**Name: SD BOD Athlete Committee Club: NA Position: BOD Athlete Representatives**

**A proposal to set a permanent location for the State A SC Meet**

**Current bylaw or policy section and language:**

11.3 Host Club Responsibilities (09/20/2009)

(1) Provide written confirmation of the agreement with the pool facility two LSC Meetings prior to the State A Championship. The pool must be available from Friday at 7 a.m. until 8:00 p.m. Sunday. The time allotted by the pool facility for each day shall be adequate (based on the previous State A Championship’s timeline), projected increase in number of entries, and the possibility of delays due to weather, power or equipment failure, or emergencies. (10/1/17)

2) Block 250 hotel rooms two LSC Meetings prior to the State A Championship

**Proposed bylaw or policy section and language:**

(1) For LCM State A Championship meets, the host club must provide written confirmation of the agreement with the pool facility two LSC Meetings prior to the LCM State A Championship. The pool must be available from Friday at 7 a.m. until 8:00 p.m. Sunday. The time allotted by the pool facility for each day shall be adequate (based on the previous State A Championship’s timeline), projected increase in number of entries, and the possibility of delays due to weather, power or equipment failure, or emergencies. (10/1/17)

(2) SCY State A Championship Meets will be hosted by Sioux Falls Swim Team at the Midco Aquatic Center in Sioux Falls, South Dakota. They shall provide written confirmation of the agreement with the Midco Aquatic Center two LSC Meeting prior to each SCY State A Championship. The pool must be available from Thursday at 3:00 p.m. until 8:00 p.m. Sunday. The time allotted by the pool facility for each day shall be adequate (based on the previous State A Championship’s timeline), projected increase in number of entries, and the possibility of delays due to weather, power or equipment failure, or emergencies.

2) Block 350 hotel rooms two LSC Meetings prior to the State A Championship

**Rationale:**

Having State A Champs in Sioux Falls is best for the swimmers for a multitude of reasons:

* It is, inherently, a “fast pool” (or at least faster than its competitors) - largely due to water depth.
  + “Scientifically speaking, the deeper the water depth, the faster the pool. In a shallow pool, waves will ‘bounce’ or reflect off the bottom of the pool, which causes the entire pool to become more turbulent or ‘wavy’. Waves do not make for a fast pool, calm water does. The additional water in a deeper pool acts a quelling force to lessen the impact of the wave (or makes it smaller).”
  + “Water depths near 10 feet gives enough space in the pool to ‘kill waves’ while also allowing a swimmer to ‘feel fast.’”
  + The shallowest part of the Midco Aquatic Center’s pool is 10 feet deep when starting from the deep end of the pool and going down 25 yards.
  + <https://swimswam.com/what-actually-makes-a-pool-fast/>
* Warm-up/cool-down space is in surplus, which is a necessity for fast swimming.
  + “Heightened blood flow to muscles means an increase in oxygen delivery to tissues and the removal of carbon dioxide, a harmful toxin for muscle performance. The benefits of warming up are related to a rise in muscle temperature, which leads the dissociation of oxygen from hemoglobin, quickens metabolic chemical reactions, and results in more efficient cellular processes. A reduction in muscle viscosity then increases the sensitivity and speeds up the nerve impulses that allow for faster communication between neurotransmitters. Maintaining good flexibility through warm up exercises has shown protective benefits by helping prevent musculoskeletal sport-related injuries. These changes allow muscles to move quickly and efficiently and help connect the brain with relevant motor patterns for the upcoming activity, all while minimizing injury.”
  + “On the back end of a workout, cooling down can be extremely beneficial for maximizing athletic performance and speeding up recovery. When a race or workout is over, cooling down is an important step in helping an athlete’s muscles clear lactate and other waste, while loosening tight muscles.”
  + <https://blog.bridgeathletic.com/the-importance-of-warm-up-and-cool-down-for-athletes>
* It allows the swimmers to be on deck
  + Being on deck allows for swimmers to be actively engaged in the races of their teammates. They are not shoved off in a gym somewhere waiting for their race to happen.
  + Having teammates on deck improves the atmosphere of the meet because the athletes are cheering on their teammates, with parents cheering up in the stands.
* Equipment
  + It is the only pool in the state with backstroke wedges
  + Lane ropes are large and help reduce the “bouncing of waves,” as discussed above.
  + Easily visible scoreboard

Other logistical reasons for hosting the state meet in Sioux Falls include:

* Plethora of hotel rooms for athletes
* Wide variety of restaurants
* Easily accessible entertainment and shopping for swimmers and families during breaks from the meet
* Spacious seating for spectators above the pool deck that offers a great view of the pool and limits the obstruction of traffic on the pool deck due to spectators being in the stands and not being behind lanes taking up crucial walking space