

Open Water and Central Zones Reports

Open Water: June 15, 2018

Pleasant Prairie, WI

1. Open water clinic, dinner and meet check in: 6/14/2018
2. Coach's travel 6/14/2018 to 6/16/2018. Meet was done by noon, which left plenty of time for travel. Unless the meet is held in another location travel time can be reduced to 2 days, one overnight.
3. Meet Stats: Team Iowa had 13 participants represented by 4 clubs. Total swimmers at the meet was about 250 and 11 states were present. Team Iowa finished 5th overall, with 6 award winners and one Junior National Qualifier (Audrey Repko).
4. Wisconsin has hosted this meet for several years and seems to have the event organized well. The clinic/dinner offered the day before seems to make it easier for those swimmers with little to no open water experience.
5. With 13 swimmers and 4 clubs represented, Iowa is sorely under represented. We need to do better as an LSC in promoting and providing instructional opportunities for open water events. Open water racing is largely untapped by Iowa Swimming, and we need to do a better job getting the word out, demystifying it, etc. Teams get wrapped up in their seasons and scheduled meets, it would be great if we scheduled time to work in some open water training (90% of OW training is done in a pool) during LC season. Perhaps teams can get together and run a few practices/practice meets in a LC pool (it would be no different than contacting a team to schedule a dual meet). As the weather gets warmer, get teams together for some outside practice times. Make it easy to start and then add in layers, such as concentrated technique work (turns, siting, etc).

Central Zones 14U Championships: August 2-5, 2018.

University of Minnesota, Minneapolis, MN

1. Warm-ups, Team photos and Team Iowa Meeting: 8/1/2018.
2. Coach's travel 8/1/2018 to 8/6/2018. Length of drive time for the coaches made a Monday departure much appreciated.
3. Coaching staff got off to a rocky start. We initially had 4 coaches and 1 back up approved. Midsummer, one of the coaches backed out and we offered the position to the back-up coach, who accepted with no hesitation. Unfortunately, at the last minute the back-up coach could not commit to all 4 days but was willing to stay up until he had to leave. I felt this did not set a good precedence; requiring our team to stay for the entire meet but allowing our coaches to leave early. I contacted coach's rep, Nick Lakin, who was in complete support of my plan to send out an email to take coaching nominations with a deadline. From these emails we were able to find a replacement and another back-up.
4. Meet Stats: Team Iowa had 80 participants. Total swimmers at the meet was about 600 and 8 states were present. Team Iowa finished 4th overall, with 4 new CZ Records (Zoe Davey, Parker

Macho and Mason Turner), 3 individual high point awards, 26 top 3 individual finishes for 11 and over and 10 top 3 individual finishes for 10U.

5. Foxjet has hosted this meet a couple of times and does a fantastic job in general. Getting checked in on Wednesday was a bit unorganized, however that was quickly resolved. Coach's meeting was brief, but very informative. Any issues that came up throughout the meet was communicated with the coaches quickly and often, which was appreciated. There were issues such as construction and parking (due to other planned events on campus) that caused a few problems, but minimally impacted Team Iowa as our hotel was an easy walk.
6. The meet ran well, and Team Iowa did a fantastic job. Eighty Swimmers from all over ISI came together as one team and did a great job supporting one another. It was a very positive experience. Swimmers were assigned a coach according to age group and this worked well and provided almost immediate individual attention before and after races.
 - a. Unfortunately, towards the end of the meet all the work in planning, organizing and creating team cohesiveness started to unravel as parents were in a hurry to leave.

Thoughts:/Actions:

Team Iowa has tried not sticking to the COC with respects to staying for the entire meet in 2017 and from what I understand it was a disaster. Team Iowa tried to stick to the COC with respects to staying for the entire meet in 2018, which was equally a disaster. Simply put, this part of the COC is not working. The coaching staff's primary job is to coach, not to field angry emails/texts/calls. I would like to revisit the COC and purpose to make changes/clarifications. I will be putting forth a proposal at the 10/2018 Fall HOD Meeting to bring back mandatory team travel.

At present time ISI does not have set guidelines for coach's travels. My goal is to see coaches fairly reimbursed for expenses, but also be mindful of ISI budgets. Here are my initial thoughts, which I have initially shared with Phil, Doug and Marie back in 7/23/2018:

1. *All coaches should be reimbursed for mileage assuming there is no way to coordinate carpooling (geographically not economical).*
 - a. *Coaches should NOT be reimbursed for mileage if they decide to go to the meet earlier for other reasons causing carpool possibilities not to happen. For example, going early or staying after to visit with friends/family.*
 - b. *Coaches should NOT be reimbursed for mileage if they choose not to carpool and there are options available.*
 - c. *Coaches should NOT be reimbursed for mileage if they are bringing family (non-meet swimmers).*
 - d. *Coaches should be reimbursed a portion (1/2 maybe?) if they are bringing child(ren) who will be swimming at the meet causing carpooling possibilities not to happen.*
2. *Hotel Rooms:*

- a. *Coach's rooms should be double occupancy unless numbers and/or gender does not permit it.*
 - b. *Coaches who do not want to share a room or stay at the team hotel should NOT be reimbursed.*
 - c. *Coaches who bring family (non-meet swimmer) should NOT be reimbursed.*
 - d. *Coaches should be reimbursed a portion (1/2 maybe?) of the room block rate (assuming room block rate is cheaper) if they are bringing child(ren) who will be swimming at the meet.*
3. *Per Diem:*
- a. *A coach should be reimbursed per diem rate according what ISI has set forth, assuming meals are not provided.*
 - b. *A coach should be reimbursed per diem rate if they miss meals provided by the host team.*
 - c. *If a coach has dietary restrictions, they should be reimbursed when suitable alternatives are not available.*

Working with Splash is about one of the easiest things to do in preparing for a Zones Meet. Their design staff is prompt and talented. Picking and creating designs is incredibly easy, especially if we have a starting point. The staff does a great job and is very aware of our ISI budget and so little things that can add up are usually taken care of (coach's polos ordered for Dan where not charged to us). They do a great job organizing merchandise, which makes dissemination very easy. I did speak with Eric and he has identified a few areas that hamper this process, we will be talking in the future about ways we can improve this process. One easy fix we can make is requiring parents to put both their names and swimmer's names on an order form (online or in person) allowing the staff to match swimmer to orders. By doing this it will help us more quickly identify families who may have ordered incorrectly or have not ordered at all.