



Iowa Swimming, Inc

January 2018
Newsletter

**Supporting swimmers, clubs, coaches, officials, parents,
and volunteers by providing resources for excellence.
Striving for excellence in swimming.**

Athlete Centered - Inclusive - Dedicated - Ethical

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From the General Chair

Hi everyone,

Firstly, I'd like to thank you for being members of the Iowa Local Swim Committee (LSC) – either as an athlete, coach, volunteer, parent or employee (in some cases, more than one), all participating in this great sport and each contributing to our success. Since my family started with USA Swimming, we've witnessed tremendous growth. Over the past 10 years, the number of registered swimmers in the Iowa LSC has grown over 107% (from 1,470 in 2007 to over 3000 last year) which is the second highest in USA Swimming (North Dakota grew by 145% in the same period) and much greater than USA Swimming overall (which grew at just over 46%). We've seen an increase in the number of clubs, coaches and officials. Not only are we seeing tremendous growth with new swimmers, but our annual retention rate (78.5% last year) is also only second to North Dakota (which was 78.8%) - both of those being a fair bit higher than the national rate (~74%).

However, growing our LSC is only a small part of what we should be striving for. We have redefined our mission, goals and values over the past few years to try and provide better focus on what we, as a group, want to achieve for the membership of this LSC. This doesn't come easy and it's best achieved with as many people as possible contributing ideas, skills and time to make the LSC the best it can be for our swimmer, coach and family members. Some may not realize that the LSC has only two (part-time) employees. The mechanics behind running the LSC and meets are provided by volunteers who provide the basis for success for all our athletes and coaches.

As a Board, we want to respond to suggestions and requests from our membership – (one of the reasons for this newsletter), provide resources and opportunity for all our athlete and non-athlete members, and encourage more participation in the governance of the LSC. We want feedback – with suggestions for improvement – and members willing to help out. We are trying some new ideas (and resurrecting old ones) such as during this year, we will have our first joint coach/athlete workshop with the Iowa High School Swim Coaches Association and YMCA in April, the first USA Swimming Swimposium for 7 years in Iowa during October and sending some of our senior athletes and a junior coach to leadership classes with USA Swimming. We will be having our first Silver Championships this year prior to the LSC Championships and we are looking for ways to provide an LSC season culminating meet for those athletes who aren't able to achieve Silver qualifications (our Mission and

Vision are around individual excellence – not being the best of the best). We've also had an increased focus on expanding access to swimming as a sport with our diversity and disability committees – areas where I believe we can significantly improve opportunities for access within our communities.

We do have challenges ahead and we need your input and support. We will be electing new board members at the next House of Delegates in April – it would be great to get more people involved at both the House and on the Board. If you're interested, let us know!

Cheers,
Phil Barnes

Upcoming Events

- **Dash Valentine's Classic:** February 3-4, 2018 - Hempstead HS, Dubuque
- **NST Nordic Invite:** February 3, 2018 - Luther College, Decorah
- **2018 Iowa Swimming Silver Championships East:** February 9-11, 2018 - Linn-Mar Aquatic Center - Marion
- **2018 Iowa Swimming Silver Championships West:** February 9-11, 2018 - Valley HS - West Des Moines
- **2018 Iowa Swimming Short Course Championships:** February 22-25, 2018 - University of Iowa - Iowa City
- **2018 Iowa Swimming Age Group Championships:** March 1-4, 2018 - Wellmark YMCA - Des Moines
- **Speedo Sectionals:** March 8-11, 2018 - Pleasant Prairie, WI

For meet information, entry details, forms and documents, click [here](#).

Championship Meet Evaluation Form

Silver Championship Qualifying Times Updated

The Silver Championship Qualifying Times were updated in December, to correct an error in the method used to determine those times. The updated times are posted [here](#). In addition, Bonus and Mirrored events have been added. The rules regarding Bonus events, and a description of Mirrored events are as described below.

Questions may be directed to Brian Ruffles, Technical Planning Committee Chair at brian.ruffles@iaswim.org.

i. Athletes may not enter more than four individual events per day plus relays.

ii. Bonus Events - Subject to the daily limit of events, as stated above, any athlete who qualifies for only one event may enter two more events for the meet even if they have not met the Silver time standard in the two additional events. Any athlete who qualifies for only two events may enter one more event for the meet even if they have not met the Silver time standard in the additional event.

iii. Mirrored Events: Subject to the daily limit of events, as stated above:

a. An athlete who has achieved a Silver qualifying time standard in the 100 or 200 Butterfly, Backstroke or Breaststroke may enter both events of that stroke.

b. An athlete who has achieved a Silver qualifying time standard in the 200 or 400 IM may enter both events.

c. An athlete who has achieved a Silver qualifying time standard in the 500 Free, 1000 free or 1650 free may enter all three events.

iv. Athletes may not enter Bonus or Mirrored events if they have achieved an Iowa Q time standard for the initial Bonus or Mirrored event unless they have a Silver qualifying time standard for the bonus or Mirrored event.
v. Athletes entering bonus or mirrored events shall be seeded at the slowest non-conforming qualifying time for the event.
vi. Clubs entering athletes in Bonus or Mirrored shall note these events as "bonus" events in their entry file.

ISI/Judy Hoffman Memorial Scholarship Award Application

deadline is March 15! For detailed information about the scholarship, click [here](#).

2018 Club Excellence Program

Four Iowa Swimming, Inc clubs have earned a place in the 2018 Club Excellence Results!

Congratulations **IFLY, ACAC, CIA, and L4A** on achieving Bronze Medal Club status.



The Club Excellence program recognizes USA Swimming's top 200 clubs (out of nearly 3,000). The top 20 clubs earn Gold level ranking, the next 21-100 earn Silver level ranking, and the next 100 clubs are awarded Bronze level. Ranking scores are based on the FINA Points table, which assigns point values to performances based on time standards. Click [here](#) to learn more and view the complete 2018 Club Excellence results.

Team Iowa Takes 3rd at 2018 Midwest All Star Championship Meet

Team Iowa made a big splash at the 2018 Midwest All Star Championships in Elkhorn, NE. 82 Team Iowa swimmers competed against Colorado Swimming, Midwestern, South Dakota and North Dakota LSCs during the three-session meet. Team Iowa collected 682.5 points for third; behind Midwestern with 802.5 points. Colorado Swimming won the team championship title with 1733.5 points.

Team Iowa had three swimmers who won an individual High Point Award. Parker Macho (9) finished second overall in the boys 10 and under category. Macho was the Midwest All Star Champion in the boys 10 and under 200 free (2:04.44), 50 fly (29.60) and 100 fly (1:03.72). He also finished second overall in the boys 10 and under 50 free (27.55), 200 IM (2:22.91) and finished third in the 100 IM (1:07.59).



Aurora Roghair (14) and Hayley Kimmel (13) finished first and second in the girls 13 & 14 High Point category. Roghair was the Midwest All Star Champion in the girls 13 & 14 200 free (1:52.01), 200 back (2:03.37) and 500 free (4:59.68). She also finished second overall in the girls 13 & 14 100 free (52.68), third in the 100 back (58.98) and fourth in the 400 IM (4:35.68). Kimmel was the Midwest All Star Champion in the girls 13 & 14 200 IM (2:04.67) and 400 IM (4:27.03). She also finished second overall in the girls 13 & 14 50 free (24.69) and 100 fly (56.84) and fourth in the 200 fly (2:12.24) and 200 breast (2:25.42).

Team Iowa had three other swimmers who were crowned 2018 Midwest All Star Champions at the meet:

Gavin Phillips (12) – 11&12 100 IM (1:01.16)

Mason Turner (11) – 11&12 500 Free (5:08.30)

Carlee Wilkins (12) – 11&12 100 Back (1:01.66)

-Submitted by 2018 Team Iowa MAS Coach Eric Crawford

Junior Nationals West held in Iowa City

The 2017 Speedo Winter Junior Championships were held December 6 – 9, 2017 at the University of Iowa Campus Recreation and Wellness Center in Iowa City. 38 swimmers, representing 6 ISI clubs, competed at the meet, the first national level age-group meet to be hosted within our LSC. Results [here](#).



ISI Officials

Happy New Year to all of our ISI Swim Officials! The January Officials Newsletter is posted [here](#).

Take a look at all of the Official happenings, including Junior Nationals, new ISI officials, and upcoming championship meet info.

Please also check out the new [Officials Team Unify site](#).



Rules and Regulations Changes

For new USA Swimming Rules that went into effect January 1, 2018, click [here](#).

Iowa Swimming's HOD passed a tech suit ban for 10 and Under swimmers at ISI sanctioned meets. The new rule will take effect April 1, 2018 and states that swimmers ages ten years old and younger shall not complete in tech suits during ISI sanctioned competition.

A list of the restricted suits will be posted and maintained on the ISI website, and will be revised and updated by the Technical Planning Committee as needed. Several other LSCs have passed similar legislation, including Southern California, Arkansas, Maine, and New England.



USA Swimming announced in August that it has commissioned a study into tech suits in age group swimming, and will be discussing the results of that study at the February USA Swimming Board Meeting.

Spring 2018 House of Delegates

The Awards Banquet and HOD meeting scheduled for April 28-29, 2018 will be held in Des Moines (not Cedar Falls, as previously stated). More details in the March 2018 newsletter.

IOWA SWIMMING, INC | 563-391-5832 | [Website](#)

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