Funded studies - charlene

Exercise induced asthma in highly trained swimmers

Relationship between Low ferritin levels with anemia and hepcidin in athletes

Supplemental O2 during recovery

Russell Mark - The Backstroke Revolution  
There's a .pdf of this presentation – ask R mark

Is the best technique being emphasized?

- Deep catch

- Then and s shaped pull up over down

Rotation

- Swim on your side

- Generate velocity and power thru rotation

The Foundation – body position

- Head and body position – relaxed and extended

- Relaxed and natural - not too like Lenny

Rounded head – neck – back line  
Kicking very important - Affects DPS, rotation

## Arm Stroke and Rotation

What are we looking for?

Anchor the arm asap, good catch

Maintain anchor throughout entire stroke

Path of hand flat – especially for the first 2/3 of pull

Finger tips pointed to side wall

Use the strongest muscles

Observed from below there does seem to be wiggle down the pool, which seems counter intuitive

A deep catch is not recommended

Rotation how much?

Just enough to get ideal catch, and for the shoulder of the recovering arm to clear the surface of the water

Relatively small rotation

Hand depth 8 – 12 “ below surface

Rotation of 30 possibly less degrees (body)

Rotation myths

Rotate all the way onto the side

Do not rotate during arm pull – unlike crawl where there should be a hip / arm relationship (opposite)

Rotation timing

Rotate as little as possible during pull

So when to rotate? Rotation should occur quickly as the hand begins to finish

Common rotation flaw

Cross over or backhand entry – solution: make rotation happen sooner as the hand enters not after the hand

Key is to link finish with entry (opposite)

Finishing hand should pop the hip up on same side enabling the desired entry of opposite hand

At race tempos, the rotation needs to be quick and tight, connected to the finish

1 arm drill with finishing scull on opposite hand

bungee from above and on a bosu or scooter, emphasize opposite (strong hand pop)

TURN

Take advantage of 2<sup>nd</sup> to last arm stroke

## CENTRAL ZONE MEETING

### Site selection

For 2009 Wisconsin is in No Dak

### Mega Zone – info posted on site

There have been some major changes

Relays to 24 th place scoring

Chase starts at 12 & U sessions

12 & U sessions begin at 2PM

Sunday finals at 5:15 PM

Hotels resies thru passkey?

12 & U sessions go about 2hrs +

Marshalls will not have to be registered members

Elections: New CZ coach position is Bill schalz

Swimmers from the Central zone may swim in any open sectional championship in the Central Zone during an Olympic year provided they have one short course national time standard

There will be some kind of all time all star zone team assembled and recognized

Legislation regarding central zone meet goes on – check CZ site

## MEETING FOR SR CHAIRS AND COACHES REP

### Remarks from Mark Schubert

Explanation of his change from 2 LCM National Champs to the change of seasonal champs renaming the US Open to a SCY Nats, and return of US Open in trials years. Then it's up to LSC's to determine what works best for them as to the resting and shave for a spring champ or to begin with summer prep after the SCY Nats in December

National Team – top 6 swimmers in each individual event from the finals of the big international meets and LCM nats. ie. Mania needs to be in the top 6 to get the \$400 for GP meets.

Speaks about the encouragement of winter GP meets – holds 2007 MO meet as an ideal. And a good place to make Trials cuts in 2008. Omaha test event is a good one to get the feel for the layout of the facility. Warm



up ideas about warm up directly before the event will not be available. Be prepared for something to go wrong at trials and be ready to let it pass and move on. Back to his earlier comments of Trials being a meet where most athletes do not go faster. 18% historically go faster. His challenge is to get 60% bests – it'll make the meet and the future will be brighter.

Omaha Test event time standards will be .10 per 50 slower than the Junior standard. There will be a two-session timed final meet following the SCY Nationals in Atlanta. Meet book is posted.

Mike Unger – speaks about meals at Trials during the meet at the Trials. I think prelims are at 11 AM and finals around 7 PM.

Mark made a comment about suit technology playing a significant role in performance progression. He went on to challenging coaches to take their athletes to meets that are a stretch – that are harder than what kids are used to, beyond their comfort zones.

Ira Klein kicks off the meeting 33 of 59 LSC's represented.

Central Zone Breakout

Randy Julian asks about what are LSC's doing differently?

John Brown was talking about moving the winter LSC Champ to earlier like January. Still providing Spring meets that are interesting. IL is looking at different type meets for LSC Champs. John also talked about removing "season-ending" meets from the vocabulary in the Spring.

Talking about getting after state legislators to help push the process of being more open to help club athletes and coaches gain access to what the rest of the country enjoys. This is an area that the LSC can do other than setting time standards and controlling champ meets.

Remarks from Larry Herr about the services that USA Swim offers with the accumulated swims data. These are related to being able to compare performance from team to team, across lsc's, etc.

National Team performance report card. What it takes to make the team? Performances at the various big meets demonstrated by percentages of best times

Larry suggests that LSC's can do the same thing – create reports that show how well we are doing. I.e. is WI moving ahead in 10 & U boys and how are they doing relative to the country? Then even take the national model of finding an LSC weakness like WI is relatively weaker at 200 im /

400 im and then have those athletes and their coaches stay after the meet to do a clinic to focus on the weakness for athletes and coaches and maybe parents?

Look under times & time standards or [usaswimming.org/stats](http://usaswimming.org/stats) on the website. Stats by LSC.- Chelsea Walden is the staff responsible for developmental athlete stats.

Ira Klein talks about the trend of LSC's going with an Executive Director. Potomac Valley, IL and IN. Tony Young, ED from IN highlights his position and role in helping IN Swim move forward. It seems that Tony feels that camps really help increase performance – it comes down to establishing the goals and challenging and motivating the athletes, coaches and parents to reach for them.

Funding: Endowment, sharing programs between Lsc's, surcharge, sponsors.

To fund this position - \$1.00 surcharge on meets, nationals events, sponsorships.