

Jeff Strahota's Convention Recap

Thursday, September 25, 2008

New Delegate Orientation 730-815a

- introduction of USMS board and committee chairpersons
- review Roberts Rules of Order

Colonies Zone meeting 830-10a

- introductions
- review bids
 - o 2008 SCM – Rutgers
 - NJ LMSC presented order of events proposed by Rutgers. Suggestions were made to pass along to Rutgers to:
 - Move 50s and 200s of each stroke together (ie not have 50s and 100s or 100s and 200s together on the same day)
 - Shorten Sunday – the 1500 will have a very lengthy Sunday, a travel day for most of the zone
 - o 2009 SCY – GMU – bid approved
 - o 2009 LCM – no bids at this time
 - middlebury vt expressed interest in hosting event
 - bidding period extended to December 1
 - o 2009 SCM – no bids at this time

Fitness Education 1030-1130

- reviewed Check Off Challenge program and bids
- reviewed Go-The-Distance program
 - o Mary Sweat is looking from some assistance automating some of the monthly data dumps
 - o Jim Matysek has indicated that his group was working on 10 data projects this year, and that automation for GTD could come to fruition by the year's end

Communications 1245-2p

Reviewed some of the modes and methods of reaching out to members

- websites – USMS is continuing to support LMSCs, particularly small LMSC's and clubs to ensure they have the tools for a website if they want one
- places to swim – lots of concerns about this tool on the USMS.org website – search by zip code is a data project that should be completed sometime later this year
- meet events database – new tool developed by USMS
- sanctions/calendar/end-to-end – not updated regularly, and very labor intensive. Tool to be developed by USMS
- awards – newsletter of the year may be out-of-date. Perhaps websites to be awarded
- tasks for 08-09
 - o website mentoring – improve existing websites and launch new ones for those without sites

- o lend out expertise to LMSC Committee workshop for those areas/teams without much web help

Championship I 215-345p

Austin Recap – meet ran really well; no complaints; were very happy with the feedback; ran a profit

Oregon recap – meet ran well; ambulance issue; ran a profit

Clovis 2009 – 2x50m pools, with three equal courses for distance events

- The main pool being used is 7ft all the way across; will have two 25y courses running side by side simultaneously, separated by 2 lanes.
- One side of the main pool will have grandstands along the length, covered by tents; the other side will be grandstanded along $\frac{3}{4}$ of the length, pointing both sides, and also covered with tentage
- More information is available on ClovisSwimClub.org
- Hotel information is coming very soon

Indy 2009 LCM

- potential 5 day format, with a potential relay only day
- order of events, day for relays and whatnot are still up for discussion
- Gold Medal Sponsor will increase to \$80 to accommodate the extra day and will be tax deductible

Bid – Ga Tech 2010 SCY

- same facility as 1996 Olympics
- only issue is that there will be only 8 lanes from 1 w/d pool

Bid – Puerto Rico 2010 LCM

OW/Long Distance I 4-530p

- 25k event was very well received by the folks who did it as well as the team and town that put on the event
- lots of discussion about the new suits and how to police them
- the committee discussed that USMS is pretty much stuck enforcing whatever rules FINA/USAS adopt regarding what is legal
- race directors will have a link to a document that will tell them what IS legal (anything not on that list is illegal), and it will be up to them to police

Club Model Workshop 7-845

Coaches Present: Carey O'Brien, WCM; Chris Campbell, Mountain View Masters; Chuck Burr, Team Ridgelea; Chris Hutchens, Indy SwimFit;

Hosted by Chris Colburn

Recurring themes: good leadership; love swimming; bring swimming to others

- i. How to keep coaches informed
 - a. Internet resources
 - b. Certification
 - c. Use diversity of coaching staff to benefit
- ii. Managing staff
 - a. Rejuvenate coaches with scheduling

- b. Create lesson plans for every: season, month, week, day
- c. Work with swimmers - swimmers set direction of what they'd like to work on first
- d. Clinics (coaches clinic for coaches; stroke clinics for swimmers)
- iii. How to keep the long-time swimmers coming back
 - a. Help them find self-worth and accomplishment
 - b. Fitness goals
 - c. What you put in, you get out
 - d. Keep coaches involved – make EVERYONE feel good – everyone is important
 - e. Do something new and different to keep people interested and returning
- iv. How to find the next generation of coaches
 - a. Rob Butcher's executive plan
 - b. NCAA link
 - c. Women over 50 are an untapped resource
 - d. Treat coaching like a business
 - i. Sell the masters idea to swimmers, local government, facilities, etc
 - ii. Training and development
 - iii. Benefits

Friday, September 26, 2008

House of Delegates 1 – 8-9am

Rules Proposals 9-10am

Most of the discussion revolved around rule change proposals 30 and 31, for championship meet scoring

- Pacific Masters' proposal is to have separate and unique "regional team" and "local team" divisions, so that smaller clubs don't get left out
- Ohio Masters' proposal is to have a system that rewards participation and quality. Participation is based on the current system – total points – which rewards teams who have a large quantity of people. Quality is based on points per swimmer, which rewards those clubs whose swimmers consistently score points at the meet.

Coaches presentation 1030-12

Coaches present: Mark Moore, Mission Viejo; Allan Honote, Long Beach Grunions; Nancy Reno, Conejo Simi Masters

Discussion of each club's history and membership

Focused on Club Management role of head coach

- marketing
- budgets
- hosting events
- triathlon link
- social events

Sports Medicine Presentation 1230-130p

Jim Miller – the Swimmer's Shoulder

- see separate file of notes;
- also, presentation is on the USA Swimming website, under medical

House of Delegates 2 – 1345-1645

Club Assistant Presentation

On-Line Registration

- new system built and launched in late fall 2007, went live mid January and after some bumps to ensure data correctness, went fully live in February
- In April, online registrations made up 50% of registrations
- Running at least 1000 registrations a month since February
- 2008 growth over last year, numbers alone, was 6% (last two years was <2%)
- Renewal – early November - encoded links will be sent out to each person, directing them to click a link, confirm address, name, preferences, etc.
- Updates
 - o update addresses, names, etc., so that it will real-time update USMS's database for other things, such as the magazine and other mailings
 - o For registrars, will have some additional tools and links for use of club data

Recognition and Awards – presentation of

Ransom Arthur Awards

Dot Awards

Club of the Year – Woodlands

IGLA – IGLA champs not accepted

Rulebook – designs are up for vote; Meg Smath is the dedicatee

Pan-America – 2009 meet in Vera Cruz Mexico

Task Force reports

Club Development – part of Rob Butcher's 3-pronged approach

Endowment Fund – one grant for 08 and 09

Committee reports

EC report – questions regarding moving the postal swims from teams to the national office

Fitness – nothing not in my earlier report

Communications – newsletter of the year award presented

Coaches report – Kerry O'Brien awards presented; Speedo Coach of the Year award presented

Registration – reviewing improvement of online entry

Sports Medicine – Jessica – no business other than to approve notes

Championship Bids 5-545p

Georgia Teach – 2010 SCY Nationals, May 20-23 2010

Video Presentation and PPT (with pictures) Presentation

San Juan, PR – 2010 LCM Nationals, August 9-12 2010

PPT with pictures presentation

Mon-Thursday meet, with a 8/13 OW swim

Saturday, September 27, 2008

Championship II 8-10a

Reviewed rules proposals that affect Championship Committee

most were approved with 16+ votes

two big ones were recommended to send to the House of Delegates for a vote

Encouraging bids

- generate a public list of facilities, publish this list and provide information of how to get on the list
- simplify bid packet
- championship committee search bid
- focusing on soliciting bids for 2011 and beyond

Postal Swim Workshop 10-1030

Rob Copeland came by to explain that under the new executive plan, these will eventually fall under the scope of the executive office. Most of these require mostly very repetitive data administrative work. It is their hope that most of this can be automated, which is under current and future technology plans.

Delegates who had submitted bids for some future events expressed their grave concern, as for them, these, especially the 1 hour postal swim, are huge fundraisers for their small teams.

Club Development Workshop 1030-12

Hosted by Mel Goldstein, Indy Swim/Fit

Common Traits of Successful Clubs

- club leadership (Board of Directors)
- coaching
- consistent pool time
- financial stability

Benefits of your club:

- on deck (as opposed to in-water) coaching
- structured workouts
- camaraderie, social
- motivation
- clinics

Advertising

- word of mouth
- flier at pool
- newsprint
- adult learn-to-swim
- credibility (ASCA Certification)

How to combat anti-USMS sentiment by USA-S folk

- take risk (financial) away from the club/site
- position as fundraiser for larger group and/or for age group team
- volunteer at USA-S meets

Club Challenges:

- competing clubs in the same pool/area
- board support
- evening workouts
- 100% volunteer

Developing Fitness Swimmers

- find a team mom
- post-workout breakfast
- buddy system
- be welcoming
- noon workouts
- Masters 101/Intro to Masters – drill info; glossary
- novice meet
- take away the pressure – don't bring a suit; informal meets; relays
- form social groups

Developing Triathletes

- swimmer vs. runner competitions
- hour swim
- improve one person's swim, and they tell their friends-- WOM
- give them attention, respect their needs, explain the benefits of swimming

House of Delegates 3 – 1245-615p

Mostly a review and vote on rule changes. See USMS.org website for synopsis of discussion.