



# Iowa Swimming, Inc

Supporting swimmers, clubs, coaches, officials, parents, and volunteers by providing resources for excellence.

Striving for excellence in swimming.

Athlete Centered - Inclusive - Dedicated - Ethical

June 2020 Newsletter

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## COVID-19 Resources

### USA Swimming - Breaking News & Community Quarantine Resources

- Zoom setup and security resources
- Relief Program for Teams Grant Application Guidelines
- Facility Reopening Plan Guidelines
- USA Swimming Webinars & Podcasts
- Swimming Community Webinars & Podcasts
- Club Operations Information
- Virtual Coaching
- Mental Health Resources
- Club Marketing Toolkit

### Iowa Swimming - COVID-19 Resources page - resources for Clubs, Coaches, Athletes

- Open Water Swimming in Iowa
- Pool Diagram Blanks - for planning return to pool with social distancing guidelines
- Waiver templates for athletes/participants
- Recommendations from CDC, WHO, Iowa Department of Public Health

## USA Swimming Relief Program for Teams Grants

Four Iowa clubs- CIA, DASH, DSMY, MACR - were awarded a USA Swimming COVID-19 Relief Programs for Teams grant, along with a matching grant from Iowa Swimming. USA Swimming reports that all 317 clubs who submitted applications were awarded a grant in phase 1 of the effort, which focused on immediate need to clubs in current financial peril.

An additional \$1.5M has been pledged to support phase 2, which will focus on supporting a return to business for clubs.

The phase 2 applications were expected to be posted by mid-June. However, they have not yet been released. When the 2nd phase is released, they will be posted [here](#), and Iowa Swimming clubs will also be notified directly.

# Safe Sport Recognition Program



Completion of the Safe Sport Recognition Program is a primary factor for consideration for the Covid-19 Relief Programs for Teams Grant (above) from USA Swimming. Secondary consideration is given to teams that have initiated the SSRP process. If your club has started SSRP, now is the time to *complete* it. If your club hasn't yet started it, now is the time to *initiate* it.

Iowa has grown to 9 Safe Sport Recognized Clubs! ACAC, EISF, MACR, CIA, DASH, DSMY, DMSF, IFLY, and PSC. 4 others are very close! It is very exciting to have nearly 1/3 of our clubs Safe Sport Recognized. It is the goal of USA Swimming to have every club be an SSRP club, and we are well on our way!

One of the most difficult requirements is motivating parents and athletes to complete the Safe Sport Training for Athletes, and Safe Sport Training for Parents (Parents Guide to Misconduct in Sport). These trainings are quite short, and can be found at [learn.usaswimming.org](https://learn.usaswimming.org) or by joining one of the [weekly Zoom trainings](#) USA Swimming has hosted the past few months. Each club need 10% of it's athlete membership, and 10% of it's parents (measured as a percentage of households) to complete the training.

## Diversity, Equity, Inclusion

### A Letter to LGBTQ Swimmers, Family, and Allies From an LGBTQ Swimmer

It's June, which means it's pride month. Pride means something different for all of us, for me, it's a time to come together as a community and be unapologetically ourselves. Whether you're gay, bi, queer, transgender, gender non conforming, or an ally, it's important to remember, especially now, that we need to support each other as a community. We are here and we are strong. I know that we are in tough times and it's easy to feel lost without a season and with in-person pride being canceled, but I ask you to please, stay safe and support each other. Pride is not just a parade, it's a mentality of loving with truth and existing with our truth without shame or remorse.



## USA Swimming Letter to Members

Dear USA Swimming members,

It is difficult to find the right words to express our grief, but we will try because it matters to our Black athletes, it matters to our Black members, and it matters to us. We hear you. We see you.

We have heard firsthand from our Black National Team athletes and our members within the Black community, and we are incredibly thankful to them for taking the time to participate in open dialogue and

to join us in creating change. We are listening, and we want to help.

To our entire USA Swimming membership, partners, and volunteers, we ask that you stand unified with us as we work to uplift and to amplify voices of change. We all must make a difference.

We would be naïve to think that swimming is not a microcosm of our society. Due to a number of historical events, including the segregation of pools and limitation of Black swimmers, swimming, like society, fostered systemic racism. While swimming has come a long way, we acknowledge that our progress has been much too slow. There is still much work to be done and...

[Click here to continue](#)

## Check the Box!

IASI families, clubs, and coaches,  
We need your help again to Check the Box!

When registering your athlete for membership, **please** be sure to identify their race/ethnicity, gender and Outreach status as well as if the athlete has a disability (including Autism and certain medical conditions). *This information is so very important!* These numbers help us to adequately gauge our programs as well as gain access to certain financial and educational resources. This in turn helps us create opportunities in Iowa Swimming. This information let's us know who we are and who we serve. Iowa Swimming is inclusive.

We want to hear your voice and help you get involved. Please also include your athletes' correct email address and phone number on the registration so Iowa Swimming can keep both you and your athlete up to date on things that affect them in IASI.

Lastly, if you would like any information about getting involved in Iowa Swimming at any level, please contact [Chrissy Beagle](#), Diversity, Equity and Inclusion Chair [Chrissy Beagle](#), General Chair [Bobby Kelley](#), or [Jen](#) and/or [Marie](#) in the office. We are all happy to help you get involved.



INCLUDE YOUR ETHNICITY OR DISABILITY WHEN YOU REGISTER!

<p>INCREASE DIVERSITY</p> <p>INCREASE MULTICULTURAL, ETHNIC AND SOCIOECONOMIC DIVERSITY AT ALL LEVELS OF OUR SPORT</p> <p>ENCOURAGE INITIATIVES</p> <p>HELP USA SWIMMING AND IOWA SWIMMING FIND NEW WAYS TO ENCOURAGE DIVERSITY</p> <p>BE RECOGNIZED</p> <p>HELP US IDENTIFY OUR TRUE DEMOGRAPHIC &amp; WHO WE SERVE</p> <p>STAY INFORMED OF OPPORTUNITIES FOR SWIMMERS LIKE YOU</p>
<p>FOR MORE INFORMATION CONTACT</p> <p>IOWA SWIMMING DIVERSITY &amp; INCLUSION <a href="mailto:Chrissy.Beagle@iaswim.org">Chrissy Beagle@iaswim.org</a></p> <p>OR Iowa Swimming Registrar <a href="mailto:Jen@iaswim.org">Jen@iaswim.org</a></p> <p>OR VISIT <a href="http://www.teamunify.com/team/iscis/page/home">www.teamunify.com/team/iscis/page/home</a></p>

***The Diversity, Equity and Inclusion Committee of Iowa Swimming is committed to enabling all Athletes the same opportunity to dream and achieve success.***

**Our Mission:** To provide a safe and inclusive environment to all members of Iowa Swimming through Outreach, Education, Leadership and Support.

**Our Vision:** To inspire, nurture and enable excellence in swimming and in life.

**Our Core Values:** Athlete Centered, Inclusive, Ethical, Dedicated

## Disability

USA Swimming encourages people with disabilities to participate in the sport of swimming and facilitates their inclusion in USA Swimming programs through education and collaboration.

In Iowa Swimming, we too seek to involve people with disabilities in existing competitions and programs for all swimmers, rather than provide unique disability-only opportunities.

Article 105 of the USA Swimming Rulebook states *“Disability is defined as a permanent physical or cognitive disability that substantially limits one or more major life activities”*. **This includes the areas of Autism as well as certain medical conditions.** Injuries, surgery, etc. which cause a temporary loss of ability do not constitute a permanent disability.

**Identifying your athlete is easier than you think. Click below to learn how.**

[Read more](#)

# Outreach Membership

Outreach Athlete membership is available to eligible athletes in accordance with USA Swimming guidelines. The purpose is to make year round membership available to athletes who might otherwise not be able to afford the standard athlete membership fee. The registration fee for eligible USA Swimming/Iowa Swimming Outreach athletes is \$5. Outreach athletes are also eligible for a reduced splash fee of \$5 per meet, and are exempt from additional per-event entry fees.

Financial hardship due to loss or reduction of income does qualify an athlete for Outreach membership. For complete information, as well as the Outreach Membership Criteria List, please click [here](#), and contact your head coach, club registrar for assistance applying. The Outreach membership program is confidential.



Congratulations to 8 Iowa athletes on being selected to the 2020 Central Zone Select Camp, Central Zone Diversity Select Camp, and National Diversity Select Camp. Due to COVID-19, these camps are either being rescheduled or moving to a different format or rescheduled. Click [here](#) for the latest info.

## 2020 Select Camp

### 2020 Central Zone Select Camp

Zoe Davey CIA  
AJ Abram CIA  
Mason Turner EISF  
Sam Davey CIA

### 2020 Central Zone Diversity Select Camp

Gabriella Guarin RAMS  
Simone Green DMET  
Connor Schaffel EISF

### 2020 National Diversity Select Camp

Joshua Chen ACAC

## Scholastic All America Application OPEN

The 2020 Scholastic All America Application is open! Applicants must have completed 9th, 10th, 11th or 12th grade, have earned a minimum 3.5 GPA for the current academic year, and swum an individual pool time equal to or faster than the [2019 Winter Junior qualifying time](#) in any individual event during the SAA qualifying period. For complete details (including disability/para eligibility requirements, click [here](#).



## College Swimming...and Swimming in College

Do you know ALL your options?

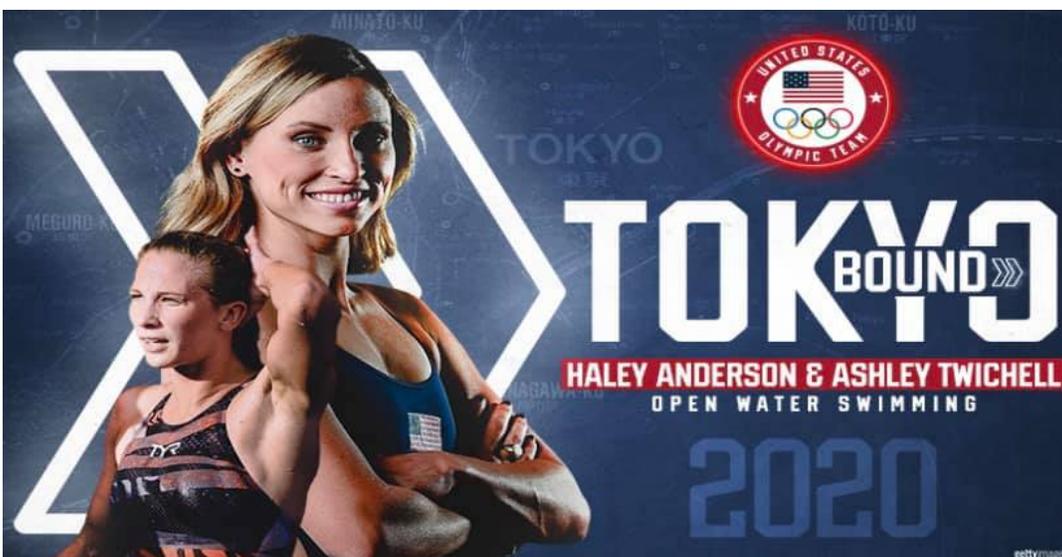
- **NCAA** - D1, D2, D3 - Click [here](#) for the NCAA Eligibility Center to learn more about
- **NAIA** - Click [here](#) to learn about NAIA, find information for NAIA future student athletes, register with the NAIA Eligibility Center, and more.
- **NJCAA** - [mens](#) and [womens](#). Learn about eligibility, find member colleges and guides for prospective student athletes.
- **College Club Swimming** - Backed by USMS. Click [here](#) to learn about CCS, determine if your college of choice has a club, check out the calendar of events and meets, and view past regional and national championships to see how you could be a part of this exciting opportunity for college swimmers.

- **US Masters Swimming (USMS)** - Click [here](#) to learn about USMS, find a club, local and national events, and learn how you can continue and contribute for life. Members of USMS include current and former Olympic champions, NCAA athletes, and your math professor.
- **USA Swimming** - The organization you already know and love has clubs across the USA. Click [here](#) to find one near your college and continue to train and compete with USA Swimming.
- **Coach** - Done competing for now, but think you might like to be a coach? USA Swimming year-round and seasonal clubs in college communities are often looking for new coaches among swimmers (and swimmers). Contact the [local club](#) and ask about the opportunities available. If they have an opening, they will help you get registered as a non-athlete member of USA Swimming, and certified as a coach.
- **Volunteer** - The local USA Swimming club in your college town would welcome your help at their hosted meets as an official, timer, or meet marshal. Training provided. Every LSC also welcomes the participation of athlete committee members to support the many committees that govern nearly every aspect of the sport. Learn about the dry side of the sport, stay involved, and give back! Click [here](#) to find a club.

## Ashley Twichell Zoom Visit

On June 3, Tokyo Olympic Qualifier Ashley Twichell took time to visit with members of Iowa Swimming. If you were unable to attend the call, you can view it [here](#). Thank you to Andrea Kelley of LMST for making the arrangements!

Ashley qualified to represent the USA for the 2020 Olympics during the summer of 2019. She one of the very few swimmers who have already been named to represent the United States at the 2020 Olympics. Ashley graduated from Duke University in 2011. During her career, she qualified and participated for NCAA Championships all four years finishing as high as fifth in the 1650 Free her senior year. Since her graduation, she has continued to swim and compete. She has won multiple Open Water National Championships and qualified to represent the United States at multiple FINA World Championships. At the 2017 FINA Open Water Championships, she won the Gold medal in the 5K individual race. She has also continued to compete in the pool. At the 2018 US National Championships, she won the 1500 Free. In order to make the USA 2020 Olympic Team for Open Water, Ashley had to finish top two at 2019 US Open Water Nationals and then place in the top 10 at 2019 World Championships. Click the photo below for an article from ESPN detailing her accomplishment.



## Judy Hoffman and IASI Scholarship Recipients

Congratulations to Anna Pfeiffer of DASH, and Berit Quass of DSMY, recipients of the 2020 Iowa Swimming Scholarship Award, and to Trinity Sadecky of IFLY, recipient of the 2020 Judy Hoffman Memorial Scholarship



Anna Pfeiffer, daughter of Steve and Jody Pfeiffer, is a recent graduate of Western Dubuque High School. Anna started swimming at the age of 7 with the Dubuque Area Swimmin' Hurricanes and has loved the water ever since. Anna swam high school on a co-op program with Dubuque Senior High School. At Western Dubuque, she was Vice President of the Senior Class, active in Student Council and Leadership group, Spanish club, a Hugh O'Brien Youth leadership ambassador and on Dubuque Area Youth Leadership Council. Anna graduates as a Senior Scholar and earned her Silver Cord for service. Anna has recently gotten her USA Swimming Coaching certificate.

She will be attending the University of Iowa to continue her swimming career and majoring in Health and Human Physiology with plans for medical school to become a Sports Medicine doctor. She is looking forward to the future and being a Hawkeye!



Berit Quass, daughter of Kevin and Julie Quass, graduated from Dowling Catholic High School, and has been swimming for 10 years, most recently for the Des Moines Greater YMCA Marlins. She is a Junior National qualifier and has held ISI records in both individual and relay events. In addition to swimming, she has also focused on her academic career earning USA Swimming Scholastic All-America honors. Berit is a member of the National Honor Society, a Dowling Aquinas Key recipient, has earned Dowling's Silver Cord for volunteering which included spending time as a Special Olympics swimming coach. Berit is excited to head to the University of Tennessee-Knoxville, in the fall earning both an academic and athletic scholarship. She plans to major in accounting and is looking forward to representing the Lady Vols. Go Big Orange!

Trinity is a recent graduate from City High School in Iowa City, and started swimming with Iowa Flyers nearly 10 years ago. During her high school career, she earned the Silver Cord Award for her volunteerism, is a member of the National Honors Society and graduated Magna cum laude. She swam for her high school's swim team, breaking 4 school records, 1 conference record, was a team captain, and was recognized for her academics by MVC and NISCA. Trinity will attend Iowa State University in the fall to study Elementary Education and will continue her love of swimming as a member of the ISU Swim and Dive team.

[Click here to learn more about the IASI & Judy Hoffman Scholarships](#)



## Phillips 66 Service Award

Congratulations to Donald P. Spellman of ICE, who was awarded the Phillips 66 Award for Outstanding Service in recognition of his many years of service to Iowa Swimming.

This award is presented by an LSC in recognition of service to swimming. Criteria for selection include the quality, level and years of service to USA Swimming in elected or appointed positions. Nominations may be submitted to the Iowa Swimming office by March 15 of each year.

A list of previous Phillips 66 Award recipients is posted [here](#).

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## Iowa Swimming Hall of Fame

In 2019, Iowa Swimming, Inc. inducted 19 individuals in the inaugural class of the Iowa Swimming Hall of Fame. Those individuals met certain automatic qualifying criteria and are recognized on the IASI [website](#).

Moving forward, nominations are needed for individuals that do not meet the automatic standards, but do merit inclusion into the hall of fame because of other accomplishments. Qualification for the hall of fame is outlined in the Iowa Swimming Policy and Procedure [Section L](#) (page 12)

If you have a nomination, please complete the [IASI Hall of Fame nomination form](#)  
Contact [Zane Hugo](#) with any questions.

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### New Club Welcome - Southern Prairie Stingrays

Iowa Swimming has a new USA Swimming Club!  
Welcome to the Southern Prairie Stingrays - SPS -  
in Creston. We are all looking forward to getting  
back to our pool, and then to meets, and  
welcoming you in person!



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