



Wyoming Swimming, Inc.

Coach's Update

April 16, 2018

Dear Coaches! This is a quick update on information for zones and some upcoming deadlines.

In this email:

- Coach Contact Information Form
- Application for Assistant Coach or Chaperone for Western Zones
- Information for athletes for applying for Western Zones
 - (Attachment) Current qualifiers for Western Zones for both Age Group and Seniors
- USA Swimming professional development- Recap of Denver Regional Clinic
- Backstroke Start Certification
 - (Attachment) Forward and Back Start Protocols
- In case you missed it! - USA Swimming 20 Question Tuesday with Coach Dave Denniston, University of Wyoming Swimming and Diving

Update Contact Information

In the next year, I will be sending out updates, information, and resources through email. If you have assistant coaches or you know of a head coach who didn't get this email and who would like to be included in the group email, please forward this email to them and ask them to click on the [Coach Contact Information Form](#) so that we have current email addresses.

Team Wyoming - Coach/Chaperone Application

Our Wyoming Zone teams have grown over the past couple of years, sometimes requiring WSI to send more than one coach with each team. If you are interested in being an assistant coach at either Senior Zones (July 31 - Aug 4) or Age Group Zones (Aug 8-11), please submit a [Coach/Chaperone Application](#) before **May 1, 2018**. By applying for this position, you certify that you are available for the dates required and are committed to attending if selected. Coaching staff and alternates will be selected prior to Summer State Championships. Please remember that the number of coaches needed to staff the meet varies depending on the number of participants and will be finalized at Summer State Championships.

This form can also be used for chaperones to apply to help out, too. The link is also on the WSI Website. Go to: wyomingswimming.org, click on Forms and Documents, then click on the link for the application.

Western Zone Athlete Applications

Congratulations SWIMMERS on achieving a qualifying time to Western Zones! If you have a swimmer who has already qualified and you are planning to attend, [the zone application](#) and



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\$150 fee are due June 1, 2018. Attached in this email is a list of all the current qualifiers within WSI.

USA SWIMMING - Opportunities for Professional Development

Wyoming represented well at the USA Swimming Regional Coaches Clinic held this past weekend in Denver. Coaches received excellent information on the latest trends in swimming fast, from starts, turns, and finishes, to racing stats, managing different workout groups, SafeSport, and communication with athletes and parents. Teams from Wyoming at the clinic included Buffalo, SWAT, Wyo Waves, Capitol City Aquatics, and Lander.

If you're interested in participating in upcoming swimming clinics, women's leadership conference, or other opportunities and events for your swimmers, go to usaswimming.org, click on Events, Event Search, Non-Competitive Events.

Also, a lot of what USA Swimming will present during clinics are also included in webinars from around the country. Go to usaswimming.org, click on Resources, then Education, and under Online Coach Clinics, click on upcoming webinars. You can also view archived webinars with the presentation slides and recordings.

Have you heard the new podcast from USA Swimming called "**KICK SET**"? Let me know what you think?

Backstroke Start Certification

At the 2015 USAS Convention, the USA Swimming House of Delegates adopted safety guidelines for teaching and performing backstroke racing starts. In 2018, the Operational Risk Committee's recommendations for Backstroke Start Teaching Protocol and Certification were adopted. The recommendations took care to keep this process as streamlined as possible for coaches. This new certification is now combined with the Forward Start Certification adopted in 2009. **The new requirement (Backstroke Start certification) is to be effective on May 1, 2018.** The 2007 Forward Start Certification protocol and 2009 rule amendment requiring a depth of 6 feet for teaching racing start remain unchanged and in effect.

Attached in this email is the packet you should have received (via email and/or snail mail) from USA Swimming. Please take the time to certify your swimmers in both the back and forward racing start and remember to document. This can help keep you, and your team safe (and maintain insurance) if someone is injured from a racing start.



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USA Swimming - 20 Question Tuesday

In case you missed it: our very own Dave Denniston was featured on USA Swimming's 20 Question Tuesday... TWICE! After a [legendary conference win](#) (59 years and its Wyoming'!) and winning the WAC Swimming Coach of the Year, USA Swimming took some time to interview Dave about his journey and we all wanted to hear so much more that it took more than 20 questions.

Check out the interviews at the following links:

[20 Question Tuesday April 3 - Dave Denniston Part 1](#)

[20 Question Tuesday April 10 - Dave Denniston Part 2](#)

Way to go DAVE!!!

Links to Attachments:

[WSI 19 & Under - Senior Zone Qualifiers](#)

[WSI 14 & Under - Age Group Zone Qualifiers](#)