

# Fall News Splash

Written by **Meredith Griffin** Fall 2019

## Welcome to the 2019-20 YMCA Swimming Year!

Kids, parents and coaches around the country are excited for the start of the new Y Swimming year. This edition of the News Splash focuses on information, resources and opportunities that will make it a great experience.

Thanks for all you do to help our swimmers realize their full potential through Achievement, Relationships and a Sense of Belonging.

**The annual YMCA Team and Coach Registration** is open.

New this year: Coaches must complete child/athlete protection training annually. This includes sexual abuse prevention and mandated reporter training. This new requirement complies with the Safe Sport Law. The list of approved child/athlete protection training is on [Link](#) and the YMCA Swimming and Diving website.

## Document Updates

The *Swimming Addendum to the Rules That Govern YMCA Competitive Sports*, *YMCA Sanctioned Meet Rules* and the *YMCA Sanctioned Meet templates (championship and invitational)* have been updated for 2019-20. The main revisions include Safe Sport information. The Addendum now includes a statement around inclusion. You may find them on [Link](#) or the [YMCA Swimming and Diving website](#).



## Emerging Leaders Academy

Twenty-two YMCA swimmers are participating in the 2019-20 Emerging Leaders Academy, formerly called the YMCA Swimming Leadership Camp. Participants are high school juniors with YMCA Nationals experience. The ELA is a season-long program to further develop leadership skills and challenge participants to become change-makers. It includes assignments, e-learning, workshops, community service, group work, projects, interviews and personal reflection. See the list of [ELA participants](#) and facilitators on the YMCA Swimming and Diving website.

## YMCA National Aquatic Events



**2019 Long Course YMCA Nationals** – 958 swimmers from 115 YMCA teams competed in College Park, Maryland in July. Three records were broken and 67 volunteer officials worked the meet. The Red Bank YMCA won the Combined, Women’s and Men’s titles.

[2020 Short Course YMCA Nationals](#) – March 30-April 3, 2020 in Greensboro, NC

[2020 Nationals YMCA Diving Championships](#) – April 2-5, 2020 in Orlando, FL

[2020 National YMCA Masters Meet](#) – May 7-10, 2020 in Orlando, FL

[2020 Long Course YMCA Nationals](#) – Bids from potential meet hosts have been returned to Y-USA and are being reviewed. An announcement of location and dates is expected in November.

### Athlete Representatives

Each year, the YMCA National Championship Meet Committees include athlete representatives to share their perspective, their ideas and to contribute to the success of the events. Applicants are high school juniors or seniors who have competed in at least two YMCA Nationals and will compete in both the Short Course and Long Course National Championships in 2020.

[Applications](#) are being accepted through November 8.

### National Y Virtual Meet

The 2019 National YMCA Virtual Invitational Meet is an opportunity to swim locally and compete nationally with YMCA swimmers from around the country. It is the single largest YMCA meet and the most unique meet in which Y teams and swimmers can participate. Local meets may be held between October 19 and 27 or, for those Y teams in states where high school participation restricts Y team participation, between November 16 and December 1. For more information, see the [meet page](#) on the YMCA Swimming and Diving website.

\*Post your photos to Link using #VirtualSwimMeet.

### USAS Convention Report

The U.S. Aquatic Sports Convention was held in September in St. Louis. Seven YMCA delegates participated in meetings, talks, workshops and networking as representatives of YMCA Swimming.

USA Swimming sponsored a roundtable for YMCA coaches. Discussion centered around available resources to YMCA teams from USA Swimming, LSC relationships, accessibility of officials training and the approval of YMCA meets. This discussion is helping to inform collaborative work between USA Swimming and YMCA Swimming.

The [Minor Athlete Abuse Prevention Policies \(MAAPP\)](#) and Safe Sport were focal points of the convention. New resources are being created in this area in collaboration with the [U.S. Center for Safe Sport](#). A new webinar series is being offered as well as age-specific trainings for athletes.

USA Swimming is also updating current materials as well as creating new resources in Diversity, Equity and Inclusion. They report a rise in calls and questions related to gender identity and competition category.

There were no changes in technical rules, as FINA did not have any such changes this year. USA Swimming rules were adjusted only to comply with Safe Sport Law language and the new governance structure of USA Swimming. The officials for the U.S. Olympic Team Trials were announced.

Four new board members were elected. The board expressed a commitment to increased communication with USA Swimming members around its work.

Tim Hinchey's [State of the Sport address](#) may be found on the USA Swimming website.

## Inclusion Guidance

The YMCA is for all. YMCA aquatic sports, like all programs and service areas, is committed to providing a welcoming and inclusive environment in which people can realize their full potential.

Recent questions have been raised around Y league policies for gender identity, competition category and locker room usage. Each local YMCA must establish its own policies, with local laws and the advice of their legal counsel in mind. YMCA leagues are collections of individual YMCAs and need the input of all member YMCAs and their leadership before establishing policies.

Both [USA Swimming](#) and [YMCA of the USA](#) have resources in these areas and the two organizations work together to support local YMCA programs in their inclusion efforts.



## Survey of Y Swim Programs

The regional representatives have been reaching out to YMCAs that report to Y-USA that they have swimming programs but do not traditionally register their teams and coaches or participate in the progression from local to regional to national competition. The goals are to establish new relationships, create a larger and stronger network within Y Swimming and link or develop resources to assist with the growth and impact of the program. If you have questions about further developing your Y Swimming program, please contact your [regional representative](#).

## Improving Pool Air

At the 2019 World Aquatic Health Conference, Dr. Ernest Blatchley presented evidence produced by new analyzation equipment that showed a significant rise in trichloramines (the byproduct of a reaction between chlorine and nitrogen – such is in urine and in oils on the body) due to swimmers urinating in the pool. Trichloramines are a primary cause of “bad air” in pools and respiratory distress. The findings once again support the need to have swimmers rinse off in a shower for 30 seconds before entering the pool and to not urinate in the pool.