

2020 Midwest All-Stars

AGVC: Tanja Avant

1. Team warm-up and pictures were Friday, 1/17/2020. Meet ran 3 sessions, 2 on Saturday and 1 on Sunday.
2. This was the first year for Team Travel to this meet.
3. Coaches: James Davis, Karyl Palmer, and Ramsey Vens
4. Team Iowa Stats: We had 54 swimmers. Team Iowa finished 3rd place with a score of 457. We claimed over 100 top 8 finishes, with 19 individuals in the top 3 spots. We had swimmers finish in first place. Four of our relays finished in the top 3. Team Iowa had over 150 PRs at this meet with 1/3 of them earned on Sunday, the last session of the meet.
5. Team Iowa was built as in the past:
 - 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
6. Qualifying periods and deadlines were posted and communicated via Team Iowa website, emails, and Facebook closed group. There were no issues that I was made aware of.
7. Team Iowa was built by myself and Karyl Palmer, in addition to Marie from 12/16-12/18/2019 and all applicants were notified by 12/19/2019.

Having the liberty to build the team versus having swimmers choose events continues to be a huge success. This continues to allow us to build the best team possible with the goal of getting our swimmers in the maximum (or close to it) number of events. Again, we invited the coaching staff to participate in this process, which Karyl Palmer graciously accepted. Having another set of eyes on the process is always beneficial.

This meet was a team travel meet and I truly believe it was a huge success. We learned a lot from our first attempt at it last summer and I believe it showed in what we were able to provide to our swimmers. We had 4 amazing chaperones and Jen and I were also in attendance to ensure everything went as smoothly as possible. This is what we learned:

1. We, as Murphy's Law would have it, had to deal with a major weather event. We watched the weather evolve over the 2 weeks prior to the meet. As we got closer to the meet we determined we may have to adjust our travel plans. As a result we sent out, and posted, an email out to all families on 1/15/2020 indicating that changes may need to be made and that a final decision would be made by Thursday (1/16/2020) AM. During this time Jen and I worked with the bus company, hotel, coaches, and chaperones to verify their flexibility to include leaving for the meet Thursday evening (plan C). By Thursday, we determined that leaving earlier on Friday (1/17/2020) was the prudent thing to do (plan B). We again emailed and posted this announcement. Normally, all team travel participants are required to ride the bus, however given this extenuating circumstance, we did have about 7 families

elect not to ride the bus and to leave for NE on Thursday. We left early and did not hit any weather until we left Des Moines. Travel was slow and cautious but doable. The bus driver did an excellent job and we arrived at our destination on time. If I had to do it again, I would have left even earlier..

- a. Weather always seems to be an issue at this meet. We are going to change the Team Travel Packet Waivers to include an inclement weather statement and possible extra cost should the situation arise and we determine we need to leave a night earlier.
2. The hotel was great and very accomodating. They allowed us to arrive early on Friday due to the weather and had most of our rooms ready to the best of their ability. We had our team room available when we got there and it was ours for the duration of the weekend. It was a bit small, but we made it work and it was conveniently located by the free breakfast allowing our swimmers to get their food and come directly to the team room. The hotel adjusted breakfast hours to make sure everything was ready to go for our swimmers.
3. The meals were organized through Hy-Vee and there was more than plenty of food. Something we will do for the next Team Travel is to contact any shelters or food banks (staff at hotel might be able to help) to see if any leftovers could be donated. We did end up with a lot of food leftovers. Going forward we can adjust our final numbers knowing that Hy-Vee portions are very generous. On the request of the athletes from Zones, we kept the meals simple and it paid off. We had the majority of our athletes agreeing with the meal choices for this meet. The only thing we would change is to have the larger meal on Saturday afternoon rather than Saturday evening. We discovered that lunch didn't hold our athletes over (and the snacks, though plenty, were not enough) until they were done with the session. The Saturday PM session ran late and then coming back to a large dinner puts the swimmers at a disadvantage. In the future, we should bring the larger meal to the pool on Saturday afternoon and then have a light dinner at the end of the session. Another thing we learned is making sure the hotel we use has a washer/dryer. We had swimmers deposit their towels at the end of each session into baskets...we then took them to the dryers. The swimmers always had dry towels.
4. We had plenty of snacks and drinks for our swimmers throughout the entire weekend. We learned that with Zones we needed to ask for more snacks...so we did. However, this meet is much shorter so we had a lot leftover. We gave all of our extras to the DEI Committee who will use the snacks at their athlete room during the upcoming champs weekends. We should have All-Stars bring enough to share for 24 and for Zones enough to share for 36.
5. We heard of no roommate issues at all. The chaperones reported no issues where they needed to intervene. We received no emails from parents. I count the rooming as a success as most all athletes reported making new friends.
6. The bus ride there and back remains one of the favorites among the athletes. I received no reports of any issues.

7. The big elephant in the room...the location of the meet...still remains an issue. The coaches and swimmers struggled with the air quality once again. While the host team did a great job hosting, that facility is not big enough and the pool is not ventilated enough for the size of the meet. During the meet I got the impression from the coaching staff that quite a few of the LSCs are feeling the same way and would like to see a change. Even the host team, though they would miss hosting the event, is ultimately in it for the athletes and would give up hosting. I have talked with Frankie and she has already penciled this meet in on the same weekend. It has been expressed this weekend is desirable to host the meet to allow travel and a day off on Monday. If we can get this meet moved either to Des Moines or any other place but the pool in Elkhorn, I'd like to see the IASI teams to do a better job advertising the meet amongst their teams. We have the talent and should be able to either win this meet come close to it. Anyway, once the TYR Pro Series is over I will set up a conference call with all the LSCs involved to discuss 2 items (to start)...location of the meet for 2021 (pushing for Des Moines) and meet format.
8. Please see the coach's reports for additional thoughts on this trip.