

2019 USAS Convention

Central Zones Info:

ISCA:

1. Appoint coaches for MAS 2020 (3 coaches), OW Zones (1), and 14&U CZ (4). Need to appoint coaches and 2 alternates.
2. Float the idea of a 10&U race between MN LSC and ISI on the Sunday after the Iowa vs Minn football game. Alternating between MN and IA.

Team Iowa Meets for 2020

Midwest All-Stars: Elkhorn, NE - Team Travel. Friday, 1/17/2020 through Sunday, 1/19/2020.

OW Zones: Pleasant Prairie, WI (PX3 Swim Team). 6/18/2020 (clinic) and 6/19/2020 (meet)

14&U CZ Meet: Minneapolis, MN. 8/6/2020 to 8/9/2020. Team practice and team photos on 8/5/2020 - Team Travel

Diversity Camp: date/location TBD. contact USA Swimming for info. Once this becomes available, DEI Committee should get information out to club contacts.

Team Iowa Meets for 2021

Midwest All-Stars: ?? - Team Travel

OW Zones: Pleasant Prairie, WI (PX3 Swim Team). 6/17/2021-6/18/2021.

14&U CZ Meet: Bids for FMC Natatorium in Westmont, IL (3.5 hrs from Iowa City) and Elkhart, IN (5.5 hours from Iowa City). - Team Travel

Multi-Cultural Meet: ??

Points learned at convention:

1. National Open water will maintain the same schedule for the quad. This will be a bit more consistent and will help at the Zone level qualifications and progression for the swimmers. Qualifying times will be adjusted to allow a bigger field of swimmers for 2020 (changes to be published in a few weeks).
 - a. Zones races will be reviewed for consistency's sake. A committee will come up with a template for racing/events for meet directors to use.
 - b. Discussion was had regarding swimmer's age and events offered, allowing more open events allowing for swimmers to vie for national spots
 - c. Suggestion was brought up to introduce OW at Zones Select Camps.
2. Questions and discussion about wetsuit rules. There is an expected rule change coming in 2021.
3. Central Zones Meetings:
 - a. Task force will be set up to review suit coverage. This is becoming a growing issue across aquatic sports
 - b. Bid out meets 2 years to allow new bids to come in.
 - c. Discussion about having time standards on bonus events for Zones meets.

- d. USA Swimming requesting to raise annual dues in the following manntre
 - i. Clubs will go from \$70 to \$250
 - ii. Seasonals Clubs will go from \$40-\$70
 - iii. New clubs will go to \$500
 - e. Zones Meet dates/locations for 2020 were approved. Meet details for 2021 are well underway. See details outlined above. It was passed for 2020 that there will continue to be two Zones locations rather than a Mega Zones.
4. D&I Meetings. Now known as DEI
- a. DEI at the USA Swimming level has restructured a bit. The organization is shaped as a triangle: LSC DEI Chairs at the bottom, the Zone DEI Coordinator, then DEI National Committee, and USA Swimming DEI Staff at the top. Central Zones DEI Coordinator is Terry Incum (sp),
 - b. All national meetings will be via conference calls as a cost saving measure.
 - c. All educational meetings will be pushed to Spring Zones Meeting and business meetings will be at convention.
 - d. There will be quarterly meetings and all are encouraged to attend.
 - i. USA Swimming DEI creating a task force to:
 - 1. Engage DEI Chairs
 - 2. Manual for new members. Can be emailed and can also be found in their resource library
 - 3. Facebook page for DEI chairs: USA Swimming D&I Chair
 - 4. Quarterly newsletter
 - e. Job descriptions: To promote inclusion and increase diversity specifically at the club and LSC level
 - f. Goals and objective set should follow or tie into USA Swimming. You are not trying to solve all the problems of the LSC, rather small goals. Make a list of all that needs to be accomplished and then choose just a few to present and work on ...keep building from there. Develop long-term and short-term goals
 - g. Actively participate in board meetings
 - h. Work with or create a DEI committee.
 - i. Deliver regular reports to the GC, BOD, and HOD
 - j. Develop relationships within the LSC, Zone Diversity Coordinator. Communicate information about programs and activities that support DEI
 - k. Position Progression - What's Next:
 - i. Become familiar with LSC Policy & Procedure and bylaws
 - ii. Familiarize yourself with the LEAP Program and DEI requirements
 - iii. Communicate, communicate, communicate.
 - iv. Introduce/communicate with the Zone Diversity Coordinator (ZDC)
 - v. Distribute information for ZDC and USA Swimming
 - vi. Evaluate selection procedure for Zones Diversity Camp/Regional Summits. Understand the hierarchy of the camps for the swimmers.

- vii. Voting v non-voting. If your position is a non-voting petition to change that. Since this is a bylaw change, there are steps that need to be done prior to an HOD meeting...be familiar with what that is.
 - viii. Recommended from USA Swimming that DEI attend 2 conferences a year. Work that into a line item of the DEI budget.
 - ix. Create a DEI notebook so you can pass along to future chairs.
- I. Position suggestions:
- i. Find athlete representatives... and why:
 1. Engage athletes in a more meaningful way
 2. Shape your approaches to message throughout the LSC.
 3. Strength in numbers
 4. Legitimize and solidify the programs to athlete audiences.
 - ii. Pick something and do it well, small goals to success
 - iii. Contact USA Swimming for swag and hand it out.
- m. Unpacking the backpack part 1 and 2: group exercises on how to have an “open and honest” discussion of DEI and what could be sensitive topics.
- n. Autism 101: This was probably one of the best discussions of the entire conference. A lot of great information. Amanda Pope is the founder and executive director of Tidewater Adaptive Aquatics Center. She has developed an amazing, inclusive swim program. Their motto is “everyone has a place.” They divide their swimmers into three groups: 1. Mainstream-Environment does not change, the standards don’t change. Supports are provided only to the individual athlete. 2. Inclusion: The environment shifts, supports provided to group. Additional support provided to the individual. 3. Self-Contained: The environment is built around supporting the athlete. Both the environment and the instructor/coach provide support. Her approach is evidence-based. She has created a certification; Adaptive Aquatics Certification. Certification course designed to provide coaches and aquatic professionals tools to help facilitate successful inclusion. This certification is endorsed by ISCA and Diversity in Aquatics. It will be my goal to use the USA Swimming Mentorship and/or USA Swimming Diversity Mentorship program to visit Amanda at Tidewater to learn more about her program and what needs to be done to become certified.
- o. Team Approach Today...for a better tomorrow. A discussion health issues impacting sports. This discussion was also one of the best ones at the convention. This talk could have been held over several days, however was limited to one discussion time, which is unfortunate as this is a large part of what coaches, athletes, and parents, etc deal with. The goal of this group is to address health issues as a team approach. They adhere to the CARE model as a cornerstone to progress. Their initiatives include understand, diagnosis, and treat.
- i. CARE Model concept:
 1. C: Communication, continuing education, consistency of care, compliance with protocol.

2. A: Access to care, awareness.
 3. R: Research initiatives-help to enhance evidence based health care.
 4. E: Evolution
- ii. The group talked about Concussion management. This is one of the most underreported injuries in sports. Healing from a concussion is a very slow process. The current standard of care: remove, educate, rest (cognitive/physical), refer to as specialist as needed, academic adjustments and accommodations. The approach to concussion management should be a collaborative one. Coaches need to collaborate with the healthcare providers. Establish relationships with the athletic trainers and healthcare providers. There is a push for a standardized checklist with respect to concussion.
- iii. Youth sport injury survey:
1. Risk factors: Sports specialization, volume of in-water training, specific stroke
 - a. Over 10 hours is not needed to achieve elite status. 1-2 hours in another sport may help prevent injury.
 - b. There is no need to specialize at this stage to achieve elite status.
 - c. Extraordinary range of motion is needed to achieve elite status.
 - d. Core weakness is an injury risk factor
 2. Common injuries: Shoulder, knee, low back.