



Iowa Swimming, Inc

Supporting swimmers, clubs, coaches, officials, parents, and volunteers by providing resources for excellence.

Striving for excellence in swimming.

Athlete Centered - Inclusive - Dedicated - Ethical

March 2018 Newsletter

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From the General Chair

Hi everyone,

Hopefully your swimmers had a successful winter season (after all, isn't that why we are here?). I'd like to thank our coaches and volunteers for their continued support and commitment. We had some great meets to culminate the winter competition with some firsts - our first Silver Championships in Des Moines and Marion and our first LSC Age Group Championships at the new YMCA pool in Des Moines, with our Senior Championships between those two weekends. The final meets for the season for some of our athletes are the Sectional Championships at Pleasant Prairie and the NCSA meets in Orlando. I'm looking forward to seeing the meet and season summaries that we will present at the Spring House of Delegates.

Speaking of the HoD, please plan on supporting the LSC by attending the meetings in Des Moines next month. Firstly, it's an opportunity for athletes, coaches and volunteers to meet separately and then together to further develop our LSC. Secondly, we will be electing new board members including General Chair, Admin Vice Chair, and chairs for the diversity and inclusion committees. If you're interested, please contact the ISI office who will put you in contact with the nomination committee.

So then what's next? Our long course season, of course! This year promises to be an even busier season with more Iowa swimmers participating in more meets in and out of Iowa. We are seeing some positive trends with more outreach swimmers, more swimmers attending diversity camps and a larger contingent of athletes and officials at open water meets. This season we will most likely have some swimmers having to choose between our Long Course Champs and USA Swimming Nationals as they are the same weekend (which to me is a good thing in that it indicates the capabilities of our swimmers). However we need parent and volunteer participation to help make this and following seasons better for all our swimmers. This includes swim meets, clinics and LSC management. I look forward to seeing old friends and new contributors in the months ahead as we work to help our swimmers enjoy themselves in the pool.

Cheers,

Phil Barnes

Upcoming Events

- **ISI Scholarship [Application Deadline](#):** March 15, 2018
- **Bid Meeting:** April 14, 2018 - 9:00 am, Cedar Falls Recreation Center
- **Annual ISI Awards Banquet:** April 28, 2018 5:30-9:00pm - Science Center of Iowa
Registration: click [here](#)
- **Spring 2018 House of Delegates:** April 29, 2018 - Hilton Des Moines Downtown
11:30am - 12:30pm Coach, Athlete & Officials Meetings 1:00-3:00pm House of Delegates Meeting



Iowa Swimming is committed to **Safe Sport**, and encourages all of its members to take every opportunity to educate and advocate within your club and community.

For any questions, concerns, or help, please contact the ISI office, and be sure to visit www.usaswimming.org for Safe Sport team resources, Athlete Protection Training or to report a concern. Additionally, please read the following:

[About Bill S.534, the Safe Sport Authorization Act of 2017](#)

[Safe Sport Best Practices](#)

[Statement from Athlete Members of USA Swimming's Board of Directors](#)

Diversity & Inclusion

National Diversity Select Camp



Congrats to **Aurora Roghair** from IFLY on being selected to attend the 12th Annual National Diversity Select Camp May 3-6 at the US Olympic Training Center in Colorado Springs, Colorado. 48 swimmers ages 14-16, representing 42 clubs, from 22 states, were selected this year to attend the 3 day camp. Eligibility to apply for selection is based on several factors. Swimmers must have achieved at least one Diversity Select Camp Time Standard (13-14 AAAA National Motivational Times), and must represent an ethnically under-represented population that is less than 10% of the current USA Swimming membership. Additionally, 6 members of each gender are chosen from Outreach membership applicants. For more information, click [here](#).

Outreach Membership

USA Swimming is committed to increasing multicultural, ethnic, and socioeconomic diversity at all levels of the sport to foster an inclusive swimming environment. Outreach Membership offers eligible athletes full, year-round membership in USA Swimming for a reduced cost of \$5. To participate, athletes need only submit a [Year-Round Outreach Athlete Registration Application](#) and **one** of the following documents as proof of eligibility:

-Proof of reduced/free lunch program participation. Please provide a verification letter from a school administrator.

-SNAP (food stamps). Please provide current date Notice of Action letter.

-Proof of annual income. Please provide previous or current year IRS Tax Return showing household's income is within limits of the Federal Income Eligibility Guidelines.

[Outreach FAQ](#)

Please note, Outreach is a USA Swimming program to assist with annual costs of USA Swimming Membership. Many individual clubs also offer some level of financial assistance for monthly club fees. Please ask your club leadership for details.

Short Course Championship Awards

[Senior Short Course Championships](#)

Men Individual High Point

- 1st - Dalton Lillibridge - ACAC - 105
- 2nd - Caleb Aman - L4A - 86
- 3rd - Trent Frandson - CIA - 85

Women Individual High Point

- 1st - Sophie Sorenson - ACAC - 108
- 2nd - Amy Feddersen - ACAC - 97
- 3rd - Brinley Horras - ACAC - 86

Team High Point

- 1st - Central Iowa Aquatics - 1544
- 2nd - Ames Cyclone Aquatic Club - 1535.5
- 3rd - Dowling Catholic Riptide - 754

Senior Coaching Staff of the Year

Ames Cyclone Aquatic Club, led by Head Coach Mike Peterson

ISI Sportsmanship Award

Des Moines Swimming Federation

[Age Group Short Course Championships](#)

Girls Individual High Point

10&U

- 1st - Anna Huss - CIA
- 2nd - Faith Frantum - CIA
- 3rd - Andra Robertson - ACAC

11-12

- 1st - Kolby Reese - UN
- 2nd - Alex Harswick - ACAC
- 3rd - Ellie Hance - EISF

13-14

- 1st - Aurora Roghair - IFLY
- 2nd - Hayley Kimmel - LMST
- 3rd - Annie Galvin - ACAC

Team High Point

- 1st - Central Iowa Aquatics - 3,248
- 2nd - Iowa Flyers Swim Club - 2547.5
- 3rd - Ames Cyclone Aquatic Club - 2,309

Boys Individual High Point

10&U

- 1st - Finn Martin - UN
- 2nd - Parker Macho - EISF
- 3rd - Brady Fitz - CIA

11-12

- 1st - Gavin Phillips - WAUK
- 2nd - Finn Nadel - CIA
- 3rd - (3 way tie) Kyle Gjoraas - BLAZ, Klein Brock - CIA, Mason Turner - EISF

13-14

- 1st - Drew Reiter - CIA
- 2nd - Alex Stone - L4A
- 3rd - Colin Kilcoin - PSC

ISI Sportsmanship Award

Northeastern Swim Team

Age Group Coaching Staff Award

Northeastern Swim Team led by Head Coach Eric Crawford

[Championship Meet Evaluation Form](#)

Photographer **Chris Pose** has become a familiar face on deck for many athletes, officials and coaches over the



years. His professional quality photos encompass so many of the pieces of our sport - swimmers in the water, but also preparing for a race, launching off the blocks, a winning relay on the podium, laughing with friends, cheering on teammates. The intensity of a coach, officials at work, and volunteers lending a hand - even parents in the bleachers can occasionally be found in his albums.

The photos have always been free for the athletes and their families, and his site cposephoto allows them to download them in full resolution. "What's the password?!?" can be heard all weekend long by athletes wanting to see if Mr. Pose captured a shot of their race.

Chris started taking photos when his daughters swam with the YMCA swim program at Waukee (2009). When his oldest daughter enrolled at Dowling High School, he began taking photos at both girls and boys high school swim meets, and in 2012, began taking photos for Central Iowa Aquatics. Since that time, his photo work for USA Swimming and ISI has expanded to include all teams.

"I have attended ISI Long Course and Short Course Championship meets, and in the process have come to know kids from all across the state. I have also been taking photos at the the Boys and Girls High School State meets since 2012. When I attend high school invite meets I take photos of kids from all teams because so many swimmers also swim on ISI teams."

"My favorite part of the sport is the kids who work hard everyday to improve. They are friends with each other in and out of the water. They all share one common enemy and that is the ticking clock. I enjoy capturing athletes in action to preserve their memories. I intend to keep taking photos for as long as I am able."

Thank you to Chris Pose for your gift of time and talent to the athletes and families in our LSC! Also...what's the password?

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