

2009 USAS Convention

Friday, 9/18/2009

Butterfly Talk - Russell Mark

mail him at: rmark@usaswimming.org for slides

Making Most of Existing Facilities - Mick Nelson

find existing under utilized pools and cover them with structural membrane
there are issues, wind and snow load, where are the bathrooms and pumps
things to ask: is the heater good, the tank strong, the mechanicals good?

College Swimming 201 - Jake Kittilstad

do a good job in classroom right off the bat

nutrition - eat well

don't over do it on the partying

be prepared

strength training background

expect more volume, intensity and demand

- differences between college coach and club coach

friends and support - getting through the hard times

Jake speaks from the heart and is a good resource for high school athletes

Coaches - George Block

Navy Seals Presentation

Suits - John Leonard

review of the suit cuts

possible deviations with open water and masters

January 1 or Oct 1

Ira Klein asks if USA goes to 10/1 will we have a list of suits before Jan 1 - maybe

Tony Young - IMX Extreme games

Legislation

Mike Lewelyn speaks about the instruction / certification of diving to youth

Backstroke flag(s) waiver by LSC

Center of Excellence - Rick Shiperd

Name of program concerns

resources of club will be directed toward post grad / pros

more of the same rationales

Facilities - Mick Nelson

Pee in the pool = air quality deterioration

Thursday, 9/17/2009

Budget

USA Annual - \$26 Million, \$108 M for quad membership is \$15,5 M or 58%

USA Swim Budgeting for 1% growth

for expense

club development is \$4.1M up \$156k

national team is \$6M

business development / event - \$8,2 M

Steering Committee - Mark Schubert leads

Medical Advice

Flu precautions - recommending both Swine and regular flu vaccination
supplement certification process - more info coming out but a way to more safely purchase and consume

PRP - platelet rich plasma therapy - you need a TUE form - new procedure but you have to be aware

water safety / quality and testing for open water

Performance Report

Bob Bowman - reports on men's results and camp for Rome

Sean Hutchinson - reports on women's results

Suits

Mark talks about what we know about the suits and the problems

Mark talks about the speed of the prelims and finals - that maybe due to the suits races were more competitive

WUG - Jack Roach

Long lead up time to get ready for the meet - allowed for good organization

Belgrade - food bad, accommodations good.

How to Swim Faster?

Dave Marsh - the college / high school life style / club lifestyle or day is not optimal for a pro lifestyle

for example training mid morning and afternoon with rest in between
no long breaks in Europe after major competition

Bill Rose - speaks about distance swimming and that we lack training culture

Jon Urbancheck - hard to create an excellent environment for distance swimming within college swim

George Block - pro swimming needs some help, our athletes get paid to make appearances not to swim and perform

Sean Hutchinson - comparing strokes from pre to post suits,

Greg Troy calls out the USA regarding work

Richard Shoulberg echoes and refines Greg's comments and Jon piles on about background is so important.

Russell Mark - world is swimming faster in prelims, back stroke starts to 15m
japanese are off better, working on finishing and racing to the wall

Youth Team - Jack Roach

selection process changes

primary youth team meet will be in late summer

secondary team to the meet in May at a cost of \$750 which is being asked to be funded by qualified athlete's LSC

Selection for 2010 Youth Pan Pac Maui trip will be off Irvine Nationals - arguments for and against

18 & U "C" heat at Irvine Nationals

Post Grad / Pro Training Center

hard time finding athletes jobs

pros need to follow the lifestyle of the rest of the youth team

Coach Initiative - Lindsay Mintenko reports some updates

Staff Selection -

Open Water - Coach Rose

June 4 ,5, 6 Long Beach

Wednesday, 9/16/2009

Senior Development Committee

Pete Malone - chair, opens meeting

next summer's 2010 Nationals in Irvine
multiple meets picked off this meet

5 day format like has been used recently at 2009 US Open

Mark Schubert speaks about the myriad of selection ramifications

post grad / professional training centers - discussion begun by Rick Shiperd (sp?)

member of committee and la Mirada coach

Mark Schubert speaks to USOC wanting to fund the NBAC (\$100,000 toward coaches salary) site

Sean Hutchinson / Jon Urbanchek - money from USOC again (\$75,000)

The money for the sites (Mecklenburg) seems to come from USOC to help fund the coaches with the charge to the coaches for the quad to then gain funding for programs like raising \$ to support resident athletes)

lots of back and forth about transparency, and rationale and fairness

National Youth Team - changes from past National Junior team selection process and meets that they will go to - Vancouver shallow so in jeopardy.

discussion about the meets used for selection, Jr Nat bashing.

- Olympic Trials June 25 - July 2

hotels available middle 2010

fall 2010 for time standards

shooting for 800 - 1000 athletes - last time 1300

10 lanes for prelims, semis and finals

Site Selection

2009 USA Nat Irvine

2010 USA SCY Nat Ohio State

2010 USA SCY Jr Nat Georgia Tech

2011 Summer Nat Stanford

2011 SCY Jr Nat TBA

Time Standards

2010 USA Nat will be the same as the 2009 US Open with 18 & U bonus

2010 USA Junior standards will be same as 2009 Jr meet with all of the bonus and lcn only for relays.

Order of events for Irvine Nat will be the same order used in Indy 2009.

Order of events for Irvine Jr will be same as Jr in Federal Way

Swim Suit Issues

Schubert says that he's confident that FINA will adopt the ruling of the FINA congress

Oct 1 will be proposed to for adoption of lesser suits for House of Delegates

IMX Extreme Games

standard across the 4 sites at 2000 pnts for boys and 2100 pnts for girls

Tony Young / Age Group sought sites - still looking in southern zone