

# Convention Report 2011

## Scott Bay

Wednesday began with teaching the level 1 and 2 USMS Certification Class with Susan Ingraham of club and coach services. The class had 37 and was a huge success.

Meetings attended in addition to HOD

Wednesday Chairs orientation with Craig Keller.

Thursday was Coaches Committee. There was a lot of sharing about certification, awards, international coaching and the high performance camp.

In addition to the above meeting, I was also involved in a closed meeting between Coaches Committee leadership and Club and Coach services. The purpose of this meeting was to clarify roles and identify way to assist each other.

I then went and sat in on the legislation open forum.

After the HOD I prepared quickly for the Coaches presentation given on the pool deck in association with Stu Kahn who did the dryland portion of the clinic.

I was unable to attend the social as I was witness to the wedding of the former coaches chair and LMSC from Allegheny Chris Colburn and LMSC Chair Katherine Longwell.

### Friday

Sat in on Finance Committee in support of Craig Keller Coaches Chair and the request to fund two additional coaches for online coaching as well as the request for funds for international coaching.

Also sat in on Sports Medicine and Science committee.

Attended the Reception for IMSHOF with Rowdy Gaines where Paul Hutinger was a presenter to inductee Lynn Marshall of Canada at this years induction. A proud moment for our LMSC. Richard Abrahams and Jeff Farrell were the USMS inductees this year.

### Saturday

Dixie Zone meeting elected Jerry Clark to be the chair of the zone in replacement of Deb Cavanaugh who has served for many years. Also voted to award zone championships at this meeting (thank you for all of you that supported the Orlando Bid for SCM)

Quickly organized a lunch workout for those who missed the morning and suggested there be another offering which was voted on by the HOD later.

The aquatics awards banquet was that evening and a good time was had by all.

This was largely hailed as a great convention! It was good to be here near home and get through what was a hard week but very rewarding. Thanks again for the opportunity to serve as a Florida Delegate!

Scott Bay

## **2011 USAS Convention Report**

**Jacksonville, FL**

**Sept. 14-18**

**Bill Brenner**

I spent the first day of the convention getting my certification in the new US Masters Coaching program associated with The American Swimming Coaches Association (ASCA) along with 35 other Masters coaches from around the country. Level 1 was offered in the morning and Level 2 was offered in the afternoon. This new program, developed by the Coaches Committee of US Masters Swimming, was taught by our own FL LMSC Coaches Chairman Scott Bay and Susan Ingram, head swim coach of Masters of South Texas.

Level 1 curriculum included, Characteristics of a Masters Coach, Knowing the Adult Learner, Coaching Triathletes and Open Water Swimmers, Risk Management and Writing Workouts. Level 2 curriculum included, Coaching Style, Stroke Correction and Development, Starts and Turns and Dryland Exercises.

A power point presentation was used throughout the course with the instructors expounding on key points. Audience participation was encouraged. This question and answer dialog among the coaches made this class very productive. I've taken other coaching certification programs online and feel that an "in the classroom" format is much better. A coach can learn so much more by listening to a multitude of coaches opinions and techniques than he can watching a computer screen. It's a great atmosphere to ask questions and in most cases get more than one correct answer.

Both the new coach and experienced coach will find the class useful for their professional continuing education. Ultimately, the swimmers in these coaches programs will benefit from their coach having more "tools in their toolbox". These coaching tools will educate, promote improvement, and make the swimmer/coach relationship a more positive experience.

Our FL LMSC has made a commitment to our members to reimburse up to one coach per team to take this ASCA Masters Coaching certification. Additional sites for the program to be offered this year are in Houston, TX and Seattle, WA. The calendar for 2012 has not been finalized. If your club is interested in being a host site for the one day certification, please contact Scott Bay at [sbay@cfl.rr.com](mailto:sbay@cfl.rr.com).

As Top Ten Recorder for our LMSC, I found it exciting to learn that more resources are being spent to improve the USMS website. Soon, all meets seeking sanctioning will be vetted through USMS. This will insure that all events will show up on the USMS website's "Calendar of Events" ([usms.org/comp/event\\_search.php](http://usms.org/comp/event_search.php)). Too many meets have not been listed on the website making it incomplete. We are very fortunate being members in the Dixie Zone to have Dick Brewer managing our zone calendar of events. It is the best and most comprehensive web site of any Zone in the US. Please visit [dixiezone.org/meets.htm](http://dixiezone.org/meets.htm) to view our calendar and meet results.

## **USMS FINANCE COMMITTEE REPORT**

**Joannie Campbell**

The Finance Committee presented their budget to the Board of Directors in record time, the culmination of three preconvention conference calls that were very productive.

The proposed budget item for \$7,100. for FINA World's had been questioned and it was explained that there are two pools involved and 12 hour sessions, requiring 4 on-deck coaches.

A question regarding the \$2.00 raise in fees expiration date was answered - it will expire in 2014, therefore there will be an examination of this increase in 2013 by the Compensation and Benefits Committee.

The Board agreed that presenting a deficit budget to allow for funding of Swimming Save Lives for next year would be acceptable. The committee recommended that this be funded by reserves, however.

The capital budget for improvements to the National Office facilities in Sarasota was discussed. The present facilities are not large enough for the present and future staff; however, present plans are to expand these facilities within the Historical redesign plans of the City of Sarasota.

Membership expenses were appreciably decreased by the transition of publishing SWIMMER magazine in-house. The budgeted cost to produce the magazine was decreased by \$112,300 from the 2011 budget.

Part-time staff has been used to handle special projects and seasonal fluctuations rather than adding full time staff and no additional full-time staff has been requested for 2012.

An increase of 5% in membership is assumed for 2012 - historically an Olympic year adds a larger than normal number of memberships and hopefully this will be the case.

2012 emphasis of events will concentrate on the Summer Nationals in Omaha just after the Olympic Trials at that facility. The Meet Director will be Tom Boak, who will deal with all aspects of the event. This is budgeted to lose \$72,937. The individual events will be raised to \$6. and the relays to \$16 for Omaha only. Also, sponsorship will be increased to \$150. Of course attendance will be the key to revenues and there has already been a great deal of interest. The current forecast is 1,000 swimmers.

Several events will not be held in 2012: SwimFest, High Performance Clinic, H2O Open Series and Open Water Safety Conference. Several LMSCs have expressed regionalizing these events.

Respectfully submitted,  
Joan Campbell

# **USMS Championship Committee Report**

**Jack Groselle, member Championship Committee**

First thank you for sending me to the USAS Convention. We worked on the following :

1. The USMS SCY Spring Nationals at Greensboro N.C. April 26-29, 2012 was discussed in detail . The 2013 USMS SCY Nationals will be in Indianapolis, IN - May 9-12 2013.
2. The USMS LCM Summer Nationals at Omaha, Nebraska July 5-8, 2012 was discussed in detail. This event will be held immediately following USA Olympic Trials in the same pool. This is a great opportunity for Masters Swimmers. The 2013 USMS LCM Nationals will be held in Mission Viejo August 7-11, 2013.
3. We have given permission to Omaha to split up the Gold Medal Sponsorship and the Hospitality benefit with separate charges. The reason for this is that the Omaha Quest center requires that it handle the hospitality (we cannot bring in food like at other nationals) and the cost is expected to be very high for just the food .
4. The chance to swim both distance events (800m and 1500, freestyle) at nationals did not pass at the convention because of the timeline effect. I am the head of a subcommittee to try to find a way to allow this at Omaha . We are actively working on this via e-mail and it is a very hot topic. I want to make this happen.

Jack Groselle  
Hiram College  
Head Swim Coach  
330-569-5343

**Convention for the First Time**  
**by David Miner**  
**(Long Distance and Open Water Chair)**

Convention 2011 was my first time attending such an event. Starting off as a USMS swimmer, joining a local club, and then volunteering on our LMSC committee didn't reveal just how large a scale and far reaching USMS really is as an organization promoting swimming. Walking into my first meeting with the hot-topic discussion of open water one-event entries was eye opening. The formality, the passion of each person's ideas and opinions, and the scale was a little shocking. Not shocking in a bad way, just shocking on how deeply passionate these Masters swimmers are about their sport, clubs, and events.

As I attended more and more meetings and learned about many interesting topics and ideas, it became clear to me that members representing their LMSCs, clubs, etc. were here to make a difference and make things as best they can. There was no lack of participation, no one sitting around quietly just accepting outcomes or proposals. The engagement by the delegates and representatives was great to see.

Only really seeing USMS from the ground level never really gave me the perspective of just how large and structured the organization really was. Attending Convention and learning how the board members, delegates, clubs, swimmers, and staff connect and are organized was one of the things I was really glad to learn about. It was great to see that USMS is truly an organization about the people in it and run by the volunteers in it. The structure seemed to work pretty well and allowed everyone to have a voice.

Breaking out into smaller meetings and discussions allowed everyone to focus on the things they were interested in or needed information about. Each meeting was run by experienced Convention attendees allowing for a good flow and exchange of ideas. With minutes being kept for each meeting, being able to reference those discussions days later made it easy.

The formal structure of the large delegate and board member meetings seemed at first too controlled and stifling but as I watched how things played out, it became obvious that without this structure in place things would quickly fall apart and the board would lose control of the meeting. As the topics progressed from commenting to voting and passing or not passing and then moved on to the next topic, this structure allowed for people to be heard and many things to get done.

The days were long, the information was plentiful, and the evenings were filled with fun social gatherings and good food. With over 1,000 individuals attending the final banquet Saturday night from all the different organizations, it seems like the aquatic sports world is strong and well run and will be around for a long time. I look forward to going back to Convention and getting more involved as now I know how everything works and flows.

**Convention Report**  
**October, 2011**  
**Laura Groselle**

I am on the Rules Committee and, as you know, it was an "off" year. We primarily dealt with the language changes by USA Swimming in 2010 and adopted most of the proposals. There was a large amount of re-organization of parts of the Rule Book. There were a few changes in sections referring to positioning of officials and the starter that made the sections more consistent with recommended practice. And as always there were some housekeeping changes. There were no highly contentious or controversial issues this year.

There was quite a bit of discussion concerning the use of the overhead video system at the Omaha Nationals next year. Since the system would already be in place (for the Olympic Trials) the cost to use it for USMS Nationals was affordable. The Omaha USMS organizers want to use the overhead video system and not have to find volunteers or pay for timers behind the blocks. The Rules Committee agreed that it was unlikely that this type of system would be used again for a Masters nationals. The Rules Committee suggested that the Championship Committee request the House of Delegates to approve a suspension of the rules to allow the use of the cameras for the Omaha event, instead of changing the Rule Book for what was likely to be a one-time occurrence.

Thanks for having us join you at Convention. It was great!  
Laura

Margie Hutinger, FL LMSC Delegate  
Member - Recognition & Awards Committee

## **“Cultivating Opportunities and Resources for Excellence” Masters Convention in Jacksonville, FL September 14-18, 2011**

I appreciated the opportunity to be selected as a Florida LMSC delegate and participate at the US Aquatic Sports Convention. The delegates from other parts of the country are an important part of convention. I find it interesting and fascinating to listen to their ideas at meetings and have discussions with them on a more personal basis, at hospitality and before and after meetings. It's always refreshing to mingle with the positive and energetic delegates beyond our LMSC, who are more than willing to share their ideas and support the efforts and talents of others.

Throughout my twelve years as a delegate, I have picked up numerous outstanding ideas, as have the other delegates, which could improve our LMSC. These suggestions have merit and should be presented to the membership throughout the year. USMS has a strategic plan. We need to search for reasons why something can and will work, not excuses for why it won't. Our prime focus should be, "Will it be good for our program, Masters swimming in the FL LMSC, and how will our members benefit?"

### **COMMITTEE MEETINGS & FUNCTIONS I ATTENDED RECOGNITION & AWARDS (member)**

Sally presented the 2011 Ransom J. Arthur M.D. pin to Rob Copeland. Previous winners in attendance were recognized, including Paul Hutinger, 1977 recipient. Our presentation of a proposal to legislation to clarify that we deal with service awards, not competitive awards, passed. Our committee survey and workshop (2010) produced a document that provides suggestions for recognizing volunteers at the local level and is posted on the LMSC Guide to Operations webpage under a new Awards section.

Two divisions of the Club of the Year Award were presented, local, Davis Aquatic Masters, Pacific and regional, Michigan Masters, Michigan. **The Florida Maverick Masters were in 2nd place for local division.** We discussed suggestions on how to encourage more nominations for all of our awards. The list included contacting newsletter editors, club leaders through club reps, LMSC chairs, discussion forum, etc. **How can we encourage more FL LMSC clubs to participate in the nomination process for any of the awards? To my knowledge, no individuals and only one club (FMM) was nominated.**

### **HISTORY & ARCHIVES**

**Paul Hutinger** is a member and was also at this meeting. He wondered why stories about swimmers in SWIMMER magazine are not accessible online. The committee now requests that all stories about individual swimmers appearing in USMS SWIMMER magazine be made available in the stories section of the H&A web pages 12 months after publication. John Bauman has completed digitizing the 1988 USMS registration files received from Esther Lyman. 1988 - 1993 files have been completed. He is currently combining all of Esther's files into one database. The Olympian Masters list is now posted online.

### **FITNESS EDUCATION**

There was much discussion revolving around the very popular **Go The Distance** program. Currently there are 2,653 participating in GTD, with 5,077 using the FLOGs. In our LMSC, we have over 1,900 members and 53 clubs. Our participation is now at 8%, with 159 participating from 25 clubs. This is an increase of 3% from one year ago. With less than 50% of USMS involved in competition, we need to actively reach the greater majority of our members. Swimming is an excellent lifetime sport/activity and can be an integral part of a personal fitness program. **Sue Moucha is doing a great job in promoting/publicizing this aspect of Masters swimming.** Some clubs use the GTD awards (FMM is one of them) as an extension

of their awards program. Nike and All American Swim Supply are donating awards for reaching certain milestones throughout the year. For several years, I have suggested they consider extending awards to cumulative years, to reach the swimmers who participate, but can't achieve that amount of mileage in one year. Finally, a committee member will be looking into this aspect during the year.

Fitness articles will be posted when they become available. The **Checkoff Challenge** will continue with the Hammerheads (FGC) sponsoring it for 2011, with the theme of "Bullseye." Another excellent opportunity for swimmers to participate in Masters, without the apprehension of competing in a meet. Any club can bid on this event and provide a service to USMS.

The committee has envisioned a new fitness activity, "Pick One of Six and Send us you Pix." It consists of six challenges and a swimmer can choose one (or more) to participate in. Upon completion of the activity, the swimmer would write up a 140 word article and send a picture for the webpage.

### **SPORTS MEDICINE & SCIENCE**

They have two current research projects:

1. Results of survey of USMS members about prescribed medications has been submitted for publication.
2. An Emory researcher wants to compare incidences of bladder cancer to cancer registries. We will work with him if he can use our data.

Sports Medicine Presentations at Nationals have been poorly attended in spite of good presentations and will be discontinued. Instead, will work on health screenings. Presentations at convention will continue. Paul Hutinger handed out copies of an article he wrote, "How Training Can Stimulate Growth Hormones.

### **WORKSHOP #1 OFFICIATING MASTERS SWIMMING**

The theme was officials at Masters meets should be fair and equitable and strive for inclusion. I have included a paper that Gary Bastie, SPM, and I wrote regarding a rule change for next year. Both of us wear therapeutic arm bands, so we can continue swimming without re-injuring our muscles. Basically, "If a therapeutic support device offers no competitive advantage and/or does not attempt to cover an open or unhealed wound, then it shall be allowed."

### **INTERNATIONAL MASTERS SWIMMING HALL OF FAME INDUCTION**

This reception and induction ceremony were FREE to all and very well attended. A light meal was provided on the terrace overlooking the St Johns River and there was ample seating room to mingle with inductees and guests. **Richard Abrahams** and **Jeff Farrell** were the USMS inductees. All of the sashes of the previous IMSHOF inductees were on display or worn by honorees. Paul presented the sash to new inductee Lynn Marshall, Canada.

### **CHAMPIONSHIP COMMITTEE #2**

The winning bids for 2013 Nationals

- **Spring Nationals (SCY): IU Natatorium, Indianapolis, IN May 9-12**
- **Summer Nationals (LCM): Mission Viejo, CA August 7-11**

There was discussion regarding whether Nationals (highly competitive event) was an ideal location for the presentation of the Ransom Arthur Award (service). Recognition & Awards Comm will follow up.

### **"SWIMMING SAVES LIVES" FOUNDATION**

At Masters registration, all delegates were given a t-shirt with this saying in large, bold letters. This was our "uniform" for Saturday. Phase I of this program was to determine whether USMS has the capacity to raise \$10M for the Foundation. It does. Phase II is to develop a Leadership Team to solicit gifts and contributions. Phase III is yet to come with the national development campaign. Several reports were given on projects that have been done or are underway.

### **DIXIE ZONE (FL LMSC IS A MEMBER)**

The calendar of meets for 2012 was presented and clubs did an excellent job of scheduling their meets ahead of time. Previous hosts of DZ championships reported an increase in entries when they hosted these meets, so delegates were encouraged to support them. Note that the following venues selected for 2012 are spread throughout the DZ.



**SCY - Baton Rouge, LA - Mar 16-18**

**LCM - Greenville, Aug 4-5**

**SCM - Orlando, FL, Oct 12-14**

**Open Water - Sarasota Siesta Key Splash, FL - Sept 29**

**Debbie Cavanaugh, DZ Chair for six years has retired. Jerry Clark, NCMS, was elected to this position. Andy Dyer is stepping down from his DZ Top Ten position. Ed Saltzman will take over until a new person volunteers. DZ patches are available and 45 were sold this year. As the 2012 Spring Nationals will be held in Greensboro, NC, we are encouraged to bring our teams.**

#### **LONG DISTANCE**

Postal events will remain at the club level, which would allow them to do the work and make the money. **Each LMSC was encourage to participate in the bidding process. How about it, FL clubs?**

Bids were announced for the ten 2013 USMS National Championships.

★ One Hour Postal - Davis Aquatic Masters

★5K/10K - Swim Louisville Masters

★3000/6000 Yards - Central Illinois Masters

★1 mile OW - Tri-Valley Masters, Lake Del Valle, Livermore, CA 6/09

★1-3 mile OW - Mission Viejo Nadadores, Salt Creek Sate Beach, Dana Point, CA (2.4-mile), 8/04

★3-6 mile OW - Lee County Gulf Coast Swim Team, Gulf of Mexico, Ft. Myers Beach, FL (5K), 4/27 or 4/28

★6+ mile OW - Swim Las Vegas Masters, Lake Las Vegas, Las Vegas, NV (10K) 5/19

★9 Mile Open Water: IROC d/b/a NEKOWSA, Lake Memphremagog, Prouty Beach, Newport VT (10 mile) 7/06

★2 mile cable - Adirondack Masters, Mirror Lake, Lake Placid, NY 8/10 or 8/17

#### **2011 BUDGET**

All the countless hours the committee spent before the convention, led to a smooth and documented presentation, which was accepted by the HOD with little discussion. **Every USMS member will be affected by a \$2 increase in the USMS fees.** This will help to offset the additional expenses.

#### **OTHER COMMENTS & SUGGESTIONS**

★ I attended the post-convention evaluation session, led by the new USMS President, Nadine Day. This discussion included three questions; **What did we do right? What did we do wrong? and What did we miss?** I think this would be an excellent idea for a basic LMSC survey, to be included in the newsletter for **ALL** members to respond to, not just the clubs. The former pres did the same thing, two years ago and I made the same comment. What are we waiting for?

★ **One of my missions in attending convention was to pass out information on changing a rule at the 2012 convention regarding the use of arm bands and tape.** Currently, the interpretation is left up to the referee, who may or may not allow it. The suggestion is to change the rule to **"If a therapeutic support device offers no competitive advantage and/or does not attempt to cover an open or unhealed wound, then it shall be allowed."** Next year is "rules" year and we need to be ready. Remember, we're dealing with an aging population of Masters' swimmers here, not younger USA-S competitors. Masters swimmers should be encouraged to do whatever it takes to keep them training and competing without further injury to themselves. It is important to train and educate officials to achieve fair and equitable officiating in each LMSC.

★ **Another mission was to get more information on how the FL LMSC could implement collecting club fees with individual online registration.** For three years, I mistakenly thought that this was not possible. For another year, I knew that Club Assistant CAN collect club fees, but our LMSC dragged its feet and hasn't set it up. Currently, individuals have to send a separate check to their club registrar to complete their registration. This can be a very frustrating process, as some individuals ignore the messages. We have a responsibility to provide the best service we can to all of our members, which

includes collecting clubs fees, online. **I propose that the FL LMSC set up our registration with Club Assistant, so individuals registering online can pay their club fees in a timely manner.**

**❖OPTION I: (Currently in the works as a trial run.)**

◆ Club Assistant collects club fees and sends them to each club or deposits them in their account. NO extra work by LMSC Treasurer.

◆ Instead of paying a stipend to our Treasurer, the LMSC should pay the Club Assistant and Visa fees (\$1.50 not confirmed).

**❖OPTION II:**

◆ Set up a separate escrow checking account for club fees and elect/choose a treasurer to dispense these fees, **monthly**.

◆ There are 53 clubs in our LMSC (Club fees are \$10 renewal and \$20 new club). Each individual pays an \$8 LMSC fee. About 20 have a club fee (ranging from \$5-\$30).

◆ These clubs contribute a significant amount to support the FL LMSC.

◆ Pay the treasurer a stipend.

★ It is important that our LMSC maintain a focus on how to improve service and support to its members and clubs. What's our vision? Where are we going? To make our goals happen, we need to think outside the box.

★ We need to get new people involved, as in term limits for our officers. Train officers (some successful LMSC's have a weekend retreat) and send them to convention. Volunteers are important in a successful LMSC and we need to care about them.

★ Our LMSC awards banquets is an important tool to recognize volunteers. Should we expand upon it?

**The next USAS convention will be in Greensboro, NC- 9/14-18/2012  
Jacksonville, FL; Hyatt Regency Jacksonville.**

Respectfully submitted,

Margie Hutinger  
Member of the Recognition & Awards Committee

# Convention Report 2011

## Meredith Moore

**I attended the following meetings and presentations:**

### **1. USMS Registration Committee Report**

Committee Chair, George Simon (North Carolina) opened the meeting.

Discussions included bad addresses determined by the return of USMS Swimmer Magazine to the National Office. Club Assistant can modify system to better automate marking bad address in the system and notifying members. Registrars need to keep NCOA notifications current.

Issues with Registrar Performance: Some LMSC's are not printing and sending USMS cards to members who request them. Currently there is no time specification indicated in the "minimum standards" that they must be sent out in a specific period of time. Recommendations to improve this situation is: a) change wording in Club Assistant to indicate that printing a card will cost the LMSC; b) change wording in CA to indicate that member will have an opportunity to print card later in session; c) improve education of registrars when they don't print cards.

There was a Motion, Second and Approve that the BOD modify the LMSC minimum standards to require printing of membership cards by registrars to within 14 days of registration by a member. Also, MSA – after a request for a printed card has been in the queue for 30 days, the National Office may print and mail the card and bill the LMSC accordingly.

There will also be a subcommittee that will investigate membership card options (plastic cards?) including a potential membership package.

### **2. Dixie Zone Committee Report**

The Dixie Zone Committee Meeting was headed by Debbie Cavanaugh, Dixie Zone Chair  
Some items and topics discussed:

- \$1000 from Dixie Zone treasury will be donated to the USMS Swimming Saves Lives Foundation which is the successor of the USMS Endowment Fund. The Swimming Saves Lives Foundation is the charitable arm of USMS.
- Jerry Clark, currently Coaches Chair and Secretary of NC Masters, was elected as the new Dixie Zone Chair. We thanked Debbie for her service of 6 years of Committee Chair.
- 2012 Dixie Zone Championships were awarded to: SYC – Baton Rouge, LA; LCM – Greenville, SC; SCM – Orlando, FL; Open Water – Sarasota, FL
- A request was made to include Open Water Dixie Zone Championships in our zone policy which restricts zone meets from being held on the same weekend as a Dixie Zone Championship meets. Under this policy, a pool meet may not be held on the same weekend as a Zone Championship pool meet and an open water event may not be held the same weekend as a Dixie Zone Open Water Championship event. Appeals can be made to the Dixie Zone Chair and will be decided by a committee comprised of the Dixie Zone LMSC Chairs.
- Sanction Chairs are encouraged to submit their events to the USMS Calendar of Events so these events can be advertised nationally.

### 3. Sports Medicine Presentation

Presented by Jane Moore, USMS Sports Medicine and Science Chair  
Nancy Iverson, Medical Director and Co-Founder, **PathStar** Program

Jane Moore introduced Nancy Iverson who presented to us a documentary video of her work in San Francisco with about 9 participants from the Pine Ridge Indian Reservation in South Dakota. PathStar – an acronym for Preservation of Authentic Traditions and Healing is not so much about the Alcatraz swim program as it is about changing a way of thinking. It's about self-respect and changing lifestyle habits and how a simple act of courage and commitment can move Native Americans from hopelessness to hope.

In this particular video, the Pine Ridge Reservation is located in the poorest county in the US, have a very high unemployment rate (85%), a high school dropout rate of 60%, and one of the highest suicide rates in the country. Life expectancy is about 20% below the national average. These 9 native Indians prepare for and participate in the Alcatraz Swim Week, an intensive, week long training in health, fitness and self determination. The week culminates in swimming from Alcatraz Island to San Francisco in very choppy and chilly water, a challenge they all never expected possible as none knew how to swim. They take their experiences and learning back home to their community as these programs reinforce the benefits of meeting challenges and inspiring healthy lifestyle change. The PathStar program offers Native American participants hope – to teach them self-reliance alongside healthy habits. It aims to transform participants' lives and communities – spiritually, mentally, physically and socially.

This truly was an inspirational documentary video. The PathStar Program is committed to inspiring and revitalizing sustainable health and well-being practices by providing learning experiences through challenges in and education regarding food availability, eating habits, food preparation and lifestyle choices in Native American communities, particularly in the Indian Reservations.

For more information of this program, go to [www.pathstar.org](http://www.pathstar.org)

### 4. USMS Convention - Dryland/Coaches Presentation

Presented by Stu Kahn – Dryland and Scott Bay – Swim Technique  
Stu Kahn, USMS Coaches Committee and Lead Technical Adviser to USMS Masters Swimming

Stu started us off with basic pre-workout stretches and stability for the core with **DYNAMIC** stretches to work on posture and streamline. He emphasized that it is important to use dynamic stretches for warmup as they are functional movement-based routines designed to increase core temperature, increase range of motion and prepare the body for a safe and effective practice or competition. These motions consist of drills and exercises which use sport specific movements to prepare the body for movement. It involves moving parts of your body and gradually increasing reach and speed of movement. It consists of controlled leg and arm swings that take you gently to the limits of your range of motion.

However, **STATIC** stretches, he recommends be done after workouts as static stretching involves trying to force a part of the body beyond its range of motion. Static stretching involves reaching forward to a point of tension and holding the stretch. Static stretching has been used throughout the years **BEFORE** workouts or competition for two main reasons: injury prevention and performance enhancement. However, recent research has shown that static stretching before workouts can be detrimental to performance and doesn't necessarily lead to decreases in injury.

**Stroke Drills** – Scott Bay, USMS Coaches Committee Vice Chair

- Breast Stroke – snap elbows together while hands shoot forward.  
Push with instep, knees together, lengthen head, look 6-8" in front,

- Free – point elbow to sky. Shoulder to ear.
- Fly – Thumbs down, little finger up – thumb entry. Lay hands on water and remain there, head down then pull yourself over
- Back – Don't lead with elbow. Make 0 with thumb and forefinger, entry with 0

**FRANK MARCINKOWSKI** from Potomac Valley **has been named USMS Head Coach for 2012 Worlds in Riccione, Italy**

## **5. USMS.ORG TIPS AND TRICKS**

**Presented by Jim Matysek, USMS**

### **LMSC and CLUB Websites**

- People come to your site with questions:
  - How do I join as an individual? As a club?
  - Where can I swim?
  - Are there any upcoming events?
  - Can I find results of an event I participated in?

95% of questions are answered in these topics!
- Suggested Content – stick to the basics:
  - Registration info – online registration link and paper form, transfer form and club registration form
  - Contacts – list of officers
  - Club lists with contact information, locations, workout info
  - Calendar of events
  - Events results
  - Records
- Site Navigation:
  - Have a navigation scheme – don't leave people stranded on a page inside your site
  - Stick to your scheme – be consistent on all pages
  - Don't overwhelm with excessively large navigation elements or too many categories/choices (people can only comprehend 6-9 categories at a time – tabs, dropdown boxes.
- Site Design:
  - Avoid background images or color schemes that reduce readability
  - Don't use animated gif images or flashing text – annoying
  - Avoid excessive use of colored text or multiple fonts – use one font and vary size
  - Be aware that font color and underlining typically indicate a link on web pages – avoid using these for regular text. Stick to standards – blue underline/

## **Getting Around and Finding Things on USMS.ORG**

- Always check “In This Section” for local navigation within an area of the site
- Use the “breadcrumb” trail to go back “up” a few levels
- Use the search tool for finding info related to a specific topic

## **Volunteers – How do I...?**

- The Guide to Operations is your friend
- Procedures, tutorials and tips for each LMSC Office
- For Meet Directors – Tutorials on how to set up and process masters meets

## **Local Programs**

- LMSC Information available for all LMSCs:
  - Membership numbers and lists
  - Club listings
  - Officers
  - Web links
- Places to Swim – always be sure this is updated

## **Member Services**

- Calendar of Events & Event Results Database
- My USMS
- Fitness Logs (FLOGs), Go the Distance
- Blogs and Forums
- Online Workouts
- Stories about Swimmers

**Convention Report 2011**  
**Meegan Wilson**  
**Legislation Committee member**  
**History & Archives Committee Chair**

This was a very busy convention with the added responsibilities of the Florida LSMC manning the USMS Hospitality Suite and hosting the LMSC Social Thursday evening September 15. Our social was a success and was well attended. A huge thank you to Marianne Bradley, Pete Nickodem, Victor Buehler and Bob Jennings. Thanks also to the other Florida and non-Florida volunteers. We could not have done it without you. (Please see Marianne Bradley's report for more details).

**Legislation Committee highlights:**

No Major legislation proposals were adopted. Hot Topics were:

The word "Workout Group" or "Club Team" of registered Clubs was designated "Chapter" and will be put in the USMS Glossary. The proposal for registration of Chapters, similar to registering clubs by USMS, was vetoed by the HOD (House of Delegates).

The proposal to allow USMS to issue one-event registrations and set one-event registration fees was vetoed by the HOD. LMSCs can still decide whether to allow one-event registrations and can add a local fee.

**History and Archives Committee highlights:**

- A list of Olympian Masters members is now posted on the USMS website thanks to Olympian Gail Roper, Anna Lea and Jim Matysek.
- The History and Archives committee will be posting a list of 1400 swimmers without known permanent IDs on the USMS website and will ask the help of USMS members in general, to help identify these swimmers.
- We will also be posting a list of championship meet results that need a cleaner version and asking USMS members' help in finding these results.
- We are also looking for lists of USMS convention attendees of past conventions so that these data are available.
- Our action item to have access to swimmers stories that appear in SWIMMER magazine, for USMS member viewing within 12 months after publication of the story was approved by the HOD.
- I have inventoried the USMS material in the Henning Library this past year. I have scanned 8 USMS photo albums for eventual member viewing and have more to scan.
- LMSCs, and individual clubs are encouraged to store their newsletters and other historical documents and preserve their history.

**Online Collection of Club Fees**

I spoke with Dan Wegner, Club Assistant, at Convention to see if Club Assistant could collect club fees online and reimburse clubs for a service fee. He said he would look into it and get back to me.

## 2011 USMS Convention Highlights

The following was taken in part from our 2011 Delegate Convention reports from Joan Campbell, Laura Groselle, Jack Groselle, Meredith Moore, David Miner, Margie Hutinger, Marianne Bradley, Bill Brenner, Scott Bay, and Meegan Wilson. For more information, please see the individual reports posted on our website under Administration/Convention Reports.

Our Florida LMSC was responsible for hosting and supplying the Hospitality Suite at the USMS National Convention, September 14-18, 2011 in Jacksonville. Our convention team of **Marianne Bradley, Pete Nickodem, Bob Jennings, Victor Buehler, and Meegan Wilson** kept the hospitality room supplied with food and volunteers. Thanks also goes to: **Keith Roberts, Margaret Dodson, Robert Nagle, Sarah Pamula, Maggie Rowe, Richard Shieldhouse, Kerry Wick, Don Thieman, Hudson Berrey, Joan Campbell, Meredith Moore, Bill & Pam Brenner, and Lori Payne** from St Louis. Our social Thursday evening was well attended and the food was great!

It was an "off" year for Rules changes and an "on" year for Legislation changes. Most rules changes were to keep up with USA language changes. The word "Chapter" will be added to the USMS rule book glossary as a definition for "Workout Groups" or "Club Teams".

Registration discussions included bad addresses determined by the return of USMS *SWIMMER* Magazine to the National Office. Club Assistant can modify the system to better automate marking bad address in the system and notifying members. Please let Meredith know if you have moved or changed your email address.

Every USMS member will be affected by a \$2 increase in the USMS fees. Individual registration fees for Florida members will be \$39 for 2012. This annual increase of \$2.00 in fees will expire in 2014. USMS is examining whether to continue this increase after that.

Registration for 2012 starts November 1. Please register early. Remember, Clubs must be registered before members can register. USMS Member Services are: Calendar of Events & Event Results Database, My USMS, Fitness Logs (FLOGs), Go the Distance, Blogs and Forums, Online Workouts, Stories about Swimmers and *SWIMMER* Magazine.

### Dixie Zone News:

- \$1000 from Dixie Zone treasury will be donated to the USMS Swimming Saves Lives Foundation which is the successor of the USMS Endowment Fund. The Swimming Saves Lives Foundation is the charitable arm of USMS.
- Jerry Clark, of NC Masters, was elected as the new Dixie Zone Chair replacing Debbie Cavanaugh.
- 2012 Dixie Zone Championships were awarded to: SCY – Baton Rouge, LA; LCM – Greenville, SC; SCM – Orlando, FL; Open Water – Sarasota, FL. Sarasota was awarded the Pan American Masters Games in 2013.
- Dixie Zone policy: a pool meet may not be held on the same weekend as a Zone Championship pool meet and an open water event may not be held the same weekend as a Dixie Zone Open Water Championship event. Appeals can be made to the Dixie Zone Chair and will be decided by a committee comprised of the Dixie Zone LMSC Chairs.
- Sanction Chairs are encouraged to submit their events to the USMS Calendar of Events so these events can be advertised nationally.

The USMS SCY Spring Nationals at Greensboro N.C. April 26-29, 2012 was discussed in detail . The 2013 USMS SCY Nationals will be in Indianapolis, IN - May 9-12, 2013.

The USMS LCM Summer Nationals at Omaha, Nebraska July 5-8, 2012 was discussed in detail. This event will be held immediately following USA Olympic Trials in the same pool. This is a great opportunity for Masters Swimmers. The 2013 USMS LCM Nationals will be held in Mission Viejo August 7-11, 2013.

Scott Bay, USMS Coaches Committee Vice Chair, was one of the coaches giving instruction at the Dryland/Coaches Presentation. He was also one of the instructors for the ASCA Masters courses. Bill Brenner attended the coaches certification courses at convention and was certified in both Level 1 and level 2. Scott Bay, coach of BLU, Our FL LMSC has made a commitment to our members to reimburse up to one coach per team to take this ASCA Masters Coaching certification. Additional sites for the program to be offered this year are in Houston, TX and Seattle, WA. Please contact Scott Bay if interested. [sbay@cfl.rr.com](mailto:sbay@cfl.rr.com)

Several events will not be held in 2012: SwimFest, High Performance Clinic, H2O Open Series and Open Water Safety Conference.

At the reception for IMSHOF Paul Hutinger was a presenter to inductee Lynn Marshall of Canada at this years induction. Richard Abrahams and Jeff Farrell were the USMS inductees this year.

LMSCs, and individual clubs are encouraged to store their newsletters and other historical documents to preserve their history.