

## 2009 USAS Convention

Luke Schumm

### **Wednesday, September 16, 2009**

#### Senior Development Committee

The two main topics I took from this committee were time standards & format for national level meets and the use of post-grad training sites.

First, the 2010 time standards will remain the same as the 2009 time standards. The committee stated that time standards in 2009 were set using mostly non-tech suit times from previous years, so they felt that these times would be fair in moving ahead. Also, the committee discussed that FINA and USA swimming would start adopting a 10-lane pool format for competitions, including the Olympic Trials in Omaha in 2012. Also, the order of events will be kept the same at both the junior and USA national meets.

Second, a discussion was had USAS involvement with the post-grad training facilities. Last quad there was one site in Mecklenburg and 2 new sites are being pursued for this quad. Coaches Sean Hutchinson and Jon Urbanchek have agreed to coach these programs. Much of discussion focused on transparency and fairness. Some felt that USAS or USOC money should not be spent to grow individual programs, as these sites are part of existing USAS teams.

#### Open Water Steering Committee

Talked about 2009 World Championships and upcoming event calendar to help best prepare Team USA for the 2012 Olympics. Main focus here was simply the need to get more swimmers involved at the international level for the race experience. Discussion was held on how to select athletes for distances not competed in (25K) at the national meet, as well as options for sending an "A" team to certain meets and a "B" team to other meets to get more swimmers involved internationally.

### **Thursday, September 17, 2009**

#### Age Group Development Committee

First Session - The IMX Challenge meet was discussed, as well as the IMX program. Outlined using the USA site for IMX scores. There was some talk about LSC's sending a "team", and while that was a possibility, it was not the intent. Also, some areas still need a host/venue for the meet. Details about IMX and the new IMX Challenge meet can be found on the USA swimming website. Also, there was some discussion on post-Olympic growth rate trends. Retention of these new athletes was a topic amongst small groups.

Second Session – LEAP (LSC Evaluation & Achievement Program) was discussed. Outlined the particulars of serving on an LSC board. A push for Pool Open Water events (POW) was made. Small group discussion on Open Water swimming and LSC short-comings was had.

#### Diversity Committee

Primarily the discussion focused on the upcoming conference in Colorado Springs, which each LSC has the ability to send one person to. (WI has already committed a rep). Also,

there was a discussion on the need for athlete/coach representation from each athlete group. In other words, Asian-Americans (for example) need a public figure the same as Cullen Jones is for African-Americans. USAS will also be adding another staff member to assist in the Diversity areas of the organization. It has been one individual until now.

Central Zone Meeting (also includes Friday, Sept. 20, 2009 portion)  
The 2009 Central Zone meets were reviewed.

It was decided to move the Senior Zone meet to the weekend of August 6-8, 2010 in Bismark. That is a weekend earlier than originally planned and coincides with both Central zone Age Group meets.

Kenosha, WI and Lincoln, NE were awarded the 2010 Central Zone Age group meets. Kenosha, WI will be hosting MI, OH, IL, MN, and WI for 2010 Central Zone Age Group meet.

Indianapolis, IN and Topeka, KS were awarded the 2011 Central Zone Age Group meets and a host/venue for the 2011 Central Zone Senior meet is needed.

### **Friday, September 18, 2009**

#### Coaches Meeting

Issue of passing new suit rules beginning Oct. 1 was addressed. IMX meet was talked about. Time standards remaining the same for 2010 as 2009 was discussed. The effect urine (from swimmers) has on pool air quality was addressed. Mostly this was a re-cap of previously discussed issues from other meetings.

#### Observation of Butterfly Technique

Butterfly stroke analysis by Russell Mark, video staff for USAS National Team. Analysis was based on video observations of top-athletes; did not have pre-conceived notions that were trying to be proved. Stressed difference in width if catch, but importance of an early, high-elbow catch. Discussed timing of breath and kick. Discussed pull patterns and differences in width. Find no correlation between distance and stroke differential. Russell also looked at kick length and noted that both kicks seemed to begin and end in same position, regardless of whether hips were up or down during kick.

Can email Russell at [mark@usaswimming.org](mailto:mark@usaswimming.org) for slides, but no videos can be attached.

### **Overview**

Obviously tech suits dominated many talks again. It was passed to start a new suit rule on Oct. 1. Also, a large emphasis was placed on the IMX program and meets at the Age Group level. There was a fair amount of discussion placed on retention of athletes, especially after the "Olympic bump". Time standards were also addressed at a number of meetings due to the change in suit rules for the upcoming year.