

2017 USAS Swimming Convention

This convention was definitely worthwhile and I learned a great deal from an Age Group Vice Chair position as well as from a coaching perspective.

Since this was my first convention and my first term as AGVC, my goal was to focus on seminars and workshops that I thought might be beneficial. Additionally, I tried, when available, to take in other seminars that may not be directly related to my chair position, but may help it indirectly.

While my days were packed, I was able to find time to socialize with my fellows LSC board members, which I found very valuable. It brought us together on common ground and in a more social setting rather than on a pool deck or in a board meeting. I feel these opportunities to learn more about each other will only allow us to work better as a group.

Diversity and Inclusion: I felt these were important seminars to attend as one of our Zones Meet is the Multi-Cultural Meet. This year we only 3 members represent Team Iowa, although I think the majority of this was due to the late notice of this meet, I feel we can have a better representation. For now, the meet is relatively small, so I might suggest putting a bid in to host this meet in Iowa, Des Moines perhaps. From an LSC perspective, I'd like to get the word out to attract more interest. Unfortunately, last year the meet information came out very late and the turnaround was too quick, as well as families already had their summers planned. As an LSC, let's get this information out as early as possible to the clubs, even if it's just basic info sent in early spring, so we can get our families to save the date. I wonder if more education even at the club level about our Outreach program would be beneficial. I also wonder if we can use some of the \$60,000 USA Swimming D & I has to offer to offset the cost swim at the club level. Or get some kind of USA Swimming lessons clinic scheduled. Could this swim lessons event take place during swimposium (if not this year then next)? I believe having that new level of USA Swimming Registration will also help. I think a lot of families, especially those in the beginning levels will see this as a huge bonus as I see sometimes the fees alone are a big deterrent.

Disability and Inclusion: This too was a very interesting seminar and one I feel ISI needs to be more aware of and participate more directly. The biggest challenge is identification of this population, a lot of swimmers with disabilities aren't being identified, therefore education becomes a huge focus. We need to get the LSC on board philosophically, and then figure out how to add verbiage on how teams can include para swimmers into meets. I think ISI should go beyond just having the APP-21 available and one paragraph in meet invites. More education for our coaches/teams. US Paralympics has a coaching course on line (USparalympics.org), USA swimming has on-line course available (search USA Foundation, then search for children with challenges) and ASCA offers coaching credits.

AQUATICS FOR CHILDREN WITH CHALLENGES!

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Children With Challenges online course and Children With Challenges Workshop are targeted to Aquatics Management personnel and Swim Coaches, providing ground-breaking training and information to help you and your staff achieve your program goals. For more information on Children With Challenges course options, or to register, for step one (Children With Challenges online course), click [here!](#)

ASCA Certified Coaches: Receive 15 ASCA Credits.

I'd like to work more with Karin Ford (if she is agreeable) on this avenue to see if we can come up with something for our LSC, even to start as small as links on the ISI website as a resource for coaches and then build from there. Perhaps we could work with other clubs/LSC in a mentoring capacity (potentially accessing USA Swimming dollars to pay for these mentorships). There is a clinic being offered in Colorado Springs. 2-2 to 2-4-2018. I would like to spread the word about the clinic and find it in the budget to send one or two folks (I would definitely be interested). Registration starts 10-1-2017 and they have 59 spots available. There will be a lot of hands on, so it's an excellent opportunity for coaches. The clinic is asking for the LSC to pay the airfare only, otherwise they will pay for the food and housing, as well as transportation to and from. Clinic attendees will stay at the USOC. See the attached flyer and consider putting it on the ISI website and getting it out to our clubs.

Tech Suit Discussion: This discussion was very informative and well run. It was basically a room full of LSCs from all over and representative from USA Swimming. They are currently gathering information and documentation but hope to have a decision very soon. The debate and points were well presented, and while there were both sides discussed, the overwhelming majority is in favor of some kind of policy against tech suits for 10 U and at least some kind of restrictions for 11-12. Several LSCs also mentioned that having a more unified front will help any kind of policy passed at the local level. I would like this to remain in the forefront of our discussion. I would like us to consider having some kind of restrictions, but I think it would be better served if we hold off to see how USA Swimming wants to address this issue.

Open Water Seminar: This was one of my favorite seminars as it was eye-opening. I know very little about open water, but want to learn more and share it among our swimming community. What struck me most about this seminar, was how seemingly simple it is to train for open water, and that the majority of training is done indoors. Denny Ryther gave an excellent presentation to include simple drills that can be done in an indoor pool, as well as hints on how to make your own equipment. Team Iowa attends the Zones Open Water event, however last year we had 15 swimmers represent our state. Qualifying times are based on distance events swum in the pool, so every one of our swimmers has the opportunity to work towards swimming at this meet. I think the biggest hurdle for our LSC is education and opportunities...or simply where to look for these things. Denny Ryther pointed out there is additional resources that can be found on World Open Water Association website, including education opportunities. (<https://www.worldopenwaterswimmingassociation.com/>). In addition, ASCA website also has coaching certification that can be achieved and is recognized by WOWA. Moving forward, I'd like to get more of our club swimmers involved in open water, especially at the Zones level. Iowa Flyers Swim Club has committed to hosting an Open Water Clinic for swimmers of all ages

and abilities (1/21/2018). Additionally, in briefly speaking with Andrea Kelly, there's the thought of trying to host an open water event sometime in early summer before the Zones meet. It is my goal to somehow connect the two events to get our pool kids involved and by that grow the Team Iowa presence at the Open Water Zones meet in 2018.