

USAS Convention Report 2019

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LSC Development Committee Business Meeting:

Reviewed analytics and discussed LEAP. Next year will move forward with just one level and everyone will have to qualify. Will deal more with programing, finance and governance. Brief mention of affiliation agreement that will formalize what is expected from the LSCs starting in January 2020. All four Zone workshops will be in Chicago May 1-3. Staff should be budgeted to attend. Leading to Make an Impact – Coach Leadership in the LSC is a topic. Encouraging LSCs to use portals more – better analytics.

Rules and Regulations Committee:

1. Scratch procedure after positive check-in (i.e. distance) or for finals – swimmer CANNOT DFS.
2. Federation championships – waivers so that USA swimmers can swim in their Federation championship meet during the season. Example – Bahamas home for champs over holidays want to represent their Bahama club – most other federations do not have the 120 day rule.
3. Open discussion as to “current concept of appropriate” – plan to have a task force. Sometimes just mentioning to the coach can solve the problem. Must go to coach first – reorganize penalty structure.
4. Suit logos – applied vs worn – be consistent suits and caps.

Had to leave to attend membership meeting

Membership and Registration Committee Meeting:

1. Workshop in Chicago in May has no registration component – GC, AVC, Safe Sport, DEI, Officials and Staff
2. Member validation 2.0
3. 8-10 issues with holding tank
4. Junior Coach dual fee in process
5. SWIMS update CAT
6. Seasonal can upgrade to year-round now
7. Transgender – current swimmer must go to the national panel, new – register by how they identify. If LSC checks birth certificate that is for age only not gender.
[Usaswimming.org/changerequest](https://usaswimming.org/changerequest)
8. Preferred name issues
9. Club membership fee proposed increase, hardship goes through LSC
10. Foreign athletes – must have an invitation to swim in a foreign meet.
11. Dual Citizenship – only Mike Unger can handle these. International Competition must be UN for 12 months if represent another FINA in a Championship meet

Keynote Address – Trevor Moawad

1. Trevor is an elite mental conditioning coach, will share his groundbreaking methods rooted in neutral, behavior-based thinking. He discussed how there is no proof that positive thinking helps. Neutral thinking is ideal
2. Pressure is a privilege. Discussed why we are most responsible for both our failures and successes.
3. Identifying people by name is huge to engage.

Eastern Zone Technical Planning Meeting

1. Discussion how old meets went. Long Course Age Group Meet evenings are too long getting out at 8:45. Motion to remove 15-18 from meet as they have Senior Zone meet, Sectionals and Future. That passed so no 15-18 at Zones next summer.
2. Cuts will be a little easier for both the March Age Group Meet and Summer Zones
3. Only two bids on Sectionals – Buffalo LC and Virginia Tech SC. Will make Buffalo four days to help accommodate then number of swimmers and potentially limit time trials

Eastern Zone Business Meeting

1. Biggest topic was whether Zone meet should be held at Liberty University given admission policies. Can't pull the commitment so looks like it will be up to how each LSC wants to handle their own team.

Athlete Leadership in your LSC

1. Discussion on possible athlete events within the LSC and how to encourage leadership among the athletes

Meeting with Cathy Durance, Jane Grosser and Carol Healey (NE) regarding Maine's 2020 Swimposium

1. Four presenters – USAS will cover travel and honorarium. Athlete they will cover the first \$3500 plus travel.
2. USAS will provide a kickoff flyer
3. Josh Davis will contact regarding the athlete. Thoughts on having a swim clinic for younger swimmers and using the athlete in the afternoon as part of the athlete leadership session for older athletes.
4. October 17th would be the best date
5. Officials – send list of 4-5 in priority order
6. Coach – Joel Shinofield (USAS Sport Development) told me in a persona discussion he would like to come to Maine and help out.
7. Parent Workshop – Jane Grosser and then we can also have Jane do Governance with MESI and NES. Sunday morning would be governance
8. Location, hotel – make reservation for 4.

Mighty Reunions – Bright Ideas Presentations and Winner

1. Excellent registration power point for teams including a non-athlete transfer form
2. Safe Sport Wheel – great way to create interest in safe sport during meets
3. Niagara – athlete wellness initiative – Mental Health Wednesday

4. Will post on MESI website

Mighty 2500 Reunion

1. Officials Clinics via Zoom for large states that population is spread out.
2. Mid-distance or distance meets on a Sunday afternoon – just a few events
3. Fine for missing HOD is more than the cost of the hotel room if attended so over \$200

Educate.Initiate.Celebrate

Roundtable Discussion

1. Most marginalized – disability, outreach, color, Hispanics
2. Barriers – access, money, disability, autism, muscular dystrophy, family life, distance, culture
3. How to reach coaches to educate about diversity programs – no email, reach out to coaches with phone calls or personally at meets., provide information at hospitality

What issues should your LSC prioritize? Pick three and champion draft legislation

Build alliances to build momentum for success – budget – cool t-shirts for attendees, phrase or language to promote conversation

Where to host, how many, get donations

What are the three questions for your LSC? Key contact for each team. Ask them to send three representatives – athlete, coach, non-athlete

Initiatives – check the box, budget, transgender policy

USA D E I Facebook page – coachmike@buffaloracers.org

Vendor Demonstrations

Demonstrations by TU and Active on the member validation programs and improvements

Deck Pass on Team Unify

Demonstration by Team Unify on how Deck Pass is incorporated into TU website and all you can do with it. New CMS version of TU only

Meet the Candidates

Question and Answer panel session for with those running for USAS Board

House of Delegates