

Age-Group Committee Chair
HOD Meeting Report
October 5, 2025

I would like to express my sincere gratitude to Mellisa Woltz for her dedicated service as IASI Age-Group Chair the past four years. Her contributions have undoubtedly made a positive impact on our swimmers and the overall success of our age-group program. Her commitment and hard work are greatly appreciated.

Age-Group Committee Members

- Greg Morse (BETT) – Committee Chair (greg.morse@iaswim.org)
- Gabriella Cwiertny (*Athlete*)
- Madyson Gomez (IFLY)
- Kyle Bry
- Karyl Palmer
- Open position – 2nd Athlete Rep

Age-Committee meetings will have their first meeting early October. Dates for future AG Committee Meeting are TBD and will be published on the IASI website.

Any coaches or athletes interested in being a member of the IASI Age Group Committee, please reach out (greg.morse@iaswim.org). The goal is to organize and establish a committee of engaged coaches and athletes who would like to positively impact Iowa Swimming at the Age Group Level.

Quick review of Summer of summer meets from August 24th BOD (*Melissa Woltz*)

- 2025 Open Water Zone Championship was held in Pleasant Prairie, WI
 - Special thanks to Head Coach Jennie Hedrick-Rozenberg and Assistant Coach Thad Gunther
 - Team Iowa consisted of 38 athletes, 35 attended in 2024.
 - A 9% increase from the previous year
- 2025 14 & under Central Zone Championships
 - 4th place team finish
 - Team Iowa consisted of 71 athletes, compared to 57 in 2024.
 - Almost a 30% increase from the previous year
 - Special thanks to Head Coach Sophia McCorkle (ACAC); Assistant coaches Tim Hansen (DMSF), Joe Gevock (SEA), & Meredith Nash (LMST)

2026 Swim Meets

- 2026 Midwest All-Star Meet
 - January 10 – 11, 2026 at Wellmark YMCA Des Moines. IA
 - Coaching Staff – contact me if you are interested in coaching the 2026 All-Star Meet
 - Ozarks has accepted the to participate
 - Midwest All-Star Task Force to discuss potential changes to the 2026 All-Star Meet
 - 13-14 50's of stroke added to the order of events
 - 4-Session Meet versus the previous 3-Session meet
 - Friday PM – one session (new)
 - Saturday – two sessions like previous years
 - Sunday AM – one session like previous years
 - Proposed dates and deadlines
 - To be reviewed and approved by AG Committee (see: Midwest All-Star Meet Addendum)
 - Proposed selection process – documentation detailing selection process and dates coming soon
 - To be reviewed and approved by AG Committee (see: Midwest All-Star Meet Addendum)
- 2026 Central Zone Open Water Championships
 - June 11 – 12, 2026 at Pleasant Prairie
 - Coaching Staff – contact me if interested

Age-Group Committee Chair
HOD Meeting Report
October 5, 2025

- 2026 Central Zone Multicultural Meet
 - June 19 – 21, 2026 in Madison, WI
 - Coaching Staff – contact me if interested
- 2026 14 & under Central Zone Championships
 - August 6 – 9, 2026 in Minneapolis, MN
 - Coaching Staff – contact me if interested
 - Changes:
 - 4-day meet
 - 11 – 14 will be Prelim/Finals (with a few exceptions)
 - 10 & under Timed Finals will be in the evening during the Finals Session

2027 & 2028 Central Zones

- 2027 and 2028 14 & under Central Zones Championships will be at 3 sites
 - 2027 14 & under Central Zone Championships August 5 – 8, 2027
 - 2027 sites:
 - Fargo, ND
 - Pleasant Prairie, WI
 - Holland, MI

Age-Group Chair Initiatives

As incoming Age-Group Vice Chair, I have identified a few key initiatives for the Age-Group Committee to review in 2026. These initiatives align with IASI's goal of 85/35, focusing on swimmer retention and reducing attrition.

- Age-Group Swim Camps in 2026 (budget approved)
- Age-Group Development swim meet program for novice swimmers (13-14 & younger)
- Age-Group Championship Meet

Age-Group Committee Chair
HOD Meeting Report
October 5, 2025

Addendum: 2026 Midwest All-Star Meet

Below are proposed dates, deadlines, and selection process for the Iowa 2026 Midwest All-Star Team. The proposed dates, deadlines and selection process will be presented to the Age-Group Committee at our first meeting for their review, discussion, vote and approval.

Proposed dates and deadlines:

- Qualifying Period - Only time achieved in the 2025 Short Course season, between September 1, 2025 and December 21, 2025 are eligible for consideration
- Registration Period - Team Iowa registration period for the 2026 Midwest All-Star Meet will open from November 1, 2025 and are due by December 15, 2025 at 11:59pm (CST)
- Swimmers that achieve their first USA Swimming 2024-2028 Motivational Standard BB time after the registration deadline will be allowed to register for Team Iowa.
- Invitations – Invitations to represent Team Iowa at the 2026 Midwest All-Star Meet will be sent to swimmers as soon as the Team Iowa roster is finalized, on or before December 23, 2025
- Acceptance – Swimmers must declare their intent to swim for Team Iowa at the 2026 Midwest All-Stars by December 26, 2025 at 5:00pm (CST)
- Roster – Team Iowa roster for the 2026 Midwest All-Star Meet will be finalized and swimmers notified on December 28, 2025

Proposed 2026 Midwest All-Star Meet Selection Process:

- IASI All-Star Team will be selected using a high point system for 14 & under swimmers in the following categories: 10 & under, 11-12, and 13-14
- Only times achieved between September 1, 2025 and December 21, 2025 are eligible for consideration.
- Top times are attained for each gender/age category for only the events swum at Midwest All-Star Meet during the qualification period
- Swimmers will be considered in the age category in which they fall based on their age at the first day of Midwest All-Stars meet, January 11, 2026
- Swimmers must have achieved a USA Swimming 2024-2028 Motivational Standard BB time, by December 21, 2025, for all entered events. Converted times are not allowed.
- The overall top 12 swimmers in each gender and age category will be selected to the Iowa All-Star team
- There is no automatic entry for 1st place top times

Proposed initiatives for the Age-Group Committee

- Identify resources to improve and expedite the selection process for All-Stars and Zones