

# 2007 US Aquatics Sports Convention

September 24-30, 2007, Garden Grove, CA

## *From the desk of the Olympic International Operations Committee (OIOC)*

The national team for this year was drafted from a combination of 3 meets:

- Pan American Games
- World Championships
- National Championship

There was much discussion regarding the incentive to promote Grand Prix meets. Each athlete within the top 6<sup>th</sup> from the 3 meets above can receive \$400.00 to help pay for expenses towards any Grand Prix meet and also the host team will receive \$2,000. This money is to be use to bring more "caliber" swimmers to participate in their meet.

The OIOC spoke to all the coaches in the room that have athletes that might be going to any meet in Asia. The concern was in regards to health prevention before flying over seas.

- **Infections**
  - a. Hepatitis B – 3 injections
  - b. Flu
  - c. Dengue Fever (Viral) No vaccine – No treatment – just be aware
- **Asthma** – PFD's and treatment
- **Time Zone** – specifically what has to be done before you get there with your athletes

### Tech Support

Starting Blocks:

FINA in conjunction with OMEGA are working on implementing a new and revolutionary starting block. These blocks if so approved by FINA will have adjustable plates; feet support just like sprinters in track and field have before the start. The IOSC and USA Swimming are working on making 8 blocks as soon as the trial specs are out and after the blocks are built they would like to ship one to clubs that have Olympic swimmers for a week at a time so they can practice starts on these blocks. After a week the club that has the block will pack it up and ship it to the next club; that way our athletes will supposedly be ahead of the rest of the world and ready to go regarding the new starting system.

Morning Finals:

There was much discussion regarding previous meets with morning finals. National Team Head Coach Mark Schubert talked to the body regarding the issue and suggested that all coaches and swimmers should focus on a similar routine as in the evening. He thinks that swimmers should wake up 3 to 4 hours before warm-ups and start getting prepared.

Suits:

The suits will change again a a new material should be coming out, Coach Schubert made a point on having swimmers practice with the new suit(s) before meets, specially trials.

Trials 08:

- Omaha, Nebraska – June 29-July 06
- 985 swimmers as of now - 50% Male – 50% female with a GOAL of 1050 swimmers for the meet
- 11:00 am prelims
- 6:45 pm finals
- Session length
  - ✓ Finals - between 90 minute to 110 minutes
  - ✓ Prelims – between 90 minutes and 180 minutes
- Finals will be LIVE on TV (all nights 8:00 to 9:00pm (E.T.))
  - ✓ June 29 NBC
  - ✓ June 30-03 USA
  - ✓ July 4-6 NBC

Venue:

A picture of the venue was presented – Athlete and Team seating is very good

Competition pool will be 10 lanes x 50 meters with pool depth of 2.89 meters (9.48 feet)

Warm-up pool – 8 lanes x 50 meters

There will be a test event on June 5-8, 2008 at the Trial facility to make sure everything is working well.

Standard - .1 sec slower per 50 then Jr's

Tickets:

The venue can sit 13,300 spectators. They have sold 5,000 as of now and they have decided to offer 2 to 3 session tickets at \$375 and \$275, all sessions tickets are also available but I do not have the details.

## Meals:

All you can eat meals will be offered for athletes and coaches as the local restaurants are either on the high end scale or fast food restaurants and it lacks the medium grade eatery. The price with \$24/person, tax and gratuity included. Swimmers can sign-up for the meals via the web; online will be open in January and the deadline is June 1, 2008.

## Odds and ends:

- After Nationals in November there will be a time trial final meet at a 50 meter pool to give swimmers one more chance to get trial cuts – December 2<sup>nd</sup>?? – this meet is for swimmers that were in the National meet only

### **From the desk of Biomechanics Coordinator Russell Mark.**

## BACKSTROKE

### Head position

- should be looking up at almost 90°

### Kicking

- Ankle flexibility
- Should be like a wip

### Pull

- Anchor the arm stroke as early as possible
- Bend elbow early
- Push water back as early as possible
- Keep arm anchored all the way through the path
- Palm and forearm face back
- Fingers pointed towards the side
- **Shallow fast stroke is best**
  - ✓ This was one of the biggest changes as we were teaching swimmers to have a bigger slope on their “S” almost pulling if not trying to pull under the body
- Arms stays on the side of the body
- Arms should be in a natural position in relation to the side of the body

### Rotation

- Ideally, just enough to actually have a catch
- Small rotation to just go from side to side
- Hand depth ≈ 12 inches under the surface
- Shoulder angle ≈ 170°
- Elbow bend ≈ 120°
- Body Rotation angle between 30° to 40°

### **From the desk of the ZONES Committee**

2009 Zones will be in North Dakota – Iowa-Michigan-Minnesota-Missouri Valley-Midwestern-North Dakota-South Dakota-Wisconsin

- Meet Marshal - USA memberships is going to be dropped – they will be treated just like timers
- There will be an All Time Team Zone
- Bill Schalz (IL) was voted in as the new Zone Director for Zone Central
- During our zone meeting, quite a few coaches were very upset with the report from the coordinator from Topeka. The report did not reflect properly what transpired in Topeka and many of us expressed details of the meet in the expectation that changes have to be made in future Zone meets.
- A timeline with deadline was established for clubs and meet managers that are hosting the Zone meet to not only have the proper information posted but such information must be posted in within the deadline so people can get organized for the zone meet.
- The committee will take a closer look at the order of event, they will be playing with numbers to make sure the meet is run better
- It was discussed many little details such as warm-up times, lane assignments for teams, pictures, etc; and the fact that this information needs to be typed by Wednesday night and ready to be hand out to coaches.

### **From the desk of Stats and Metrics**

Larry Herr and Chelsey Walden are the two people in charge of stats and metrics data and most of the information regarding USA Swimming stats you can find at [www.usaswimming.org/stats](http://www.usaswimming.org/stats)

- Age group top 16 no longer exists
- It has been replaced with “Single Age group” top Ten. This top ten list will be posted at the site and it will be updated as meet results come in. This is the actual best top ten results per event per age on a weekly basis and it will be posted for the ages 11 through 17 and there will be no time standards.
- Top relays will stay the same as it is now
- Larry will be providing data pertaining to our LSC in the near future; 4 to 6 weeks and this data “should be secured by our LSC”
- Some of this new data; ones that are posted and the new data that will be coming in have no interpretation at this time but Larry is working on given some information regarding such data.

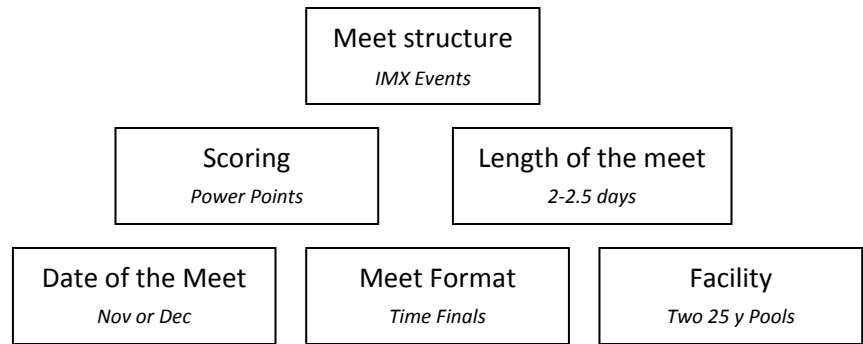
- He has asked all coaches to look at what he is providing and that we think of new or different ways that data can be presented to help our LSC and he has asked that you contact him with your ideas

**From the desk of Club Development**

There were a lot of talks regarding IMX and how it is currently being marketed by clubs and coaches. The consensus is that not very many clubs in the country are using the program and many advocates of the program will be trying to sell the IMX program this year.

Program and reasons for the IMX and the National Championship

- Age group national championship based on points and swimmers will be able to carry some points over if they age in the middle of the year; if you qualified as a 12 year old and you turn 13 you are automatically qualified as a 13 year old.
- Builds upon the USA IMX Challenge
- Promotes and rewards versatility in age group swimming
- Advocates greater participation and development across a range of events
- Enables long term success in swimming
- Create an anchor or tool to target club level programs
- Change the approach of communication; from pushing the coaches for information to pulling them to identifiable target
- Target 12-16 age group for boys and girls
- Award single age group
- Make the meet an event
- Promote over all development
- Re-shape goal setting
- Develop the complete meet
- Create regional location
- Meet structure ----->
- Meet Concepts & Selection Process
  - o Sites: 4 Zones
  - o Single age group
  - o 100 swimmers per age group/sex for each meet
  - o Qualification period: Following IMX program guideline; much debate over this issue and it is not final yet as USA swimming is advocating prolonging the long course season over the short course season
  - o Standards for SCY & LCM based off of median 100<sup>th</sup> IMX place score in the 4 zones
  - o SCY & LCM Qualifying standards
    - Girls: Age 12- 2800 pts - Ages 13-16 – 3100 pts
    - Boys: Age 12- 2600 pts – Ages 13-16 2900 pts



There was a lot of discussion from many states regarding the date of the meet as many of us have serious issues with swimmers in HS. Also some coaches suggested replacing the original Zones meets with this one.

Sincerely,

Coach Wagner da Silva  
WI LSC – Coaches’ Representative

10/11/07