

2015 USAS Convention, Kansas City, Missouri, September 30 to October 3, 2015

Notes of meetings attended by Paul Eure, as alternate Age Group Chair

**Thursday 8 to 9:50 AM-LSC Age Group Chairs Workshop #1**

I. Speaker-Frank Busch-National Team Director

Age Group Coaches are the front line of USA Swimming

What Age Group coaches need to do:

- A. Sell the value of “hard work” to the athletes
- B. Teach the “Team” concept
- C. Be a leader and Roll model
- D. Demand a simple team code to be followed
  - a. Show up
  - b. Pay attention
  - c. Tell the truth
  - d. Honor your team mates by your effort
- E. Any message you give, even if you only catch one athlete, you’re successful

II. Tech Suits for Age Groupers-Discussion

Should they be banned for Age Group competition?

Open Forum-Consensus is to ban them by USA Swimming. Opinions should be sent to USA Swimming Age Group Chair-Bill Marlin at [bill.marlin@verizon.net](mailto:bill.marlin@verizon.net)

III. Marketing

- a. Applications on line for Swim Today kits at [www.swimtoday.org](http://www.swimtoday.org)
- b. Swimjitsu-contact if you would like an event hosted in your area at [swimjitsu.com](http://swimjitsu.com)

IV. Athlete project

Get athletes and parents to buy into the Athlete Protection Training-Some LSCs offer incentives for teams who do. \$50 if 50% of the parents and athletes partake, \$100 if 75%.....

V. R2 Legislation Discussion which will raise the maximum daily event limit. Probably won’t happen due to lack of support, but consensus is that it makes sense.

VI. USA Swimming Progression for Athlete Development. We viewed and discussed the components. It should be easily accessible on the USA Swimming Website within months. It looks like a great tool which encompasses the progression of athletes in all areas: Biomechanical, Physiological, Character Development and Life Skills, and Psychological; of a swimmers development.

### **Thursday 10 AM to Noon-Central Zone, Section 1, Coach's Meeting**

- Section 1 Championship Meet (especially summer meet) has gotten too big. The only viable solution by those present is to toughen up the qualifying standards.
- Change-D Finals will be protected at all Section 1 Meets regardless of how large the meet is. Currently, it was only protected if the meet was beyond a certain size.
- 2016 Spring Sectional Meet-Pleasant Prairie, WI; March 10-13, 2016
- 2016 Summer Sectional Meet-Brown Deer, WI; July 21-24, 2016
- 2017 Spring Sectional Meet-Iowa City, IA; March 9-12, 2017
- 2017 Summer Sectional Meet-Minneapolis, MN; July 19-22

### **Thursday 1 to 2:50 PM-LSC Age Group Chair's Workshop #2**

Presentation by David Benzel-"How Credible Coaches Think"

- Outstanding presentation about running effective and positive programs for athletes
- Athletes can be inspired, but motivation can only come from inside, but can be the result of positive inspiration.
- Motivation is the pursuit of a need.
- Self Discipline is when you do something you don't want to do because it's good for you.
- We need to teach our athletes to strive to "learn more", not "look good."
  - Praise actions, not being. If being is praised, there's no positive reinforcement for good actions.
- Be an Excellence Coach, not a Gotcha Coach.
  - Encourage, Educate, Edify
  - Don't Criticize, Condemn, and Complain
- For every negative emotional moment, we need three to five positive emotional moments to overcome.
- Four parts of coaching-Inspiration, Instruction, Strategy, Structure
  - If I'm weak on one part, I need to find assistants who can supply what I lack.
- Three phases of athletics are Fun, Technical, Mastering
  - We lose athletes during the technical phase
- More information: [www.growingchampionsforlife.com](http://www.growingchampionsforlife.com)

### **Thursday 7 to 9 PM-Central Zone Meeting**

- 2016 Upcoming Dates:
  - June 16-19; Diversity Camp; Omaha, NE
  - June 23-24; Open Water Meet, Pleasant Prairie, WI
  - August 4-7; Mega Zone Meet, Indianapolis, IN
- Mega Zone Meet looks like it will be very large
  - Tight Time Line
  - Crowded Warm ups
  - Four days
- Other Zone issues to be addressed:
  - Looking forward, what needs to be done to make the Zone meets more manageable? Faster cuts; add another session; cut down number of entries? No resolution was presented, but AgeGroup Chairs are encouraged to add their preferred method of dealing with this meet.

- Payment for officials and USA official evaluators to attend the meet. Who should be paying for their travel, lodging, and expenses? Host club is the logical choice and this should be written into the host team's responsibilities.

#### **Friday 8 to 9:50 AM-Coaches' Meeting**

- Open Forum to discuss how coaches deal with our current generation of athletes who want instant gratification. Kids these days need reasons why they do things.
- Points of emphasis I need to bring back to my team:
  - a. Being a great swimmer at 18 and beyond is the goal, not necessarily at 10 and then quitting the sport before becoming a teenager.
  - b. Give concrete and specific expectations.
  - c. Keep in constant communication with the other coaches.
  - d. You need to train fast to compete fast
  - e. You need to train with good technique to compete with good technique.
  - f. Learn a work ethic
  - g. Learn how to enjoy a work ethic.

#### **Friday 10 AM to Noon-Open Water**

This was an informational rehashing of the selected open water meets from 2015. Competitions went well for the most part. Athletes commented that the finish line needs to be set up and introduced to the athletes prior to the race, preferably the day before and described vividly in the meet information so they know what they will be looking for as they finish their race.

#### **Friday 3:30 to 5:30-Central Zone**

This meeting was the legislation meeting for the Zone. Minimal legislation occurred, new Zone Director was selected, Bradley from Rochester, MN.

#### **Friday 7 to 9 PM-House of Delegates**

General speeches by the president, memorial presentations, life membership, awards.

#### **Saturday 9 AM to 2 PM-House of Delegates**

Membership report, USSIC report, Foundation Report, Credential Report, Budget passage, Rules and Regulation changes. Very quick meeting with little debate. Major change is the elimination of time adjustments for timing equipment malfunctions.

**Saturday 7 to 10 PM-USOC Banquet**

Great Food, Great Speakers, Great entertainment.

Thank you for this opportunity to serve ISI and attend this banquet.

Respectfully submitted by Paul Eure, substitute Age Group Chair, Iowa Swimming, INC.