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## I. USA Swimming

### What is USA Swimming?

USA Swimming is the National Governing Body for the sport of swimming in the United States, USA Swimming is a 300,000+ member service organization that promotes the culture of swimming by creating opportunities for swimmers and coaches of all backgrounds to participate and advance in the sport through clubs, events and education. Membership is comprised of swimmers from the age group level to the Olympic Team, as well as coaches and volunteers. USA Swimming is responsible for selecting and training teams for international competition including the Olympic Games, and strives to serve the sport through its core objectives: Build the base, Promote the Sport, Achieve competitive success.

USA Swimming was conceived in 1978 as United States Swimming (USA SWIMMING) when Congress passed the Amateur Sports Act, which specified that all Olympic sports would be administered independently. Prior to this act, USA Swimming was the Competitive Swimming Committee of the Amateur Athletic Union (AAU) and was located in Indianapolis, Indiana. USA Swimming Headquarters was established in Colorado Springs, Colorado in 1981 and is located at the Olympic Training Center.

As the National Governing Body for the sport, USA Swimming is responsible for the conduct and administration of swimming the United States. In this capacity, USA Swimming formulates the rules, implements the policies and procedures, conducts the national championships, disseminates safety and sports medicine information and selects athletes to represent the United State in international competition.

### USA Swimming Mission Statement

USA Swimming is the National Governing Body for the sport of swimming. We administer competitive swimming in accordance with the Amateur Sports Act. We provide programs and services for our members, supporters, affiliates and the interested public. We value these members of the swimming community, and the staff and volunteers who serve them. We are committed to excellence and the improvement of our sport.

### USA Swimming Vision Statement

To inspire and enable our members to achieve excellence in the sport of swimming and in life.

### USA Swimming Core Objectives

USA Swimming has adopted three core objectives. These core objectives establish the foundation of the strategic business plan for our sport. USA Swimming encourages all members to participate in the local, regional and national efforts to ensure that these objectives are accomplished.

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**Build the Base** – We seek to expand our membership in order to share our sport with as many other people as possible. We are especially committed to sharing the values of our sport with young people who may discover that swimming is an activity they can enjoy for their entire life.

**Promote the Sport** – We want swimming to receive as much publicity as possible because we believe that the more people learn about our sport the more inclined they will be to join the ranks of our membership. We are proud of our sport and we seek to celebrate it whenever possible.

**Achieve Competitive Success** – USA Swimming has been ranked as the number one swimming nation in the world for more than 40 years. We seek to continue this tradition of competitive excellence. When our elite athletes are successful in fulfilling their Olympic dreams our society benefits from the inspiration these athletes give us.

### **How is USA Swimming Organized?**

**International** – The international federation for the aquatic sports is the Federation Internationale de Natation Amateur (FINA). USA Swimming is affiliated with FINA through United States Aquatic Sports (USAS), made up of the four aquatic sports – swimming, synchronized swimming, diving and water polo. All policy decisions are made through a chain of committees reporting to elected vice presidents. The USA Swimming House of Delegates meets once a year at the annual United States Aquatic Sports convention and determines the rules and regulations for swimming for the following year. Between yearly meetings of the House of Delegates, an elected USA Swimming Board of Directors is charged with the responsibility of making decisions for the corporation.

**National** – USA Swimming is a Group A member of the United States Olympic Committee (USOC) and has voting representation in the USOC House of Delegates.

**Zone** – USA Swimming is divided into four separate zones – central, eastern, southern and western. Each zone elects two representatives to the national Board of Directors.

**Local** – Within the United States, there are fifty-nine (59) Local Swimming Committees (LSCs). Each LSC is responsible for administering USA Swimming activities in a defined geographical area and has its own set of bylaws under which it operates. A House of Delegates with representation of athletes, coaches, members of the Board of Directors and clubs is responsible for managing the business affairs of the LSC.

### **How USA Swimming Operates**

USA Swimming is a non-profit organization made up of very dedicated volunteers. Interested individuals donate their time, energy and expertise at every level from the national Board of Directors to the local swimming clubs. There are 50 standing committees. Staff liaisons, along with these committees, create, implement and evaluate USA Swimming programs. The House of Delegates meets annually to determine the rules and regulations for the following year. Between yearly meetings of the House of Delegates, an elected USA Swimming Board of Directors is charged with the responsibility of making decisions for USA Swimming.

### **USA Swimming Headquarters**

USA Swimming Headquarters are located at the U.S. Olympic Training Center in Colorado Springs, CO. Programs and services are provided to the membership through the national headquarters. Among the many services are publications, educational programs, fundraising activities, sports medicine programs, resources and general information about swimming-related activities. The headquarters staff is available to assist you in answering

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questions or providing additional information about USA Swimming, along with your local LSC, Iowa Swimming.

USA Swimming  
 One Olympic Plaza  
 Colorado Springs, CO 80909-5770  
 Phone: 719-866-4578  
 Website: [www.usaswimming.org](http://www.usaswimming.org)

Iowa Swimming, Inc.  
 2715 Pioneer Court  
 Davenport, IA 52804  
 Phone & fax: 563-391-5832 or 1-877-ISI-SWIM (IA toll free)  
 Website: [www.isiswim.org](http://www.isiswim.org)

### **Membership**

Membership in USA Swimming is comprised of athlete and non-athlete members. Athletes must register each year in order to participate in practice and compete in sanctioned events. Non-athlete members also register each year and are the coaches, officials, club officers, and other non-athletes interested in the sport of swimming. By becoming a member of USA Swimming, athletes and non-athletes receive the benefit of insurance coverage as well as team coverage when holding authorized team functions. Non-athlete members also receive a copy of the USA Swimming Rules and Regulations; the official rulebook of the sport and each household receives a copy of “Splash”, the official USA Swimming magazine.

## **II. USA Swimming Foundation**

The USA Swimming Foundation is the fundraising arm of our sport’s National Governing Body, USA Swimming, which is a member-based, 501(c)3 non-profit organization that provides a broad range of programs and services that focus on inspiring and enabling our members to achieve excellence in the sport of swimming and, more importantly, in life. The foundation help raise funds that allow USA Swimming to provide educational, safety and training information for young athletes, coaches and parents.

The USA Swimming and USA Swimming Foundation headquarters are located at the U.S. Olympic Training Center in Colorado Springs, CO, but with nearly 300,000 members representing all 50 states, our reach extends to every corner of the U.S. In addition to sanctioning over 8,000 swim meets each year, USA Swimming is also responsible for selecting, training and sending athletes to represent our country at major international competitions, including the Olympic Games.

USA Swimming receives no government funding. Traditionally, the organization’s primary source of funding has come from member dues, as well as additional support from corporate sponsors and the U.S. Olympic Committee. In an effort to branch out and provide new, exciting programs and services to benefit individuals and communities across the country, the USA Swimming Foundation was born in 2004. The collective support of our swimming alumni, parents and friends – people just like you – is an integral part of the

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progress and development of today’s swimmers and tomorrow’s leaders. Obtain more information by contacting the USA Swimming Foundation, 1 Olympic Plaza, Colorado Springs, CO 80909, 719,866-3235, or [foundation@usaswimming.org](mailto:foundation@usaswimming.org)

### **III. USA Swimming & Iowa Swimming Logo**

- A. USA Swimming Logo is one of great marketing assets as it represents the sports industry and the international swimming community. The USA Swimming Logo Standards Manual outlines the appropriate uses of the USA Swimming logo and how to incorporate it into LSC and club letterhead, business cards, website, and other items. Do not alter the presented specifications of the USA Swimming logo.

To utilize the logo, complete and return the marks approval form for each instance in which you’d like to utilize the USA Swimming logo. The form may be faxed to 719-866-4761 – Attn: Marketing Department or the information may be e-mailed to [marksapproval@usa-swimming.org](mailto:marksapproval@usa-swimming.org). USA Swimming must approve each usage of the logo by completing Marks Approval form for each instance in which you’d like to utilize the USA Swimming logo. Reference USA Swimming website for Logo Standard Manual.

- B. Iowa Swimming Logo, may be used on programs, stationary, and promotional material. If ISI member clubs intend to use the logo for any other purposes, they must present their desires in writing to the ISI Board.
- C. ISI exercises all the prerogatives of sole ownership of the ISI logo and is solely responsible for monitoring use of the Iowa logo. The ISI logo is not to be modified further.

### **IV. What is Iowa Swimming, Inc.?**

Iowa Swimming, Inc. (ISI) is the LSC, which serves as the governing body of amateur competitive swimming for the State of Iowa, with the exception of the extreme western portion of the state. This western area is part of the adjacent Midwestern Swimming, Inc., which covers the state of Nebraska. Iowa Swimming, Inc. consists of Group Members (swim clubs), registered annually with ISI and USA Swimming and is governed by a House of Delegates made up of representatives of each Group Member (swim club) in the LSC and a Board of Directors and officers elected by the House of Delegates. The House of Delegates meets twice each year. Each Group Member (swim club) is represented at each meeting. See the ISI Bylaws (Section B) for the requirements for Group Member representation to the House of Delegates.

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In addition to serving as the local governing body for USA Swimming, ISI sanctions competitions, registers swimmers and clubs, trains and certifies officials, conducts championship meets, provides swimmer recognition and travel funds, maintains web site, publishes a e-newsletter, maintains records, and generally promotes, encourages and supports competitive swimming at all levels in the state. All directors, officers, delegates, club officials and meet officials serve Iowa Swimming, Inc. and USA Swimming on a volunteer basis, and all persons interested in competitive swimming are encouraged to join their efforts in maintaining a strong program for swimmers in the state of Iowa.

**Mission Statement:** The mission of Iowa Swimming shall be the education, instruction, and training of individuals to develop and improve their capabilities in the sport of swimming.

**Objective** - The objective and primary purpose of ISI shall be the education, instruction, and training of individuals to develop and improve their capabilities in the sport of swimming. ISI shall promote swimming for the benefit of swimmers of all ages and abilities, in accordance with the standards, rules, regulations, policies, and procedures of FINA, USA Swimming, and ISI, and its Articles of Incorporation.

## V. ISI Communications

- A. Iowa Swimming Website – [www.isiswim.org](http://www.isiswim.org)
- B. Club emails will be sent to the President, Head Coach and Athlete Rep of each Isi club or their designee. Mass emails to Coaches, Officials, HOD delegates, etc. as needed.
- C. ISI News is available on the ISI Website.

## VI. ISI Sanctioned Competitions/Events

ISI issues sanctions to member clubs for USA Swimming competitions and events (invitationals, triangulars, duals, intrasquads, closed invitationals, time trials, conference and league meets, benefits, exhibitions, clinics, swim-a-thons, and swim camps) held throughout the state during the winter and summer seasons. The winter season runs from Sept 1 through March 31, and the summer season from April 1 through August 31. All meets for which a sanction application is filed must be reviewed and approved by the ISI Sanction Review Committee, and must be run by LSC certified officials in strict accordance with the rules established by USA Swimming and ISI. Sanctioning is under the general authority of the Administrative Vice-Chair of ISI. Further information can be found in the Meets section.

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## VII. Pool Certification

All pools to be used for sanctioned events must be certified using the USA Swimming Certification Form for times swum in the pool to be valid. Form available from the ISI Office or USA Swimming website ([www.usaswimming.org](http://www.usaswimming.org)).

### A. Pool lengths and certification

Refer to USA SWIMMING Rules and Regulations Article 103. for Facilities Standards.

ISI will not accept times from uncertified pools for input into ISI team manager database, state records, or Zone times. Pools that exceed the required length may apply to the ISI Board for a certification variance. If the variance were approved, then times would be accepted.

### B. Iowa Certified Pools

- AMANA - Clear Creek Amana School Pool –25yd Indoor
- AMES - Iowa State University-Beyer Hall - 25y Indoor  
Ames Municipal Pool - 25y Indoor  
Furman Aquatic Center –50m Outdoor (with pads both ends)
- BETTENDORF - Bettendorf High School - 25y Indoor  
- Pleasant Valley High School – 25m Indoor
- BURLINGTON - Burlington High School Pool 25y Indoor
- CEDAR FALLS - Falls Aquatic Park, 50m Outdoor  
- Holmes Junior High Pool - 25y Indoor  
- Peet Junior High Pool - 25y Indoor  
- University of Northern Iowa - 25y Indoor
- CEDAR RAPIDS - Coe Natatorium - 25y Indoor  
- Jefferson High School - 25yd Indoor - without pads  
- Kennedy Senior High School - 25yd Indoor  
- Washington High School - 25yd Indoor
- CENTERVILLE - Centerville Municipal – 25yd Outdoor
- CHARLES CITY - Charles City Middle School – 25yd Indoor
- CLINTON - Riverview Pool - 50m and 25yd Outdoor  
- Clinton High School – 25yd Indoor
- DAVENPORT - Davenport West High Pool - 25y Indoor  
- Davenport North High Pool –25y Indoor

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- DES MOINES
  - Ashworth Pool - 50m Outdoor
  - Birdland Pool - 50m Outdoor
  - Dowling High Pool - 25y Indoor
  - Roosevelt High School - 25y Indoor
  - Valley High School - 25yd Indoor
  - Urbandale – 25yd Indoor
- DIKE
  - Dike Pool – 25m Outdoor - without pad\*
- DUBUQUE
  - Loras College – San Jose Pool - 25y Indoor
  - Hempstead High School Pool - 25y Indoor
- DYSART
  - Dysart Aquatic Center – 25m Outdoor - without pads\*
- FAIRFIELD
  - Roosevelt Aquatics Center - 25y - without pads\*
- FORT DODGE
  - Fort Dodge High School Pool - 25y Indoor
- GRINNELL
  - Grinnell College - 25y and 50m Indoor
  - Grinnell Municipal Pool – 50m Outdoor
- IOWA CITY
  - University Field House Pool - 25y Indoor
  - Mercer Aquatic Center - 25y and 50m Indoor
  - University of Iowa CRWC – 25y, 25m, 50m Indoor
- IOWA FALLS
  - Ellsworth Community College - 25m Indoor
- JOHNSTON
  - Summit Middle School – 25y Indoor
- KEOKUK
  - Keokuk Y Pool - 25y
- KEOTA
  - Lagos Acres Country Club – 25m - without pads\*
- MARSHALLTOWN
  - Community Y Natatorium – 25y Indoor
- MASON CITY
  - Mason City Municipal Pool – 25y & 50m Outdoor
  - John Adams Middle School Pool – 25y Indoor
- MONTICELLO
  - City Pool - 25m Outdoor
- MUSCATINE
  - Muscatine High School Pool - 25y Indoor
- OELWEIN
  - Oelwein Family Aquatic Enter - 25yd Outdoor
- OSKALOOSA
  - Edmundson Pool - 25y - without pads\*lanes short
- OTTUMWA
  - Beach Ottumwa Pool - 25y Indoor
- PARKERSBURG
  - Municipal Pool - 25m Outdoor
- PLEASANT HILL
  - Southeast Polk High School – 25y Indoor



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- ROCK ISLAND, IL - Augustana College, Carver Physical Ed. Bldg Pool - 25y Indoor
- SPENCER - Spencer YMCA Pool (Jeffrey S. Olsen Pool) - 25y Indoor
- VINTON - Riverside Park –Vinton Community Pool - 25m Outdoor
- WATERLOO - Central Pool - 25y Indoor
- WAUKEE - Charlotte Broderick Natatorium, Waukee Family YMCA – 25y Indoor
- WAVERLY - Waverly Municipal Pool - 25m Outdoor - without pads\*
- WILLIAMSBURG - Williamsburg High School - 25y Indoor

\*Pool Too Short To Use Pads

### **VIII. Athlete Participation In Promotional Projects**

If your organization plans to use the services of a USA Swimming swimmer in any advertising or promotional projects, please keep in mind that there are certain steps to take to protect that swimmer's eligibility, even if the swimmer is not paid for his or her work.

First, the swimmer's participation must be cleared through USA Swimming ahead of time. In the case of printed advertisements and the like, USA Swimming must review the materials before they are distributed or published. Any photograph of athletes modeling or promoting any product or organization must bear the statement "Swimmer(s) appear with the permission of USA Swimming".

Second, if the athlete is to be paid for his/her work, a trust fund must be set up with USA Swimming.

Third, since other governing bodies, such as the NCAA or State High School associations may have constraints against an athlete's promotional participation, it is strongly recommended that those organizations be contacted, as well.

Please contact USA Swimming Headquarters with any questions.

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**IX. ISI Club Abbreviations (Current clubs in BOLD)**

<b>ACAC</b>	<b>Ames Cyclone Aquatic Club</b>
ALST	<i>Albia Swim Team</i>
AMAN	<i>Amana Swim Club</i>
ANW	<i>Amana 'n Williamsburg Swimming</i>
BETT	<i>Bettendorf Swim Club</i>
<b>BLAZ</b>	<b>Johnston Blaze Swim Club</b>
<b>BLST</b>	<b>Black Hawk Area Swim Team</b>
BPVA	<i>Piranhas Swim Club</i>
<b>BSSC</b>	<b>Big Six Swim Club</b>
BURL	<i>Burlington Swim Club</i>
CFSC	<i>Cedar Falls Swim Club</i>
<b>CIA</b>	<b>Central Iowa Aquatics</b>
<b>CRAA</b>	<b>Cedar Rapids Aquatic Association</b>
<b>CSA</b>	<b>Circle Swim Aquatics</b>
CVB	<i>Cedar Valley Barracudas</i>
<b>CYSC</b>	<b>Cyclone Swim Club</b>
<b>DASH</b>	<b>Dubuque Area Swimmin' Hurricanes</b>
<b>DEC</b>	<b>Decorah Swim Cub</b>
<b>DMET</b>	<b>Davenport Metro Swim Team</b>
<b>DMSF</b>	<b>Des Moines Swim Federation</b>
FAIR	<i>Fairfield Swim Club</i>
<b>HAWK</b>	<b>Club Hawkeye</b>
IAQ	<i>Iowa Aquatics</i>
<b>IFLY</b>	<b>Iowa Flyers Swim Club</b>
<b>ICE</b>	<b>Iowa City Eels Swim Club</b>
<b>IOWA</b>	<b>University of Iowa</b>
ISC	<i>Indianola Swim Club</i>
KEOT	<i>Keota Swim Team</i>
KEYU/KEO	<i>Keokuk YMCA/USS</i>
KQAA	<i>Kings and Queens Aquatic Association</i>
<b>L4A</b>	<b>Lane Four Aquatics</b>
<b>LTIA</b>	<b>Life Time Swim Iowa</b>
MAST	<i>Metro Aquatic Swim Team</i>
<b>MCSC</b>	<b>Mason City Swim Club</b>
MUSC	<i>Muscatine Swim Club</i>
OSC	<i>Oskaloosa Swim Club</i>
OTT	<i>Ottumwa YMCA</i>
PBHC	<i>Pirates of Black Hawk County</i>
<b>PELL</b>	<b>Pella Swim Club</b>
<b>PSC</b>	<b>Piranhas Swim Club</b>
PVST	<i>Pleasant Valley Stingrays Swim Team</i>
QCA	<i>Quad Cities Aquatics</i>
<b>RCA</b>	<b>River Cities Aquatics</b>
<b>RIP</b>	<b>Dowling Catholic Riptide</b>
<b>SCFY</b>	<b>Scott County Family Y Dragons</b>
<b>SDMS</b>	<b>South Des Moines Swim Club</b>
SISF	<i>Southern Iowa Swim Federation</i>
SPNY	<i>Spencer Y Sailfish</i>
SST	<i>Sigourney Swim Club</i>
TIPT	<i>Tipton Swim Team</i>
<b>USSD</b>	<b>USS Destroyers</b>
<b>VAC</b>	<b>Vinton Aquatic Club, Inc.</b>
<b>WAUK</b>	<b>Waukee YMCA Rays</b>
WSC	<i>Washington Sharks Club</i>
WSSC	<i>Waterloo Sharks Swim Club</i>