

2019 AGVC Report
MAS, MC Zones, OW Zones, and CZ

Midwest All-Stars: January 18-20, 2019 Elkhorn, NE

1. Team Warm-up and pictures were Friday, 1/18/2019.
2. Coaches Travel 1/18-1/20/2019. Three Coaches: Kate Davey, Karyl Palmer, and Tom Young.
3. Team Iowa Stats: We had 60 swimmers, previous years we had 80 swimmers. This year Missouri Valley came back to the All-Stars meet, so the host team decreased the number of athletes to 60 swimmers. Team Iowa finished second behind Colorado. We grabbed 3 out of the 6 individual high point awards. Every single Team Iowa relay scored in the top 8.
4. Deadline to register/commit was 12/16/2019. This deadline was emailed/posted on the closed Facebook Group on a number of occasions.
5. Marie and I will be built Team Iowa 12/18-12/20/2019 and Kate Davey (head coach) assisted throughout the process.
6. Emails were sent out to 60 swimmers who made Team Iowa by 12/21/2019. Families had 48 hours to decline. We will also have the next 5 fastest swimmers for all ages (10 U, 11-12, and 13-14) and male/female and notified these swimmers were our alternates and will be notified if needed once the 48 hour deadline has passed.
7. Team Iowa will be built as in past years:
 - a. Each LSC is limited to 60 athletes and 5 swimmers per event, each age, and gender. When all ISI applications have been received, the team will be built starting with the top three times in each event. If the 60 athlete limit and the event limit is not yet achieved the team will look at the top four times, then top five times etc. Once the 60 athlete limit is reached, additional entries based upon the 5 entries/event will be filled only with existing team members. This may result in entries where a faster time in the LSC exists

Having the liberty to build the best team possible rather than having swimmers choose their events was the biggest change to this year's MAS Meet. This worked very well allowing us to build the best team possible and allowing our swimmers to swim either the maximum number of events or very close to it.

The only issue I heard of was completely out of our control. Apparently the host facility is under new management which has resulted in poorer air quality. The host team does a fantastic job organizing and running the meet, however the facility is too small for this meet.

Multi-Cultural Zones: June 7-9, 2019 Edwardsville, IL

1. Team practice and team pictures were on 6/7/2019
2. Coaches Travel: 6/7-6/9/2019. Samantha Hedrick.
3. Team Iowa Stats: 6 swimmers. Participants represented by one team. While Team Iowa doubled since the last MC Zones Meet, the number is very small. We had a few 2nd place finishes.

This meet was a disappointment compared to two years ago. The host team did not send out information in a very timely manner. Emails were not answered or required a few follow-ups to get any replies. The speakers and athletes promised did not show up...the last-minute speaker chose a topic that may have been questionable given the age of the audience. The team meal was overpriced for what was served. Communication during the meet was lacking and the meet was not run as a championship meet.

As an LSC, we may want to examine this meet for future years. I like the idea of the meet as it gives all swimmers the chance to swim at a Zones Level Meet without the cuts...great place for setting goals, however it is very poorly attended by Team Iowa despite the information being available to ISI swimmers. When Zones information is received, it is placed on the Team Iowa website, all the previous year's closed Facebook Group, and on the coming years closed Facebook Groups. Additionally, it is sent out to all clubs and club contact to disseminate to their clubs.

Open Water Zones: June 13-14, 2019 Pleasant Prairie, WI

1. Open water clinic, dinner and meet check in: 6/14/2018 2.
2. Coach's travel 6/14/2018 to 6/15/2018. Meet was done by noon, which left plenty of time for travel.
3. Meet Stats: Team Iowa had 25, nearly doubling last year's numbers. Total swimmers at the meet was over 300 and 7 states represented. Team Iowa finished 4th with 7 top 10 finishers.
4. Wisconsin has hosted this meet for several years and seems to have the event organized well. The clinic/dinner offered the day before seems to make it easier for those swimmers with little to no open water experience, however organization at this event should be improved drastically.

Having the Team Iowa banner helped our swimmers find their tent area. The open water clinic continues to be chaotic and could be organized better.

Central Zones: July 31 - August 5, 2019 Fargo, ND

1. Team warm-ups and pictures were 7/31/2019.
2. Coach Travel: 7/31-8/5/2019. Jamie Langner, Scott Pinter, and Mike Schueke. Mike Roche was also chosen, but could not attend at the last minute due to a family medical emergency.
3. Team Stats: 41 swimmers. Team Iowa was the 2nd smallest team and placed third overall! Team Iowa was on the podium for nearly all the events and was awarded several high point awards.
4. Team Travel was a success! It was quite a sight to see the entire team, on the podium at the end of the meet, both for the 10U and 11-14.

Thoughts/Actions:

Successes over the last year for AGVC:

1. Team Iowa has two team banners, and we have used them, and they look fantastic!
2. Effective 5/2019 Team Iowa is now sponsored by Arena. They provide each Team Iowa swimmer one suit/year, 20% discount of tech suits and any other merchandise, and \$1000 to use on merchandise, which are used to pay for coaches polos. Arena also provided Team Iowa with another Team Iowa banner. Splash has graciously donated the embroidery for the coach's polos.
3. Successfully bring team travel back to Team Iowa after an over 10 year absence.

Goals for the next two years:

1. Team Iowa registration continues to be a 2-step process, step one to register and step two to commit to the meet. Instructions are posted on the Team Iowa website. This will remain the same.
2. Choosing coaches for Team Iowa events, in future HOD meetings, I would like for the coaches to be chosen, as well as two alternates. We've run into it twice where a coach is nominated and then backs out. If we approve alternates, it will save time in making sure our teams are well adequately coached.
3. Continue to improve team travel and make the process more streamlined and less time consuming. Get to a point where only one ISI Staff/BOD is needed to oversee the chaperones and Team Iowa outside of the pool deck. Keep athlete to chaperone ratio at 1:8-10.
4. Look to move the Midwest All-Stars to a different facility, either allowing the current host to continue to host/co-host the meet. While this meet is very well run, the facility it is currently held in presents a lot of drawbacks. Des Moines might be a very viable option.
5. Continue to examine the AG Budget to ensure we are maximizing our spending to benefit the most number of our athletes possible.

Team Travel Positives/Improvements. Team Travel Positives/Improvements. Survey was handed out to all the athletes. Chaperones and coaches were given the opportunity to weigh in as well. Below are the take-always. We will continue to be mindful of the overall expenses for swimmers, but expect some increases may be necessary and/or out of our control due to event location and improved amenities, meals, and differing transportation needs.

Positives:

1. Team Iowa was a team from the minute they got on the bus on Wednesday until they were dropped off on Sunday evening. 2018, Team Iowa brought 81 athletes attend the

CZ Champs, we placed 4th overall. At the end of the meet when the host was presenting the team awards, we had 3 Team Iowa athletes, out of 81, that stayed to represent us on the podium. This year, we had 41 athletes, we placed 3rd overall (second smallest team) and we had our entire team on the podium (both during the 10U session and the 11-14 session).

2. Bus was comfortable and the athletes seemed to have fun during the road trip itself.
3. The majority of the athletes felt they met a lot of new friends.
4. Team gear was a huge hit. The team looked sharp and unified. Team Iowa received several compliments throughout the entire meet.
5. The hotel provided a large team room for Team Iowa during the entire stay in Fargo. There were a variety of games and coloring activities provided, as well as a projector set up for movies. This was a big success and the athletes took advantage of it.
6. The hotel gave Team Iowa a very generous check-out time of 3:00 PM.
7. During meals, the athletes arranged themselves to allow for inclusion.
8. The number of chaperones was perfect and they did a superb job assisting the athletes and keeping them safe.

Changes:

1. Food. We were very fortunate to have a hotel willing to work with us on catering in all the meals. However, there are several things that can be improved. Instead of focusing on variety of meals, stick to more familiar food. Provide more fresh fruit options at all the meals, as well as milk (it was available, but we had to ask for it). Make sure PB&J is an available option at all meals.
2. Snacks. We will need to make sure we have more snacks, increase the snack to about 30/parents. Add a cooler to allow for more snacks such as whole fruits, veggies, cheese sticks, etc.
3. Lunch for Sunday afternoon: Better logistics for the mile swimmers and those returning to the hotel after the AM session.
4. Hotel: Look at the set up more closely, while this may increase the cost a bit, it might be worth it for amenities such as a washer/dryer on site to allow for towels to be dried in a few loads.