

**Midwestern Swimming, Inc.
Minutes – House of Delegates Meeting
Burke High School – Omaha, Nebraska
Saturday, October 20, 2001**

The Midwestern House of Delegates was called to order at 12:15pm at Burke High School in Omaha, NE. Present were Scot Sorensen, Mary Losee, Doug Humphrey, Mike Hale, Sara Juster, Gretchen Lindner, Rose Jones, Marsha Ketcham, Doug Krecklow, Chris Brammer, Mark Hilger, Peggy Speer, Jackie Wiles, Dick Hammer, Lisa Ellis, Robin Lowe, Archie Heffernan, Michael States, Susie Schmitt, Brian Jensen, and Jill Orton.

Reading, Correction and adoption of the Minutes

The minutes of the October 2000 HOD meeting had been called into question regarding missing items in the Treasurer's report. This was corrected at the July 2001 BOD meeting and the minutes were accepted. The correction stated that the Treasurer's Report needed to have mentioned that an insufficient funds check was held by MWS.

The minutes of the Saturday, May 12, 2001, HOD meeting in York, NE, were read. There were two minor corrections. The first was in the Elections/Nominating Committee section under the At Large BOD Member - Jackie Pappas should actually be Kim Pappas. The second correction was that the second page of these minutes was accidentally copied on the second page of the BOD meeting minutes from the July meeting and visa versa. The content was accepted and approved as read.

Officers' Reports:

General Chairman – Scot Sorensen

- Scot announced the resignation of Lisa Ellis as co-Age Group Chair.
- Midwestern Swimming is committed to an Awards Clinic in the spring of 2002. Scot is looking at an afternoon, informal event in which MWS can give out the yearly awards and honor our swimmers. Scot is seeking volunteers to put this together. Please email him if you are interested.
- Splash Fee Increase: Motion – so moved and seconded by the July 2001 BOD to increase the splash fee to \$4 on Jan. 1, 2002. There was much discussion and several opinions were expressed. One was that splash fees were down due to there not being competition inside our LSC for the top swimmers. These swimmers are looking elsewhere for meets. It was noted that the Meet Sanctioning Committee has started to address this issue. Another was, the slower swimmers are forced to fund the older, faster swimmers. This sport is becoming more and more expensive. It was pointed out that USA Swimming promotes swimming to the highest level, reaching the dream. This is the purpose of the sport. The \$3 splash fee has been in existence for 10-12 years. Scot reminded the House that he had sent a letter explaining this increase to all the club presidents. This increase is not out of line nationally. The BOD was informed when it made this recommendation. The \$3 splash fee has always

funded MWS as a whole. This philosophy has not changed. This increase is to keep up with inflation. Club contacts need to do a good job explaining why this increase is necessary and the purpose behind it. A question was asked if MWS received any money from the Sectional's travel fund. No, this money goes right to the athletes. Another comment that was not part of this motion but was added for the sake of discussion was the idea of adding a \$1 splash fee for times entered earned outside this LSC. It was stated to wait and see how meets shake out this year, especially All Stars. Some clubs have always traveled outside our LSC. Motion Carried.

- Technical rule changes, especially water depth will be addressed in Mike States' Safety Chair report.

Treasurer's Report – via Scot Sorensen

Account Balances as of 10-18-01:

- Norwest Checking \$15,403.20
- Norwest Petty Cash 736.24 (Current Betty info not included.)
- Norwest Savings 14,776.18

Total \$30,915.62

- Investments as of 9-30-01:
- Kirkpatrick Pettis \$4,103.78
- Dain Rauscher 16,107.42
- American Express 3,306.60 (No update yet.)

Total \$24,517.80

Senior Vice-Chairman – Peggy Speer

Peggy was on only person from MWS at the National Convention in Detroit due to the September 11th Tragedy. She stated that there were only about 200 representatives present. Only 2 to 3 athletes were able to attend. She chose a variety of meetings to give the LSC an idea about what is going on nationally with USA Swimming. She provided handouts.

- Central Zones - MWS will be traveling to Minnesota for the 2002 Zone meet, August 9-11. The meet will be at the Highland Pool, about 10 minutes from the Mall of America. It is an 8-lane pool. LSC's attending will be MN, IN, MW, IA, SD and ND. Specifics on meet management, entries, etc. are listed on the handout. A copy will be given to Betty Kooy to have in the MWS office. The Central Zone is going to review its entire manual in 2002 and Betty is on the committee.
- Age Group Committee – the USA Swimming website has great information on Camps, Club Development and nutritional supplements. There is a proposal on the national level for Club Development. Review the brochure. It is an effort to increase

standards and services today for better swimming tomorrow. This proposal sets requirements for new clubs and there is lots of opposition, especially about the \$750 membership fee. Toolbox updates have gone out.

- Mutual of Omaha Sponsorship – they are funding Splash Magazine and Coaches Quarterly, as well as a parent education newsletter.
- 120-Day Rule – there is no meaning to "swimmer has financial obligation," unless you have a court injunction against the athlete (not parents), even if the previous club is owed money. You must transfer the athlete in 14 days if the previous club does not sign off. This information needs to go to Gary Flurry, Registration Chair. The proposal that Mary Losee, Administrative Vice-Chair was reworking from the July 2001 meeting now seems null and void. This will be addressed at the next BOD meeting.
- Outreach – MWS has a program in place. However, there is not a chairman.
- Camps for the 21st Century – our LSC is working to promote this area. Interest from athletes and coaches has been shown. There are four levels of camps. Level One is for the younger, novice swimmers. They focus on nutrition and psychology. Level Two continues to develop education, meet preparation and nutrition. Level Three would have sports science information, and Level Four would be for those swimmers who have Sectional times. These camps have manuals on the website, be held on neutral sites, include and educate the parents, focus on fun and socialization, and be budgeted for through the LSC. See handout for more details.
- High School Swimming – no immediate solution on the national level. A plan is being developed to address this issue. Locally, Peggy will work with Doug Krecklow and Scot Sorenson to send the annual MWS letter to the NSAA stating the National Developmental Meets our LSC Swimmers would need to participate in. Swimmers are no longer penalized for swimming at national meets. Much discussion was held on how to not get the athlete caught in the middle. MWS needs to communicate directly to the high schools. The clubs and club coaches need to communicate with the high schools.

Safety Committee Chairman – Michael States

- Mike gave accident statistics. 448 occurrences nationally in the past year; the second quarter MWS had 3; MWS had 8 total in the last half of the year; these occurrences were distributed throughout all ages; half in the water and half out of the water; half were at the meets and a fourth were at practice.
- Accidental Insurance for the BOD – Scot and Mike both possess the information on the specific policy offered nationally. This is an optional policy, but seems to be important. There is a \$350 premium. Each LSC needs to fill out an application and send it in with pre-payment. It was stated that information needed to be given to Mary Losee, Administrative Vice-Chair, to get an indemnification clause put into MWS's bi-laws.

- Neck, back and spinal injuries are being closely scrutinized nationally in regard to athlete safety and insurance premiums. All the changes to the USA Swimming Rules and Regulations begin November 1, 2001, and are listed on the website. The main change deals with starting standards. Any coach teaching novice swimmers starts must do so in water that has a minimum depth of 5 feet. As for competition racing starts, if the water depth is below 3.5 feet, the swimmer must start in the water; if the water depth is below 4 feet, the starting platforms must be no more than 18 inches from the water.
- It was stated that Woods pool was not in compliance this summer in regard to the pool temperature and turbidity. Shouldn't MWS review our contract with them, as to pool management's duties and obligations? Scot interrupted and said we don't disagree with this, but also stated this problematic decision was out of our control.

Technical Chairman – Doug Krecklow

- Doug stated that the above USA Swimming changes to the Rules & Regulations is a HUGE ISSUE for MWS. As of right now, no Long Course facility is adequate in our LSC. From a logistical standpoint, we need to wait for decisions and look at options beforehand.

Doug presented a handout to all those present at the meeting. A copy will be given to Betty Kooy to have in the MWS Office. Doug addressed a variety of items.

- #1: Short Course Sub-LSC/Sectional Championship Meet – Recommendations were made to combine the Midwest Senior and Last Chance Meets; this would be a 2.5 day format with all possible events being conducted at the Devaney Center or other comparable facility; the meet should be held on the same dates as the Southern Sectional Championships or the first weekend in March (the other weekend needs to remain open); swimmers with 3 or more Sectional or LSC qualifying time standards or better will not be allowed to enter this competition (this clause is essential to maintain the integrity of the meet and to press local swimmers to participate in the meet that best fits their abilities); a portion of the net revenues would be earmarked for travel expenses to the Zone, All-Star and National meets. MWS and the Host team would decide if this meet would be in a prelim/finals format. Scot commended Doug on this recommendation and said that the BOD would follow through on the proposal at that level.
- #2: Alterations to the LSC Long Course Championship Format – Recommendations were made that all events should be time seeded by session and scored by age group. Gender mixing is not recommended at this time. However, this alteration could be considered to reduce the amount of time required to complete the 400 and beyond events. All 400 and beyond events shall be held as timed finals. The creation of MW time standards for all 400+ events shall also be considered if time constraints and participation warrant such action. Currently, the National BB time standard is

used for the 400 IM, 100y/800n free and the 1650y/1500m free events, whereas the 500y/400m free events standards are between the National BB and A time standards. Reduce the total number of entries per swimmer to 7, no more than 3 per day. This change will impact scoring potential and meet length by an estimated several hundred points and 0.5 to 1 hour of time each session. If meet length is positively enhanced, then the addition, as recommended and encouraged by USA Swimming for World Rankings, of 50y/m events in all four strokes should be considered for all age groups. In addition, if and only if the meet length is favorable, allow the inclusion of the 11-12 400 Relays and 13 & Over 200 Relays so that Top 16 performances options are still available. Provide educational and training opportunities for all officials in the implementation of "fly over" starts and require officiating crews to remain consistent by event groupings, i.e., the same officials work each 13 & over or 12 & under session utilizing the same referees and task assignments. Consistency is critical to performances.

- #3: Creation of LSC Swimmer Parameter Database – Create a gender and age dependent database of the demographic, technical and physical traits of swimmers. Develop a video catalog of the prevalent biomechanical techniques typically found in age group swimmers in the four competitive strokes. Identify the techniques required for performing safe and efficient start and turn with the intent of producing educational materials for use by interested parties. Develop a multi-level database designed to proliferate performance excellence among American swimmers. Continue one of the missions of USA Swimming as being the world leader in competitive swimming. Create a potential renewable source of revenue for Midwestern Swimming, if service fees are collected. This is to be used as an educational tool. Doug is seeking grant funds.
- #4: Send LSC Officials to National/Sectional Level Meets –attendance at high level competitions by certified Midwestern officials is likely to continue being small without appropriate financial support from MWS. Funding for such activities will be difficult. Utilizing Item #3 above, MWS would provide appropriate expenditures for local officials to attend and participate in officiating activities at national level events.
- #5: Resignation as Technical Chair to concentrate on Database Implementation – In order to focus on Item #3, Doug Krecklow submitted his resignation as Technical Chair. He requested the opportunity to continue to serve MWS by heading up the development of the USA/MWS Age Group Technical Attributes and Parameters Database. He recommended that the resignation of Lisa Ellis as Age Group co-Chair be denied and that Doug Humphrey, current Age Group Co-Chair, be appointed to serve as the interim Technical Chair. In addition, he further recommended that new UNL Women's Head Coach Pablo Morales, after a suitable indoctrination into MWS, be appointed to either an extension of the current Technical Committee or as a new Board position as the Director of LSC Growth to International Swimming. Doug Humphrey's position as Technical Chair along with his position with UNL could expedite this potentially valuable resource for MWS. Scot accepted these

recommendations and said he would take them to the Board Level. A statement was made about Lisa Ellis's resignation and Omaha Westside's affiliation with Swim Omaha and MWS.

- #6: Other Technical Committee Recommendations – Lastly, after much discussion with colleagues, Doug recommended that MWS embark on a thorough analysis of its current meet schedule. Coaches, officials and participants are being swamped with competitions that, in the opinion of many, are having a detrimental impact on long-term USA Swimming membership. Since the development of the A-B-C formats and session time limits, we have created the opportunity for member clubs to initiate events which are primarily aimed at a "what's best for us" approach instead of a "what's best for MWS" doctrine. MWS must take the lead in this review and return to a meet schedule that promotes opportunities for participants to reach their potential without endangering participation in activities designed to help the LSC contribute to the positive experiences of its members. In essence, MWS desperately needs to sanction events that do not simply meet the needs of individual groups, but to provide events, at reasonable intervals, so that coaches, officials, swimmers and parents are not attending events on several consecutive weekends throughout the course of a season. It is recognized that end of the season events may well require successive weekend participation but participants accept this reality. However, when similar activities occur repetitively throughout a season, the physical costs are potentially devastating. We must rethink the "more is better" concept and adopt a schedule that positively promotes MWS.

Age Group Chairman – Doug Humphrey

Doug brought to the House questions on three meets: the former OSAC meet held in December; the All-Star Meet; and the Short Course Championships.

- Doug recommended that the former OSAC/Nike Invitational held in December, become a MWS run meet either at Devaney or UNO. It could be used to build revenue. All clubs in the region should be invited. A prelims/finals meet would be the most attractive to the athletes. The pool expenses would run about \$2500. The Sanctioning Committee needs to address this recommendation.
- A discussion was held whether MWS would send an All-Star team and subsidize it to the meet that is now in Lawrence, Kansas? **Motion** was made that MWS fund the All-Star trip. The cost would be a \$100/swimmer and would include hotel, transportation, meet entries, t-shirt and cap. After much discussion an amendment was added and approved that team suits would be included if the funds are available. There was one vote not in favor of this amendment. **Motion seconded, and approved.**
- Doug recommended that MWS host the LSC Short Course Championship meet, not a host club, and that it be held either at UNO or Devaney. The Sanctioning Committee will address this recommendation.

Officials Chairman – Mike Hale

- Mike handed out a recommendation on Guidelines for High School Observed Swims. It stated that in order for MWS to observe high school athlete swims for use by USA Swimming the following guidelines must be followed:
- Meet information must be sent to the OVC representative for the area in which the meet will be held two weeks before the meet. (The following information must be in the meet information: date and time of the meet, location of the meet, contact person in case of weather or facility problems.)
- Only league championships, districts, and state meets will qualify to be observed.
- Swimmers must be registered with MWS at the time of the meet.
- Coaches must submit a request for observed times before the start of the meet.
- Swimmers will be required to pay the MWS splash fee that will be submitted with the request for observation.
- Observed swims must be indicated before the start of the meet on a program that will be given to the MWS Official working the meet.

Motion submitted and seconded. Much discussion was held. It was stated that Blanket Observations that MWS now practices does away with these guidelines that are being recommended. Admittedly, there is a lack of communication between MWS and the high schools. Several opinions were if this recommendation is approved, the mistake factor is too high. The athlete will be the one hurt. It was noted that this is a club coach's responsibility, not a high school issue. Again it was stated that some high schools and high school coaches do not want their athletes to have anything to do with their club coaches during the high school season. MWS does send out notification to all high schools and both club and high school coaches that MWS needs to know who wants to be observed, the possible events and the splash fees. This is not a foolproof system, but these Blanket observations help cut down on the mistakes. Otherwise, the athlete is hurt if a mistake is made. Athlete accountability was discussed and who actually pays the splash fee, the athlete or the club team, and when is it paid. Doc Hammer spoke up and said the Blanket Observations are much easier for Betty. **Motion voted on and denied.**

- Mike commented on some rule interpretation differenced between USA Swimming and High School swimming, specifically the backstroke and the submerged finish. It was noted that there is variance across the nation. Educational materials on training need to be provided to officials and coaches.

Presentation and Approval of the Annual Budget – Scot Sorenson

The BOD had just approved the Annual budget and now it is at the House level. The motion was made at the Board level, **the House seconded the Motion, Approved.**

Presentation and Approval of the Annual Audit – Scot Sorenson

The HOD was briefed that this technicality is the next project for the Finance Committee. It is their goal to have it wrapped up by the next BOD meeting.

Unfinished Business – none.

New Business – None, other than the distribution of the MWS Short Course and Long Course Meet Qualifications for 2002.

Motion to adjourn – 2:00pm – **seconded, approved.**

Respectfully submitted,
Jill Orton, Secretary