

2008 CONVENTION REPORT

Joe Biondi

Coaches:

- I. Continue to develop and restructure the mentor clinics to better assist coaches and members.
- II. Continue on deck coaching at major meets.
- III. On deck coaching should assist with starts, pace work
- IV. On deck coaching should not include stroke correction unless it will lend to the swimmer being disqualified.
- V. Continue work on mentor clinic so the program more effectively benefits coaching and coach development with an eye toward club development and membership retention.
- VI. The value of ASCA Clinic Organization.
- VII. Develop a partnership with USAT.
- VIII. Club development
- IX. Develop better on line coaching

Sports Medicine:

- I. Committee working to educate members and the public on topics of sports medicine and science and stimulate and encourage research related to masters swimming.
 - II. Arrange Sports Medicine Lectures at National meets.
- III. Video tape lectures and post on website so swimmers can take advantage of lectures after the meet.
- IV. Answer question from swimmers for the Healthy Swimmer section of the USMS Swimmer magazine.
- V. Committee continues its efforts to increase awareness of the availability of grant for scientific research to Masters swimming.
- VI. Continue develop a stronger health network and expand it.

Open Water & Long Distance:

- I. Discussion on the inaugural 25K OW Championship in Noblesville, Indiana.

Importance on community involvement in the success of an event of this magnitude.
It took three years of work to get the community, sponsors and volunteers on board to have a successful event.
- II. Evaluations will be forth coming for all of the OW & Postal events for the 2009 season.
- III. 2010 bids were conducted and voted on for the 2010 open water & postal events.

Dates and locations at www.usms.org.
- IV. \$5000 as seed money to develop an open water cable swim.
- V. House keeping for rules and regulations for OW & Postal events.
- VI. Considerably discussion on wetsuit use.

What new high tech suits are legal and approved by FINA for championship meets.
Legal suits will be posted on website.
Wetsuits and the legality of when they may be worn and how events will be scored.
Two divisions of scoring based on swimmers that do not wear wetsuits and those that do.
This will be in the 2009 rule book @ www.usms.org.
- VII. Water Quality for open water swim.
- VIII. Ideas for growing postal events.
- IX. Make sure Event Directors are aware of safety policies with OW events.

Coaches Presentation:

- I. Learned about three very different club structures, three success stories.
- II. Shared ideas on how to manage, market and succeed with your club.
- III. How to work with multiple pools and coaches with different coaching styles.
- IV. Manage multiple coaches with different coaching styles but get similar results.
- V. Deal with city and county pool administrators, colleges and age group teams to maximize advertising and the pool usage.
- VI. Create a need to the adult public by using an approach that the program is a Fitness Program or Stroke Development program, not a masters program. New swimmers feel intimidated by the use of the term Masters and not capable of training to the same level.
- VII. Perhaps giving a free week or two to get the new athletes comfortable with the program.
- VIII. Add lanes just for triathletes or practice days just for athletes.
- IX. Mixing triathletes and regular swimmers benefit the triathletes.
- X. Stroke development critical to any swimming program.
- XI. Produce an introductory Team/Club website/pamphlet to explain the swimming terms and pool etiquette to the new swimmers.
- XII. Make the newbies feel successful the first day. Use drills and a practice that is tailored to the new swimmers ability. Follow up with an email to welcome them.

Coaches Round Table:

- I. Continued developing on line coaching ... www.usms.com.
- II. Add triathlete workout to online practices.
- III. Help triathletes understand that learning and mixing strokes make them a better swimmer.
- IV. Swimming speed sets and interval sets make for a better triathlon swim leg.
- V. Triathletes that swim with regular swimmers improve fastest.
- VI. Teach newbies the lingo and pool etiquette.
- VII. Use your swimmers to grow the program. The Regular swimmers and triathletes in the program are usually community oriented and can pass the word, place the USMS Pamphlet at locations.
- VIII. Many masters swimmers have children in age group program. At age group practices or meets talk to other parents about participating in masters or a fitness program.
- IX. Get masters involved to use their community connections to help grow the program.

USMS National Convention Report from Sept. 24-28, 2008-Atlanta GA.

Marianne Bradley, FACT Club Team Treasurer/Registrar
and SUN Masters Chapter Treasurer/Registrar.

The first thing on the agenda upon arrival is to check-in and visit the vendor area. The vendor area is interesting and one has the opportunity to meet the powers that be at each booth and see the latest current items available for the water sports. Hasty Awards is one that Joan and I visited to see their latest things, as we use them for the yearly LMSC Awards and some at our own Valentine Meet.

RECOGNITION AND AWARDS:

First, I would like to congratulate **Paul and Margie Hutinger** for the matching awards that were presented to them at convention. Paul received the June Krauser USMS Communications award and their Florida Mavericks team won the 'Newsletter of the Year' award. Quite an accomplishment and well deserved. You can read about both awards on the USMS web site.

I am currently serving on this committee that has **Sally Dillon** as Chair and **Hill Carrow** as Vice Chair. This past year I endeavored to help Sally and Margie Hutinger redesign the Club of the Year Award (COYA) form. Being a novice, I was not nearly as contributory as Sally & Margie in the re-design, but feel more confident about my ability to contribute good ideas now that I know so much more about it all. The criteria for the Club of the Year form does not allow photos, graphs or tables, as it was pointed out that they can be used to a team's advantage in making their application look better than another, when the Award is not about an impressive display, but accomplishments. In the past, the non-winning clubs' applications were saved and considered again in the next few years. That has been changed, and previous applicants will be sent notices that if they wish to be considered again, they will have to re-apply yearly using the new form and updating their information. Effective now, only electronic submissions will be allowed for the COYA.

We were also advised that we should advise all of our LMSC members, that the Dorothy Donnelly award has the greatest ratio for success (over other awards), but that all applicants are not given the awards, usually up to about 15 yearly. So if someone is truly deserving, submit their name. Congratulations to **Tom Bliss** and **Charlie Kohnken** of our Florida LMSC on their receiving this prestigious award for their many USMS accomplishments over the years.

Barry Fasbender of Stanford Masters, Pacific LMSC was awarded the Ramson J. Arthur award pin at our committee meeting and again acknowledged and presented at the House of Delegates.

I have volunteered to work with **Julie Heather** of Southern Pacific LMSC to come up with a plan to help all local LMSC's in USMS take an active role in doing something special to thank the many volunteers that help 'oil the wheels' of our local happenings at swim meets, our own clubs, etc. This may be awards, cards, etc., but just a special way to thank them. I will keep you posted on the progress here and will ask for suggestions at the next LMSC meeting.

REGISTRATION:

There was obviously much discussion about this due to the on-line registration being in full swing before the beginning of 2009 registrations. Much of the discussion was concerning what persons in each LMSC would have 'Access' to the database and Club Assistant. This is of course due to Privacy Issues and Confidentiality, as the database contains full names, addresses, dates of birth, emails, etc. The LMSC Registrar and Co-Registrar and Back-up registrars would have full access. Some meet directors want access so as to verify meet participants' USMS membership, number, etc. on the spot at a meet. Local club registrars want access so as to see who has renewed on-line, so that they can follow up on Club Dues owed. Much of the discussion was about exactly what pieces of info would be available in these varying access situations. The LMSC would have to approve exactly who will have access, and what degree of access.

Also there was much discussion about local club Registrars taking in the paper registrations with the member signatures and the checks, and then doing the on-line registrations in bulk using one credit card. Many clubs wish to do this so as to be sure to collect their own Club fees in the check. There is serious concern here about the signature waiver on all USMS applications that (1) must be in writing or (2) the agreement box checked on

the USMS waiver section of the online registration being done by the individual with their own credit card. In the case of paper forms going to the local club registrar for bulk registrations, exactly who is responsible to keep and verify that someone has indeed signed the waiver? In the past, the LMSC registrar has received copies of all paper forms, and was responsible to keep these signed forms, but with various ways to renew now, the tracking and responsibility to verify signatures on all members is hindered. The resolution on these matters is being handled by the USMS registration committee and Club Assistant.

Am sending a copy of this Registration info to Meredith Moore.

DIXIE ZONE MEETING:

It is always interesting to hear the goings on from the other clubs in our area. Very happy that the Hammerhead Aquatics Team in Pompano was awarded the Dixie Zone Championships for SCY in 2009. Love the new Dixie Zone Top Ten Patch.

FITNESS & EDUCATION:

Room was too large with bad acoustics, and Marcia Anziano's voice was mostly inaudible. We complained but it did not improve, so we struggled to hear what was going on at the committee table. Mary Sweat had a loud and clear voice for us. She continues to have great enthusiasm for the Go the Distance and Check-Off Challenge competitions, and is trying to get more interested in doing these. We need to get the word out in our Newsletters or flyers at meets, etc. to get our LMSC more involved. Have sent info to Flavia and Jason for the Fall newsletter.

RULES:

Charlie, Meegan, Tom and I all attended Rules, so I will let them give their synopsis, which will be more detailed than I can provide. But I was certainly entertained by the challenging discussions on Scoring at the committee meeting and the belaboring of it at the House of Delegates.

COACHES:

I only attended the one meeting on Coaches, which was a presentation of four coaches from around the country. They gave their backgrounds in swimming and coaching, and answered questions about how they structured their programs for the differing situations in fitness, competition, training, age groups, politics, etc.

SPORTS MEDICINE PRESENTATION:

Jim Miller, MD, presented a slide show on "Decades of Dedication-The Swimmers Shoulder". I was very interested as I happen to be suffering from bicep tendonitis. He had some good explanations of various problems and how to deal with them, but I felt a hand-out explaining the various exercises he promotes would have been very beneficial. His slides showed good and bad stretching poses, and without diagrams it is difficult to remember them.

HOUSE OF DELEGATES:

I am always impressed about how professional they run the HOD, by keeping strictly to Roberts Rules of Order. They are usually very careful to introduce the Delegates/Officers at the head table, keep the paper handouts updated, accurate and available. They listen to everyone and give all delegates an equal chance to participate and be heard. They make sure that all HOD meetings and the other meetings meet the time schedule at all times.

SWIMMING:

I did not go swimming in the early morning, as I have bicep tendonitis, and have been resting it, and kicking only in my own lane. Was pretty sure that I could not demand to have my own lane there!!!!!!!

That concludes my synopsis of the convention. Most enjoyable and always am fascinated by the broad education that I get there about how the whole wheel of USMS works.

FINANCE COMMITTEE REPORT

USMS CONVENTION

ATLANTA, GA

SEPTEMBER 2008

The Finance Committee of USMS had a great deal to handle this year with the hire of an Executive Director, Rob Butcher, and an aggressive plan to increase membership, provide more member services, establish a National Office to centralize staff for efficiency, communication and accountability.

As an organization we wish to strive for an 8% a year membership growth, achieving 48,000 members in the coming year. We are currently over 46,000 and growth has been constant at 6%. We recommended a \$2. membership increase starting in 2010 and would revisit each year the recommendation of the Board of Directors and Executive Committee to continue this increase on an annual basis.

Sponsorship and advertising growth of \$50,000 a year is anticipated starting in 2011; development of new revenue streams such as moving virtual events online and driving revenue from Coach Certification is planned.

With certain efficiencies in place, the balance sheet for USMS should be positive by the year 2011 and 2010 should show a greatly reduced net loss from operations. This current year our 2009 budget was authorized to show net income of (\$474,031) to reflect the many changes from an almost totally volunteer organization to an organization hiring an Executive Director and maintaining a paid staff of five along with expenses required to establish the vision and action plan Rob Butcher has outlined.

In order to oversee the progress being made on the abovementioned vision and action plan, the Finance Committee has recommended that there be a quarterly report including financial metrics from the Executive Director within 30 days of the end of each quarter. Also, the Financial Guidelines (FOG) was clarified to have \$120,000 of insurance reserve and a general reserve of 4 months budgeted expenses of the upcoming year.

We were assured that the current reserves were invested in CD's maturing each month and that no investments in any one institution totaled over \$100,000. Investment strategy for the coming years was put off to remain a very conservative approach in the current financial environment.

Joan Campbell

2008 Convention Report

Charlie Kohnken

Most of what I got from the convention has to do with Officiating. At our meeting we adopted a minimum officiating standard. We also adopted a revised certification standard. This information has to be passed on to people who run meets.

I attended a Sanctions and Records Roundtable. I had hoped to get copies of other team's Sanctions and Information Letter. Walt Reid told me to go to the USMS web site and generate our own sanction information from the web info. I printed out the info as soon as I got home. I will start working on that as soon as I clear up the to-do list.

I attended many of the rules meetings. The Rules Committee bogged down with the Championship Team Awards. This item will come up in every convention in the future, unless we stop giving out Team awards. World Games don't give out team awards.

I attended a USA session on certifying officials for National Championships. This was useful to me in that I interfaced with USA Officials. We, at the present time, have to use USA Officials.

I will put some of the information I received in the newsletter article.

2008 Convention Report

Meegan Wilson

Legislation and VP of History & Archives

- Florida Chairman **Tom Bliss** and Officials chair **Charlie Kohnken** received the Dorothy Donnelly USMS Service Award for their dedication and service to the Florida LMSC and USMS. The TYR Newsletter of the Year was awarded to "**Maverick Lane Lines**" edited by FMM members **Margie** and **Paul Hutinger**. **Paul** was also awarded the June Krauser USMS Communications Award.
- **Dixie Zone Meeting - 1.** Top Ten LMSC chairs need to send their LMSC Top Ten submissions to Top Ten Dixie Zone chair Andy Dyer as well as to USMS. **2.** Question - Can you sanction a meet this year for next year if the Club has not registered for next year. The Dixie Zone said yes, Walt Reed & Meg Smath recommended no. However looking at the rule book, sanctions can be issued to organizations that are not registered clubs of USMS. I will try to get this clarified.
- **History & Archives** - The Committee is actively searching for early USMS Championship results, both pool and long distance, and old LMSC registration records. If anyone has any old records please contact me. I have been posting many new stories on swimmers, most recently Tom and Charlie's. Please submit stories on your swimmers to me for posting on the USMS website.
- **Legislation: 1.** Changes to the Rule Book. **A.** To 201.2.1 Annual Membership- the following sentence was added: "An LMSC shall not place any restrictions on the formation of clubs". **B.** The following code of regulation for LMSC boundaries decisions was removed from the Legislation Committee's responsibilities and approved for the Zone Committee's responsibilities. 601.1.4 Zone Committee--Proposed changes to the Code of Regulations (Appendix D: Zone and LMSC Boundaries) shall be considered by the Zone Committee for report and recommendation to the House of Delegates. **2.** The Legislation committees task this year is to ascertain whether there are any discrepancies between the Sanctions section of the USMS Rule book and the Sanctions Section in USMS Policies and LMSC Handbook. Both are on the USMS website. If anyone has any questions or concerns about what is written, please let me know.
- **Sanctions Workshop:** Points stressed were:
 1. Top Ten Recorders are to include all swimmers in the top ten submissions, not just local swimmers.
 2. Three watches are required for records to count.
 3. There is no time limitation for submission of National records.
 4. World records must be submitted within 60 days of the event and records for under 25 years of age are not recognized.
 5. National records and top ten times are allowed at recognized events, but not World records.
 6. An observer is required for recognized meets.
- **End to End Event Management workshop** - There will soon be online access for Top Ten recorders to upload meet results and develop their LMSCs top ten information on the USMS website. Currently they are looking for testers of the system. This will eventually make it easier for Top Ten Recorders
- **Sports Medicine** - Discussion about providing sports medicine videos at National events resulted with the committee looking into providing sports medicine lecture videos on the USMS website which will reach more members. It was suggested that this information be for members only access.
- **Sports Medicine Presentation** - Jim Miller said that if a stretch, stretches the muscle it is a good stretch, if it stretches the ligament it is a bad stretch. He also recommended talking 15 mg/day of glucosamine sulfate.
- **Championships 2010** - SCY championships will be in Atlanta, GA - May 20-23 and LCM Championships will be in San Juan, Puerto Rico, August 9-12.