

2017 USA Swimming Convention- Allison Beebe

Senior Committee Meeting- September 13, 2017

Calendar and Dates

2017 Winter Nationals- Columbus- 11/29-12/2

2017 Winter Juniors- 12/6- 12/9- Iowa City (West) and Knoxville (East)

2018 Nationals- 7/25- 7/29- Irvine

2018 Junior Nationals- 7/31- 8/4- Irvine

2018 Futures- 8/2- 8/5-

Northeast- Richmond

Southeast- TAC, North Carolina

Central- Rochester

West- Santa Clara

2018 Winter Nationals- 11/28- 12/1- Greensboro

2018 Winter Juniors- 12/5- 12/8- Greensboro (East) and Austin (West)

2019 Nationals- 7/31- 8/4- Stanford

2019 Junior Nationals- 8/6- 8/10- Stanford

2019 Futures dates- August 1-4, 2019- sites TBD next year

Discussion on Futures

- What should dequal be?
- Only one person in the audience spoke up for the meet allowing US Open kids.
- Dequal for 2018 and 2019 will be National Time standard

Discussion on C Final being 18 & Under

- Lots of discussion- pro and con
- TV for Nationals this summer just wants an A&B final in the first session
- Does this committee have jurisdiction on selection meets or does this fall under the National Team division at USA Swimming? Committee can make recommendations.
- Recommendation- A/B/C- non qualification meets. A/B/C (18 & Under C) for selection meets. No change.

Mitch Dalton- Review of National Junior Team

- Mel Zajac- those on the World 100 list who did not compete at Jr Pan Pacs
- 14 high schoolers made the National Team this year
- Question for Mitch- why did Jr Worlds not qualify for National Team? Will be discussed at Steering

Time Standards- Larry Herr- Recommendations

- 2018 Summer Nationals made faster than 2017 (following trends within each event and looking at the performances swum from 4/1/2017 to 9/7/2017) but a little slower than the original proposed standards. Relays stay the same.
- 2018 Summer Juniors made faster than 2017 (.1 faster per 50)

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- 2018 Futures are the same as 2017
- 2018 Sectionals are the same as 2017
- 2017 Summer Nationals had 1114 qualified (4/1/2017 to 9/7/2017)
 - Recommended 2018 Summer National standards have 844 qualified (4/1/2017 to 9/7/2017)
- 2017 Summer Juniors had 1728 qualified (4/1/2017 to 9/7/2017)
 - Recommended 2018 Summer Junior standards have 1483 qualified (4/1/2017 to 9/7/2017)
- As soon as graphics art finishes with time standards, they will be posted on the website. This should be in a week or two.

Combined US Open & Juniors in all years with a separate/ early Trials meet.

- Based on this years numbers, we would have around 1400 swimmers.
- Should we split into 2 sites?
- No motion/ no change at this time.

Senior Committee Discussion Items

- Summer Juniors- recommend starting finals at 5:00 PM- Get the swimmers out sooner. With Irvine, it gets cooler at night.
 - Motion- Start Finals at 5:00 PM with an asterisk that it can be moved to 6:00 based on entries.
- Should we allow 3 time trials instead of 2? Vote is 4-3 NO extra time trials
- Should we post Winter National time standards in February? Yes
- Should there be a protocol for clarifying AM/PM distance events?
 - Motion- If you do not positively check in to swim, you cannot swim the distance event.- M/S/A

General Discussion

- Futures during Olympic Trials year- Futures needs to be on the following week rather than putting Futures on top of the combined US Open/ Junior National meets- M/S/A
- Arena Pro Series- not a place where we are ready for discussion. It will be finalized with meet hosts this week. There is a complete overhaul with some select meets.
- The committee will work on flow chart of meets for swimming community education.

2017 USA Swimming Convention

Butterfly Think Tank- September 13, 2017- Mitch Dalton

Why do we need a butterfly think tank?

- From 2004- 2016 Olympics, we have only had 4 butterfly athletes on the podium- Ian Crocker, Michael Phelps, Christine Magnusson, Dana Vollmer

Dana Vollmer webinar- common theme from club and college

- Technique matters
- Fly with intent
- Use of freestyle

Train her middle distance freestyle- get aerobic base up- build the engine with freestyle- every time you do butterfly, it has to have intent, be fast, and be meticulous

USA Butterfly Revolution Facebook Page

- Dana Skelton- 10 & Under tips
- Russell- lots of stats- 200 fly design (kicks off wall, cycles and tempos)
- Glenn Mills- videos of what he saw when traveling around the world
- Jason Calanog talking about Caleb's progression

Open Discussion- What's going on in the trenches?

- Cultural differences- US tends to look at fly with fear where other countries (Japan and Hungary) don't have this fear.
 - As they teach butterfly, they are much more interactive. It's not "put your head down and muscle through it."- They work on mastering their craft.
- Our kids do not finish their kicks well.
 - Look for degree of bend on 2nd kick

Discussion

- How are clubs working on eliminating fear of fly?
 - Mentorship with older kids
 - Not allowed to have NT on your event list
 - One program does 25% of every stroke
 - Start with teaching fly because it is the easiest stroke- everything is parallel- these kids learned fly first and loved it!
 - Emphasis on lying to yourself- "I love butterfly. I love waking up at 5:00 AM"
 - 8 & Under/ Developmental coaches are their senior coaches- high level coaches at the 8 & Under level- teach development first!!! Teach it correct first!!!
 - IM Challenge- contest- who can do a 100 IM legal first

Bill Rose- People back then were willing to do repeat 200 flys. Today, the culture is different.

Intent is important, but repetition of intent is important is more important.

Beth Winkowski

Review of Dynamo team structure.

Dynamo moves their swimmers based on grade, not age. Younger ones, if moved by birthdates, end up being a year behind their peers in the same class.

Early maturers vs late maturers

- Huge 10 & unders have to learn how to work and swim efficiently. They have to have these skills when others catch up from a maturation standpoint.
- Small 10 & unders- need to learn to work and swim efficiently to keep up

85% of try outs in Atlanta walk in with some sort of swimming experience. Summer league is huge in Atlanta.

Dynamo Juniors

- For kids coming out of summer league who aren't ready for the team but think they are too good for swim lessons
- #1 focus is to foster the love of the sport
- Generates about \$10,000- \$15,000
- Program usually runs from August 1 to April 1. On April 1, pool flips to long course, and they just can't compromise their competitive team to keep Dynamo Juniors running.
- Start at age 5- Guppies- 30 minutes
 - They can practice one day a week or two days a week. When they register, they either pick M/W or T/Th at 5:00. There is also a single day option.
 - 12 participants in 2 lanes in the water on M/W or T/Th. It is capped.
- Second group- Seahorse- 45 minutes
 - 2 day a week practice
 - 21 participants in 3 lanes
 - have to have an idea of breast and fly
 - improve all 4 strokes
 - intro to starts
- Next group- Dolphin group- 45 minutes
 - A little bit older
 - Add turns to the progression
 - They have 2 coaches at all times- 21 swimmers
- Final group- sharks- middle school group- 1 hour
 - Looks a little more like a traditional practice group
 - Only 2 days a week
 - 26 swimmers capped
- There is not a high school Juniors group- they don't have the space, and the time of the year of high school swimming doesn't make it feasible.
- Every coach is teaching as opposed to training.
- There is never a competition offered for the Juniors

Steering- September 14, 2017

Lindsay Mintenko

- Elite performance grant- we have 36 athletes ranked top 8 in the world this year.
- Grant is for those ranked 1-8. Later another grant will be for 9-16.
- Hoping they can receive \$10,000 for training needs, recovery needs, etc.

Lindsay- WUGS

- Decision to pull the 10K swimmers
 - Leading into meet- could not get water temp info before landing in Taipei
 - Big concern on air temp
 - Water temp was 29 when they got there (US limit is 29.45. FINA is 31). Conference call with the athletes- delayed departure. Becca Mann was already in Asia- she got in a few days later. Water temp was 32. The group decided not to compete.
- This is a hard trip. Food is not the best. Takes 30 minutes to get to the venue. Beds are hard. Really prepares the athletes for hard travel conditions of Olympics.

Mitch- Junior Team

- To make the roster- 100 in the world for men or 75 in the world for women.
- 14 swimmers made the national team.
- Junior team camp- lots more flexibility- some stayed for up to 11 days
- World Juniors (only 2-3 people who had never been to Select Camp or on a junior trip)
 - Lots of smiling and laughing
 - National team athletes were amazing with the kids
 - Coaching staff was great

Lindsay- Future Pro Meets for Select Sites

- First 2 days of the meet- full slate of events offered
- 3rd day- finals will have a different flare
- Final info should be rolling out in 2 weeks.

Mike Unger- Olympic Trials in 2020

- We are going back to Omaha
- June 21- June 28- tentative dates for Trials- these may shift for one day (could be June 22- June 29 based on NBC)
- Very likely that the Olympic Games will be flipped with finals in the morning
- If that is the case, we will not do that in Omaha
- Order of events may change because of addition of 800/1500 and mixed relays

- Still not sure if it will be an 8 or 9 day meet
- Time standards will not be released until at least next September
- Looking for 1400 swimmers
- Hotels will not be available until 15 months before Trials
- More hotels downtown now

Club Development Committee- September 15, 2017

Pat Hogan- Flex membership

- We have lost over 10,000 10 & under members in the last 4 years.
- We are still growing, but we need to promote a different type of membership.
- Attempt to help programs in small, remote areas.
- Parents are looking for children activities rather than committing to sports teams.
- Membership is \$20- \$15 goes to USA Swimming, \$5 goes to the LSC
- If passed, this will go into effect September 1, 2018.

Tom Avischious- Review of membership trends

- We have grown 52% in officials in 10 years
- We have grown 71% in coaching membership in 10 years.
- Increase in percentage of boys
- Olympic bump- we budgeted for a 9% increase, but we only ended up with a 5.5% increase.
- First time in history that we went three years in a row without an increase in membership (another reason to look into FLEX membership).
- Outreach membership jumped over 2500 swimmers in the past year.
- Increase in number of coaches who took a year or more off and came back to coaching.
- 12 more clubs with 500 or more swimmers

LSC Travel- Bob Kizer

- This is a work in progress
- Almost all the LSCs that have a separate travel fund generate their fund from surcharges or splash fees.
- Looking into open water and Paralympic reimbursement.
- This will take a few more months to gather and process data

Multiple Site programs- Chad Onken

- Discussion on having in person “forums” with these clubs to share how they are functioning