

## REPORT FROM USAS CONVENTION, 9/08 ATLANTA, GA

DAVID ANDERSON - SR CHAIR

My overall impression is that convention has become less about LSC input and more about the dissemination and sale of USA Swimming programs to the swimming community. There seems to be several important points from this year's convention:

New Zone C Senior meet in 2010

No 2nd host for 2010 Zone C meet (now 14 & U, ND is only site in new pool in Bismark)

Tightening time standards at USA Swimming's top meets

Little feeling the 2008 Trials may not return to Omaha

Emphasis on LSC - based measurement - moving away from club measurement and implementing LSC Recognition system

Age Group Committee puts forth 2 proposals: suit limits for 12 & U, IMX challenge meet series in Nov / Dec

Thursday, 9/25

Club Coaching for Coaches

Panel Discussion with Chris Davis - Swim Atlanta, Kyle Kimball - McMinnville S.C., Mike Gobrecht - West Shore YMCA

Panelists introduce themselves and describe their programs and facilities. moderator is UGA's Harvey Humphries

Questions from the floor is the format

Selling morning workouts - Mike says

Kids who go to morning workouts have better grades over 4 years, although they are more tired at the end of the day. 5:30 - 7:00 am, all levels of athlete come.

Administrative Staff

Not big for all three teams, Kyle has no staff, Chris has some coordinators and one billing person but not too much for a really big club, Mike hasn't much but does have a key volunteer

Handbooks

Chris does have handbooks online and at all sites. Not everyone reads / knows the policy(s)

For small club, Have you had a kid "outgrow" your small team? Yes, tried to handle it

but there are challenges.

## Club Structures

Mike

pre- competitive 1 night per week and 1 meet

senior - 7 days 2 hours

national 7 days 2 hours

Chirs Davis

Home School only group - 1 -3 PM how to market? find the right mom who

coordinates the local home school programs

the red, blue, bronze, silver, etc.

Kyle

swim lesson, pre competitive, and then lessons

How do you accommodate the late starters?

mike, keeps like ages together, chris keeps like ages together,

Compensation Chris Davis - "pay by the head"

rates:

they said rates on on their site. and chris said consider the hourly rate that they are paying and let them know.

fundraising WSY and SA not too much and the small team not too much but their are some "taxes" commitments that the families have to pay

how to advance from group to group - sm club based on im progressions, timed distances, and later commmitment. chris has done all of this - communication between coaches and parents, mike does it through his coaches.

weekend practices - mike does only senior swimmers sat, wys trains on sun with all ages, chris has full sat but only sundays for older, sm club is sat ams and sunday is stroke clinics fo a charge.

Parent Education - mike says handouts don't work - does have a meeting with parents of each group for just one hour. Chris' coaches do a meeting, not too much other than that. chris doesn't like parents.

Who does the entries? coaches or parents? most do the families choose and coaches enter with guidance

coaching parents? mike incorporates them into the staff, chris doesn't like parents,

Thursday 9/25

age group committee

Tony Young speaking about the limits on suits for age groupers. ie. "hi tech" (expense) suits not allowed for age groupers.

Tom Avicious speaks about the numbers of swimming registrations - almost .09 % of Americans are swimmers

based on a survey of the age group chairs - a lot of talk about IMX and the IMX related

programs including the IMX Games

Friday 9/26

coaches meeting

more talk about suits - momentum growing -  
talk about the senior zone meet -  
more talk about imx games - tony young  
national jr team head coach - jack roach  
short course Jr and Nat - from pete malone

Sports Science

Doping Control

new additions to the list of banned substances, be vigilant, watch out for TUE forms for annual expiration dates before major competitions

Breast Stroke talk by Russell Mark

thinks highly of Salo and Hutchinson and the guy at uva and marsh. Stroke / biomechanics is not a hard science. dependent on individuals and their bodies.

lots of variation but all the greats:

maintain velocity at the peak of the stroke - minimal stop and go action

1. have great body line - on the same plane at the surface - at the peak of the stroke to the max glide position
2. don't over arch your back and get too high
3. keep tension in the core for use in forward drive ( barrowman cat like arch sucking stomach in)

pull points

1. the pull sets up your line and timing
2. distinct outward scull

max fwd velocity at extn - key time is how fast after the pull.

1. hold best body line thru extn - great video sequence of AB, MG, EM - no diving down!
2. hold kick until body totally stretched fwd
3. kick in earlier?? - forcefully bring heels up - not relaxed - a hard contraction BUT delay the sharp kick recovery until the extn of arms into glide position

not driven by pull or kick - russell is thinking the body is the key, getting to the good glide position faster and better

Hansen thinks scull out as he fatigues

splash, lower back up or think contract / tighten core as your recover arms, eyes 45?

usher 04, soni 08 wide arms not elbows into side.

Saturday, September 27 - HOD

Jim Wood Re-elected as President  
suit restrictions pass  
new time standards for all meets

Sunday, September 28

Age Group

Open Water

- new emphasis on Open Water
- encouraging Open Water at LSC Championships
- suggestion of POW (pool open water)
- 10kswim.com

Camps as a motivator for age group swimming

- Indiana Swimming's Tony Young has a full array of camp information templates available

Vision and implementation of vision at the age group com. level

- most is around meet schedule, lsc champs and time standards, not much other than those for vision