



# USA Convention

SR VICE CHAIR REPORT

# Section / Central Zone Meeting

- ▶ Sectional Meet Bonus Cuts – 1 sec per 50 up to 200s 1/50, 2/100, 4/200 – Bonus swims stayed same 1 cut 2 bonus 2 cut 1 bonus.
- ▶ Club Dues \$280 (was \$70) – Starting Sept. 1<sup>st</sup>
- ▶ Zone Meet – NT's will be seeded with a time behind the base standard. They did not want NT's in the meet.
- ▶ Zone Meets Funding from the zone
  - \$2,000 to Sectional Hosts
  - \$2,000 to Zone Hosts
  - \$5,000 to DI Meet Hosts
  - To get the funds every swimmer will be charged \$.25 per athlete.

# Sr Development Meeting

- ▶ Sr's and Summer Jr's will be combined meet in Indianapolis 2020.
- ▶ Relay only swimmers not allowed to do time trials – the fear is the timeline and air quality
- ▶ 800/1500 can enter with both cut options.
- ▶ Scoring will remain top 16
- ▶ Will take 24 swimmers back at night.

# Safe Sport – Boys into Men

- ▶ “We don’t have to be like the generation before us. We don’t have to be like everyone else.”
- ▶ Coaching Boys into Men Card Series
  - Feel free to ask for a copy and I will follow up with you.
- ▶ The Power of Showing Up
  - Just be present
- ▶ Trust and Mutual Respect
  - Athletes can talk open fear of judgement.
- ▶ Mental Leadership
  - Us coaches need to live out what we are asking the kids to do.
  - We need to be a visual display of the example we expect the kids to do.
  - One time, prepared, attitude, ability to adapt, ability to follow through.

# Facilities Management Meeting

- ▶ Building a facility
  - Upsize air quality system – Spec out for fully occupied facility.
- ▶ Grant Funding
  - Local State Farm, CVB and other local groups
- ▶ Deck Showers
  - New facilities are putting in deck showers (get the perfumes and shampoos off the body before entering 70 new chemicals)
  - Athletic Business Magazine – Aquatics International

# A Team Approach Today

## Concussion and Health

- ▶ “What Does Right Look Like”
  - Understand – Diagnose – Treat
- ▶ Concussions actually take 4 weeks to recover
- ▶ The Ceiling Test – Can you sleep at night?
- ▶ Develop a relationship with your providers
  - Doctors – Physical Therapists – Chiropractors
- ▶ The better you move the better you perform
  - Flexibility and Joint Movement
- ▶ The Female Triad - Medical condition in physically active females – Is
  - Low energy availability with or without disordered
  - Menstrual Dysfunction/Disturbances
  - Low bone density
- ▶ Fitter Woman
  - Helping coaches and parents understand the female athlete in athletics
  - <https://www.youtube.com/watch?v=n6EB9Qr1QPo>

# Stroke Technique – Concepts (Russel Mark)

- ▶ Mens Distance Swimming is hurting at National Level
- ▶ Worlds Meet vs World Jr's Meet
  - Stingers 1 to 2 days before competition (a simulated race or true race distance to hit the body so it "remembers" competition feeling).
  - Lots of power towers during rest
- ▶ Breaststroke
  - A trend to "Tempo Up" when you are getting tired into a race rather than focusing on the long swimming.
  - Hit your line – Must hit the line even when tempo up (head in arms).
  - Kick – Finish feet deep and legs sweep up.
  - High Hips – Water drafts over the body.
- ▶ Freestyle
  - Quick Breath – Typical focus on early catch and how you catch.
- ▶ Butterfly – Butterfly revolution
  - Chest Press and Chin Press
- ▶ Back
  - Hands face out on recovery
  - Body is high in the water
  - Kicking and Abs are important to backstroke or core work.

# Additional Items

- ▶ Looking at creating a “Jr’s” training camp.
  - One in the Fall and One in the Spring
  - Will have to look at the time standards to let swimmers in.
  - Possible a Friday Evening training, Saturday double training and Sunday Meet.
  - Training based not stroke technique based
  - Bring in a speaker (Nutrition, stroke, athlete or coach).
- ▶ Coaching Mentor Program
  - Finding ways to help our coaches travel to other programs to learn.
  - USA Swimming already has a program for this we just need to implement it in our own way.