

# 2019 USAS Convention

Recap by Michael Allegretti

**Thursday, September 12, 2019**

## **8:00AM Western Zone Business Meeting**

- The USA-S heads presented the resolution to increase the team registration fees from \$70.00 to \$250 per club. In an effort to insure a “good experience” they would also be instituting that all 1<sup>st</sup> year clubs pay a registration fee of \$500.00. This would then be reduced to the \$250.00 point upon renewal of the club membership.
- Dale Ammom was elected as the New Coach Director of the Western Zone.

Under Governance and BOD

- The 2021 AG Western Zone Bid was awarded to Elk Grove Aquatics. The meet dates will be the weekend following the Western Zone Senior meet.
- Prior to voting for a host of the 2021 Western Zone Senior Meet (as no team was submitting a bid) there was a motion to raise the Western Zone meet fees to \$15/individual entry and \$25/relay entry. A long discussion followed as to the intent of the fee raise, where would the extra funds go and how much of the additional funds would go back to the Western Zone. After much debate the following motion was approved:
  - A fee increase to \$15.00/individual and \$25.00/relay would go into effect in 2020 for both the Western Zone Age Group and Senior Championship Meets. Of this fee increase, the Western Zone would take an additional \$0.50 from each individual entry and \$0.50 from each relay.
- With the passing of the new Western Zone meet fees Clovis Swim Club offered a bid and was awarded the 2021 Western Zone Senior meet. The meet dates were not set but will be held after the summer (Sectional, Futures, Juniors and National) meets.

**Thursday, September 12, 2019**

## **3:00PM The Entry Level Experience-How to make it better (Workshop)**

The first presenter was Triston Forman from Berkeley Aquatics Club in New Jersey

- Triston began his talk with a little background as to how the program began and their goal to Teach Water Safety. It was reported that the World Health Organization has estimated that as many as 500K persons drown each year and in many parts of this country drowning is one of the leading causes of accidental death among school aged children.
- Until recently their organization has operated primarily with hard copy applications and paper. In the past year or so they have begun steps to be more “paperless” in their registration system.

- I was really impressed as a coach to hear the quote by Towney Brewster (BSS Director 1989-2018). He said, "I believe that until a child has balance, body position, both front and back and propulsion, can they begin to be coach in the sport of swimming".
- The swim team introduced Competitive Readiness Clinics in 2010 to the BSS as a way to transition between the lesson program to the competitive team. Clinics were held on School Holidays and were intended to teach/refine starts and transitions. Competitive Readiness Clinics also held "meets" as an introduction to competition in a safe comfortable environment.

The second presenter was Tom Hines from North Baltimore Aquatics Club.

- Mentioned how they swim at 3 different facilities. Lost their lesson programs 3 years ago due to facility requirements.
- 1yr ago they began 1 day a week training groups which last 30min to address the loss to holding lessons programs.
  - This is a great way to think outside of the box to utilize a program to address a need that would not otherwise be allowed.
- The NBAC has an ~85% athlete retention rate. Utilizes Flex memberships, a 4/4/3 month pay by session fee schedule and focuses on finding people who can teach over those who can coach.

In conclusion we were updated on the status of the Tech Suit Ban which will go into effect on September 1, 2020. The exact details of the ban will be contained on its own webpage. The Ban will apply to all 12&Under athletes.

## **Friday, September 13, 2019**

### **8:00AM Mighty Reunions: Bright Ideas Contest Presentation and Awards**

This was an awards presentation to the finalist of the Bright Ideas Contest.

The First LSC to present was North Carolina Swimming with their Registration Tutorial

- Within their presentation they showed how they introduce families, coach's, non-athletes to the USA-Swimming member registration system. This system includes directions to follow for a variety of individuals from swimmers to coach's and clubs.

The Second LSC to present was Oklahoma Swimming's Safe Sport Wheel

- Oklahoma Swimming created a Safe Sport wheel that would be utilized at swim meets to help bring awareness and importance of Safe Sport to the athletes. Athletes can spin a wheel and win prizes while learning about Safe Sport.

The Third LSC to present was Mississippi with their Reuse and Recycle Donation Boxes

- The Reuse and Recycle Boxes is a way for swimmers to re-donate the old ribbons they no longer wish to keep, and have them be reused for future meets. Swimmers will

collect the old ribbons, remove the old labels and then redistribute the ribbons at the next swim meet.

The Final LSC to present was Niagara with their Athlete Wellness Initiative.

- Niagara Swimming is instituting an Athlete Wellness Initiative to help athletes maintain mental health and wellness. The Objectives include:
  - Growing awareness & Education around mental health issues.
  - Identify resources to support coaches, athletes and parents.
  - Provide opportunities for connection and collaboration within clubs & across Niagara Swimming.
  - Establish a recognition program for clubs who demonstrate a commitment to Athlete Wellness Initiative.
  - Create a system of reflection to evaluate the effectiveness of Niagara Swimming Athlete Wellness Initiative.

The winner of the award went to Niagara Swimming.

## **Friday, September 13, 2019**

### **9:00AM A Team Approach Today, For a Better Tomorrow**

The Presenters included Danny Mistry and members from the USA Swimming Sports Medicine Team

- The presentation centered around the idea of creating a system where the Healthcare Providers, Individuals (parents & Families) and Teachers, Coach's and other support staff work together as a team to protect the athlete's health and wellness.
- Major topics covered included concussion awareness and training. Most concussions can require up to 4 weeks to recover.
- They talked about the return to sport and return to leaning guidelines after an individual suffers a concussion. How a concussion impacts the athlete in the classroom.
- From here they touched on sports Cardiology and what our national team and Junior teams are using when traveling to help monitor the athlete's cardiac health including the implementation of AliveCor while traveling.
- They began to touch on the topic of "The Female Athlete Triad" but ran out of time.

## **Friday, September 13, 2019**

### **10:00AM Stroke Technique**

The presenter was Russell Mark, USA Swimming's High Performance Manager

Mark began the presentation with a summary of his experience with both the World Jr and Worlds travel teams and how the athletes prepared for competition.

- Talked about how the US is now struggling in the distance swimming arena.

- He touched on how there has been a positive change in the performance and development of US Butterfliers over the past few years.
- How relay exchanges have evolved with the addition of the track start systems. Step over starts are generating more speed.
- We then spent the final 30+minutes watching videos of all four strokes by some of the top US Swimmers.

## **Friday, September 13, 2019**

### **2:00PM Coach's Open Forum**

This was an interesting talk to be in. It began with Peter Banks asking a question from Mark Russell's talk regarding the concerns on the performance of USA Distance Swimmers. From here the discussion really revolved around different coach's commenting on this topic.

## **Friday, September 13, 2019**

### **7:00PM House of Delegates**

The first presenter was Rowdy Gaines presenting for the USA-S Foundation

- Played a video to promote learn to swim programs
- North Baltimore Aquatics challenged each club to donate \$1-\$5 per registered swimmer to the learn to swim foundation.

The Board's Chair Report was given by Bob Vincent

- He has a goal to have all 3000+ USA-S clubs Safe Sport recognized by the end of 2 terms.

Tim Hinchey III gives State of the Sport address

- Reminds us New Members are potential members for life
- Looking for increased communication between clubs

Abby Howard & Luncinda Roberts speak on the Implementation of MAP Training

- 10K + adult athletes have completed the MAP Training
- They have partnered with Coaching Boy's into Men

## **Saturday, September 14, 2019**

### **9:00AM House of Delegates**

The HOD began with a membership report

- 352K+ Registered Athletes. 1.7%increase
- 3033 Total Clubs – we went down in new 1<sup>st</sup> year clubs

- 40,200+ Non-Athlete members
- Total member increase of .1%

Credential Report – Laurie Benton

Board elections opened at 9:18AM. Voting closed at 9:21AM

Financial Report - Tom Ugast

Presentation of Life Memberships

Rules & Regulations lead by Mark Hammond

- Three amendments were pulled (R-6, R-9, R-18). After open discussion all three were passed.
- The Resolution to increase USA-Swimming Club Membership Fees was eventually Tabled after lengthy discussion by the delegation.