

2006 USAS CONVENTION REPORT
DEARBORN, MICHIGAN
SEPTEMBER 12TH-16TH, 2006

SUBMITTED BY: Jeanne Drzewiecki
 Administrative Chair

The 2006 Convention (as Drew Walden mentioned in his report) was definitely dominated by elections. By looking at the candidates for this election, majority came from the background of officials within their LSC and Zone. Prior to the Convention, I had received several calls from candidates and two of the three candidates for various positions came from the background of official.

It was also my observation that majority of the 59 LSCs were well represented by their constituents, some being "fully" represented.

WATERWORKS: One of the first meetings that I attended was the Waterworks Meeting. Unfortunately, this Committee in the near future is being "absorbed" into the Age Group Development Committee. Also, there were approximately 6 people that attended this meeting. The primary function of the Waterworks branch is promotion/advertising of our sport. There was some criticism that USA Swimming is simply "self serving" and not getting our name out to the general population. Suggestions regarding making USA Swimming's website more kid-friendly was discussed. Waterworks showed that they have many promotional tools available however the three LSCs that were represented at the meeting had no idea that these were available.

GRASSROOTS: Workshop on Athlete Progression - This workshop was moderated and the four coaches that were part of this workshop were very successful in their LSC/Zone Nationwide. All four panelist talked about their theories/point of views on motivating swimmers through a "slump", expectation of their athletes at different levels, educating parents and dealing with highly successful swimmers.

SPORTS MEDICINE: I attended both workshops. The first workshop dealt specifically with regards to the 10K Open Water event. USA-Swimming is very excited about the addition of the 10K to the 2008 Beijing Olympics and has been putting forth a lot of time and effort into educating regarding training and racing this event. The first half of this talk dealt with the nutrition leading up to competition and the importance of "feeding" during the race. Dr. Jim Miller (USAS Team Physician) then talked about the many challenges of open water swimming from physical (internal) problems to external problems of the 10K race in particular. Coaches/Athletes were encouraged go to USA Swimming's website and look until the Coaches - Nutrition/Sport Medicine for a complete account of the topics discussed. The second workshop was presented by Jonty Skinner - Much of the talk was a continuation of the data presented at last year's convention. He also talked about a study at ASU working on acceleration off of the blocks and the pros/cons of Front Weighted Track start versus Rear Weighted Track Start.

COLLEGE SWIMMING: I attended this meeting which was largely attended by the athlete representatives. This was again a mediated workshops. Athletes from Division I, Division II and Division III schools were represented as well as Dennis Dale, Men's Head Coach at University of Minnesota (Division I) as well as a representative from NCAA. A quick overview of NCAA rules was discussed. Athletes/Coach talked about campus visits, being prepared for visits, list of questions. Talked about getting involved in other activities besides just academics and swimming. Being persistent when talking to colleges. Don't wait for the college to approach you.

CENTRAL ZONES: During the many meetings with the Central Zones - Randy Julian talked about the fruition of the Background Check on Coaches and also presented the Disability Incentive (go to wisconsinswimming.org for more information on both topics). The 2006 Zone Championships were recapped. New in 2006, the Championship Meet Coordinators went to the two facilities that were to host the 2006 Zone Championships and performed site checks. This is something that they will be doing in the future (usually in March prior to the meet). 2006 Championship Meet problems were discussed - Oklahoma City had presented their meet bid but at the meet changed their general admission with some families paying more than \$140 for a weekend pass. As there is no policy for admission - a policy was established that teams/LSCs need to abide by their bids.

There was also much discussion over the fact that in the past no financial report has been completed and presented to the Zone from Championships in the past. The last meeting of the Central Zones was predominated by 2006 Proposed Legislation: Penalizing Hosts for failure to submit appropriate financial reports according to printed deadlines; To allow host to charge swimmers surcharge according to LSC guidelines, Awards, Admission (General, Parking, Facility Costs).

The 2008 Zone Championships Committee only received one bid for a 2nd Mega Zones which will be hosted by Indiana Swimming and held in Indianapolis, Indiana August 6-10th, 2008.

LEGISLATION: Amendments/Changes to the USA Swimming Rule Book was voted on by the delegates.

I would once again like to thank Wisconsin Swimming, Inc. for allowing me to participate in the 2006 USAS Convention. It is a great learning tool for myself to learn the ins and outs of swimming at the Legislative level.

Respectfully Submitted by: Jeanne Drzewiecki, Administrative Chair