

2017 MT Swim Fall HOD Proposals

Zones Proposal:

MT Swimming HOD Proposal for Consideration
Montana Swimming Rules and Regulation
Section 7: MT S Zone Team Section C.

Current meet requirements are for swimmers to participate in a minimum of four meets throughout the year, starting in September and concluding at Long Course State Meet. One of the four meets must be the long course state championship meet.

Recommendation:

Increase the number of required meets throughout the year from four meets to six meets, include provision of attending at least one (1) long course meet that is held in Montana prior to the Western Zone Championship.

Rationale for Consideration of Amendment:

1. Most Zones swimmers are competing in more than four meets throughout the year.
2. Currently the scheduling of the long course state meet has resulted in the Senior Zones swimmers traveling the Monday following the State Meet. Athletes have begun their taper for their meet prior to the state meet. The requirement for the travel and the competition can have an impact on the overall performance of the athlete at Zones.
3. While MT Swimming does subsidize the zones meet for MT Swimmers, parents are responsible for a significant portion of the expenses as well. Average cost of airline tickets ranges from \$500-\$900 based upon the airport that you are able to depart from. In addition to the fee (this year \$400), transportation, and other expenses-attendance at Zones does have a financial impact on our families. For swimmers traveling to Bozeman for the Long Course Meet, average hotel rooms due to the peak tourist season range from \$150-\$250 per night. In addition to gas and food, swimming for one day can cost a family on average \$500.
4. Most zone swimmers are not competing in the entire meet, rather for one day and frequently just for prelims. Their participation is not enhancing the performance of the meet, but rather diminishing the performance of others. Zones swimmers are not "competing" at the event as this would affect their training plans with their coaches for their peak performance at Zones.
5. There are approximately 30-50 swimmers that compete in Zones each year, that is a high average. The State Long Course Meet has on average 250 swimmers entered in the meet. The requirement being removed would not affect the overall number of swimmers attending the meet, as mentioned above most are swimming 1-2 events and only for one day.
6. Increasing the number of meets to attend throughout the year would encourage more participation in Montana Swimming that is consistent throughout the year, rather than focusing on one event.

7. Requirement that they attend at least one long course meet in Montana prior to Zones, does not limit those that want to continue to swim long course to participate, but does encourage other meets held throughout the state, such as the May Classic, Firecracker, and Helena meets.

Recommendation:

Increase the number of required meets throughout the year from four meets to six meets, include provision of attending at least one (1) long course meet that is held in Montana prior to Zones.

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Super Final Proposal

Section 4 - MT-S Age Group Championship Meets

A. Designated MT-S Age Group Championship Meets

1. MT-S Short Course State Championships
2. MT-S Long Course State Championships
3. B-C Championship
4. MT Senior Championship

A. Responsibilities for Conduct of MT-S Championship Meets

B. Montana Swimming Championship Invitations

9. MEET FORMAT: The meet will be conducted by age group as listed for the preliminary sessions on Friday, Saturday, and Sunday. Finals will be conducted each day after preliminaries. This is NOT a split session meet.

Over the top starts will be used during preliminary competition. In preliminaries, swimmers in the backstroke, medley relays, and 25 yard events should clear the pool immediately upon completion of the race. Swimmers in all other races should remain in the pool motionless next to the end of the pool by the lane ropes until the next race is started. Swimmers in finals should report to the staging area located by the glass entry doors just past the timing console table to line up, march in, and be introduced prior to each event and heat.

All 10 & under events will be swum as timed finals during the preliminaries on Friday, Saturday and Sunday.

The 11 to 21 age groups will swim all events combined during preliminaries. At finals, combined ~~15-16 & 17-21~~ age groups **13-21**, at the LC and SC State Meets **will then swim a Super Final heat and a final heat for each age group.** ~~Then, A & B finals for this age group shall be created with a guarantee of at least 8 places for 15-16 and 17-21 age groups. Furthermore, empty lanes will be filled with the next fastest 15 & over swimmers as "exhibition swimmers."~~ Athletes will be scored out as 15-16 and 17-21. (Adopted:

10/02/11) The 500-yard freestyle, 1000-yard freestyle, 400 yard IM, the 1650-yard freestyle, will be timed finals and will be swum during preliminaries. All individual distances of 400 or longer will be swum fastest to slowest, alternating between girls and boys events/heats. (Adopted: 10/02/11)

Swimmers entering the 1650, 1000, and the 500 freestyle must supply a person to count laps and one timer.

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Fall 2017 HOD UPDATED Proposals
Submitted by Susan Huckleby

Proposal 1: Western Zone Diversity Camp and Summit Funding

Montana Swimming will provide the full funding for the camp fee and transportation for two athletes plus any additional athlete alternates selected to attend the Western Zone Diversity and Inclusion Camp. Montana Swimming will provide the full funding for the summit fee and transportation for both the Montana Swimming Diversity and Inclusion Chair and a coach to attend the Western Zone Diversity and Inclusion Summit. The summit is normally held in conjunction with the camp. Both are usually held in even numbered years.

If additional participants are selected to attend the Diversity Summit, Montana Swimming may provide funding for the summit fee and may provide transportation for the participants.

Rationale:

The Western Zone Directors Dave Coddington and Sean Redmond sent a letter on July 20, 2017, to the Western Zone LSC General Chairs, Finance Vice Chairs, Treasurers and Diversity and Inclusion Chairs to remind the LSC of this requirement. (See letter below.)

The 2018 camp and summit fee is \$250 per person. The transportation cost at this time is unknown. The camp is held every two years and should be budgeted for accordingly. Attending the camp and summit is part of the LEAP process. Montana Swimming had one athlete and two adults attend the 2016 camp in Salt Lake City.

The athletes benefit from national level coaches leading workouts, dryland practices, and discussions over a wide range of topics including nutrition, college swimming, swimming at the national team level, and more. An Olympic athlete leads discussions with the athletes on a variety of topics and usually offers to jump in the pool and race the swimmers too. The athletes develop friendships and a bond together. The adults discuss and develop programs to encourage diversity and development of athletes at the local, regional and national level while sharing resources and success stories. It's an amazing camp that gotten better every year. Our vision is Big Sky! Big Dreams! Big Success! This camp helps fulfill big dreams and big success for our athletes.

Effective immediately.

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Proposal 2: Montana Swimming should budget funds annually to fund and send the LSC diversity and inclusion chair each year to attend the USAS convention to participate in the *Diversity and Inclusion Track*. Effective immediately.

Rationale:

The Western Zone Directors Dave Coddington and Sean Redmond sent a letter on July 20, 2017, to the Western Zone LSC General Chairs, Finance Vice Chairs, Treasurers and Diversity and Inclusion Chairs to encourage LSCs to do this. (See letter below.) Cost: unknown at this time. The treasurer would have a better idea of the costs involved. The amount of information and resources presented during these educational opportunities at convention are so valuable and should be taken advantage of by the LSC and the D&I chair. The networking, the discussions, the workshops, and the talks are amazing and you can't learn this information on a conference call or by simply watching a webinar. This is a great educational opportunity and the LSC D&I chair should be funded and encouraged to participate. One of the Montana Swimming core values is excellence.



To: LSC General Chairs
LSC Finance Vice-chairs
LSC Treasurers
LSC Diversity & Inclusion Chairs
From: Your Western Zone Directors
Date: July 20, 2017
Re: **2018** LSC Diversity & Inclusion Financial Planning

Dear LSC Leadership,

As you plan next year's budget for your LSC, I want to remind you of the following financial obligations placed on each Western Zone LSC during even-numbered years:

2018 Western Zone Diversity & Inclusion Select Camp

Each LSC is expected to fund the \$250 camp fee and full transportation costs for *each* of two athletes to attend the Western Zone D&I Select Camp in San Diego June 14-17, 2018. Some LSC's may have up to six athletes invited, so budget flexibility is ideal.

2018 Western Zone Diversity and Inclusion Summit

Each LSC is expected to pay the \$250 summit fee and full transportation costs for **both** your D&I Committee Chair *and* a coach of your choosing to attend the Western Zone D&I Summit in San Diego June 14-17, 2018.

On an annual basis

2018 United States Aquatics Sports Convention

While your LSC's D&I Committee Chairs may not be voting delegates at USAS Convention, every LSC is encouraged to send (and fund) their D&I Chair or Chair's designee to participate in the *Diversity and Inclusion Track* at the USAS Convention.

Please direct any questions about the Western Zone Diversity and Inclusion efforts, including our Select Camp, Summit, and Convention track to our Western Zone D&I Coordinator, Kent Yoshiwara.

Sincerely,

Sean Redmond

Western Zone Coach Director

David Coddington

Western Zone Non-Coach Director

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Proposal 3A: Change to the policy manual section 8.3 as follows to update the reimbursement amount for athletes and coaches from \$300 to \$400; update the reimbursement wording for coaches; add the Pro Swim Series and World Trials; and correct typographical errors (Nations to Nationals and Trails to Trials).

.1 Reimburse all MT-S registered athletes who participate at a national championship level meet \$400 per meet. Qualifying meets include: Senior Nationals, World Trials, Junior Nationals, the US Open, the Pro Swim Series, Olympic Trials, National Disability Championships, and National Disability Trials. Swimmers should request the reimbursement from MT-S treasurer after the meet.

.2 MT-S will reimburse \$400 for coach travel expenses for one MT Swimming registered coach per each eligible MT Swimming team competing in each of these national championship level meets. Qualifying meets include: Senior Nationals, World Trials, Junior Nationals, the US Open, the Pro Swim Series, Olympic Trials, National Disability Championships, and National Disability Trials. Coaches should request the reimbursement from MT-S treasurer after the meet.
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Proposal 3B: Add to the Policy Manual Section 8.3 the following new sections .3 and .4 as follows:

.3 Reimburse all MT-S registered athletes who participate at a Futures Championship meet \$300 per meet. Swimmer should request the reimbursement from MT-S treasurer after the meet.

.4 MT-S will reimburse \$300 for coach travel expenses for one MT Swimming registered coach per each eligible MT Swimming team competing Futures Championships. Coaches should request the reimbursement from MT-S treasurer after the meet.

Sections 8.3.3 and 8.3.4 are in effect for 2 years only and must be reviewed at the 2019 Fall HOD meeting. At that time, the sections may be made permanent or eliminated.

Proposals 3A and 3B are effective immediately.

Rationale for proposals 3A and 3B:

The LSC has funded athlete and coach travel expenses at \$300 per meet for numerous years. I felt it was time to increase the funding as expenses have increased for our families to attend these meets. Montana Swimming has the funds in the budget to cover these costs. Our vision is Big Sky! Big Dreams! Big Success! This helps to make big success a reality.

Many people have asked about funding for Futures which is why I have included funding for this meet. The finding is at the \$300 level as Futures is a lower level meet than the other meets funded at the \$400 level. The two year review was included so the LSC could determine how this funding impacts the overall budget and if it meets the mission of the LSC to fund travel to the meet.

Proposal 4: Montana Swimming Reach Out Grant Program

What: Grant fund from Montana Swimming to support programs to assist low income, multicultural, ethnic, and disabled athletes and encourage them to participate in swimming.

Amount of funding requested for the grant program: \$5000 per year for the 2018 and 2019 registration years (2017-2018 and 2018-2019). Review the program at the fall 2019 HOD meeting for renewal.

Overseen by: Montana Swimming Diversity and Inclusion Chair who head a committee who receives, reviews, and awards all grants. Committee membership includes the LSC Diversity and Inclusion Chair, MT Swimming Finance Vice Chair, one of the elected Montana Swimming Athlete Representatives.

Two grant periods per year will be opened to receive applications. The grant periods will be announced on the Montana Swimming website.

Applications can be submitted by MT Swimming member clubs.

Grant request that are approved will be posted on the website.

Publicity: Post success stories and photos on the LSC website to cheer on successful programs!

Effective immediately.

Possible grant ideas could include: learn to swim programs for low income or ethnic minorities or disabled children; meet fee assistance for low income athletes; scholarships for outreach members; purchase training equipment for eligible athletes; provide team shirts, caps, goggles, and parkas for scholarship swimmers; low cost swim lessons; low cost team memberships; water safety programs, Make a Splash programs, and recruit and retain swimmers from minority groups in your area.

Montana Reach Out Grant Program

The purpose of the Montana Swimming Reach Out Grant Program is to increase multicultural, socioeconomic, and ethnic diversity as well as encourage those who are disabled to participate

in all levels of the sport of competitive swimming. Montana Swimming is home to Big Sky! Big Dreams! Big Success! We want to encourage everyone to achieve excellence in and out of the pool through this innovative grant program.

Twice a year Montana Swimming clubs are encouraged to submit an application for a Montana Swimming Reach Out grant. Funding is dependent on approval of the annual budget.

Clubs and organizations requesting support from Montana Swimming must submit a written program plan which includes a purpose, plan description, budget, schedule, funding requested from Montana Swimming, other sources of funding, and manpower expectations. The committee then evaluates the requests based on the following criteria:

- Fulfillment of the USA Swimming outreach program mission, which is to provide opportunities in swimming to the underrepresented and economically disadvantaged youth in the United States
- Fulfillment of the Montana Swimming mission, which is united in service, achieving excellence in and out of the pool.
- Benefit to the athletes
- Innovation
- Likelihood of success
- Other sources of funding

Rationale:

Offering an LSC grant program to our member clubs is a great way to encourage clubs to think outside the box of ways to attract and retain swimmers on their clubs. Plus it gives them some funding to reach out and try new ideas and make something happen in their community. If we believe in big dreams and excellence and we want our teams to grow, then we need to find ways to reach into the community and make a difference. The USA Swimming Foundation reaches out to ethnic minorities and low income families teaching children how to swim to prevent drowning deaths. We can use this program to encourage similar things in Montana Swimming. Big Sky! Big Dreams! Big Success!

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5 proposals submitted by Sean Marshall

State meet proposal #1

For all future Montana State Championship Meets, the 10 and Under swimmers shall compete in a separate session of their own occurring mid-day. After the conclusion of each event for the 10 and Under Boys age group, awards will then be presented to the top finishers on the blocks for the 8 & Under as well as 10 & Under age groups for that specific event. The format would be that the 8 and Unders would race followed by the 10 and Unders in their respective events and gender alternating as usual. At the end of the Boys 10 and Under event the announcer would then announce the awards for the top 6 or 8 finishers (depending on the number of starting blocks at the host facility) of 8 & Unders for each gender followed by the top 6 or 8 of 10 & Unders for each gender. The coach of the event

winner for that age group and gender can present the awards to all of the swimmers in that event on the starting blocks.

This proposal would alleviate the speed of the session as this past years short course championship 10 and Under session was completely too fast. Some 10 and Under swimmers raced three times in a span of 10 to 15 minutes. With Regional qualifications on the line the way the 2017 Short Course State Meet was run as a championship meet was not conducive for the best possible results for those swimmers. Also and more importantly this would give the 10 and Unders more of a sense of accomplishment and appreciation because the award ceremony would be prioritized instead of saved until the end and rushed through as well.

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State meet proposal #2

For all future Montana State Championship Meets, the finals session warmup shall start no earlier than 4:00pm with a meet start time of 5pm. Normal finals sessions take around 2 1/2 to 3 hours which would end the session roughly around 7:30-8pm on each night.

The Billings teams were traveling from the farthest away this past state meet and the majority of our families ended up staying an extra day just to have an easy drive on Monday. Moving up finals to such an early start time does not give the swimmers enough rest in between sessions so that they can then swim faster at night. Once again this format is just not conducive for fast swimming and better results. The goal of our championship meet is to get swimmers to swim to their highest level and full potential so that they can qualify for a higher level meets as well as place and score points for their respective team. We need to keep this in mind as the sense that was taken away from this past short course State Championships and from the Long Course State Meet as well is that everyone else wants to just get through the day. We need to prepare our swimmers properly as the rest of the nation hosts championships in this way.

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State meet proposal #3

For all future Montana State Championship Meets, the Montana State Meet Event Format shall be set up to a 3 and 1/2 day format. The changes to the current Meet Event Format is to take the 1000/800 Free and move it to a Thursday evening session as well as move the 400 IM to the end of Friday events which would then leave the 500/400 Free at the end of the Saturday events and the 1650/1500 Free at the end of Sunday's events. Also I propose to then take the fastest heat (top 6 or 8) of each of the distance events (400 IM, 500/400 Free, 1000/800 Free, and 1650/1500 Free) and swim that heat at the beginning of the finals session on each of the respective days.

Once again this is a championship meet and every event matters. Placing our distance events so tightly packed together does not produce the best results or situation for those distance swimmers. As always we need to value and prioritize the swimmers first and foremost, as they are the ones who are putting in the work to prepare for this meet. This format would spread their events out so that they would have one distance event a day and the fastest swimmers in each event instead of swimming that event midday with no one watching can then swim in front of everyone at finals, and gain the proper respect and notoriety that they deserve.

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Proposal #4

High Level Support Structure Reimbursement for Athletes & Coaches
Futures: 200
Grand Prix Series 400
Jr Nats: 600
Nats: 800

Relay only athletes are not eligible for this support.

Idea behind this support structure is to use the large excess in the event budget on our swimmers and coaches as they represent Montana and get our LSC more recognition at the higher levels in USA Swimming, which will then in turn bring more attention to our LSC and Teams with regards to college recruiting. All of the meets listed in the Support Structure are meets which are heavily populated by collegiate athletes and collegiate coaches. Getting a foot in the door to any college program is extremely valuable and needs to be supported by the LSC as a way of opening a door to our swimmer's futures.

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Proposal #5

Montana Senior Championships to be moved back to December, on a weekend that is not occupied by the USA Swimming Junior National Championships, and have a prelims and finals format instead of being held prior to the High School Season. Also I propose that the meet be expanded to Montana Age Group swimmers as well and then be re-titled to the Montana Christmas Championship. The meet event format would be an exact replica of the Montana State Meet Event Format along with the changes that I have proposed earlier in my 1st thru 3rd proposals, with the same time standard structure as our LSC Championship in late February.

The rationale behind having this type of meet in December is to offer a chance for all of our swimmers who are not at the Junior National level (championship meet offered in early December) to peak and taper for an exciting championship meet midway through the short course season.

Many of our teams in the Montana LSC look outside of the LSC for options in December, and unfortunately none of these options have a prelims and finals format, which truly is the best setup for our swimmers to compete to their highest potentials at that time. Currently we financially support and set aside a host fee for the Montana Senior Championships held in November and that meet has been consistently under-subscribed.

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2 proposals for radios and headsets/microphones for officials

Submitted by Jim Cherewatenko

1) Montana LSC will provide funding to rent radios, charging docks and headsets for swim meets throughout the LSC for any and all swim meets with individual requests determined by teams sponsoring any given meet. The purpose is for both officials training as well as facilitating communications during the meet.

A standard document will be developed to facilitate ordering said equipment by the LSC teams. Any late return charges will be born by the ordering team.

2) Montana LSC will purchase boomstyle, two pin, PTT headsets/microphones for each Montana certified official who is actively officiating in the LSC at Montana swim meets. The headset will remain with the official and be maintained by the official until the official stops actively officiating at which time the headset will be returned to Montana LSC.

I'm not sure what the cost would be if each official has their own headset (which is my preference...see separate proposal).

I recommend we check with the various rental groups to see if we can contract with one of them on a yearly basis to use them exclusively without being committed to a specific number of meets. It seems Day has provided radios, etc. reliably meet after meet and their equipment was in excellent shape. They are out of Oregon.

Let's say we have 20 meets (just an example), then cost would be \$4000. If only used for 10 meets per year \$2000 and so on. Maybe a yearly contractual setup would be cheaper.

It might also be less if all officials had their own headsets and the rental was radios and chargers only.

Separately, the cost of decent boom mike headsets is around \$60 (or less), so assuming 80 officials that would be a one time cost of \$4800 for the LSC. If we could find quality sets for half that price, then around \$2400 for the LSC. The real number is probably somewhere in between. The rationale here is the official is responsible for upkeep/replacement of the headset. Clearly it is way more hygenically sound gor each official to have their own. It seems the quality of the sound in a noisy environment and the communication was better with the booms than the "go stick it in your ear" style sets.

This should give you guys enough material to start chewing on, at least in order to give a thumbs up or down recommendation for the HOD to consider.

What if we do something similar with the headsets as with the USAS registrations where if you have officiated X number of non-home meets THEN MTS pays for your headset?

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Proposal on Swimsuits:

Submitted by Sally Crist:

Current language 102.8 (D) Swimsuits worn for competition must be non-transparent and conform to the current concept of the appropriate.

To incorporate FINA criteria 4.1.1 (D) Design, Decency as well as the National Federation of State High Schools Associations Article I language, we would propose USA Swimming 2017 Rules & Regulations 102.8 (D) be changed to read as follows:

Swimsuits worn for competition must be non-transparent and shall not offend morality and good taste (in particular, but not exclusively, because of the cut of the suit and body parts exposure whether

covered or not). Men and boys shall wear suits which cover the buttocks. Girls and women shall wear suits which cover the buttocks and breasts.

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Proposal for Disability State Championship Qualifying times

Proposed by Shelly Sobek-former Safe Sport Chair
August 9, 2017

Action: LSC State Meet Contracts shall include the following language as qualification standards for swimmers with any disability per registration with USA swimming.

Language for all LSC State Championship meets:

All swimmers with a designated disability on their USA Swimming Registration shall be allowed to participate in the LSC State Championship meets with the following qualifications:

1. Swimmers ages 12 and under shall be able to complete with any time achieved during the qualifying period in any event (but cannot enter an event with a NT).
2. Swimmers ages 13 and over must achieve at least one (1) 10 and under “B” time standard for their gender in any event in order to compete in the state meet. The swimmer may then enter up to the maximum number of individual events for any race that they have an achieved time for (but cannot enter an event with a NT).
3. In cases of a severe disability, the meet referee has the ability to accept registration for an athlete that has demonstrated they are state meet qualified.

Action: LSC Senior Meet Contracts shall include the following language as qualification standards for swimmers with any disability per registration with USA swimming.

Language for all LSC Senior Championship meets: All swimmers with a designated disability on their USA Swimming Registration shall be allowed to participate in the LSC Championship meets with the following qualifications:

1. Swimmers must achieve at least one (1) 11-12 and under “B” time standard for their gender in any event in order to compete in the state meet. The swimmer may then enter up to the maximum number of individual events for any race that they have an achieved time for (but cannot enter an event with a NT).
2. In cases of a severe disability, the meet referee has the ability to accept registration for an athlete that has demonstrated they are state meet qualified.

Proposal Rational: The MT LSC should have designated qualifications for athletes with disabilities to work to include these athletes at the championship level. Age Group swimming Championships should allow 12 and under swimmers with disabilities an opportunity to compete at the highest level despite any disability they have. As athletes get older than 12, having a time standard allows swimmers to feel

they have something to work toward and achieve and follows USA Swimming's motivational times guide to help swimmers work toward a goal.

I believe this proposal should go into effect **beginning January 1, 2018**, and be in effect for the 2018 LSC State Championship meets and remain in effect thereafter.