

## USA Swimming 2015 National Convention highlights

A report to the ISI Board of Directors

Dave Joensen, ISI Safe Sport Chair

### Safe Sport

Safe sport had three meetings during convention. During these meetings, the directors of Safe Sport highlighted the achievements of the Safe Sport committee during the past year, outlined goals for the upcoming year, and then guided participants through different scenarios, where discussion was on how to handle different situations, which were based on real life.

Here are the goals for 2016.

- Increase the number and responsibilities of Safe Sport Chairs and LSC/Club safe sport workers
- Encourage and support work done at the club level
- Utilize swim meets as parent engagement opportunities

Here is a summary of work done at LSC level in 2015.

- LSC workshops at HOD meetings, and swimposiums.
- USA Swimming webinars on safe sport
- Lake Erie has had athlete and parent workshops
- Maryland had incentive programs to get athletes involved
- Safe Sport is presented at all Regional Coaching Clinics

Here is upcoming programming for Safe Sport

- National Athlete Fellowship program
- Updated Safe Sport Handbook
- April 22-24 LSC Leadership Workshop (Denver CO)

### LEAP Program

Here is a summary of the LSC Evaluation and Achievement Program (LEAP) accomplishments over the past year.

- 3 Levels
- 4 areas
  - Business organization
  - Volunteer Development
  - Club and Coach Development
  - Athlete Development
- Very similar to the Club Recognition program
- Helps LSCs operate more effectively and efficiently
- All LSCs need to be recertified every Olympic Quadrennium
- Iowa has recertified Level 1 and is working on Level 2
- Financial incentive to finishing the program

There are two LSCs which have earned level 3 LEAP status. A number of other LSCS have achieved Level 2. These LSCs were presented with checks at the HOD meeting.

## Central Zone Workshops

There were three Central Zone meetings held during the week.

Here is a list of accomplishments

- Central Zone Handbook Updated
- John Bradley or Rochester Orcas voted Central Zone Coach Director
- 2016 Central Zone Meets were awarded
  - 14 and Under Zones either at Rochester MN or Pleasant Prairie.
    - ISI location not assigned yet.
    - August 4-6 or
    - Aug 11-13
  - Multi cultural meet – 6/17 or 6/23 at Ohio State
  - Open Water Champs – Pleasant Prairie

Here are upcoming National Level Competitions in the Central Zone 2015-2016

- Arena Pro Series at Minneapolis Nov. 12-14, 2015
  - Mutual of Omaha Duel in the Pool - Indianapolis, IN Dec 11 - 12, 2015
  - Arena Pro Series - Indianapolis, IN June 2 - 5, 2016
  - Omaha Cup - Omaha, NE June 16 - 17, 2016
  - USA Olympic Trials - Omaha, NE June 26 - July 3, 2016
  - US Open - Minneapolis, MN August 2-6, 2016
  - USA Speedo Junior National - Minneapolis, MN August 8 - 12, 2016
- Central Zone Section 1 Meet assignments:
- Spring: 2016 March 10 - 13 Pleasant Prairie, WI LCM
  - Summer: 2016 July 21 - 24 Brown Deer, WI LCM

There were 2 Coach Workshops held during the week. The first was entitled "What's new in swimming technique" presented by Russell Mark. The other was an open forum entitled "How can coaches focus on long-term development." And moderated by the Western Zone Coach director

## Mighty 2500 Reunion.

ISI is part of the Mighty 2500. This is a collection of LSCs whose athlete registrations number 2500 or fewer. These are the smallest LSCs in the country and they have specific needs. In 2013, there was a workshop in Colorado Springs for this group. At the 2015 convention, there was a reunion of the Mighty 2500. Representatives from each of the LSCs talked about accomplishments they've achieved since the original workshop

## Key Legislation passed

Here is a list of key legislation passed at the 2015 Conventi

- Deck change definition refined
- Any individual banned, suspended or on probation from USA Swimming is barred from volunteering, or being on deck at any LSC sanctioned event
- A Safe Sport Chair must be voting member of LSC's Board of Directors
- Athletes must have 20% representation on any USA Swimming or LSC committee
- Any athlete barred or serving a suspension for doping must return all compensation
- Any athlete barred or serving a suspension for doping cannot practice with or receive coaching from any USA swimming coach or team
- A coach of an athlete who was barred must return all money earned as compensation or reward
- Cameras can be used to review stroke infractions called on deck.
- Limited swimmers to 2 caps
- Establishes protocol for teaching backstroke starts.
- Unattached athletes must reside within the LSC
- Bullying claims need to be resolved at the club level.

Respectively submitted, Dave Joensen