

2012 USA Aquatics Convention in Greensboro, NC

Angela Monty- WI Swimming
Diversity Chair

Sr meeting 9/12/12

Currently-

1000 athletes for Sr. nationals

1200 athletes for Jr. nationals

Frank Busch's goal

1200 athletes for Sr. Nationals

1400 athletes for Jr. Nationals

August 6-10 Jr nationals 2014

July 4-11 is purposed date for 2016 trials.

Gives 26 days between trials and Rio. That is the same amount of days between trials and Olympics in 2012.

The plan is to set standards in Sept of 2014. The times will be honored from Summer nationals of 2014-through the trials. Control numbers of the meet and to keep 1000-1400 athletes at trials ideally 1200 participant range.

Old business

Oct 19 deadline for club excellence

18&under plus 19 seniors who has a birthday before August 1.

Age group development- IMX has 5 hosts this year.

Long term development. Retaining boys in the sport and age group best practices. More family friendly Meet formats. Whether or not to post 10& under time standards.

new business

Develop a task force to make sure there isn't a large gap being create between sectionals and juniors

Suggesting a c&d final for sectionals. A suggestion from the committee

Disabilities committee workshop 9/12/12

They took a survey of all of the LSC's to find out about what each LSC does for disabilities.

Does the Wisconsin Lsc have a disability award at a recognition banquet?
Inclusion chair- disability, diversity and outreach

We spent time discussing answers and what the represented LSC's do compared to the ideas.

The chair is supposed to be sending all of the information out in emails to everyone that attended the workshop.

They did ask if Wisconsin has an awards banquet and if we do not, we should have a disability award recognition at our annual banquet.

They also suggested that we should have an Inclusion chair- which includes disability, diversity and outreach as most LSC's have gone to this approach.

Russell Mark 9/13/12

National Team High Performance Consultant Rmark@usaswimming.org

Focus a lot of time working on uw kick counts and break outs by counting buoys on lane lines.

There is no one way to do it.
Everything is individualized

Women end of the season- Tempo higher stroke count remained the same for breast,back and 1 fly and the middle distance free

Men- tempo higher and strokes stayed the same.

Breaststroke- Keep arms in front of your stroke. For breaststroke keeping arms always moving forward. Don't pull back or grab as much water as possible just keep arms forward. Feet end low and some like to end in an upward kick. It will not hurt its long as the kick does not do again to mimicking a dolphin kick.

100 free breathing pattern for women's swimming USA top vs top in the world we take the most breaths. There may be a correlation between breathing and speed.

If the stroke is working and is fast, don't break it. Only fix the parts that are not working.

Head down in freestyle :)

Front starts-

1. Use your arms. Pull your body down with your arms to move your body forward. Pull face down and elbows up.

2. Stay low and forward off the start so you can get the best line into the water Don't lift your head or upper body and do not lean forward.

3. Set up on block with hips in front of back foot If no wedge in. The body weight should be spread 50/50 on feet If there is a wedge on the block, there should be more weight on the front foot

If you are too low to the water or lifting too much you can not get your back straight and body fully extended by the time that you hit the water.

Back arching downward shows that the body is flying a little to high

Drills to fix starts

Stand behind the block grab onto the front edge and grab and pulling themselves over face first

Don't tuck head. Eyes down.

Back stroke starts

1. Experiment with set up positions

So much variation among the best.... Need to individualize based on body type and strength

The thought is If you are leaning back more weight is on the wall And you are less likely to slip but that is not always the case. If it is fast and working don't break it.

Higher foot position- toes cannot be curled over anything Arms are going over them top. Higher are not locking out and they aren't pushing away.

Peer coaching works well. kids that are stronger with certain skills give secrets to kids that need to work on skills.

Evaluating success on starts has to be done by swimming a 50 because there is really no other way to really evaluate it.

It is subjective depending on foot position, dolphin kick, body position etc. if feet are dragging are they clearing the water? Are they behind when they start the dolphin kick?

Downward finish sets rotation up

Shallow hands for Missy Franklin in the backstroke Arms and catch up to the side immediately Not a whole lot of rotation Upper arm is in line with her back and fingers just unr the surface Missy uses what t best technique should be for back stroke Entry point should be just outside of the shoulders line. Any narrower and the rotation is late

That makes it hard to hit your catch after that. Rotation twin is a huge part of getting your catch.

Free

Strokes outside of the body and a good elbow bend under the body Fingertips down
Harder to get catch if you are narrow Hands should trace the side of the body

Freestyle

Should have. 5-6 kicks off of all walls no matter what Have a great front end of the stroke
catch starts with a bend in the wrist and it all follows from there

Breaststroke

Awesome line between every single stroke.

Head falls in between the arms

Doesn't have to look sight down as long as head is in between arms Definitive out sweep
and pull water in a circular pattern. Do not pull water back to your feet. Shape is kind of
an upside down heart.

Keep hands irony to keep body engage and moving forward- Wide out sweep

Diversity committee business meeting 9/13/12

Diversity committee outreach or diversity policy A swimming event brings in more
money to an area than professional sporting events. Each out to the local visitors and
convention bureau to promote your event.

Plan is to have a zone summit in the two year time frame and a national summit every
four years.

Outreach policy needs to be posted

Science and sports medicine 9/13/12

Foam rolling-

Using a roller they can figure out diagnostically where there muscles are locked up Use it
before and after practice It is different then stretching because you break up the soft
tissue adhesion and you get blood flow through much quicker and easier.

You can find directions and techniques on line to use them.

Utube or goggle it

Massage and ice are invaluable use them often! Used for Pain modulation. If you feel
good you swim good. Beneficial for short duration, high intensity 6-8 minutes
55-65 degrees cold tub/kiddy pool

most important thing for recovery

Cool down

Ice baths numbs the pain and gets rid of soreness- should try out regularly because it is a shock to the system.

Have to be hydrated before going in.

Carbohydrate within the hour before you get in the water

3-8 sips of water every 20 minutes

Easy test is 1. Pee should look like pale lemonade if it is totally clear that is a problem as well. That is an electrolyte issue needs salt.

Weigh yourself before and after practice. For every pound you lose you need to replace that with 16-24 ounces of water.

It is possible to have a reverse side effect can be cramping. Keep track of how much you are drinking make sure it is a balance.

one thing that has made a major difference in recovery is the use of compression suits. Use for senior swimmers not age groupers.

Think of it as - Post surgery you wear compression socks for recovery Study of 20 athletes not wearing compression suits vs 20 wear them.

A substantial decrease in muscle breakdown, improved lymphatic drainage and less soreness.

\$110 for a compression suit by Under Armour recharge suit. Wear them on flights. In training Use them after big kick set. In competition.

Recovery Cool down, soft tissue work, put your suit on and wear it during nap in between sessions. The suit also keeps you warm

If you need to keep energy level up all day and you can't take a nap- Be prepared with food and have a routine to keep you going with energy for the day. Force yourself to eat even if your stomach is not right. That will help you deal with the day

Oatmeal, dry cereal, pb and jelly sandwich.

There is no magic pill that is going to make everything better If you are not deficient in it don't take the supplement Eat. Breakfast . First.

There are no quick fixes

Post or pre workout stomach ailments

Liquid calories are easier to use at those times Try a two week diet.

Something small

Something simple

You have to slowly adapt to eating habits. Your body needs time to adjust.

Make adjustments in portion sizes, food sources, Change the culture on food needs and eating

NSF sport.com to look for safe protein brands Noting is guaranteed in the supplement world. Always use caution. There is not a safe supplement out there

The more consistent the energy levels the more efficient the practice and quicker the recovery.

If you become carbohydrate deficient your muscles are broken down. You need to incorporate carbohydrates in your diet

Build a nutritional plan for the season based on the workout Season plan and structure Taper time nutritional focus is very important Know the types of food, the amount of food and the time you are eating it.

Educate kids about phone use at bed time and not having the opportunity to wind down or looking at it too early in the morning. They hear every beep and buzz

nutrition should be individualized not Blanket plans Technology can either hurt or help what we need for nutrition Understanding when to shut it down and get your recovery is really important

Myfitnesspal.com

Drink ensure

Coaches have the greatest effect on athletes so use that as a positive and help them make good choices in food and recovery.

Michael Phelp's philosophy

Sleep, eat food, say no to ridiculous behaviors (get rest and behave especially at meets) and listen to your coach Start with foam rollers and when you can handle that use miofascial massage.

Coaches Meeting 9/14/12

Presentation for the diversity camp. Suggestions from 2012 OK host for future camps.

Please leave and arrive within a certain time frame

Head coach three assistants

Manager for coaches

Manager overall

Diversity workshop 9/14/12

Funding for the camp

Diversity

Human resources department for your Lsc

Problem solvers

Outreach membership

Establish your Lsc as a community leader inward safety education Make a splash and water safety days before summer

Fully implement outreach membership

Develop useful support structures for new teams and coaches develop limited schedule of targeted meets and activities