

2019 USAS Convention Report  
September 11 – 15, 2019  
Annie Stein  
Pacific Swimming Staff

1) **Club Development Business Meeting** – Wednesday, September 11<sup>th</sup>

- a. Brief overview of USA-Swimming membership trends over the last year.
  - i. Relatively steady membership numbers, small increase (>1%).
  - ii. Impact of FLEX Memberships on overall numbers?
    - 1. Slight decrease in seasonal memberships
  - iii. Junior Coach Memberships introduced
- b. Discussion of MAAPP Impact on Clubs
  - i. Safe Sport Club Recognition
    - 1. 66 Clubs Safe Sport Recognized
    - 2. 800+ Clubs have started the process.
      - a. Difficulty in locating information/how to initiate process
  - ii. Practicality of MAAPP Suggested Practices
    - 1. Coaches/Volunteers inadvertently violating suggested practices
    - 2. Consequences of no 18 & Over in locker rooms
      - a. Safety concern?
    - 3. Running volunteers out of sport?
- c. Upgrades to USA-Swimming OME System
  - i. Single Click Time Updating
  - ii. Added update button to top and bottom of screen when updating event numbers/dates
  - iii. Bonus Event Feature – transferring new hard cuts to add new bonus events
  - iv. Late entries
  - v. Hytek event file upload?
  - vi. Event Swapping
  - vii. Potential to link with TeamUnify in the future?

2) **Rules & Regulations Committee Meeting** – Wednesday, September 11<sup>th</sup>

- a. Introductions
- b. General Discussion of Rules & Regs committee recommendations
  - i. Change in wording regarding officials at Observed Meets
    - 1. Recommendation to adjust wording to require USA-S Officials at Observed meets be “on deck and in position” rather than “present and one at each end of the course.”
      - a. Tension in some LSC’s between USA-S and HS Officials.
  - ii. 120 day rule as applied to foreign athletes swimming for American Universities that would like to represent a foreign team at their country’s National Championships.
    - 1. USA only country where a 120 day transfer rule is applied.

- c. Brief update from NFHS Representative regarding news from Alaska on swimsuit modesty.

**3) Western Zone Business Meeting – Thursday, September 12<sup>th</sup>**

- a. Brief remarks from USA-S Leadership (Tim Hinchey, Mike Unger, Bob Vincent) in regards to the pending increases in club dues to be voted on at HOD Saturday.
  - i. No increases in nearly 30 years. Accounts for inflation and the ability to continue providing valuable services to clubs.
    - 1. Proposed fees - \$250 club registration, \$500 new club registration
- b. 2021 Western Zone Age Group Meet – Sierra Nevada (Elk Grove)
- c. 2021 Western Zone Senior Meet – Bid on and awarded to Clovis following discussion/vote on increase in entry fees
- d. Increase in Western Zone Senior/Age Group Championship Meet Fees
  - i. Gate Fees the only way Roseville/Gresham AG Champs made money. Not possible for AG Senior Meet
  - ii. \$15 per individual event, \$25 per relay
    - 1. \$5.00 to LSC from each, remainder to host
      - a. PASSES

**4) The Entry Level Experience – How to Make it Better (Age Group Development Committee) – Thursday, September 12<sup>th</sup>**

- a. Tristan Formon – Berkley Aquatic Club (New Jersey) and Tom Himes – North Baltimore Aquatic Club
  - i. Progressing swimmers from a Swim School to the Competitive Program
    - 1. Benefits of a Swim School
      - a. Revenue Stream (support the program)
      - b. Additional Employment Opportunities
        - i. Non-coaching hours for age group staff
      - c. Opportunity to Develop Talent
    - 2. Full Time Coaches as Instructors
      - a. Professionals instructing classes
      - b. Natural progression to the team
        - i. Coach/Athlete relationship development
    - 3. Balancing importance of both lesson and competitive program
      - a. Sacrificing 1 lane of deep water from Senior Practice for 30
        - i. Marginal Cost vs. Marginal Benefit
        - ii. Swim School students identifying as part of the overall program
  - ii. Competitive Readiness Clinics
    - 1. Teach/Refine competitive skills (starts, turns)
    - 2. Deep Water Acclimation
    - 3. Held on school holidays
    - 4. Open to present swim school students

- a. Goal to build on swim school instruction and ease the transition into the competitive program
  - iii. Competitive Readiness Clinic “Meets”
    - 1. Intro to competitive racing
      - a. 25’s of each stroke
      - b. Non-intimidating environment for a positive first experience
      - c. Participation ribbons, stickers, pencils, fun!
  - iv. Retention
    - 1. Challenge yourselves to think outside the box
    - 2. Focus on what you can do in your situation
    - 3. Flex Memberships – Insurance
    - 4. Sacrifice a competitive lane
    - 5. AG Development – Identify and cultivate talent
  - v. Group Workshop Discussion
    - 1. Idea Exchange on how different clubs integrate new families and swimmers into their program
      - a. Parent Engagement – Make it Social for the families
      - b. Mini Meets
      - c. Older Athlete Engagement with Younger/Novice Athletes

- 5) **Trending up: What the Best Club Swimmers are Doing and How it Compares to the Best Pro/National Team Athletes** – Russell Mark (USA-Swimming National Team High Performance Manager – Friday, September 13<sup>th</sup>)
- a. Butterfly Revolution Update
    - i. Facebook Group
    - ii. Webinars
    - iii. Presentations – NT Coach Seminar, National Select Camp, Convention, Clinics
    - iv. Butterfly Summit
      - 1. Bob Bowman, Teri McKeever, Gregg Troy, Mary T. Meagher, Ian Crocker, Camille Adams
      - 2. Luca Urlando, Regan Smith, Katie Drabot, Katie McLaughlin, Lillie Nordmann, Nick Albiero
    - v. Technical Notes
      - 1. Flat and Forward
      - 2. Two Kicks
      - 3. Emphasize catch over finish
      - 4. Breathe after initiating catch
    - vi. Results
      - 1. 2017 – 6 Top 8 Finishes, 2 Medals (World Juniors/World Championships)
      - 2. 2019 – 11 Top 8 Finishes, 8 Medals (World Juniors/World Championships)

3. 3 out of 4 Butterfly Events fastest ever to qualify for USA National Team (M 200 Fly exception)
- b. USA Distance Swimming
  - i. Mens 800 Free – No medals at Worlds/World Juniors
  - ii. Mens 1500 Free – Worst placing men’s event
    1. Average from 2012 Olympics to 2019 Worlds is 9<sup>th</sup>
  - iii. Women’s distance events more successful
  - iv. Challenges
    1. Athletes that want to do the work?
    2. How do we help those that do?
    3. Do we have a program to help distance athletes thrive?
    4. Increasing volume is not the answer
      - a. Sustained speed
    5. Train at faster speeds for Longer
    6. Best tool – Jon Urbanchek’s Color System
    7. Cultural and Systemic
      - a. NCAA success/pressures
      - b. Trials Cuts
      - c. Training Environment
        - i. Pool time/lane space
        - ii. Great females can train/chase males, not vice versa
        - iii. Best women training together and have a community, not so with the men
- c. World Juniors vs. World Championships – Differences/Similarities
  - i. Meet Prep
    1. Pace Work, power work, suited efforts
    2. Pre and post workout routines
    3. Quantity of starts
  - ii. Ability to process results (good or disappointing)
  - iii. Relay Starts
- d. Stroke Mechanics Video Analysis

## **6) Meet the Candidates – Friday, September 13<sup>th</sup>**

- a. Q & A with each of the Board of Directors Nominees
  - i. Julie Bachman
  - ii. Rebecca Binder
  - iii. Kim Brackin
  - iv. Julie Chen
  - v. Kenneth Chung
  - vi. Jennifer Gibson
  - vii. Kathleen Prindle
  - viii. Bill Schalz

## **7) USA Swimming House of Delegates (Friday, September 13<sup>th</sup>)**

- a. Address from President Bob Vincent
- b. In Memoriam
- c. USA Swimming Foundation Report – Rowdy Gaines
  - i. Challenge to donate \$1-\$5 per athlete on your club
- d. State of the Sport – CEO Tim Hinchey and USA-Swimming Staff
  - i. Safe Sport – Lucinda McRoberts and Abby
  - ii. Communications – Shayna
  - iii. National Team – Lindsey Minenko
  - iv. Olympic Trials – Mike Unger
- e. Awards
  - i. Safe Sport Impact Award – Sgt. John Ingram
  - ii. Open Water Achievement Award – Ron Aitken
  - iii. Adolf Kiefer Safety Award – Dr. Danny Mistry
  - iv. Disable Swimming Service Award – Robin Hller
  - v. Diversity Equity Inclusion Award – Chicago Parks & Rec
  - vi. ASCA Coach of the Year – Mike Parratto
  - vii. Developmental Coach of the Year – Ron Aitken
  - viii. Athletes Appreciation Award – Claire Letendre
  - ix. Athletes Appreciation Award – Travis Tygart
  - x. Phillips 66 Performance of the Year – Regan Smith

8) **USA Swimming House of Delegates** (Saturday, September 14<sup>th</sup>)

- a. Membership Report
  - i. Year-Round athletes – 352,479 registered
  - ii. Non-Athlete registrations up 1%
  - iii. Election Credentials (Laurie Benton) – 596 Delegates, 496 Credentials Issued
  - iv. Life Membership Presentation
  - v. Past board members honored
  - vi. LEAP LSC Recognition
  - vii. Rules and Regs
    - 1. Pull R6 Zone Board of Review
      - a. Directs more to the National BOR
        - i. PASS
    - 2. Pull R9 Observed Meets
      - a. Requires USA-S officials be both on deck and in position to at observed meets
        - i. PASS
    - 3. Pull R19 Safe Sport/MAAPP
      - a. PASS
    - 4. Increase in Club Dues – Does NOT PASS
      - i. Now back to the USA-S Board to come back with new proposal
  - viii. BOD Election Results

1. Kenneth Chung – 3 Year Term
2. Bill Schalz – 4 Year Term
3. Kathleen Prindle – 4 Year Term
4. Jennifer Gibson – 3 Year Term