

USAS CONVENTION – ATLANTA, GEORGIA

SEPTEMBER 24TH-27TH, 2008

Submitted by Jeanne Drzewiecki (Administrative Chair)

SPORTS MEDICINE/SCIENCE WORKSHOP

The agenda for the Sports Medicine workshop included talks about further studies with shoulder injury and pain, prevention of shoulder injuries, open water medicine, Beijing recap and further talk on doping.

The talk by Dr. Scott Rodeo (Orthopaedic Surgeon for USA Swimming) stressed the importance of the subscapularis and serratus anterior tendons. The loss of serratus function exacerbates impingement as the rhomboids try to compensate thus causing the shoulder pain. Also that fatigue in the muscle core can contribute by affecting the scapular.

It was also stressed that the shoulders are flexible enough and similar to last year's discussion, there is really no reason to stretch the shoulders. Ways to try to help alleviate the pain deal with stroke alterations such as dropping the elbows, wider hand entry and early hand exit into recovery of the stroke.

Dr. Rodeo also discussed the any injury to a swimmer should be approached as a "Team" approach with the athlete, physician, parents and coach communicating and working together to aid in the best recovery of the athlete.

A question was raised about weight training prior to swimming workouts. Dr. Rodeo stressed that one does not want to fatigue the muscles before training – he recommended weight training after training or separating the two.

The Beijing recap talk centered around the various injuries sustained by our athletes during the trials, during training camp and at the Olympics. On being prepared months prior to the Games and working with physicians and staff in Beijing. Acclimating the athletes regarding morning finals and timing the drug testing to give the athlete's optimal rest time between finals and prelims.

The talk on Doping centered around dramatic changes to take effect in 2009. This should be updated shortly on USA Swimming's website (www.usaswimming.org > Coaches > Doping Control). Any questions regarding doping should be directed to Stacy Michael-Miller (smichael@usaswimming.org). Because of the new changes, it is important to pay attention to the expiration dates that come with your confirmation letter and to allow at last 30 days for resolution to your requests.

The Sports Science talk was headed by Russell Marks (rmarks@usaswimming.org) centered around breaststroke.

Russell's talk centered around what the best breaststrokers are doing. Although when observing breaststroke there are a lot of different strokes on top of the water but it is what all the top athletes are doing in common which is maintaining forward velocity at the top/peak of their stroke and maximizing forward velocity at the extension, the important of core strength and body line at the pullouts. Differences between a 100 event versus 200 event is not dictated by the hand speed but the timing between strokes and kicking faster into the stroke (for the 100).

Russell can provide you his power point presentation of his talk.

LSC BOARD OF REVIEW/NATIONAL BOARD OF REVIEW

The LSC Board of review deals with matters which happen within the individual LSCs. Matters that go directly to the National Board of Review would be matters between LSCs, matters of physical abuse, sexual abuse and occurrences which happen at the national/international level of competition.

It was stressed that prior to going to a Board of Review to try to get the parties to agree to a mediator. If the matter needs to go to the Board of Review – a typical agenda was gone over. It was stressed that the petitioner has the burden of proof and that any decision of the Board of Review needs to be beyond a reasonable doubt.

Once a decision has been met there are a set of requirements of the decision which include the finding of the facts, conclusion to whether what rule/code was or was not violated, statement of remedies and finally that the punishment must fit the crime/offense and be reasonable.

At the National Board of Review meeting it was reviewed the difference rules to USA Swimming in which who investigates the complaints, disposition after investigation, prehearing notices, requirements for decisions, etc.

USA SWIMMING FOUNDATION

The meeting I went to dealt with Fundraising, either for individual teams or as an LSC. Four elements of a successful fundraising strategy includes: Case (what are you raising money for) 20%, Prospects (who are you trying to get money from) 20%, fundraising plan (how to go about selling your plan) 20% and most importantly leadership (who is going out and selling your plan) 40%.

The USA Swimming Foundation has a goal as a 4-year plan (to 2010) to increase the Make-A-Splash program which is currently being run by approximately 20-25 program nation-wide to approximately 500 by 2010!

WEBSITE/PRIVACY WORKSHOP

Again, this went over the COPPA (Children's Online Privacy Protection Act). Information regarding COPPA can be found by going to www.coppa.org.

At this workshop and also at the Board of Review workshops, it was stressed the importance also of stressing to the athletes, swim clubs, coaches, etc. of what you put on the internet is virtually there forever. What is posted on facebook.com, myspace.com or even videos posted on youtube.com is there permanently and could impact your future. At the Board of Review, there were several lawyers who stressed the most businesses have employees that regularly monitor prospective employees to see what can be found on internet regarding this person.

COLLEGE SWIMMING – COACHES/PARENTS

Paneled discussion with a former NCAA Division I athlete, Parent of an athlete (who is also a club coach) and two coaches from a Division I and Division II colleges went over what to look for in colleges and their swimming programs. How early to start looking at schools. How early to sign. Visiting schools and what to expect. Importance of making a good impression on the coaching staff but also the athletes that you are spending time with as the athletes are important voices to the coaching staff as to their impressions of the prospect.

CENTRAL ZONE MEETINGS/HOUSE OF DELEGATES VOTING

See Legislative material for changes. Most important item (in my mind) was the new rule regarding the use of swimsuits utilized by athletes 12 years and younger. The new rule which will come into effect as of May 2009 will be that athletes competing in a competition for 12 years and younger cannot wear a suit that goes past the knee or up to the neck. Athletes that are competing at the senior level are exempt from this rule.

I would like to again thank Wisconsin Swimming for this opportunity to be a representative at the USAS Convention and would also like to thank Dave Anderson for being an excellent director of culinary endeavors during our stay in Atlanta.

Respectfully submitted by Jeanne Drzewiecki