

## 2016 MT Swim HOD Proposals

### Proposal 1: Update Current MT-Athlete of the Year Policy/Procedure

Submitted by Coach Shelly Sobek

(Edits in Red from Current Policy—all dates at the end of each line will need to be updated as well if passed)

#### .1 MT-S Athlete of the Year

- A. Selection of the Female and Male MT-S Athlete of the Year will be on a score basis, not a vote of the HOD. (Adopted: 10/2/11)
- A. ~~Athletes will be nominated, scores submitted, and a~~ Athletes of the year will be determined at the MT-S spring HOD. ~~Scores must accompany any nominations.~~ (Adopted: 10/2/11)
- ~~B. In April of each year the MT-S General Chair will announce to the LSC that nominations for the MT-S Athletes of the Year are being accepted. The announcement and the application worksheet shall be sent to each team, each member of the MT-S HOD, placed on the MT-S web site and announced in any other manner deemed appropriate at the time. (Adopted: 10/2/11)~~
- ~~C. Athlete nominations may be submitted to the General Chair prior to the spring MT-S HOD meeting or may be submitted during the spring HOD. (Adopted: 10/2/11)~~
- D. To qualify, athletes must be age 21 or younger when the power points were achieved. (Adopted: 10/2/11)
- E. To qualify, the athlete must be an active member of MT-S when the power point scores were achieved and must have competed in at least two MT-S swim meets during this time period. Power points scores achieved while the athlete is a member of another LSC do not qualify for this award. (Adopted: 10/2/11)
- F. Swimmers from college varsity swim teams and professional swimmers are ineligible for this award. (Adopted: 10/2/11)
- G. The qualifying time period is from April 1 of the previous year through March 31 of the current award year. (Adopted: 10/2/11)
- H. MT-S will award a plaque to the Male and Female Athletes of the Year at the MT-S LC State Championship meet. (Adopted: 10/2/11)
- I. In case of a tie, a joint award will be presented. (Adopted: 10/2/11)
- ~~J. If no nominations are submitted, no award will be given that year. (Adopted, 10/2/11)~~
- K. The award shall be based on the top five Hy-tek power point scores for the athlete in the qualifying time period (50 FL, 50BK and 50 BR scores may be used). Multiple power point scores for the same event or for the same in event in a different course will not be accepted. (For example, the athlete may submit a score from the 100 yard freestyle, but may not also submit a score from the 100 LCM freestyle or 100 SCM freestyle.) (Adopted: 10/2/11)
- L. The power point scores ~~may only be used~~ will be calculated by the MT-Times Chair from times in the USA-S SWIMS data base. (Adopted: 10/2/11) ~~Scores will be based on the swimmers Age Group Power Point system.~~ Scores will be based on the swimmers' Age Group Power Point listing report (ex. 11-12 age group or 13-14 age group).
- M. MT Times Chair will submit the Names of the Male and Female recipients and their points to the current Long Course State Meet Manager, and it will be the responsibility of the Meet

Manager to order the award for presentation at the State Meet and submit receipts to the MT-S Treasurer for reimbursement.

- ~~N. Nominations must be accompanied by the application worksheet and a print out of the scores. (Adopted: 10/2/11)~~
- ~~O. To print the power point scores use the current version of Hy tek TM, go to reports, then Top Times report, use the since and use times until date function (April 1 of previous year to March 31 of current year), then click on courses, then chick points, then click Hy tek power points, the click report. Print a copy of the results and circle the top five (5) power points scores. Submit this paperwork wit the application worksheet. (adopted 10/2/11)~~
- ~~P. The application worksheet will be used to tally the scores. (Adopted: 10/2/11)~~

Full Clean Copy of the new proposal:

.1 MT-S Athlete of the Year

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- B. Athletes of the year will be determined at the MT-S spring HOD. (Adopted: 10/2/16)
- C. To qualify, athletes must be age 21 or younger when the power points were achieved. (Adopted: 10/2/11)
- D. To qualify, the athlete must be an active member of MT-S when the power point scores were achieved and must have competed in at least two MT-S swim meets during this time period. Power points scores achieved while the athlete is a member of another LSC do not qualify for this award. (Adopted: 10/2/11)
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- J. The power point scores will be calculated by the MT-Times Chair from times in the USA-S SWIMS data base. (Adopted: 10/2/16)
- K. Scores will be based on the swimmers Age Group Power Point system. Scores will be based on the swimmers' Age Group Power Point listing report (ex. 11-12 age group or 13-14 age group).
- L. MT Times Chair will submit the Names of the Male and Female recipients and their points to the current Long Course State Meet Manager, and it will be the responsibility of the Meet Manager to order the award for presentation at the State Meet and submit receipts to the MT-S Treasurer for reimbursement.

## **Proposal 2: Montana Swimming-Short Course State Meet Format Change**

Submitted by Coach Jade Sobek, Technical Planning Chair

Proposal:

Separate the 10 and under events into their own session in between the 11 and over prelims/finals sessions at the Short Course Montana Championship State Meet.

Meet line up would be:

- 11 and over Prelims (almost same current meet line up, with removal of 10 and under races, and switching of 200 FR and 100 FR on Friday and Sunday—see below), followed by distance races for that day.
- One, 30 minute, or two 20 minute warm-up session(s) for 10 and under swimmers based on number of 10 and under swimmers entered, at the discretion of the Meet Referee.
- Timed Finals session for 10 and under swimmers. Only change would be to Friday, in order to split up the 200FR and 200 IM races into separate days.
- 30 min break, then 45 minute open worm-up session, followed by Finals session for 11 and over swimmers, including relays at the conclusion of the meet.

Rational: Allowing Short Course State meet an alternate format for State Meet, based on possible space restraints at a venue.

For State meet to be held in Polson, MT in the upcoming year, (or future other bid winning venues) I believe some alterations to the meet format will need to be made in order to allow participants and spectators the opportunity to enjoy the meet and fit in the limited deck spaces that Montana Facilities provide.

This new format would allow for more space in areas around the pool for spectators by reducing the number of families at the facility at the same time. It also simplifies the format by separating the timed finals races of the 10 and unders from the Prelims/finals races of the 11 and overs. It would provide longer breaks between prelims and finals for 11 and over swimmers, and allow for adherence to the 4 hour session guidelines set by USA Swimming.

Possible concerns include having enough officials during the 10 and under session, but officials would already be at the meet for older swimmers, so hopefully this would not be a huge deterrent. There will be families that have swimmers in all the sessions, but it would ease the space issues for most families. The distance events being at the end of prelims, would allow for a nice transition of prelims swimmers/families exiting the facility, and 10 and under swimmers/families entering the building.

Draft Meet line up would be as follows (on next page):

## Montana Swimming State Short Course Championship Meet Events

### Preliminaries

Friday					Saturday					Sunday				
Girls	Event			Boys	Girls	Event			Boys	Girls	Event			Boys
<b>Session 1</b>					<b>Session 4</b>					<b>Session 7</b>				
1	11 - 21	200	Fly	2	TF 33	11- 21	400	IM	TF 34	67	11 - 21	200	Breast	68
3	11-21	50	Back	4	35	11-21	50	Free	36	69	11-21	50	Fly	70
<b>5</b>	<b>11-21</b>	<b>100</b>	<b>Free</b>	<b>6</b>	37	11-21	200	Back	38	<b>71</b>	<b>11-21</b>	<b>200</b>	<b>Free</b>	<b>72</b>
7	11-21	100	Breast	8	39	11-21	50	Breast	40	73	11-21	100	Back	74
9	11-21	200	IM	10	41	11-21	100	Fly	42	75	11-12	100	IM	76
TF 11	11 - 21	1000	Free	TF 12	43	21&U	500	Free	44	77	11 - 21	1650	Free	78
30-40 Min. Warm-up					30-40 Min. Warm-up					30-40 Min. Warm-up				
<b>Session 2—all TF</b>					<b>Session 5-all TF</b>					<b>Session 8-All TF</b>				
13	8&U	25	Back	14	45	8&U	100	IM	46	<b>79</b>	<b>10&amp;U</b>	<b>200</b>	<b>IM</b>	<b>80</b>
15	10&U	50	Back	16	47	10&U	100	IM	48	81	8&U	25	Free	82
17	8&U	50	Free	18	49	10&U	50	Free	50	83	10&U	100	Free	84
19	10&U	200	Free	20	51	8&U	25	Breast	52	85	8&U	50	Back	86
21	8&U	50	Breast	22	53	10&U	50	Breast	54	87	10&U	100	Back	88
23	10&U	100	Breast	24	55	8&U	50	Fly	56	89	10&U	200	Free Relay	90

25	10&U	400	Free Relay	26	57	10&U	100	Fly	58					
30 Min. Break					59	10&U	200	Medley Relay	60	30 Min. Break				
45 Min. Open W.U.					30 min. Break then 45 Min. Open W.U.					45 Min. Open W.U.				
Session 3-Finals					Session 6-Finals					Session 9-Finals				
Same order as Prelims					Same order as Prelims					Same order as Prelims				
TF 27	11-12	400	FR-R	TF 28	61	11-12	200	Med-R	62	91	11-12	200	FR-R	92
TF 29	13-14	400	FR-R	TF 30	63	13-14	200	Med-R	64	93	13-14	200	FR-R	94
TF 31	15&U	400	FR-R	TF 32	65	15&U	200	Med-R	66	95	15&U	200	FR-R	96

TF - denotes Timed Finals events to be swum during Preliminaries

FO - Denotes Finals Only events to be swum at end of Finals

### Proposal 3: Montana Swimming for Club Safe Sport Contact Network

Submitted by Coach Shelly Sobek, Safe Sport LSC Chair

Rational: Create a network of contacts for clubs in Montana for the Safe Sport Coordinator

Proposal: Teams will be required to designate the name of a “Safe Sport Club representative” with email address on their team registration form annually. Contact can be any person affiliated with the club (ie, club president, coach, or volunteer parent). If club contact changes during the year, it will be the responsibility of the club to name a new designee and provide contact information to the Montana Swimming Chair within 3 weeks of a written request by the Safe Sport Chair.

Responsibilities of the Club Safe Sport Representative:

1. Receive communication from the Safe Sport Chair (~1-3 times per month).
2. Distribute the information provided by the Safe Sport Chair to their club’s members.
3. Provide any information from their club to the Safe Sport Chair if given.
4. Provide new contact information to the Safe Sport Chair if they will no longer represent the club.

## Proposal 4: Montana Swimming State Qualification Time Clarification

Submitted by Coach Shelly Sobek

Rational: To clarify standard used for "State Qualifying time" in order to add the 50 BK, BR or FL from a 100 qualifying time.

Current Wording in MT Rules and Regulations Under Section 4.C.4: Changes documented in red print.

- 1. ELIGIBILITY:** all swimmers must be registered with USA Swimming and Montana Swimming. Swimmer, official, and coach registration will be confirmed with Montana Swimming Registration Chairperson prior to the start of the meet. Swimmers must have achieved at least one qualifying time standard in any course between January 1<sup>st</sup> of the prior year, and the entry deadline, except relay only swimmers. Swimmers ages 8 and under must qualify in each individual 8 & under event entered. The 10 & U and older swimmers must enter at least one event with a "BB" qualifying time or faster and then may enter any subsequent event in which they have achieved a "B" time or faster. A swimmer qualified in either the 1000 or 1650 freestyle automatically qualifies for the opposite event. If a swimmer does not have an established qualifying time for the opposite event, the swimmer shall be entered with the established "B" time in the same course as the qualifying time in the opposite event. Any swimmer who enters the 1000 or 1650 yard freestyle may enter at his/her fastest time or at the B time standard. A "BB" qualifying time in 100 (yard/meter) of the backstroke, breaststroke, or butterfly automatically qualifies the swimmer for the 50 of the same stroke in the same course. Designate the swim as bonus in the Hy-Tek Team Manager entry file and note on the proof of time sheet that the 50 event is the bonus swim for the 100 qualifying swim if the swimmer does not have a qualifying time in the 50 event. (Adopted: 10/02/10) Altitude adjusted times will be accepted. ~~Enter the swimmer with the altitude adjusted time (as a custom time) in the Hy-Tek entry file. Provide the correct documentation including the actual time, altitude adjusted time, meet, date achieved, city, and elevation in the accompanying proof of time documents.~~

Only times earned in a USA Swimming sanctioned or approved meet or at a USA Swimming sanctioned time trial or swims requested to be observed under authorization of USA Swimming rules at other meets (MHSA High School State Swimming Championships) can be used to qualify for this state meet. Times earned at a non-sanctioned meet or time trial cannot be used to enter this meet. **All individual entry times must be proven through the USA Swimming SWIMS database or for 25 yard/meter events through the MT Swimming times data base.**

**Proposal 5: Change the entry qualifying times to allow no time (NT) entries for the MT Swimming Junior BC Championships.** Wording in the meet information shall be as follows:

Swimmers may enter any event in which they have a 'B' time or slower in any course (SCY, LCM, SCM) within the qualifying time period. No time (NT) entries will be accepted.

Rationale: I believe since Montana Swimming began hosting this meet, we have allowed swimmers with no time (NT) entries to enter the meet with a "fake" entry time as NT entries weren't allowed. I don't see the point of continuing to allow swimmers to enter with fake times. Let's allow swimmers to enter the meet with a no time entry if the swimmer does not have a time in the event.

Submitted by Susan Huckleby

**Proposal 6: Montana Swimming diversity and inclusion camp budget line item**

Add to the budget \$3000 annually for Montana Swimming LSC sponsored diversity and inclusion camps held within the state each year. (Create a diversity and inclusion camp budget line in the amount of \$3000 annually.)

Rationale:

Plan for camps:

The current plan is to host two - one day camps (one in Eastern Montana and one in Western Montana) annually. The camps will be open to athletes 10 years and older who are ethnic minorities, LGBTQ, outreach members (low income) or disability athletes.

In the future, plans are to host a two day long camp or camps. In the future as interest in the camp grows, Montana Swimming could invite a coach from outside the state to the camp.

Camps will include pool sessions and classroom sessions for the athletes. There will also be a diversity summit classroom sessions for adults. Speakers for the adult diversity summit will be from Montana and possibly from, USA Swimming. Camp will provide lunch, snacks, stipend for the coaches, and hopefully some 'bling' for the participants. Montana Swimming will cover the costs including facility rent, all stipends, meals and snacks, and other expenses.

Camp reports will be submitted to Montana Swimming.

Budget: Approximately \$1500 will be spent on each camp to cover costs.

While there aren't any absolutely fixed numbers of athletes who may be qualified for the camp, I believe there may be 250-300 athletes who could be eligible. Many athletes do not 'check the box' when asked about ethnicity on their registration form so there could be more

ethnic minority athletes than what is currently reported. I don't know if any data has been collected on the number of LGBTQ athletes in the LSC.

USA Swimming and the Western Zone are encouraging LSCs to offer camps for diversity and inclusion athletes. This camp also includes disability swimmers. Several LSCs in the WZ already offer diversity and inclusion camps and now Montana Swimming can offer these camps to our members. These camps can be stepping stones to the Western Zone Diversity and Inclusion Select Camp and the National Diversity and Inclusion Select Camp. We would like to encourage senior swimmers in Montana Swimming who are also ethnic minorities, LGBTQ, outreach, or disability athletes to be speakers and mentors at the camp. These camps will be a great way to provide additional opportunities to our swimmers, coaches, and family members.

**Purpose:** Instill a vision of success and inspire athletes from under-represented populations to become leaders in the sport of swimming.

**Goals:** To empower athletes from ethnically under represented populations, those economically disadvantaged, and LGBT and their coaches to:

1. Demonstrate the viability of inclusiveness in swimming within Montana Swimming
2. Achieve performance excellence at every level of the sport
3. Expound the benefits and value of participating in the sport of swimming
4. Be positive leaders and role models that others from socioeconomic backgrounds can emulate
5. To connect, network and promote the virtues of the sport of swimming through a comprehensive strategy involving the athletes, coaches, parents and the diversity chair within Montana Swimming and throughout the Western Zone.

Submitted by: Susan Huckleby

#### **Proposal 7: Paid coordinator position for athlete programs and events for Montana Swimming**

Submitted by Curt Jacobson

**This would benefit all swimmers from new swimmers to advanced swimmers. This also assures that we have the events each year.**



### **Paid Coordinator position for Athlete Programs and events**

This position will be a 1 year only position from September 1 to August 31<sup>st</sup>. The position will be voted on for its inception during the fall HOD meeting in 2016. After that, the position will be voted on at the spring HOD meeting in order for the coordinator to begin planning prior to September 1<sup>st</sup>.

### **Coordinator role:**

- Provide events and programs for Montana Swimmers or potential swimmers.
- Stay within the designated budget defined by the HOD.
- Provide programs for all age levels and abilities throughout the year.
- Work with local representative to coordinate location and activities.
- Provide events in different cities across the state.

### **Coordinator compensation:**

- \$300 for 3 hour or less event (ie an after meet gathering)
- \$600 for a full day event (ie Fitter and Faster clinic, clinic)
- \$1200 for a weekend event (ie mixer meet, AAA camp, etc)
- Hotel costs covered, plus travel at current government mileage rate
- Compensation will be provided after completion of the event.

### **Some recommendations for events:**

- Mixer events after meets at a local hotel conference room
- Mixer Meet (1 per year)
- AAA camp
- Fitter and Faster or other clinic
- Swimming "carnivals"

### **Budget:**

Recommended use of the \$12,000 currently budgeted for 2 Mixer Meets. Entry fees for full day or weekend events are acceptable, but must be approved by the executive board during monthly meetings. No entry fees for events under 3 hours. All receipts must be submitted with correct forms to the MT Swimming Treasurer. Coordinator fees would be part of the \$12,000 budget/event fees collected.

### **Example Event: Carnival with USA Swimming themes**

After a meet, host a carnival at a local hotel conference area or gym space. Have "booths" around the arena. Bring in an inflatable obstacle course. Have an IMX Challenge booth with different activities required to complete the challenge. Have a relay race area for kids to gather and interact

together/challenge other swimmers. Have a safe sport Hula Hoop contest to promote safe space around you. Have “water bottle ring toss” or other carnival type games. Provide prizes throughout the carnival promoting MT Swimming/USA Swimming (stickers, wrist bands, water bottles, caps, etc.). Have larger SWAG items (like coolers/bags) for the first 100-150 people that attend. Families will be welcomed, and swimmers can also invite a non-swimmer friend to increase awareness of the “funnest sport ever.” As part of the budget, volunteers for the event can earn money for their team or gift cards.