

Montana Swimming, Admin Vice-Chair Report

USA-S Convention, Sept. 16-20, 2014

I arrived JAX at 4:05 on Wednesday and was in the first Western Zone LSC General Chairs' meeting with Curt 5:30 – 7:00. Other than general housekeeping the topics of interest were 2015 Zone time standards, networking with other LSC Chairs, and Senior Zone meet schedule review.

Thursday was a busy day for me. I attended the Make a Splash Workshop, 8-10, and I think we should look further in to these opportunities. It looks like many of our Montana communities may benefit from this program if we just put forth a little more effort. It looks like one of the biggest hurdles would be facility cooperation, but there are ideas to make this work.

10:00-12:00 I was on a four person panel discussion for the Sports Medicine/Science Workshop. The topic was injury prevention and we spent the two hours addressing questions from the nearly 100 coaches who attended. Of specific interest were shoulder and knee injuries and their prevention. The USAS website has information on these and many other health topics so I encourage you to look through the site from time to time. Another good question was, "how do we know which health care professional to suggest our athletes go to?" The USA-S Sports Medicine/Science committee is comprised of surgeons, chiropractors, PTs, massage therapists, and dietitians. With this in mind, you can see USAS is open to many different types of healthcare so the choice is not black and white and most of the time it is a team of professionals who will help the athlete.

1:00-2:00 I gave an update to the "mighty 2500" group which Richard Allen and I had attended the workshop in CO Springs last Spring. As most of the other LSCs talked about their not doing much since the workshop, I was happy to be able to report the advances our LSC has made and the group was especially interested in how our "Mixed Meet" was set up.

2:00-2:45 Was a workshop on "Navigating LEAP thru Excel". Curt has worked diligently on LEAP and more of us need to be involved.

3:00 – 3:45 I went to a meeting "Get to Know Robert's Rules" This one may make you the most happy as running an effective meeting is critical to all of us who have to drive far to get to our H.O.D. meetings and those of us who spend time on conference calls for MTS.

We had dinner with our athletes and then attended the Western Zone meeting from 7:30 – 9:00 pm.

On Friday I attended over five hours worth of meetings/workshops on LSC issues and leadership which I think USAS has a good handle on and it is great to have the guidance and experience to help us out. The highlight, however, was the Foundation Luncheon where Breeja Larson sat with our Montana group and our athlete reps got to meet and talk to many Olympians and National team members. That evening the H.O.D. met for a couple of hours which we all attended.

The H.O.D. Saturday morning debated issues like "deck changing" and whether the past presidents should be on the USAS board. Both of these seem to be obvious "no" answers, but not everyone sees things the same way and, like it or not, that is a healthy situation. It is the same in our MTS and in our local swim clubs/teams. You do not want a bunch of "yes" people, but rather logical, controlled, informed debate should be welcomed.

At lunches (if we took them) and at evening dinner the "Montana People" met and reviewed the day's events and how we could bring important parts back to MTS to help our LSC. There was very little 'down' time and we even gave up one of our potential rest times in order to meet with representatives from Inland Empire to discuss pulling our resources with a marketing prospective.

The USA-S Convention is our one stop shopping place to meet key people in swimming and gather information which will help our LSC move in a positive direction.

Respectfully submitted, 9/29/2014

Dr. Tony Popp

MTS, Admin vice chair