

2012 USA-S Convention Report

Scott Bay
Coaches Chair- Florida
Coaches Chair- USMS

2012 Convention was the most productive convention I have been to yet. The total number of Delegates to this year's convention was higher than it has been in a long time and that speaks to the appeal and growth that Masters Swimming has experienced in the last several years. Here are a few of the highlights...

Wednesday 9/12/12

USMS Certification Classes Levels 1&2 and Level 3.

This was the first time ever that USMS offered Level 3 certification and it had an attendance of 19 coaches. This was especially gratifying as I have been involved with the certification program since inception. Levels 1 and 2 had a total of 26 participants each and the overall experience and feedback was overwhelmingly positive.

After all was said and done it was off to Committee Chair Orientation. We then wound up the evening at the insurance reception and it was a good kick off for a long week.

Thursday 9/13/12

Early morning start with the workout at the pool. Had a group of about 81 participate in the morning workout and we had a little something for everyone in terms of workouts.

Back at convention the day got started with registrations and the Zone Meetings. Dixie Zone went by very smoothly and we selected sites for 2013 Championships. It was good to see Deb Cavanaugh working with Jerry Clark on making things run smoothly.

Next was the HOD and this is pretty nuts and bolts type of information that is especially helpful to new delegates.

After a few meetings with new delegates and some Staff members, I attended the Fitness Committee meetings and also Championships. As coaches we work primarily with fitness swimmers but there is also an element that is competitive as well. Both meetings went very well and Championships discussed the site selections for Nationals up to 2015. This was an unusual step but they were basing that on the strength of the bids received for 2014.

The evening was spent with meetings and a social event.

Friday 9/14/12

Day Started with Fitness Oriented workout at the pool. It was very well attended! This was followed by the HOD where we listened to and approved committee reports and had candidates introduced. The afternoon was filled with more meetings including ours for Coaches. There is always an extraordinary amount of post work to be done after this and we came away with a lot of good feedback. Last part of the day was the HOD again and then of course IMSHOF induction where my good friend Mel Goldstein was inducted. It was a great evening.

Saturday 9/15/12

Saturday was the only sleep in day. Was able to get to the last championships meeting and then finish some administrative things prior to the 11:30 Workout. Despite being crowded, the workout and the accompanying Stroke Clinic put on by the Coaches Committee got a tremendous amount of positive feedback. The afternoon was the last HOD meeting and then of course the USA-S Awards banquet. It was nice to see us all gathered together and of course the highlights were the skit by USMS which is always great and the chance to give out the Coach of the Year Award to Stu Kahn despite being as nervous as I was.

Sunday was a travel day and I missed a lot of things but I got some of the rundown from other delegates. I highly recommend this experience to any of our volunteers and it is a great way to get excited about masters swimming and make some new friends in addition to giving back.

Special thanks to our LMSC for funding our delegates. Not every LMSC show so much support.

Respectfully submitted,

Scott Bay

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2012 CONVENTION REPORT-GREENSBORO NC

MARIANNE BRADLEY

This was my fifth convention, although last year I was the hostess of the Hospitality suite, so did not attend any meetings, only the banquet! I will probably volunteer again in 2014 in Jacksonville to help in the Hospitality suite. This year I was back on track attending the meetings to learn what is going on behind the scenes that most of our teammates are unaware of, to hopefully contribute some needed information.

Insurance: It cannot be stressed enough about making sure all of the swimmers are properly registered so that they will be covered by the insurance. This is of utmost importance for those of you doing open water swim meets. There were some major accidents recently that involved swimmers versus motorized watercraft.

Championship: The 2014 Spring Nationals for SCY will be held in Santa Clara, California, the 2014 Summer Nationals for LCM will be at the University of Maryland. Announcement was made that the 2015 SCY Spring Nationals will be in San Antonio, Texas and the 2015 LCM Summer Nationals will be held in Cleveland, Ohio. This is a greatly diverse coverage of the US for these upcoming meets. Endeavor to try to attend one to support our sport and meet some of the other USMS swimmers!

New Postal Event: The MEMO Swim Club of San Leandro, California will be hosting a new USMS postal event, THE 400 KICK FOR TIME. Participation must be during December 2012, in a 25 yard pool. Kickboards, no fins. Should be a fun event to get your kick on.

Rules: The rules meetings and House of Delegates discussions and voting on them are always a highlight! Lots of goings on. A discussion of importance this year was on the Official Hand Signals for the Hearing Impaired that are used for the Starts. Anyone with hearing difficulties should familiarize themselves with them, and discuss it with the meet officials if necessary. Many USMS Masters swimmers are hearing impaired.

LMSC Development: I attended these to hopefully come away with good information for all of us. There can be obstacles to overcome when dealing with many people with various ideas and agendas within an LMSC. We must all endeavor when solving problems with others to be understanding, communicate your thoughts, listen and evaluate and interpret for better results with solving problems. There was also discussion on creative things to do to by individual clubs to "Give Back to your LMSC". Suggestions of First Meet Free for newbies, lunch or social after a meet, hire a coach to give clinics, pay for coaches to go to Officials Clinics. Other suggestions were Door Prizes drawings, Gift Certificates at Local Swim Shops, "Scholarships" to Nationals and more. There are many opportunities for the Clubs and the LMSC to support one another.

Dinners & Banquets: We had a tasty North Carolina Barbecue on Thursday evening hosted by the North Carolina Masters. Also, I attended the IMSHOF Banquet on Friday honoring the inductees into the International Masters Swimming Hall of Fame (very impressive people!!), and the Saturday Final Banquet - a great ending to a working convention.

Thank you: Much to my surprise and astonishment, I was one of the recipients of the Dorothy Donnelly US Masters Swimming Service Award for contributions on the local, regional and national level with USMS. I am most honored. A big thank you to all of you who have mentored and helped me with the many things that are involved with contributing to our own Club, the Florida LMSC and USMS.

GREENSBORO ANNUAL CONVENTION REPORT

JOAN CAMPBELL

FINANCE COMMITTEE

This is my twelfth year on the Finance Committee and perhaps the easiest. We have solved many of our previously time-consuming problems by teleconferencing throughout the year and settling issues with committees prior to meeting at the National Convention. Our membership is growing at a faster than expected pace and should reach close to 60,000 by the end of 2012.

Our Budget shows a small surplus and historically we have been within our budget over the past several years. We have added a full time IT person starting in January and most home office personnel are in place now. Our decision to publish SWIMMER magazine in house has proved to be a good one - our costs have decreased considerably. The Omaha Nationals proved to be a much better investment than originally forecast - entries were well over predicted (1290) - and Tom Boak's management was outstanding.

Our investment portfolio, managed by Northern Trust, shows an excellent unrealized return, contrary to last year's poor performance. This is long term investment and is providing us with future cash flow.

SWIMMING SAVES LIVES

I took an opportunity to attend one of the meetings related to our Swimming Saves Lives program - funded by donations from various organizations within and outside of USMS. Those interested in promoting swimming and Masters organizations have submitted applications for grants and the SSL committee evaluates the requests and provides funds where they think the requests are within our guidelines. By admission the program is in its infancy and guidelines need to be clarified. Currently only 5% of cash on hand may be distributed. Four programs were supported by the fund this year with a portion of their request. One was turned down for lack of specific information but asked to reapply next year.

2012 Convention Report

Jack Groselle

The USMS Championship Committee had a very busy year. Being a "rules" year we had a number of new rules that needed to be added and a number that needed to be cleaned up. The committee awarded National bids for both 2014 and 2015 - we have never awarded a bid before for three years ahead of time. We had seven bids for hosting USMS nationals, five for the spring short course nationals and two for the long course summer nationals. This was the most bids the committee has had in a number of years. Also, all of the bids were very good and all could have been awarded an event but there were so many that we had to choose the sites. The Rule Book allows the committee to award a bid three years out and this was the perfect year to do this. The committee had a lot of communication with the seven bidders and in the end choose Santa Clara, California for the 2014 short course nationals and Baltimore, Maryland for the 2014 long course nationals. The 2015 short course nationals was awarded to San Antonio, Texas and the 2015 long course nationals was awarded to the Spire Institute near Cleveland, Ohio. Both San Antonio and Spire are new facilities with state-of-the-art pools. Get ready for some fast swimming and a good time!

2012 Convention Report

Laura Groselle

The Rules Committee had it's biggest workload ever! There were 110 proposals which far outnumbered any year in the past. None of the rule changes were particularly contentious, so although the workload was large it wasn't hard to work through the proposals. We did get the HOD to agree to the Rules Committee making housekeeping changes to the Rules without having to have the HOD approve the changes which will reduce the convention time workload. Tracy Grilli's daughter (an artist) designed all new drawings for the disability section of the Rule Book - a welcome change.

The National Board of Review (I am the chair) had a very, very busy year. There were many issues and lots of work for the volunteer panel members. I cannot emphasize enough how important it is that an LMSC have a grievance procedure that it knows is effective. Most issues can be dealt with at the club or LMSC level and do not need to rise up to the National Board of Review. This next year we hope to review Part 4 of the Rule Book and make the national level process as effective as it can be.

GREENSBORO ANNUAL CONVENTION REPORT

Bob Jennings

This was the first convention that I attended as a delegate and I was very impressed. The level of dedication, communication, openness to new ideas, and the sharing of information by the delegates was outstanding. Marianne Bradley received the Dorothy Donnelly Service Award and Gary Henderson received the Kerry O'Brien Coaching Award. I attended numerous committee meetings and workshops.

FITNESS EDUCATION

The importance of fitness swimmers to USMS was greatly stressed. The committee discussed and highly promoted the GO THE DISTANCE program with rewards from Nike, the HOUR POSTAL SWIM, and the new CHECK OFF CHALLENGE "IDIDASWIM", sponsored by the Alaska LMSC which is coming soon. The next day an informal exchange of ideas used by different teams to promote and encourage fitness was held. A list of 24 unique ideas was compiled.

SPORTS MEDICINE AND SCIENCE

There was an outstanding demonstration of activities to help prevent rotator cuff problems along with a corresponding video. The exercises work the core, scapula, and rotator. The video can be viewed at www.fina.org then under sports medicine. The USA Swimming website has information on good swimming stretches. During the meeting, the book, Complete Conditioning for Swimming by David Salo was recommended.

MANAGING MEMBER/VOLUNTEER DYNAMICS in YOUR LMSC

Various approaches to dealing with problems that arise were discussed. Some of the concepts were: Being proactive, first seek to understand and then to be understood, cooperative team work, being open minded, and separating people from the problem.

COACHES

There was a discussion of the Masters World Championship held last summer in Italy. In 2014 it will be held in Canada. The 7 levels of online workouts from the USMS website were discussed also.

OPTIONAL SWIM WORKOUTS

The swim workouts were as informative as the meetings. Stroke clinics for all four strokes were available in addition to regular workouts. Coaches provided a variety of different approaches to swim practices such as using tennis balls to strengthen your core and emphasizing finishing your stroke. A workout was conducted based around the different levels of your heart rate.

2012 Convention Report

Meegan Wilson

- As the chair of the History and Archives Committee this has been a very busy year. We participated in the first International Aquatic History Symposium & Film Festival in Ft. Lauderdale, FL on May 10th. An abstract titled *Masters Swimming for Life – From the Beginning* was submitted and accepted as an oral presentation. John Spannuth and our own Bob Beach gave a most memorable presentation.
- The History and Archives committee is trying to obtain Open Water Championship Results that are missing so that they can be posted on the USMS website. Be looking for events still needed in Streamlines. We are also trying to ID some past record swims.
- Stories are always welcome. Please send contributions, including pictures, to me and I will post them on the USMS website in the History and Archives section.
- I'm also a member of the Legislation Committee, but was not able to attend the meeting due to conflict with History and Archives. This was an off year for Legislation and nothing was deemed an emergency. Next year will be a busy year for Legislation.
- The USMS website is being redesigned, so be looking for a new look soon.
- Our registration fees are going up by \$2 again for 2013, so total fees for Florida will be \$41. 2014 will be the last year for this annual \$2 increase. It is unclear what will happen after that.
- There was a rumor at convention that in 2014 USMS will be doing registrations in-house. On September 17, the day after convention, I received an LMSC Officer Communication from USMS verifying this. I'm surprised that it was not announced in the House of Delegates. Club Assistant will still be able to do Club fee collections, Club management, and meet entries if they desire.
- USMS has been *Going Green* for several years now. This means that convention packets are no longer printed and distributed. There are many pages of Legislation changes and Rules changes that can only be seen on a computer or if the delegate prints them out themselves. The burden is put on the convention delegate to not only read, but also print desired pages prior to convention. This adds time, cost and inconvenience for the delegate. I fear that it also decreases the delegates ability to understand what is going on at convention. I can see the direction in the future which may require lap tops, etc. in order to participate.
- Kudos to Convention Coordinator Maria Elias-Williams, Jerry Clark and all the convention hospitality volunteers for a very well run hospitality suite. The food was fantastic! Remember that the Florida LMSC will again be responsible for this task when Convention comes back to Jacksonville in 2014.