

Parker Craw

2017 Team Iowa Zones Assistant Coach

Head Coach ~ Linn-Mar Swim Team

I first want to start my recap off by expressing how honored I was to be selected as a member of the Team Iowa Coaching Staff. This was an incredible experience being able to represent our LSC with an extremely dedicated staff and swimmers that not only swam great but conducted themselves in the highest manner.

There were a number of things that I felt went really well in the lead-up and during the meet. Communication from ISI was constant and extremely informative and I felt that a lot of the whole process was communicated much more clearly than it has been done in the past. I think the coaching staff did an excellent job continuing this through the week in communicating via the Facebook page for awards, relays, and information pertaining to the timeline. For both zone meets I have attended, the Team Iowa caps have been yellow – I have to express a lot of gratitude towards whoever made that decision both years. The yellow caps have not only looked very sharp, but make it much easier for Team Iowa swimmers to stand out.

For how limited the space was on deck at Rochester, I thought the meet operation staff more than made up for that with their hospitality towards their meet guests and how they ran the meet. John Bradley and the rest of his staff ran an incredible meet that was able to showcase some of the talent of the athletes in our Zone.

There were a couple of things that I think could be improved upon looking to future Team Iowa meets:

- I think the expectations of the Head Coach/Coaching Staff could be communicated more clearly earlier prior to the meet. Topics such as what to wear on the podium/ warm-up procedures/ when to be at each session are just a few topics that I think every Team Iowa member would benefit from knowing prior to the meet. The earlier those expectations are communicated to the swimmers and families, the less likely of a chance there is to have confusion at the meet.
- I know Eric touched on this, but leaving the names off of the relays and communicating the relay selection process prior to the meet would help the coaching staffs at future meets. There was some confusion regarding this during the meet and could have been cleared up had the relays been handled in a different manner.

Once again, thank you for the opportunity to coach alongside of the Team Iowa coaches and work with these incredible swimmers. It was an absolute joy to work with these up and coming swimmers in our LSC and their successes were a testament to the great work that is being done in our clubs across the LSC to develop these swimmers.

If there is anything else that you need from me, please let me know.

Parker Craw

Eric Follmuth
2017 Team Iowa Zones Assistant Coach
Head Coach ~ North Iowa Splash

Aug 8, 2017

I would like to start by stating how proud and honored I am to have represented Team Iowa again at this level. I appreciate the opportunity to work with the outstanding swimmers from different teams across the LSC. These are some of the best individuals that Iowa Swimming has to offer.

There are so many things that went well at this years Zone Meet, it is difficult to list them all. The swimming of course was lights out. The performances put in by our athletes were excellent. I appreciated the ISI team page on the web and Facebook. It was great for getting information out to the masses. The emails from Frankie to the membership was also very helpful. My coaching partners were the best people I could have hoped to work alongside. The ability of the coaching staff to stay on Sunday night was huge. I know how wiped out I felt on Sunday, and even with a short drive ahead of me – I would have been a mess driving home that night.

Areas that stuck out in my mind that could use a little bit of tweaking are:

- There should be a general coaches letter sent out well in advance of the meet. Something that the current head coach could add some details to, but the nuts and bolts of the info would stay the same from year to year. How relays are chosen (flat starts – rather than looking for every possible relay takeoffs), when they are chosen. How to reach coaching staff during the meet. What type of warm-up structure we have. And the responsibility of the member to cheer on teammates.
- I think there should be more wording on the expectation of when swimmers should be at sessions. When they show up for sessions, and how long they stay for sessions. I don't think this should come down to a head coach's decision, I think it should be spelled out well ahead of the meet.
- I feel that relay members should not be listed ahead of the meet. We had issues with the 13-14 relays that depended on 50's times – and these times may have been old and out of date – since some of these swimmers do not swim them often. Also, it is better to have swimmers told they are on a relay at the meet, than telling them they are taken off of a relay. Use Team Unify to find a seed time, but take the swimmers names off any correspondence sent out to families. Give the coaches the ability to set relays at the meet.
- Give swimmers direction on what is appropriate clothing to wear during award presentations. Team Iowa items only.

- We need language about how swimmers will compete in all events signed up for. It was a little shocking that swimmers were asking to scratch events THAT THEY SIGNED UP FOR because they wanted to get on the road Sunday. The parents knew what days these events were to be held, and they signed up any way.

This had been a great experience and I again would like to thank Iowa Swimming office staff and Frankie for all their hard work with this meet. My coaching peers for sacrificing another weekend for the sake of Iowa Swimming. The swimmers for swimming fast to qualify, and continuing to swim fast while at the meet. And of course the parents for footing yet another bill to allow their swimmers to travel to another meet.

ERIC FOLLMUTH

Jennie Hedrick-Rozenberg
2017 Team Iowa Zones Assistant Coach
Head Coach ~ SEA

Meet went well, things I see as opportunities:

No relays posted prior to meet, just give the expectation of everyone being available for relays.

Team banner? - that would be nice especially for the first day when all the kids are looking for our area.

Everything ran really smoothly, coaches were great, swimmers were great and respectful. Our camp was in an area that was near where parents could access so there was a lot of lurking behind our bleacher, which is hard to control but just reinforcing that parents are to stay in spectator area and not near the athletes during the meet.

Accommodations were good. Meet in general feed back would be hospitality was VERY far away so a lot of times we didn't get a chance to get food.

2017 CZ 14 & Under Long Course Championships – Rochester, Minnesota
Team Iowa - Head Coach Report Don Spellman (ICE Head Coach)
8/23/17

Our LSC was well represented at this season's Central Zone 14 & Under Championships. Team Iowa had both consistent and amazing performances to post a third place finish (out of nine LSC teams) with 3049 points.

Iowa Swimming Inc. was very lucky to have such an experienced coaching staff of individuals who ALL had Head Coaching experience with their own club teams. Coach Parker Crawl was put in charge of the 10 & Under sessions (including putting together and adjusting relays) while I took the lead during all the prelims / finals sessions and meetings. Asst. Coach Eric Follmuth and Asst. Coach Jennie Hedrick-Rozenberg helped out with 2 to 3 sessions each day as well. We made adjustments to 5 relays. We also had 5 athletes fall ill / become sick during the meet (with 3 missing individual events). The events included the 11-12 Boys 1500m Free, the 13-14 Girls 1500m Free, and the 11-12 Boys 200m IM Finals. One of the relay adjustments was also due to an illness.

Some of the highlights included:

1. 24 Individual Gold Medals (Event Champions)
2. 4 High Point Individual Champions
3. 1 Gold, 2 Silvers, and 8 Bronze Medals in Relay Events
4. Loads of new LSC records and NRT swims.

Coach Follmuth and Coach Jennie did an excellent job of posting all podium (top 8) finishes on the Team Iowa Facebook page.

We had a lot of help (big time support) from Marie Koenigsfeld and Frankie Hanson to make the meet run smoothly and keep both athletes and parents on track and informed. Both did an excellent job prior to the meet to complete the roster and get information out to the athletes and parents. Hotel location and team outfitting was also excellent (except for the neon green shirt day). My staff was great to work with and helped out a lot with getting relays ready and catching all the splits each session. Apologies to Coach Eric for my sleeping patterns and the Darth Vader noises from my CPAP machine and me as the meet wore on.

Some points of concern we should address for next year:

1. Seeding the 13-14 200m Medley Relays – Since the 50m stroke (non-Free) events are not held very often during the season and not part of our championship meets for this age-group in our LSC the 13-14 Relays should mirror the order for the 400m Medley Relays. Adjustments can be made at the meet after the 50m sprints are done (except for the 50m BK which was on the last day).
2. Athletes need to be at the meet the day prior to their race. This would help the staff quite a bit but really benefit the swimmers so they can get used to

the venue, their teammates, and mentally plug into the events better. We had quite a few athletes wander into the meet late and only get one crowded warm-up in before racing (which did not add to producing better results / time drops). We should not have kids showing up on the last day to race without getting at least one non-race day warm-up done in the competition pool. It would have benefitted the athletes to be there the day before and warm-up (mainly to get used to the pool and venue), watch finals and cheer on the team, and interact with other Team Iowa swimmers and staff.

3. Relays need to take priority over individual events and athletes should not have the option to not be present for the days with relays. Since relays are double points for the team the athletes that race the 50 and 100 Freestyle events should expect to be on those relays or be alternates for those relays (depending on when the relays are conducted). We did not make any changes to the 400m Freestyle Relay events since they were on day 1 (before the 100m Freestyle individual events) but all the other relay events have the potential to be impacted in a negative manner if we do not strongly enforce participation in better language prior to meet sign up.
4. I had to bring up our Code of Conduct on two occasions (during the last two days of the meet) with Team Iowa parents. One parent was understanding of the situation I was addressing and we found a solution for the swimmer (who wound up being sick and having a fever the day after the meet) to race a relay, the shorter of his two planned individual events, and earn a silver medal in the 11-12 Boys 200m BR. The other parents threatened to leave the meet since their athlete was moved to a 'B' relay based off how he preformed in an individual event (prelims swim). After a rather negative interaction by phone at 9:45PM and an e-mail exchange with Marie the athlete was present at the prelims and raced in his relay event (leading off a B relay). No further action was needed in either case.
5. Finals sessions were made MANDATORY each day for the 11 to 14 year olds and we need to make sure every athlete and parent understands this prior to the meet. I also had to threaten to collect cell phones from a few Team Iowa members if swimmers were staring at them during races and not cheering on fellow Team Iowa athletes racing in finals. Some athletes and parents were attempting to skip out early (for numerous reasons – mainly extra rest or dinner) but the coaching staff did an excellent job keeping most of the team together and supporting each other as the meet went on. Most of the parents bought into the big picture as well and contributed to our success from the stands and by getting the kids fed and back to the hotel in an acceptable time frame.

I plan to go over these 5 items at our ISCA meeting this fall as well so the other coaches in the LSC are in the loop on how we can create a better TEAM focused environment (and get away from being a collection of individuals or a group with only clusters of success). Our focus should be to imitate and improve some of the best aspects of the LSC's that consistently place ahead of us (even if they have more individual swimmers in the meet). I think I speak for the whole staff that we got as

many points as we could out of this squad given the timing of the meet after our LSC championships and with the individuals who signed up to participate under the rules we have in place for our LSC without implementing some form of team travel.

Overall I had an excellent time being part of this meet and appreciate the opportunity to help out the LSC for a few days at such a high level event. I had not been able to be part of a Zones coaching staff since 2010 due to other commitments (mainly family related events and national level meets held in the same time frame) so this was a special meet for me personally. It was great to catch up with some of my fellow friends and a few former ISI swimmers who were coaching on staffs from Arkansas, Minnesota, Missouri Valley, Midwestern, and the Dakota LSC's teams. Kids that raced in this meet will soon be in the pool at Junior Nationals, Olympic Trials, and NCAA's over the course of the next 4 to 8 years. Some of those kids will be from this edition of Team Iowa! Hopefully the athletes that took part had as much fun as the coaching staff and gained some needed knowledge from their efforts.

Donald P. Spellman
Head Coach – Iowa City Eels
Senior Vice-Chair – Iowa Swimming Inc.