

Sierra Nevada Swimming
Board of Directors Meeting
Date: 11/4/2015



Reported by: Cortney Martellucci

Recommended Action: Information Only Briefing Item Recommended Motion

Reports from USAS Convention (email martellucci_c@sbcglobal.net for notes when indicated by **)

1. Russell Mark: What's new in Swimming**
2. Sports Medicine/Science Workshop
 1. Respiratory Issues in Swimming
 2. Dryland Training for Swimmers
3. AG Chair Workshops**
 1. Age Group Development (Panel presentation) National team culture, tech suits in AG swimming, Swim Today and SwimJitzu, Safe Sport Tracking, R2 Legislation (increase number of events from 5 to 6 per day in timed final meet - withdrawn), Review USA Swimming's Progression for Athlete Development.
 2. Credible Coaches: Reframing Our Approach (by David Benzel)**
4. Support beyond the Deck (Panel Q&A)

Southwest Age Group Regional Championship - SWAGR (some general info)

Scott Marchetti and Cortney Martellucci have worked with Mark Bennett to create a meet that will serve our swimmers in SN and CCS as well as other LSC's as an regional championship meet above JO's or alternative to Far Westerns. The meet should be sanctioned and the meet sheet available soon.

- Date: Friday, March 18th, 2016 - Monday March 21st
- Location: Clovis (CCS-2016); TBA (SN-2017)
- Single Age Group Championship (10un, 11, 12, 13, 14)
- "A" qualifying standards are the USAS Single Age Group Motivational "AA" time for the respective age.
- "Bonus" qualifying standards roughly the USAS Single Age Group Motivational "A" time for the respective age (these vary slightly).
- Prelims swum as collective age groups (10un, 11-12, 13-14 or 11-14 for longer events),
- Finals will be separated into single age groups (10un, 11, 12, 13, 14)
- Relays Available (2 per team, swum in trials session)
- Priority entry given to CCS and SN. Outside teams welcome but should RSVP to reserve their spot.

All Stars

- Hosted by San Diego Imperial on January 16-17th, 2016
- The athlete selection process will be the same as that established for Zone selection in 2015.
- Details and applications will be available by November 20th, 2015. Letter of Intent will be due no later than December 11th, 2015.

Background/Discussion:

- As USA Swimming discusses policy regarding tech suits in age group swimming. Please offer your thoughts about the topic.

Board Action: Approved As Recommended
 Approved With Modification
 Other

Passed on: _____