



HOUSE OF DELEGATES MEETING
Moses Lake High School
October 14, 2007

Providing a positive atmosphere for swimmers of all abilities to be successful throughout life.

MINUTES

The meeting was called to order at 1:05pm.

1. Welcome and Roll Call

IES Board of Directors in attendance: Doug Wertz General Chair, Sue Miller Administrative Vice-Chair, Robert Broyles Senior Vice-Chair, Karen Eddy Age Group Vice-Chair, Mickie Beck Treasurer, Rob Omans Secretary, Vicki Marsh Coaches Representative and Western Zones Senior Director, Robby Gisselberg Senior Athlete Representative, Lauren Malthaner Junior Athlete Representative, Heidi Kuntz Safety Coordinator, Jack Beck Officials Co-Chairmen, Don Hougardy Officials Co-Chairmen, Karen Byers Registration Coordinator, Kari Weinman Sanctions Coordinator, Todd Stafek Records Coordinator and Greta Alderson Swim-a-thon Coordinator.

Voting club members in attendance: Becky Buell CAST, Bob Hill CUDA, Candi Eslinger EAST, Lance Hamma GMSC, Chris Engledow LCN, Hilda Grant MLMR, Lynne Pulizzi NLSC, Eric Stapleton SAS, Heidi Kuntz SWAT, Chris Musick TCCC, Dustin Perry WALL, Darcy Bruggman WRAC, Lexie Sturges YAC and Roger Coburn YYST.

Non-voting members in attendance: Curtis Kastens CAST, Ken Schuh MLMR, Cynthia Petersen NLSC, Emri Moore SAS, Kyle Marsh SAS, Jennifer Tonkyn TCCC, Nate Higgins TCCC, Frank Erickson WALL and Steven Kuhn YAC.

Doug Wertz took a moment to review the goals he set when he first took office and report back on how he is doing so far. The "General Chair's Report Card" is attached.

A special THANK YOU to Laura Eddy for speaking to our Athletes and Parents on the subject of Sports Nutrition. Excellent job.

2. Approval of April and June HOD Minutes

The minutes from the April 29, 2007 HOD meeting and the minutes from the June 23, 2007 HOD special meeting were reviewed with no comments. A motion was made and seconded that the minutes from both meeting be approved. The motion carried.

3. Reports of Officers and Committees

Reports submitted were provided as part of the agenda. The Club Development Report by Loren Eddy was presented by Sue Miller in Loren's absence. As an addition to the treasurer's report, Don Hougardy distributed the Financial Report of Investment Accounts and the Financial Report. He also, added that not all of the expenses from convention are in yet and are not reflected on this Financial Report. All reports are attached.

4. Announcements:

a. 2008 Meet Schedule changes

A few changes have been made to the 2008 meet schedule and are reflected in the schedule on the IES website.

b. IES Champs – IMX Challenge Meet

This topic was discussed at length in the coaches meeting and a proposal was brought to the HOD to change the format of the IE short course champ meet in January to an IMX format. A motion was made and seconded to change the IE short course champ meet in January to an IMX format and IE will still provide funding as if it was a standard champ meet. The motion carried.

c. Spring HOD - April 12, 2008

This meeting will be held in Richland with a retreat on Saturday April 12th and the HOD meeting Sunday April 13th. The retreat is for the board of directors and club leadership such as the club president or upcoming president. Further details to be announced.

d. Meet Marshal Requirements

USA-S rule change: Meet Marshals do not need to register as a non-athlete.

e. Use of personal information in Marketing

Doug would like to remind everyone of USA-S privacy policy and review their publications and website to determine if there is any information published therein which is not permitted pursuant to this policy, such as a member's address, telephone number, birth date or USA Swimming ID number.

5. Unfinished Business:

a. Coaches Committee report and proposal for 2008 – 2009 IES Scheduling Committee Direction

This item has been moved to a special meet scheduling committee meeting with coaches in attendance. This meeting will be held in Ellensburg on Friday January 25, 2008 before the IMX Challenge Meet, time and specific location to be announced.

Doug discussed that the original reason for establishing the Scheduling Committee was to avoid repeating the failure to approve the meet schedule in the 2007 Spring HOD meeting, and the necessity to reconvene the HOD a second time to finalize the 2008 meet schedule. The purpose of the scheduling committee was to provide a recommendation for adoption by the HOD that would represent guidance to the Meet Scheduling Committee that will work from October 2007 (now) to April 2008 to provide a 2009 meet schedule that can be approved at the Spring 2008 HOD meeting. Doug reiterated that the IES rules, which provide guidance to the Scheduling Committee, instruct the formulation of a schedule that contains the "B to A" progression, and that is what will be reflected in the proposed schedule and bid invitations. There was general consensus during discussion that the HOD recognized this rulebook guidance, and the "B to A" framework is to be included in the next proposed schedule. The Coaches Committee would like additional opportunity to discuss what "type" of meets will be contained in the schedule.

6. Special Business:

a. Approval of 2007 – 2008 Budget

Robert Broyles presented two budget options. Option A and Option B are attached as part of the treasurer's report. Within the discussion of the budget, Todd Marsh presented two proposals (proposal #1 and proposal #2 are attached). After a short discussion it was agreed that the HOD will support Todd Marsh's proposal #1. It is also noted that the funding for this proposal will not be a separate line item in the new budget but will be dealt with on a case by case basis by the Executive Committee and that in order for a swimmer to be eligible for these reimbursement funds, the swimmer must have made the qualifying times while an IES athlete. Todd Marsh withdrew his proposal #2. A motion was made and seconded to approve budget option A. The motion carried. A special thanks to the outgoing Treasure Don Hougardy. During his tenure, IES financial stability has grown substantially and Don has fostered both an operating and investment base which will provide new opportunities for many years.

b. Election Results - Athlete Representative

Elections were held and the results are as follows: Kyle Marsh was elected as the new Junior Athlete Representative and Lauren Malthaner will move up to the Senior Athlete Representative.

7. New Business:

a. Pendleton and La Grande Request to Transfer from Oregon Swimming to Inland Empire Swimming

It was proposed to accept the Pendleton and La Grande swim teams into IES. A motion was made and seconded to accept both team's request for transfer to IES. Doug will follow up with Oregon swimming to draft rule changes for submittal to USA-S that will redraw the territories of both LSC's. It was clarified that future clubs formed in these same areas will become part of IES. The motion carried.

b. Inland Empire Board of Review Elections

This item has been moved to the Spring HOD meeting.

c. Nomination Committee Elections

The Executive Committee will discuss these nominations further with elections at the Spring HOD meeting.

d. Appointment of Adaptive Swimming Chairman

Nate Higgins was appointed Adaptive Swimming Chairman. Nate swims for TCCC and is currently training for the Paralympics.

e. Appointment of Audit Committee

The Executive Committee will discuss these nominations further with appointments to follow by the General Chair. It was also discussed that IES will continue to perform Audits yearly. USA-S rule changes require an audit every two years as one of the requirements to maintain the LSC's fraud insurance coverage.

8. Awards

a. Official of the Year

There was a tie for the official of the year and winners are: Byron Phillips and Joe Nuess, they were both given plaques. - - - - Great Job!

b. Coach of the Year

The coach of the Year goes to: Bob Wood, he was awarded a plaque earlier in the year. - - - - Job Well Done, Thanks!

c. Swimmers of the Year

The swimmer of the year will be announced at the Spring HOD.

d. Volunteer of the Year

The volunteer of the year goes to: Joan Wertz with TCCC, She was awarded a plaque. - - Well Done. There were also many honorable mentions that were awarded certificates of appreciation, these were: Kristi Mahre WRAC, Rich Tomlinson WALL, Karen Frenzel GMSC, Greta Alderson YYST and Barry Bernfeld YAC. - - - - Thanks For All Your Efforts!

9. Item Not On Agenda

There was a friendly proposal and discussion on IES office equipment and the purchase of such equipment. A motion was made and seconded that some of the budgeted equipment fund monies be used to purchase computing, faxing and copying type office equipment for the IES permanent staff. This amount would not exceed \$3,000 annually and all equipment purchased must be approved by the Executive Committee. The motion carried.

The meeting adjourned at 3:55 pm

Respectfully Submitted,

Rob Omans
IES secretary

General Chair's Report Card

• Build / maintain club base • Parent involvement • New volunteers	✓ Club development criteria participation ✓ Availability of resources ✓ Recognition ✓ Assisting with club stability ✓ Other program development opportunities
• Recruit new IES board and committee leaders	✓ New members on board and committees ✓ Establishing future board member progression
• IES governance and financial base	✓ Experienced board ✓ Financially stable ✓ Progress on by-law updates w/ USAS changes ✓ Foster additional communications
• Utilize USA-S resources to further IES clubs and programs	✓ Swimposium; workshops and clinics ✓ USA-S / Western Zone Board members & committees

HOD SUPPORTED PROPOSAL #1

Olympic Trials Funding

Todd Marsh

Reimburse athletes and 1 coach/corresponding team for Olympic Trials in addition to reimbursement for 3 other National Level meets.

For 2008 Trials reimburse airfare plus \$500 for an eligible IE swimmer and coach for a maximum of \$1000 per athlete and per coach.

NOTE: This is what IE paid in 2004.

This meet is usually an 8 day meet and lodging costs are hiked up.

CURRENT IE Rules & Regulations:

C. Inland Empire Athlete Support for Nationals and Trials Meets.

1. Swimmer Support.

IES shall reimburse qualifying swimmers for up to 3 of the following meets: U.S. Open, NCSA, USA Junior Championships, USA Senior Nationals, and Olympic Trials. The maximum amount of funds available for senior swimmer's support will be determined annually in the IES budgeting process. The current rules are (2005-2006):

- a. The total amount per swimmer per year for up to 3 meets is \$1,500. Airfare plus \$200 will be considered for reimbursement for each meet.
- b. The amount requested will be at the discretion of the coach and swimmer. However, the total amount allowed per swimmer per year is limited to \$1,500, distributed over a maximum of 3 meets. Swim entries and results will be verified.
- c. Proof of airfare must be received within 2 weeks of the meet.
- d. For 2005 only, Senior Sectionals (Phoenix, AZ) is added to the reimbursable meets listed above. For 2006 only, reimbursements will not be made for Spring Nationals (Federal Way, WA).

PROPOSED R&R CHANGES:

C. Inland Empire Athlete Support for Nationals and Trials Meets.

1. Swimmer Support.

IES shall reimburse qualifying swimmers for up to 3 of the following meets **annually**: U.S. Open, NCSA **Junior Nationals**, USA-**S** Junior Championships, USA-**S** Senior Nationals, **and Olympic Trials**. **Reimbursement for Olympic Trials will be in addition to reimbursement for other National level meets; the amount of funds available for trials support will be determined annually in the IES budgeting process.**

The maximum amount of funds available for senior swimmer's support will be determined annually in the IES budgeting process **and will be distributed to clubs and/or posted on the IES website.**

~~The current rules are (2005-2006):~~

- ~~d. The total amount per swimmer per year for up to 3 meets is \$1,500. Airfare plus \$200 will be considered for reimbursement for each meet.~~
- ~~e. The amount requested will be at the discretion of the coach and swimmer. However, the total amount allowed per swimmer per year is limited to \$1,500, distributed over a maximum of 3 meets. Swim entries and results will be verified.~~
- ~~f. Proof of airfare must be received within 2 weeks of the meet.~~
- ~~d. For 2005 only, Senior Sectionals (Phoenix, AZ) is added to the reimbursable meets listed above. For 2006 only, reimbursements will not be made for Spring Nationals (Federal Way, WA).~~

PROPOSAL #2 WITHDREW

Inland Empire Championship Pool Fee Reimbursement

Todd Marsh

All designated IE championship meets shall receive an 80% reimbursement of the cost for pool rental fees, with a maximum reimbursement of \$3,500.

NOTE: A percentage of the pool rental, I think would be more equitable. And having a cap would help with budgeting etc. for IE and the host clubs.

Two of the 2008 championships meets (B champs hosted by EWRA and IE Short Course Champs hosted by SAS) are being held at EWU, highest pool rental fees in IE and they do not allow the host club to sell concessions. The IE LC Champs SAS at Witter may end up a 3 ½ day meet, we have not yet received the 2007 pool fees but they will be higher than 2006 which were \$3,500.

CURRENT R&R:

Section 4 - IES Age Group Championship Meets

B. Responsibilities for Conduct of IES Championship Meets.

3. Inland Empire Responsibilities.

IES is responsible for the following:

e. Financial

IES will reimburse the host team for the actual fees such as pool rent, lifeguards, pool manager associated with meet pool rental up to \$2500.00. This does not include cost of items such as but not limited to sound system, table and chair rental. The host team shall submit a receipt to the IES treasurer to obtain this reimbursement.

PROPOSED R&R CHANGES:

Section 4 - IES Age Group Championship Meets

B. Responsibilities for Conduct of IES Championship Meets.

3. Inland Empire Responsibilities.

IES is responsible for the following:

e. Financial

IES will reimburse the host team for **80% of** the actual fees such as pool rent, lifeguards, pool manager associated with meet pool rental up to ~~\$2500.00~~ **\$3500.00 reimbursement**. This does not include cost of items such as but not limited to sound system, table and chair rental. The host team shall submit a receipt to the IES treasurer to obtain this reimbursement.

REPORTS OF OFFICERS

Administrative Vice-Chair Report- Sue Miller, Oct 2007

The IES Handbook, available on the Handbook/Bylaws page at www.ieswim.org, has been updated per the Spring HOD proposal regarding sanction fees, developmental meets, and time trial fees.

A semi-annual audit was performed June 2nd and approved at the June HOD meeting. The report was sent to USA Swimming mid-June. Committee members were: Susan Miller, Robert Broyles, and Mickie Beck.

USA Swimming has changed the required frequency of audits to maintain crime insurance coverage. As of Feb 1, 2007 semi-annual audits were required; at the USAS convention last month we learned that audits are required less frequently, every 2 years. We will still perform an audit this fall since we are changing treasurers.

The Scholastic All America Program (SAA program) may have a change in the selection process for 2007-2008. Currently selection is based on placing in a senior sectional championship. The SAA sub-committee may change the criteria to a qualifying time, perhaps the 2000 junior national standard or an average of the senior sectional standards.

Charts depicting LC and SC meet attendance over the past four years are attached. Thanks to Karen Byers for accumulating these stats.

Clubs may want to consider using decals with the club logo and website/contact info on a vehicle. Contact Bob Wood to hear how successful this inexpensive form of advertising has been for CAST.

Many thanks for the opportunity to represent IES as a voting delegate at the United States Aquatic Sports convention. The LSC Leadership workshop provided us with useful information and tools to improve our governance of IES. We were able to meet with Jim Patterson regarding Online Meet Entries; we plan to use his system for 2008 IES champ meets.

Administrative Vice-Chair Report (Continued)

**IES Long Course Season Meet Attendance
(Four Years)**

	2006-2007		2005-2006		2004-2005		2003-2004	
MEET	# of entrants	LOCATION	# of entrants	LOCATION	# of entrants	LOCATION	# of entrants	LOCATION
SAS Pentathlon	----	-----		cancelled (5/20-21)	192	Spokane (5/21-22)	203	Spokane (5/22-23)
Apple Capital	644	Wenatchee (6/1-3)	615	Wenatchee (6/2-4)	736	Wenatchee (6/3-5)	600	Wenatchee (6/4-6)
Tri Cities Invite	366	Pasco (6/1-3)	286	Pasco (6/2-4)	272	Pasco, (6/24-26)	269	Pasco (6/25-27)
SWAT Lilac	---	---	---	---	---	---	238	Spokane (6/11-13)
Wine Country	409	Wapato (6/15-17)	429	Wapato (6/16-18)	431	Wapato (6/17-19)	378	Wapato (6/18-20)
Summer Solstice	494	Spokane (6/22-24)	349	Spokane (6/30-2)	483	Spokane (7/8-10)	356	Spokane (7/9-11)
YYST Annual Invite (yards)	132	Naches (6/29-July1)	---	cancelled (6/30-7/2)	206	Yakima Lions Pool (6/24-26)	260	Eisenhower Pool (6/25-27)
Starlight Invite	271	Wenatchee, (7/6-8)	190	Wenatchee (7/7-9)	----	----	----	----
Sizzlin Summer	524	Moses Lake, (7/13-15)	372	Moses Lake (7/14-16)	320	Moses Lake (7/15-17)	177	Moses Lake (7/30-31)
Lewiston Invite	119	Lewiston (6/29-July1)	138	Lewiston (7/21-23)	172	Lewiston (6/23-24)	157	Lewiston (7/17-18)
LC A/B Champs	486	Spokane (7/27-29)	422	Spokane (7/28-30)	398	Wenatchee (7/29-31)	314	Wenatchee (7/23-25)
Summer Sayonara	cancelled	Pasco (8/4-5)	cancelled	Pasco (8/5-6)	155	Pasco (8/6-7)	178	Pasco (8/6-8)
Total	3312		2801		3159		2870	

Administrative Vice-Chair Report (Continued)

**IES SHORT COURSE MEET ATTENDANCE
(Four Years)**

	2006-2007		2005-2006		2004-2005		2003-2004	
MEET	# of entrants	LOCATION	# of entrants	LOCATION	# of entrants	LOCATION	# of entrants	LOCATION
Octoberfest	163	Ellensburg	110	Ellensburg	101	Ellensburg	92	Ellensburg
Trick or Treat	280	Moscow	288	Moscow	281	Moscow	332	Moscow
Harvest	184	Yakima	182	Yakima	158	Yakima	124	Yakima
Turkey Trot	369	Cheney	329	Spokane-Shadle	432	Cheney	426	Cheney
Men's Senior Cup	75	Ellensburg	-	-	-	-	-	-
CUDA Xmas	cancelled	-	147	E. Wenatchee	207	E. Wenatchee	166	E. Wenatchee
Jingle Bell	289	Moscow	279	Moscow	257	Moscow	229	Moscow
January Storm	289	Pullman	281	Pullman	267	Pullman	218	Pullman
Polar Bear Plunge	249	Yakima	157	Yakima	201	Yakima	162	Yakima
11& O Champs	237	Ellensburg	-	-	-	-	-	-
10&U Champs	171	Moscow	-	-	-	-	-	-
Women's Senior Cup	58	Ellensburg	-	-	-	-	-	-
Go for the Gold	199	Lewiston	-	-	-	-	-	-
Purple Stingray	N/A	Ellensburg	275	Ellensburg	246	Ellensburg	237	Ellensburg
B champs	307	Pullman	375	Moscow	464	Cheney	285	Ellensburg
A champs	N/A	-	325	Ellensburg	319	Ellensburg	274	Cheney
Shamrock	N/A	-	286	Spokane	226	Spokane	226	Spokane
Triple Pentathlon	288	Spokane	260	Spokane	260	Spokane	230	Spokane
Mix & Mingle	-	-	57	Moses Lake	-	-	-	-
TOTAL	3358		3304		3419		3001	

Senior Vice-Chair Report - Robert Broyles

- 1) IE athletes attended the June Mission Viejo meet (where they saw Kate Ziegler break the WR in the 1500), August National Championships, and Jr, Nationals in Indianapolis and received IE senior swimmer financial support.
- 2) IE Senior cup meets will be in November in Ellensburg for the men's meet (YAC host) and in February 2008 in Walla Walla for the women's meet (WALL host).
- 3) Senior sectional meets are scheduled for December in Mt. Hood, OR and March in Federal Way, WA.
- 4) US National Short Course Champs scheduled for first weekend of December 2007. The December Husky meet in Seattle is likely to be for college athletes only this year pending final meet information.
- 5) Attended Sr. Chair/ Coach rep workshop at USA-S convention. National team coach, Mark Schubert, spoke to new scheduling of National meets. USA-S staff member Larry Herr made a presentation on new statistical information available to each LSC. Breakout Western Zone meeting identified need for senior development meets throughout the zone. These types of meets are happening and all LSC's need to provide each other with meet information to pass along to coaches and athletes.
- 6) Senior Scholarship winners: **Michelle McDonald & Carl Jones – both TCCC**
- 7) The following is a list of IES swimmers that attended National Senior Meets:
 - NCSA Jr. Nationals
 - TCCC - Erin Holmes, Carl Jones, Cody Roberts, Joe Wertz, Joey Elerding, Coach Todd Stafek
 - GMSC - Christian Johnson
 - Mission Viejo Meet of Champions
 - SAS - Nick Blank, Alec Petrie, Lee Nelson, Mason Shaw, Jenni Dole, Lauren Malthaner, Britney Moore, Emri Moore, Maggie Thompson, Kari Tridle, Coach Todd Marsh
 - Summer Sr. Nationals
 - TCCC - Carl Jones, Coach Todd Stafek
 - Summer Jr. Nationals
 - SAS - Alec Petrie, Mason Shaw, Jenni Dole, Lauren Malthaner, Britney Moore, Mamie Lash, Kari Tridle, Coach Todd Marsh

IES reimbursed a lot of these swimmers and coaches to attend these meet for a YTD total of \$17,332.07 which was \$1,582.07 over budget.

Respectfully submitted,

Robert Broyles
IE Senior Chair

Coaches Rep Report - Vicki Marsh

Western Zones Farmington, NM August 5-11: I am on my second term as Western Zone Coach Director. We had a great zone meet with 680 swimmers attending in Farmington NM. At our zone business dinner meeting, discussion was held about using the current Junior National/US Open qualifying times as de-qualifiers for the zone meet. Several coaches spoke up about this being a good idea especially for those swimmers who "just" make a time and end up placing low at Junior's and then giving up their Zone eligibility. Plus the US open and Junior times were either faster or slower for both the guys and girls so the wording was changed to the slower of the two meets as voted on at the end of the dinner. A task force is in place to determine the mission statement of the Western Zone. Also, IE won the Spirit Award!!!!

Coaches Rep Inland Empire: I have just compiled the goal sheets turned in by the IES coaches on their wishes for a meet schedule. The results will be discussed in our coaches meeting and a process determined for scheduling an effective meet schedule that will benefit all athletes of the IES. Also I am working on a Spring Coaches clinic for educational purposes for the Spring HOD meeting for all IES Coaches. For some, this is the only educational opportunity offered through the IES. I also am working with Karen Byers, our IE registration and Website Director on a coach's idea exchange on our IES website where coaches can write in what works for them and if they have a question for a coach. This is a great tool not only for idea exchange but for communication and to be there for each other as a learning tool.

USA Swimming Convention: USA Swimming BOD Meeting Tuesday and Sunday represented the Western Zone as the Coach Director. Wednesday Attended panel "From Mini's to Olympians, and learned about how larger teams retain swimmers, how they move up to senior from age group swimming, motivational meets for new swimmers, each team's competitive progression, how to deal with new parents, dealing with burn out, coaching effectiveness at multiple sites, and team activities that are non-swimming for the teams. Attended burning issues with officials seminar dealing with trouble shooting stroke analysis and equipment issues, and meet issues with officials. Met with Zone Executive Board to prepare for meetings Thursday and Friday. Attended the USA Swimming BOD appreciation luncheon.

Thursday-attended the General Chairs luncheon and had an awesome speaker who spoke on motivation within your LSC. There was a lot of quotes and inspirational speaking. I purchased the book if you are interested in seeing this. Also Attended the Officials workshop as a first time official and learned from the higher ups what their jobs entailed working national meets. Thursday/ Friday Ran the Western Zone Business meeting and got Hawaii approved to run the 2009 Western Zone Championships. Also changed the policy of swimmers having one junior national time that they can come back and swim their non-national events only including relay legs of that event also within the last 18 months. If the swimmer has more than one national event then he/she can't swim at zones. Larry Johnson from Bozeman, MT got re-elected for his non-coach term as zone director for two more years! The 2008 budget got approved and we are on our way to Portland for the 2008 Western Zone Championships!

The one area I would like to emphasize is the drastic rate increase of renting pools all over the Western Zone. To put on a sectional meet, Age Group and Senior, not to mention national meets, the pool fees are rising almost doubling at an alarming rate within a couple of years!. Pool fees must be in sequence with meet fees like individual swims and surcharges to keep up with the demands of pool rental.

Vicki also has information if anyone is interested in attending the Beijing 2008 Olympics and also Olympic trials in Omaha, NB. This is very interesting information and travel packages available.

My next BOD meeting is in Beverly Hill CA Nov 17th weekend in conjunction with the Golden Goggle Awards. Upcoming meetings Jan 25th weekend in Omaha, NB and April 25th in Colorado Springs. Our next convention is in Atlanta, Georgia next September 2008.

Respectfully Submitted,

Vicki Marsh
IE Coaches Rep and Western Zone Senior Director

Treasurers Report – Don Hougardy

Proposed Budget for 2007 - 2008

Budget Option A includes: (APPROVED)

- 1) Estimated revenue resulting from transfer of two team from OR swimming to IES
- 2) Increase in support to zone swimmers to reflect the actual cost incurred in the preceding 3 years. Zone meet lodging costs were adjusted downward to reflect estimated cost of rooms already reserved.
- 3) Increase in the hours paid to the IES permanent office to reflect the actual labor being expended during the past 3 years
- 4) Increase in the estimated number of zone swimmers to 45 and zone coaches from 3 to 4
- 5) Funding for a contract to provide Online Meet Entries for IES level meets
- 6) Funding for an IES Leadership Seminar to be held in conjunction with April 2008 HOD

The BOD recommends adoption of Budget Option A.

Budget Option B includes: (REJECTED)

- 1) Increase in senior swimmer support to fund 2 coaches and 2 athletes to Olympic Trials
- 2) Increase in facility reimbursement from \$2500 to \$3000
- 3) Increase to the number of USA-S educational workshops to send IES BOD or Committee personnel.

Treasurer Report (continued)

*****2007-2008 APPROVED BUDGET*****

INLAND EMPIRE SWIMMING

Proposed Budget For The Fiscal Year Ended September 30, 2008

OPTION A

	Detail	Dollars	Percent
<u>Revenues</u>			
Registration Fees -			
Received by IES	\$89,921		
Forwarded to USA Swimming	-68,858		
		\$21,063	25.01%
IES Meet Fees -			
Surcharge per athlete	50,832		
Splash fees based on entries	12,316		
Equipment surcharge per athlete	\$16,947		
Equipment & software reserve	-16,947		
	<u>0</u>		
		63,148	74.99%
Interest Income		0	0.00%
Miscellaneous income		0	0.00%
	Total Revenues	84,211	100.00%
<u>Operational Expenses</u>			
Administration -			
Contract services	13,500		
Telephone	0		
Internet	780		
Other	540		
		14,820	17.60%
Equipment & Software -			
Repairs, maintenance, supplies and license	1,000		
Annual pad replacements	1,500		
Insurance	600		
Less equipment rental	-100		
		3,000	3.56%
USA Convention & Seminars		10,455	12.42%
General Chair's Budget		4,200	4.99%
Administrative Vice-chair's Budget		200	0.24%
Treasurer's Budget		400	0.47%
Officials Chair's Budget -			
Apparel costs	2,500		
Less reimbursements	-1,250		
	<u>1,250</u>		
Training by USA Swimming	3,900		
Other	400		
		5,550	6.59%
Records Chair's Budget		1,000	1.19%
Miscellaneous Operational expenses		0	0.00%
	Total Operational Expenses	39,625	47.06%
	Revenues after Operational Expenses	44,586	52.94%
<u>Program Expenses</u>			
IES College Scholarships		500	0.59%
Senior Programs -			
Meet reimbursements		15,000	17.81%
Age Group Programs -			
2008 Zone Team costs	44,250		
Less swimmer offset	-29,250		
	<u>15,000</u>		
NW Challenge meet expenses and open water camp	0		
Age group conference	500		
IES championship meet expenses	11,000		
		26,500	31.47%
IESCA (coaches) expenses		2,500	2.97%
Miscellaneous Program expenses		0	0.00%
	Total Program Expenses	44,500	52.84%
	Net Revenues after Expenses	86	0.10%

Treasurer Report (continued)

*****THIS OPTION WAS NOT APPROVED*****

INLAND EMPIRE SWIMMING

Proposed Budget For The Fiscal Year Ended September 30, 2008

OPTION B

	Detail	Dollars	Percent
<u>Revenues</u>			
Registration Fees -			
Received by IES	\$89,921		
Forwarded to USA Swimming	-68,858		
		\$21,063	25.01%
IES Meet Fees -			
Surcharge per athlete	50,832		
Splash fees based on entries	12,316		
Equipment surcharge per athlete	\$16,947		
Equipment & software reserve	-16,947		
	<u>0</u>		
		63,148	74.99%
Interest Income		0	0.00%
Miscellaneous income		0	0.00%
	Total Revenues	84,211	100.00%
<u>Operational Expenses</u>			
Administration -			
Contract services	13,500		
Telephone	0		
Internet	780		
Other	540		
		14,820	17.60%
Equipment & Software -			
Repairs, maintenance, supplies and license	1,000		
Annual pad replacements	1,500		
Insurance	600		
Less equipment rental	-100		
		3,000	3.56%
USA Convention & Seminars		10,455	12.42%
General Chair's Budget		4,200	4.99%
Administrative Vice-chair's Budget		200	0.24%
Treasurer's Budget		400	0.47%
Officials Chair's Budget -			
Apparel costs	2,500		
Less reimbursements	-1,250		
	<u>1,250</u>		
Training by USA Swimming	4,500		
Other	400		
		6,150	7.30%
Records Chair's Budget		1,000	1.19%
Miscellaneous Operational expenses		0	0.00%
	Total Operational Expenses	40,225	47.77%
	Revenues after Operational Expenses	43,986	52.23%
<u>Program Expenses</u>			
IES College Scholarships		500	0.59%
Senior Programs -			
Meet reimbursements		21,000	24.94%
Age Group Programs -			
2008 Zone Team costs	44,250		
Less swimmer offset	-29,250		
	<u>15,000</u>		
NW Challenge meet expenses and open water camp	0		
Age group conference	500		
IES championship meet expenses	13,000		
		28,500	33.84%
IESCA (coaches) expenses		2,500	2.97%
Miscellaneous Program expenses		0	0.00%
	Total Program Expenses	52,500	62.34%
	Net Revenues after Expenses	-8,514	-10.11%

Treasurer Report (continued)

INLAND EMPIRE SWIMMING
Financial Report of Investment Accounts
FYE 09/30/2007

AMERICAN FUNDS -

The Income Fund of America			
	Market Value	Cost Basis	Shares
Balance as of 09/30/06	\$ 53,324.72	\$ 54,671.64	2,686.384
Realized gain / (loss)			
Ordinary dividends earned and reinvested	2,586.46	2,586.46	124.334
C.G. dividends earned and reinvested	1,246.48	1,246.48	61.646
Capital gain / (loss)			
Transfers in / (out)			
UnRealized gain / (loss)			
Change in Market Value	3,880.08	n/a	
Sale adjustment			
Balance as of 09/30/07	<u>\$ 61,037.74</u>	<u>\$ 58,504.58</u>	<u>2,872.364</u>
Approximate annual earnings % from Ord. Div.'s	4.57%		
Approximate annual earnings % from CG Div.'s	2.20%		
Approximate "Hard" annual earnings %		6.77%	
Approximate "Soft" annual earnings %		7.28%	
Approximate "Total" annual earnings %			14.05%

The Cash Management Trust of America			
	Market Value	Cost Basis	Shares
Balance as of 09/30/06	\$ 15,115.87	\$ 15,115.87	15,115.870
Realized gain / (loss)			
Dividends earned and reinvested	747.09	747.09	747.090
Capital gain / (loss)			
Transfers in / (out)		-	
UnRealized gain / (loss)			
Change in Market Value	-	n/a	
Sale adjustment			
Balance as of 09/30/07	<u>\$ 15,862.96</u>	<u>\$ 15,862.96</u>	<u>15,862.960</u>
Approximate "Total" annual earnings %			4.82%

Treasurer Report (continued)

INLAND EMPIRE SWIMMING

Financial Report

FYE 09/30/2007

	YTD Thru 09/30/07 Actual	Budget	(Over) Under Budget	Actual VS Budget
<u>GENERAL FUND</u>				
Balance as of 09/30/06	\$ 9,804			
Revenues				
Registration fees, net	21,880	\$ 18,448	\$ (3,432)	119%
Meet fees	60,299	57,078	(3,221)	106%
Other	881	-	(881)	
Total Revenues	83,060	75,526	(7,534)	
Operational Expenses				
Administration	10,481	10,140	(341)	103%
Equipment & software	2,752	2,725	(27)	101%
Annual convention & seminars	12,283	12,200	(83)	101%
General Chair's expenses	1,034	1,200	166	86%
Vice-Chair's expenses	55	200	145	28%
Treasurer's expenses	344	400	56	86%
Officials Chair's expenses	4,484	4,765	281	94%
Records Chair's expenses	632	1,000	368	63%
Other	-	-	-	
Total Operational Expenses	32,065	32,630	565	
Revenues after Operational expenses	50,996	42,896	(8,100)	
Program Expenses				
College scholarships	500	500	-	100%
Senior programs	17,332	15,750	(1,582)	110%
Age Group programs	26,715	23,915	(2,800)	112%
Coaches expenses	320	2,500	2,180	13%
Other	1,552	-	(1,552)	
Total Program Expenses	46,419	-	(3,754)	
Net Revenues after Expenses	4,577	-	\$ (4,346)	
Balance as of 09/30/07	\$ 14,381			
<u>EQUIPMENT RESERVE</u>				
Balance as of 09/30/06	\$ 34,466			
Additions to reserve -				
Meets	16,203	\$ -		
Other	-	-		
	16,203	-	\$ (16,203)	
Subtractions from reserve -				
Other	-	-		
Other	-	-		
	16,203	\$ -	\$ (16,203)	
Balance as of 09/30/07	\$ 50,669			
Combined	\$ 65,049			
Transfer to Investment Fund	-			
Reconciled Balances in Checking Accounts at Wells Fargo Bank as of 09/30/07	\$ 65,049	= \$ 65,039	+ \$ 10	

Equipment Coordinator Report - Dave Drown

Major Capital Expenses:

None between October 1, 2006 and September 30, 2007

Ordering System 6000 deck computer from Colorado early October will have for Turkey Trot.

Normal Pad Replacement: \$1,575 = per budget plan.

- Colorado - purchased 2 new touch pads to have enough spares for 9-lane double ended at summer LC A/B Champs.

Normal Maintenance: ~ \$675 = well under budget for the past year.

- Replaced System 5 charger-power supply
- Replaced various pad & pad mount Velcro strips
- Missing ~12 stop watches at end of summer LC season

Colorado repaired/refurbished -

- One pad – now have 22 good pads including the 2 new ones

Equipment budget for coming year should follow previous year plan. This past year we had less equipment failure and damage than previous years; some of this is due to random luck and some is due to care and attention of the various meet directors "Thank You".

Respectfully Submitted,

Dave Drown

Registration/Membership Report - Karen Byers

IE 2006-2007 Membership Statistics:

(See attached spreadsheet and graph)

19-year trends:

1987 - 1,082

1992 - 1,065

1997 - 1,074

2002 - 1,027

2006 - 1,261 (due to addition of Moses Lake Pool and year round team and 2 new teams: PYT and LCN)

1,155 of the registered swimmers have at least one time in the USAS SWIMS database, from meets within IE

COACH REMINDER: Coach certifications must be up to date for USAS insurance to be in effect.

There is NO grace period, so copies of recertifications should be sent to me about 2-4 weeks before they expire, so that I may update your record and send a new coach card. Send a signed record of the class roster, as the cards often take awhile to arrive. Your expiration dates are printed on your coach cards. If you are a head coach and your certs expire your swimmers must swim unattached at a meet because your CLUB registration is in suspension until a current head coach is named. A CLUB must have a currently certified HEAD coach for a CLUB registration to be in effect.

RELAY LEAD OFF TIMES:

I will not automatically load relay lead off times unless a coach requests it. Send request to webmaster@ieswim.org. Include: Meet, Event, Heat, Gender, Swimmer, Time

USAS Volunteer Longevity Pins and Recognition were awarded for LSC Board and/or National Level Service: 20 + years of service: Greta Alderson, Todd Stafek, 15+ years: Vicki Marsh, 10+ years, Robert Broyles.

Convention:

- Attended Convention as an at-large voting member of the National Registration/Membership committee. Attended Committee's business meeting.
- Presented a topic at the SWIMS Registration Workshop and monitored a topic at the Registration Round Table Discussions
- Discussed the OME possibilities with IE and Jim Patterson
- Additionally, I attended these convention sessions:
- Risk Management, Times Team workshop, Top 16, National Age Group Records, National Times Verification Process and NCAA database, Background Screening, Webmasters (2 sessions),

Highlights

Insurance:

- Masters swimmers may practice with a USAS team. There is a mutual agreement that allows this as long as there is a USAS certified coach on deck.
- USAS insurance does not cover any type of automobile liability exposure. The individual owning or operating their vehicle or a rental vehicle is the responsible party. Read your insurance packet for options.
- Fundraising and social events are covered by insurance if approved prior to the event. Call Risk Management at 800 777-4930 for approval.
- It is highly recommended that chaperones for any swim event have a background check.
- USAS has increased the depth requirement for training diving starts to 6 FEET

Registration/Membership Report (continued)

"103.2 WATER DEPTH —.1 /NC/ 2 meters (6 feet 7 inches) deep throughout the course.

.2. /M/ Teaching Racing Starts – Minimum water depth for teaching racing starts in any setting from any height starting blocks or the deck shall be 5 6 feet (1.53 1.84 meters) measured for a distance of 3 feet 3 1/2 inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from the end wall..3 /M// Racing Starts – Minimum water depth for racing starts during practice and competition shall be measured for a distance 3' 3 1/2" (1.0 meter) to 16'5" (5.0 meters) from the end wall. Starting requirements and height of starting block shall be: A) In pools with water depth less than 4' (1.22 meter) at the starting end, the swimmer must start from within the water; B) In pools with water depth 4' (1.22 meter) or more at the starting end, starting platforms shall meet the height requirements of 103.12.1. Note: Local, state and municipal statutes, ordinances, rules and regulations may have depth limitations in conflict with this section. The LSC and all Member Clubs should check for this at all times. "

- Please provide a pool description update for all your practice and meet pools. Please measure (do not estimate). The Pool Reporting sheet is available on the IES website:
<http://www.ieswim.org/forms.html>

Coach Issues:

- The ARC Safety Training for Swim Coaches course has changed. When you now renew that with ARC there is a written test component as well as a water skills component. If you are certified with Lifeguard (which formerly covered the Safety Training for Swim Coaches certification) you will now have to take a written test to receive the safety Training Portion.

New or Changed Programs:

- TOP 16 Recognition will now be called National Age Group Recognition and will honor the TOP 10 swimmers in a single age group. (11,12,13,14 etc instead of 11-12, 13-14).
- NCAA DIV 1, II and III Eligibility requirements have changed: and have become more rigorous: <http://www.ncaaclearinghouse.net> and http://www.ncaa.org/library/general/cbsa/2007-08/2007-08_cbsa.pdf
- NCAA-USAS Joint Partnership. All NCAA DIV 1 Meet times will load into the times database, but under a NCAA heading. This will occur in the future for Y meets and then High School meets. It's now time for USAS officials to get the High school meets up to par, so when this happens, they're ready to go. (i.e. update Team Manager, get rosters before a meet and load into meet manager, ...(that will be the only way times can be sent to the database), not allowing for changes in entries as the meet progresses, etc)
- Scholastic All-America Program: Encourage your swimmers to apply!!! There were 1287 National recipients last year. Requirements have changed and are available at: <http://www.usaswimming.org/>

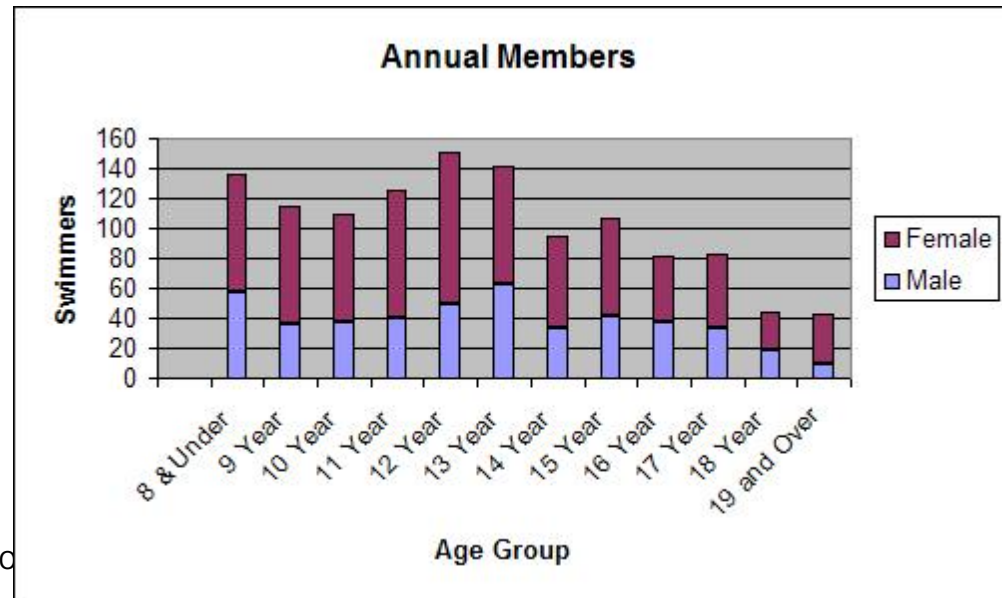
Standards:

Zone and 08 Junior and 08 US Open National Standards are included in your HOD packet. (IE standards will be available by Nov 1)

FINALLY: DON'T FORGET TO REGULARLY BACKUP YOUR COMPUTER!

Registration/Membership Report (continued)

Inland Empire Membership Stats 2006-2007 by Age and Gender														
	Annual Members					Season 1					Season 2			
	Age Group	Male	Female	Total		Age Group	Male	Female	Total		Age Group	Male	Female	Total
	8 & Under	58	78	136							8 & Under	13	20	33
	9 Year	36	79	115		9 Year	0	1	1		9 Year	6	6	12
	10 Year	38	71	109		10 Year	0	1	1		10 Year	4	8	12
	11 Year	40	86	126							11 Year	4	15	19
	12 Year	50	101	151							12 Year	8	7	15
	13 Year	63	78	141		13 Year	1	0	1		13 Year	2	6	8
	14 Year	33	62	95							14 Year	2	3	5
	15 Year	41	66	107							15 Year	1	5	6
	16 Year	37	45	82							16 Year	5	3	8
	17 Year	34	49	83							17 Year	1	0	1
	18 Year	19	25	44										
	19 and Over	10	33	43		19 and Over	1	1	2		19 and Over	1	8	9
TOTALS	ANNUAL	459	773	1232		SEASON 1	2	3	5		SEASON2	47	81	128



Registration/Membership Report (continued)

2006-2007 Club Stats								
Club	Athlete	Se1	Se2	IndSea	NAOther	Coach	Offici	Total
CAST	67	0	0	0	6	3	4	80
CIA	1	0	57	1	4	2	4	67
CUDA	76	0	0	0	7	3	11	96
EAST	48	0	0	0	4	3	8	62
EWRA	45	0	4	0	6	5	10	62
GMSC	93	0	6	0	3	6	14	121
LCN	44	0	4	1	7	5	5	65
MLMR	129	0	2	0	12	4	13	156
NLSC	36	0	0	0	0	2	0	38
PST	20	0	0	0	1	2	0	23
PYT	29	0	0	0	1	2	5	36
SAS	116	3	4	0	13	4	12	148
SWAC	34	0	0	0	0	2	1	37
SWAT	118	0	13	0	9	5	9	151
TCCC	132	0	4	0	3	4	24	164
TSA	0	0	6	0	0	1	0	7
UN	12	1	5	0	1	1	2	21
WALL	28	0	2	0	4	2	9	44
WCW	7	0	0	0	0	1	0	8
WRAC	58	0	3	0	1	3	1	65
WSU	12	1	0	0	2	2	0	17
YAC	41	0	0	0	7	1	4	53
YYST	86	0	18	0	5	2	6	115
TOTALS	1232	5	128	2	96	65	142	1636

Sanctions Report - Sue Miller, Oct 2007

Twenty-two meets have been sanctioned and ten have been approved so far this year, totaling 32.

Meet marshals are no longer required to be USA Swimming members. This was approved by the USAS House of Delegates and is effective as of Sept 29, 2007. The IES Meet Directors Handbook has been updated accordingly and is available on the Forms page at www.ieswim.org.

Kari Weinman will take over as sanctions chair in November and she will sanction meets held in 2008. Her contact info is on the Board/Committees page of the IES website, www.ieswim.org, and is also in the updated Meet Directors Handbook.

Please contact Kari Weinman and Karen Eddy with comments or suggestions regarding the 2008 LC champ meet.

Comments so far:

1. No NTs except relays--- for 2007, a great # of DQs were a result of swimmers not able to swim a legal event
2. Shorten days by
 - a. 4 day meet – try for 2008 since the schedule is set.
 - b. Separate A and B meets
 - c. Separate 11&O and 10&U meets

NTV Observed Swims Report- Sue Miller, Oct 2007

Three meets were observed and had times loaded to SWIMS thus far in 2007: Eastern WA Boys HS Districts, Northwest Conference Championship (Div III), National Junior Disability Championships (actually treated as 2 meets, SC and LC). North Idaho High School Districts and Eastern Washington Girls Districts will be USA-S observed later this month.

IE coaches and the district meet directors and referees have received the high school district SWIMS guide and request forms. IE coaches should use Form C to list swimmers from their team that will swim in districts. You can key swimmer information directly on the form and then email it to me and to the meet referee or meet director. Times for swimmers listed with legal name and birth date will be loaded to SWIMS. Let me know if you did not get this information by email.

2007-2008 high school times that are loaded into SWIMS will be loaded as Unattached (for IE swimmers, as IE-UN.) These times will not count for the Toyota Virtual Club Championship or for the club recognition and club excellence programs.

Head Coach 2007 Western Zone Championships: IES Team - Jennifer Tonkyn

Western Zone Championships were held in Farmington, New Mexico this past August. Farmington did an incredible job hosting this meet...Kudos to them for all they did for the kids.

IES took a team of 33 swimmers to compete this year. Although we were not in the trophy category we did manage to bring back home the coveted Spirit Award! Rumor has it this year was no contest...IES stole the show! Nice job team!

Many of our kids made finals again this year. Our finalists had great swims and multiple showings in finals, but on the top of the list was Natilee Ruiz who brought home a beautiful Native American hand-made bowl for earning high point honors in the girls, age 13, division.

The following is a list of all our Zone swimmers: ***Names in bold were finalists.**

Erica and **Heidi Anderson**

Kristen Bennett

Andrew and Eric Blanchard

Mike Cooper

Dustin Ferguson

Kara Fisher

Derek Frenzel

Jared Griffard

Lucas and **Nolan Hill**

Wyatt Jager

Joe Loftus

Kjirsten Magnuson

Karl Mansfield

Alex Martinek

Taylor McDowell

Rachel Millet

Emri Moore

Kyle O'Malley

Tyler Pickett

Jordan Ray

Robbie Reid

Emily Renzini

Carmen Robb

Natilee Ruiz

Kait Salley

Christine Tixier

Elise Warren

Nathaniel Weinman

Joe Wertz

Zone Team manager Joan Wertz did a great job coordinating and got her feet wet as manager for the first time. Thanks to Joan for all her hard work on behalf of our swimmers. We had a fun day in Albuquerque before returning home and getting stuck in the Salt Lake Airport for hours! The kids handled it well and we all made it home very late but safely!

Additional thanks to the Coaching Staff and Chaperones: Bob Hill returned again this year to provide entertainment while on deck. New coaches to the Zone meet, Lexie Sturges and Lance Hamma did a wonderful job and we hope to see them looking forward to future Zone meets! Our Chaperones, I can not thank them enough for a great job, were Mitch Anderson, Ralph Reid and John Tixier.

IES also needs to be commended for providing so many officials to this meet. Robert Broyles, Don Hougardy, Doug Wertz, Ralph Reid, Mitch Anderson, John Tixier and Tony Fisher did a fantastic job running / officiating the meet and represented IES well. Vicky Marsh, current Western Zone Director was ever present and secretly rooting for IES as well.

Next year the Zone meet will be in Mount Hood, Oregon. I hope you all make it a goal to qualify, unless you're on to Juniors and above!

Big news is where Zones will be in 2009. Honolulu, Hawaii will be the site for the 2009 Western Zone Championship meet. Now are you excited to qualify?! See you there!

Respectfully submitted,
Jennifer Tonkyn

2007 USAS Convention Review - Karen Eddy and Jennifer Tonkyn

The 2007 USAS Convention was held in Anaheim, California this past September. Here is a recap of the workshops and seminars that we attended:

First time delegates are encouraged to attend a seminar explaining Convention, how it works and Robert's Rules of Order, which come into play during the House of Delegates sessions at the end of the week. During the House of Delegates session items such as elections, rules and proposals are discussed and the voting process employed. This workshop helps attendees get ready for the massive amounts of information that is available and to prepare for the HOD meeting.

There was a seminar entitled from Mini to Olympians that was exciting to attend. Mini to Olympians Workshop: a round table discussion with 5 age-group coaches from well-known, very large teams from throughout the country. Topics of discussion included communication between coaching staff as a key component to success of the program; understanding the competitive progression from entry level learn to swim all the way to senior national level; dealing with young swimmer burnout; team unity among swimmers at different sites and different age levels; the need for parent education on a regular basis; support for the development of assistant coaches; visibility in the community; and fund-raising for clubs.

The first Age Group Development seminar was about Open Water Swimming and was geared towards Meet Directors and Officials. The common phrase said over and over was make-do with what you have, start somewhere and grow. One meet that now boasts over 200 swimmers started with 30 swimmers, make-shift buoys, a finish shoot scrambled together using lane lines... The theme was that if you really want to do it you can make it work and rig the necessary items using anything available.

Safety was primary, recommending boats and lifeguards. I was inspired to think about the Columbia Crossing and the Long Bridge swims, two that already have all these things in place...could we get an Open Water race in IES? I was encouraged more than ever to make our Open Water Camp work. It could really take off and we could add a competition to it at the end of the camp. The big question is when to do it?

The Next Age Group Development meeting was regarding a new meet to be introduced from USA Swimming. It is strictly for Age Group swimmers both boys and girls ages 12-16. It is meant to be developmental and therefore will be using the IMX format. If you are not aware of the IMX you can check it out on the USA Swimming website. The simplest way to explain it is that 9-12 year olds compete in all of 5 events, 100fly, back and breast, 200IM and 500free. 13 year and over's compete in all of 6 of these events: 200 fly, back and breast, 200IM, 400IM and 500free. These events would all be timed finals and held in each Zone sometime between November and December. There are still some things being worked out but that is the nuts and bolts of it. The great thing about this is that IES is introducing the IES SC Champs and the WAVES have their Pentathlon that is both similar but slightly modified in format. We will have a leg up on this type of meet!

The coach's meeting was held Friday morning at 6:45am as usual. This meeting can be very rowdy when coaches have new issues to discuss and disagreeing views on the issues. This year the meeting was relatively uneventful. The discussion was on the Zone meets...do they work, short course or long? Etc. From what I gathered, the Western Zone meet is successful and supported. There were some comments supporting the IMX Age Group Meet saying that is the way kids need to develop and that would be a better meet than Zones. I don't think Western Zone feels The Zone meet is all that broken but support for the IMX meet showed it might be a very well received meet when it is introduced in the fall of 2009.

2007 USAS Convention Review (continued)

Sport Science had two very interesting seminars. The first one was regarding shoulders. Bullet points from this presentation are:

- If a swimmer can complete a tight streamline then they have enough flexibility to do all the strokes.
- Stretching is athlete specific.
- Stretching should be done when muscles are warm.
- There is a misconception that over-repetition injures shoulders. Pathologic issues and inappropriate motions stress shoulders.
- There is no advantage to stretching for 9-12 year olds. They are already flexible.
- Extreme stretching is a quick fix for a current problem but is not good. Self massage and rest is better in the long run.
- Further information from George Edelman at gtedelman@aol.com or USAswimming.org/coaches/sportsmedicine.

The second Sport Science seminar was on backstroke. Russell Mark, biomechanics coordinator was the presenter (RMark@usaswimming.org).

Two common points of emphasis were arm-stroke and rotation

The path of the hand should always face the feet.

Hands should be flat with fingers pointing towards the side walls.

The catch is not as deep as previously thought.

Rotation should be dictated by the catch.

Kicking is absolutely critical; ankle flexibility is extremely important.

Make a Splash program will be launched by USA Swimming soon. Kim O'Shea will be moving from her current position into the Make a Splash program. This program was designed to address the need to deliver the sport of swimming to underrepresented populations. This is a great idea for swimming to give something back to the community. LSC's and/or clubs can develop a program where athletes give free lessons to the community. April and May would be a great time before the summer heat. Athletes could travel around the area or within the LSC and use local hotel pools for instruction. Let's give opportunity to those who normally would not be swimming.

Thank you for the opportunity to serve IES by sending us to Convention. We feel we brought back some useful information. Your support is much appreciated!

Respectfully submitted,
Karen Eddy and Jennifer Tonkyn

Club Development Report - Loren J. Eddy

Most of you are probably aware that USA Swimming has developed a new program called the USA Swimming Club Recognition Program, which is designed to help you make your team stronger.

The Club Recognition Program is like an inter-active survey. There are four different sections: Business and Organizational Success; Parent and Volunteer Development; Coach Development and Education; and Athlete Development and Performance. Each section has a series of "Required" elements: Do you have this? YOU NEED IT. If you don't have it, here's where you can go to find out more information on how to get it.

There are also "Additional" or Bonus points in each section, which is kind of like saying, "From this list of 8 great things you could be doing, make sure you choose at least 4 of them."

Congratulations to Coach Heidi Kuntz and the Spokane Waves Swim Team, for being the first IES team to achieve Level One Club Recognition status earlier this Summer.

(Present Heidi with gift, "USA Swimming" polo shirt.)

Four other clubs have started the Club Recognition process for their team: Lewis-Clark Neptunes; Moses Lake Swim Team; Tri-City Channel Cats, and the Walla Walla Swim Club.

And Two other clubs, (SAS and YAC) have already activated their USA Swimming "Club Portal", which allows your team to post basic information about your club on the USA Swimming Web-Site, such as:

- General contact information, including a link to your current club website announcements
- Practice Schedules
- Upcoming Meets
- Meet Results (the "meet results" information is automatically posted by USA Swimming)
- Facilities information

(Opening your "Club Portal" on the USA Swimming Web-Site is the first step in the Club Recognition process.)

It will take some time and some effort for you to accumulate the total number of points needed to complete each Level. BUT it is "User Friendly", and it will point you to resources to help you and your team accomplish the various markers. **ALL OF THESE MARKERS SERVE AS THE FOUNDATION FOR A STRONG AND SUCCESSFUL BUSINESS ORGANIZATION.**

Some of you may be aware of the USA Swimming Club Leadership and Business Management Course. The Club Recognition Program has the practical effect of reinforcing the information that USA Swimming provides through the Club Leadership and Business Management Course, and acts as a "step-by-step" guide to improve the foundation and framework for the business of operating your swim team program.

Our goal is that Each and Every IES Club achieve Level One status by next year's Spring HOD meeting, and that at least HALF of the IES Clubs achieve Level Two status by the Fall of 2008. Please participate in this program; it is a great program, and it will help your club become a stronger team. We are handing out information on how to begin the Club Recognition application process. If you have any questions, please feel free to contact:

Respectfully submitted
Loren J. Eddy,
IES Club Development Chair

Club Development Report – Part Two - Loren J. Eddy

TOYOTA VIRTUAL CLUB CHAMPIONSHIPS

Congratulations to the swimmers, coaches, and clubs in our Inland Empire Swimming LSC, for your performances during the 2007 Long Course Season. I am very pleased to report on the results of the **TOYOTA VIRTUAL CLUB CHAMPIONSHIPS**, which provide additional confirmation that our swimmers performed very well: 11 of our IES clubs improved their 2007 National Ranking as compared to the 2006 results.

For those of you who may not be aware of the Toyota Virtual Club Championships, it is essentially a computer ranking of all USA Swimming Clubs throughout the country, using meet results in the USA Swimming "Star Times Data Base", which contains the meet results from every swim meet that receives a USA Swimming sanction or approval. If your team has hosted a sanctioned or approved meet, the meet results are part of this database.

Some of you might not be aware that your team is part of this internet or "Virtual" competition, because you haven't sent in any entry. You don't have to; USA Swimming compiles the information automatically, for every swim team registered with USA Swimming.

The results are based on "Power Points", similar to the IM Xtreme challenge power point tabulations; except this is a TEAM competition, rather than ranking individual swimmers. Obviously, the larger teams will have a bigger advantage in accumulating points, since you would need at least 94 swimmers (47 boys 47 girls, and evenly distributed among the age groups) to get scores in all events.

The events that are scored for 11 & 12 year old swimmers are the 50 Free, the 100's of each stroke, 200 Free, 400 or 500 Free, and the 200 IM (8 events total); and for the 13 through 18 year old swimmers, all recognized Olympic events are used (13 events total). For each age group, Two swimmers can score in each event; BUT each swimmer is limited to only 4 events total.

How do you figure out which of your swimmers to enter into which events to get the best possible score? Fortunately, you don't have to; the computers at USA Swimming do that automatically. For a really large team, the computer will make over **one trillion calculations** to determine the best possible score for that team.

The rankings that are displayed on the USA Swimming website include the National Ranking for each team, the total points the team has accumulated, and a "view detail" option that lets you see the events and scores for the team, including a summary chart on the first page that shows the points by age group and by stroke.

Each year, the results are tabulated separately for the short course and long course seasons. This program started about 4 years ago, and the USA Swimming website has results dating back to the 2003-2004 short course season, which makes it is possible to compare results from year to year.

USA Swimming indicates that the stated purpose of the Toyota Virtual Club Championships Program is:

[To] Recognize and highlight clubs that are developing athletes and achieving success at multiple levels in the club swimming continuum, emphasizing the team element in club swimming.

Today, it is appropriate to recognize the IES clubs which have shown the best increase in performance in the 2006-2007 long course season, as compared to the results which that team achieved in the 2005-2006 long course season.

Club Development Report – Part Two (continued)

Looking first at **Percentage Increase in National Ranking**,

- Fifth place goes to Gold Medal Swim Team with a 14 % increase in national ranking from 870 to 744
- Fourth place is Coeur d'Alene Swim Team, with a 15 % increase in national ranking from 700 to 597;
- Third place goes to the Walla Walla Swim Club, with a 19 % increase in national ranking from 1,226 to 1,073;
- Second place, with a 28 % increase in national ranking from 1,270 to 916, is the Wenatchee Racquet & Athletic Club; and
- First place, with a 33 % increase in national ranking from 275 to 185, is the Tri-City Channel Cats Swim Team.

Turning now to **Percentage Increase in Total Points**, I first want to mention that there were a total of 12 IES teams which that improved their 2007 score; 9 of those 12 teams improved their point totals by more than 20%.

- Fifth place, with a 28 % increase in total points from 6,721 to 8,616 is the Northern Lights Swim Club.
- Fourth place is the Pullman Swim Team with a 32 % increase in total points from 9,741 to 12,882.
- Third Place goes to the Walla Walla Swim Club, with a 60 % increase in total points from 16,501 to 26,367.
- Second place, with a 67 % increase in total points from 577 to 961, is the Central Idaho Aquanauts Swim Team.
- First place, with a 90 % increase in total points from 16,974 to 32,320, is the Wenatchee Racquet & Athletic Club.

Congratulations to all of these teams.

In closing, I do want to point out that it is easy to lose points from year to year, for a variety of reasons, including attrition in your program; some swimmers having stagnating times and going to fewer meets as they get older; injury or illness of your athletes; or simply the natural process of having a number of 17 and 18 year-old swimmers graduate through your program and go off to college. (As an example, the Tri-Cities Channel Cats will need a lot of 10 year-old swimmers in the pipeline to replace the 8,500 points generated by Erin Holmes, Michelle McDonald, and Carl Jones, who will go off to college next year.)

So yes, losing points from one year to the next will happen from time to time. The flip side of that coin should be obvious:

There are only 2 ways to increase the point totals for your team:

Help your swimmers swim faster; and

Get more swimmers on your team.

And isn't **that** what we're all here for?

Respectfully Submitted,
Loren J. Eddy,
Club Development Chair