

2010 UNITED STATES AQUATIC SPORTS/USA SWIMMING CONVENTION

September 12-19, 2010

Dallas, Texas

RULES AND REGULATIONS

Majority of convention was spent going over the new Athlete Protection Policies which was presented by USA Swimming Board of Directors and the Youth Protection Task Force. The Rules and Regulations Committee reviewed the legislation with only minor recommendations but much discussion.

For a full list of the Rules and the effective dates of inclusion that were voted in at the House of Delegates meeting on Saturday, September 18th, 2010 can be found by going to www.usaswimming.org then at the HOME page click on the "About" tab then down to "Rules and Regulations". The new rules can be found under "Legislation Passed at HOD". The new rule changes are under "2010 Rules Adopted by HOD" and the new policies regarding athlete protection can also be found under that heading under "Athlete Protection Policies and Best Practice Guidelines".

Key items presented that under the Athlete Protection policy this is meant to protect ALL athletes and not just our minority athletes.

There was also talk about the difference between background screening and background checks with the screening going to be a little more thorough for new employees and will probably include a criminal background check, reference checks and DMV check. The background check will be for non-athlete members and will only entail a criminal background check.

DISABILITY SWIMMING WORKSHOP

Dave Dennisen was the guest speaker and gave an inspirational talk his background and coming back to the sport of swimming after an accident that cut his Olympic dreams short.

ONLINE PREDATORS

Deputy Chief Mike Sullivan (Chicago Branch of Internet Crimes Against Children) talked again this year. He reviewed grooming process of minors. A 30-45 minute downloadable Power Point Presentation for parents, guardians and children: www.netsmartz.org/Presentations-

BUDGET

The 2011 Budget Meeting presented that budget to be voted in at the House of Delegates meeting. A four-page explanation of some of the key budget items is attached.

WORLD FIT

Micki King and Gary Hall, Sr. presented the Childhood Obesity Project. World Fit is being fronted by Olympians for World Fitness with the key of expanding activities in schools, dissuade sedentary activities, provide role models and promote an active environment. World Fit is looking for community leaders to help with this project in local communities – World Fit will then try to find an Olympian in the area that will work with the schools as their role model. Other communities have had leaders such as Tyson Gary, Kaitlin Sandeno and John Nabers.

You can find more information by going to www.worldfit.org. 2011 World Fit Walk begins in April.

LSC LEADERSHIP WORKSHOP

The Workshop went over many key items that would be helpful at the club and LSC level. Key items were how to develop a mission statement for your club/LSC. The LEAP program for the LSCs was reviewed. Examples of Policy Manuals were given. Does your LSC have an Ethical Behavior and Conflict of Interest guideline (such as Potomac Valley Swimming's example). A Sample Whistleblower Policy was made available. Does your LSC have a Document Destruction Policy? Does your LSC have a Crisis Management? The workshop provided the Components of Crisis Management Plan.

FREESTYLE TECHNIQUE

Russell Mark gave another wonderful talk on freestyle. Broke down the stroke with the kick as the most overlooked component of the stroke. Russell talked about the catch and the breathing portions of the stroke. He emphasized being "connected" with bodyline and integrity to the body.

CENTRAL ZONES

Legislation was discussed. Zone sites were also voted on with the following meets for 2011:

Zones: 14U (August 5-7, 2011) @ Topeka, KS

Zones: SR (August 4-7, 2011) @ Franklin, IN

Speedos: Spring (March 10-13, 2011) @ Waukesha, WI

Speedos: Summer (July 21-24, 2011) @ Iowa City, IA

Submitted by Jeanne Drzewiecki, Administrative Vice Chair/Sanctioning Chair