

Montana Swimming General Chair's Report  
Oct. 2015 – April 2015

It has been a busy seven months for MTS as we strive to promote the sport of swimming and provide a safe and fun environment for our athletes. We have an exceptional group of coaches and parent volunteers who make our mission possible.

I sanctioned 24 meets since October 2014. This is not a difficult responsibility, but it is made a lot easier if the teams follow the meet contract template on the MTS website. This allows the general chair to simply go through the proposed contract comparing to the template and making sure all the required parts are there. It also allows the team to know they got everything correct the first time and the meet can be sanctioned very quickly. If you haven't done it already, please look at the template on our website and follow this contract for your future meets.

We have been consistent with our monthly conference calls of HOD members. This has provided increased communication and helped our MTS team function more smoothly. The minutes to these conference calls are now on the website.

Our LSC Leadership Workshop, precursor to this Fall's Strategic Planning Session set for September 19th, was a fantastic success with 99% participation from Montana teams. The full report from USA Swimming consultant Arlene McDonald is published on our website. During this session we almost completed LEAP 2 and have identified specific areas to concentrate our LSC building efforts. This participation and diligent work is proof our MTS family can accomplish great things.

I attended the Western Zone General Chairs' Meeting in Mesa Arizona and April 19<sup>th</sup>. This is an important opportunity for the general chairs to meet and form a network to help each other. Most LSCs have the same issues and do not have to reinvent the wheel to solve problems. We were brought up to date on our Zone meets which apparently are the most successful in the country. There were some issues in Clovis last Summer, but the facility has promised to make things much better for the next meet. There is significant concern of having enough officials for the age group zone meet in Hawaii. The importance of LEAP was discussed and GCs were encouraged to get on the ball. Alaska and Montana are the only two LSCs who have taken the initiative to hold Leadership Workshops and are of a small group currently even working on LEAP 2. Awesome job team MTS!

Not on MTS dollar, I attended USAS Sports Science and Medicine Committee meeting in Colorado Springs at the OTC, April 10-12. Stroke technique and proper shoulder warm ups were hot topics. Of significant importance is a movement to provide a system of health care professionals at the LSC level and not just the National Team level. The USOC and the National team staff have identified that athletes competing in the higher level meets are unaware of the care available to them and do not take full advantage of the professionals who volunteer their time at meets. Massage, physical therapy, chiropractic, psychologists, etc. are on site at the meets, but if the athlete has not been exposed to these treatments at a lower level meet they do not know how/if their performance would be affected. The USAS Sports Science Committee is working of criteria for volunteers in each LSC to be certified to provide care at our level meets in order to prepare the athletes for health care opportunities at higher level meets.

One of my priorities over the next few months is to make our website even more informative and easy to navigate. Susan and Curt are on this page with me and we would like any suggestions from you.

I look forward to working with all of you as we have a great MTS family and I am proud to call all of you my friend.

Respectively Submitted, May 2015  
Dr. Tony Popp  
Montana Swimming General Chair