

Nov 16, 2025

Age-Group Committee Mtg

Attended: Greg Morse, Madyson Gomez, Gabby Cweirtney, Nikolai Paulson, Karyl Palmer, Kyle Bry, Sophie McCorkle, Emily Tuazon

Excused: Gwen Sorensen

Call to Order: 7:04pm (CST)

Details

2026 Midwest All-Star Championship Meet Update:

- All-Stars Team and Coaching Staff:
 - Coaching Staff: Emily Tuazon - Head Coach, Greg Morse IASI Rep - Greg Morse, Sophie McCorkle (13-14 Boys), Sheryl Tucker (13-14 Girls), Bob Bedrice (11-12 Boys), Tim Hansen (11-12 Girls), Jon Stivers (10 & Under Boys), and Lisa Lamb (10 & under Girls)
 - Team Iowa 2026 Midwest All-Stars team: short one 10 & under boy swimmer to field a full roster of 12 athletes for each age group and gender. Registration numbers:
 - 10 & under Girls - 17 swimmers
 - 10 & under Boys - 11 swimmers
 - 11-12 Girls - 35 swimmers
 - 11-12 Boys - 24 swimmers
 - 13 & over Girls - 29 swimmers
 - 13 & over Boys - 28 swimmers
- Review Order of Events draft for 2026 Midwest All-Stars: Greg Morse explained that the event schedule was not yet sanctioned and could be modified following a call with the LSC age group chairs. The current draft moved all 500 Frees from Saturday evening to Friday evening. The 10 & under 200 Frees were also moved to Friday PM. but could be moved back to the Saturday AM session

- All-Stars Timeline and Event Modifications: Greg Morse detailed the proposed event timeline, noting that the Friday session; 10 & under 200 Free is questionable and could be moved back to Saturday AM session (35 minute timeline for the 10 & under 200 Free). Friday timeline - 5:30 PM to 8:45 PM, Saturday morning session is lengthy - 9:00AM to 2:20PM, Sunday is the longest session -9 AM to 3:30 PM (00:15:17). Greg Morse anticipates there will be a discussion to reduce the timeline during the LSC AGVC call.
- Scoring and Event Limits Discussion:
 - Sophie McCorkle and Greg Morse discussed the event limits, noting that swimmers are allowed two events per session with a maximum of six events for the meet, though only five will score for an individual (00:17:46). Karyl Palmer and Kyle Bry clarified that while an individual swimmer's six events can score, only five swimmers per LSC are eligible to score in an event
 - Sophie McCorkle suggested shortening the timeline by limiting the LSC to entering only two relays (A and B) versus reducing the number of individual events allowed.
 - Karyl Palmer and Sophie McCorkle expressed concerns about the timeline length due to Ozarks being added, potentially resulting in four heats per event. The possibility of running two pools was mentioned, but Karyl Palmer and Sophie McCorkle noted challenges with coaching, equipment, officials, and the cool-down pool. Greg Morse discussed using two pools for Saturday and Sunday morning sessions: Saturday for more time between sessions and Sunday to end earlier for families having to travel back home or catch a flight.
 - Greg Morse confirmed accommodations and room blocks were secured, but meals and apparel needed attention (00:23:13)
- Apparel Vendor Selection: Finance committee has not selected a vendor through a formal Request for Proposals (RFP) for the team Iowa apparel vendor, Greg Morse stated the AG Committee has the freedom to select a vendor.
 - Past vendors included Splash, which Karyl Palmer and Emily Tuazon had issues with regarding coach apparel.
 - Elsmore is the vendor for several Iowa teams and has a great reputation, fast service, and quality products.
 - Elsmore is also outfitting All-Star teams from other LSCs.
 - Mady Gomez recommended A3, highlighting their good rapport, fast replies, and quick delivery of shirts and caps

- Karyl Palmer later noted that Frankie (from Elsmore) believed Splash still held the contract for All-Stars site sales. Greg Morse stated that Bobby Kelly has approved the AG Committee to select a vendor.
- All-Stars Theme Selection:
 - Gabriella Cwiertny proposed three themes for All-Stars: a Minecraft movie, Lilo and Stitch, and How to Train Your Dragon, based on 2023 movies that kids might like.
 - Emily Tuazon advised against the Hawaiian/Moana theme, as Team Iowa used it last year, and Sophie McCorkle confirmed Team Iowa used the Jurassic Park theme for zones this summer.
 - Greg Morse delegated the final theme selection to Emily Tuazon, Gabriella Cwiertny, and Gwen.
 - Greg Morse will serve as the IASI Representative at 2026 All-Star Meet to handle logistical issues like hotel or food (dry side).
- Theme Implementation and Apparel Decision:
 - Sophie McCorkle clarified that there is typically one overall theme for the meet, with different colored shirts for each day.
 - Greg Morse gave Emily Tuazon the executive decision on how the team and coaches should be outfitted (e.g., shirts or polos) and suggested they work with Gabriella Cwiertny and Nikolai Paulson to get athlete opinions, aiming to finalize the apparel order before the holidays.

Team Iowa Webpage:

Greg Morse shared that he has been working to update the Team Iowa webpage with a slideshow of past Team Iowa pictures from Chris Pose.

- List of coaches can be found under the “Midwest All-Stars” tab.
- Sophie McCorkle commented, looked really good.

Swim Camps Task Force:

Greg Morse initiated the discussion for the Swim Camp Task Force to begin working on developing the Age-Group swim camps, which Nikolai Paulson and Mady Gomez were spearheading.

- Nikolai Paulson had researched other LSCs, noting Indiana had a five-day camp and Illinois a one-day camp. Mady Gomez and Nikolai Paulson discussed deciding on the camp duration and content, possibly focusing on stroke clinics or race strategy skills.
- Greg Morse clarified the amount available for each of the two planned camps (east and west) and that the camps should be open to all, perhaps targeting 12

and under or 14 and under age groups, avoiding something like the select senior or age group select camps.

Developmental Swim Program Task Force:

Greg Morse and Kyle Bry discussed the developmental swim program, which Kyle Bry was interested in helping with.

- The goal is to establish a developmental swim meet program that focuses on the younger/novice swimmer to reduce attrition and help with retention.
- Phil Barnes is spearheading a campaign to have the meets excluded from the two-meet limit for flex athletes, ensuring those \$30/year flex athletes can participate in more than two meets and in a championship meet.

Adaptive Swim Programs:

Greg Morse inquired about other clubs' adaptive swim programs. Karyl Palmer noted that the Waukee Y has a large program tied to the Special Olympics but separate from the swim team, and Sophie McCorkle mentioned a Special Olympics team uses their pool facility for two months a year. Mady Gomez shared that iFly has a successful paradaptive group that is attached to their team, with 5 to 7 swimmers ranging from 11 to 22 years old, practicing once a week.

Central Zones Restructuring Proposal:

Sophie McCorkle brought up the Central Zone's proposal for 2028 to split into three sections instead of two, with Indiana, Illinois, and Ohio

- Greg Morse de-briefed the Committee on the proposal.
- Sophie McCorkle supports the split into three due to the meet's size, believing it would give Iowa a better chance to win if placed in the proposed South section.
- Greg Morse emailed the proposal to the Committee for their review and asked for feedback and opinions.

Adjourn - 7:56pm (CST)

Next meeting - December 7, 2025 at 6pm (CST)