



**HOUSE OF DELEGATES MEETING
MOSES LAKE HIGH SCHOOL
MOSES LAKE, WA
October 13, 2013**

MINUTES

The meeting was called to order at 1:25 pm by Todd Stafek, General Chair.

Welcome and Roll Call

IES Board of Directors and Committees in attendance: Todd Stafek-General Chair and Records Chair, John Pringle-Administrative Vice Chair, David Dolphay-Senior Vice-Chair, Amy Thorpe-Age Group Vice-Chair, John Bergstrom-Treasurer, Cindy Merrick-Secretary, Bob Wood-Coaches Representative, William Wertz -Senior Athlete Representative, Isabel Madill-Junior Athlete Representative, Doug Wertz-Official's Chair, Karen Byers-Membership Chair, Dave Cutter-Sanctions Chair, Greta Alderson-Board of Review/Swim-a-thon Chair, Chris Engledow-Open Water Chair, Corrine Dutto-Safe Sport Chair

Other members in attendance: Sarah Lien-BST, Marc McCay-EAST, Darren Dutto-LGSC, Chris Miller-LGSC, Jerry Johnston-MRA, Heather Estrada-PSA, Kalen Darling-SAS, Andy Law-SAS, Liz Law-SAS, Kent Merrick-SWAT, Lucky Foreman-SWAT, Teri Madill-SWAT, Sean Murphy-TCCC, Matt Bruggman-VS, Zack Ponchene-WALL, Kathy Davis-WALL, Karen Miller-YAC, Jeremy Rodriguez-YAC, Roger Coburn-YYST,

Approval of Minutes from April 28, 2013 HOD Meeting

The minutes from the April 28, 2013 House of Delegates meeting held in Moses Lake, WA were made available at the HOD meeting. *A motion was made and seconded that the minutes from the Spring HOD meeting be approved. The motion was passed.*

Report of Officers/Committees

Check-in reports were made by officers.

Todd Stafek-General Chair: Thanked IES for allowing him to serve as General Chair. Everything has been running very smooth, the size the meets are growing, team numbers are increasing.

John Pringle-Administrative Vice-Chair: Please see "Old Business" for Championship Meet information. Velocity will host LC Champs in July. The coaches have decided to change all 11-12 relays to 400s because there is no diving at the turn end of the pool.

The Senior Open to be hosted by SWAT in February has been cancelled.

David Dolphay-Senior Chair: David replaced Kevin Wang last month and will fulfill the rest of the term. Please contact him with any questions.

Amy Thorpe - Age Group Vice-Chair: 39 swimmers went to age group zones and did well. The year before there were 16, so it was good to see an increase. We broke one stern Zone record, 9 IES records, and had 2 Jr. National qualifying times and one Jr. National bonus. We place 9th overall at the meet.

Please let Amy know as early as possible this year if you have swimmers that plan to go, it makes planning much easier. There will also be a much better \$ paper trail this year. Costs that were unforeseen this year used the entire amount of \$307.86 that should have been reimbursed to swimmers. AG is in Federal Way next year and Hawaii the year after that.

John Bergstrom-Treasurer: John introduced himself and asked that we please bear with him as he gets familiar with his new position. Please see attached financial report and proposed budget supplied by Mickie Beck.

William Wertz -Senior Athlete Representative

Isabel Madill-Junior Athlete Representative: They both thank IES for sending them to convention. They had a great time and enjoyed being a voice for our LSC. The emphasis at this convention was on Safe Sport.

Bob Wood-Coaches Representative: Shared Services proposal under New Business. There will be no reimbursement for coaches education.

Doug Wertz-Official's Chair: Thanked IES for sending him to convention this year. USA-S approved a budget that will include continuous dues increases for the next 10 years.

Beginning in September, all meets are required to have an Administrative Official in attendance at the meet. The Administrative Official is designed to look at the whole meet – through the office – to make sure all times are good. There should be at least one on each team.

Please see attached report for more information from USAS Convention.

Jack Griffith-Safety Chair: Not in attendance. Please see attached report.

Corrine Dutto-Safe Sport Chair: Corrine attended a Safe Sport weekend presentation in Dallas. It was an eye opener as to what is going on. Please see attached report. She proposed rule changes for swim meets including banning photography from behind the blocks which the Executive Board will take into consideration. She also asked that teams include Safe Sport information in heat sheets and post at meets.

Dave Cutter-Sanction Chair: Dave indicated that it was a pretty easy year this year. He would like to implement naming conventions for the name of meets and would like teams to only send four officials for sanctions, and please make sure they are up to date on their credentials. Please try to stick to the four hour rule. Please see attached report.

Todd Stafek-Records Chair: Please see attached report for SC and LC records that were broken this last year. Four swimmers made 2013 IES Scholastic All-Americans: Lucas Brock (GMSC), Bryce Kananowicz (CAST), Dylan Schanz (SWAT), Emma Schanz (SWAT).

Karen Byers-Membership Chair: Please see attached reports. This last season we had the most swimmers we've ever had.

Athlete cards will go straight to the athletes in the mail from USA Swimming. They will be sent out at the end of October.

APT is a yearly requirement. If it expires between October and December it has been extended until the end of the year. When hiring new coaches, please be sure to do a background screening and pre-employment check. Please keep record of it, so you can prove that you did it.

All teams must have a Code of Conduct and Travel policy in place.

There is NO grace period for any certifications. Please get them done in a timely manner.

Unfinished (Old) Business

2014 Championship Meet Sites-John Pringle

There is one bid for each of the SC Jr. Champs meets. SWAT will host the "east side meet" and Velocity/EAST will host the "west side" meet. The teams attending the "east side" meet are: CAST, LCN, GMSC, SAS, SWAC and SWAT, all other teams will attend the "west side" meet. Scores between the two meets will not be combined, efforts should be combined between hosting teams when ordering awards.

Gold Medal will host SC Champs. The plan is to have it at Gibbs Pool in Pullman, but depending on costs it might have to be moved to Moscow.

A motion was made and seconded to approve the move to Moscow if need be. The motion passed.

Election of Officers

Election of Officers will be held at 2014 Spring HOD Meeting

New Business

2013-14 Budget

The budget was discussed.

A motion was made and seconded to approve the 2013-14 Budget. The motion passed.

Meet Changes

The Turkey Trot Meet will be moved from November 22-24 to November 15-17.

LSC Shared Services Proposal (Todd Stafek and Bob Wood)

There are five LSCs discussing a LSC Shared Services. There would be one paid office staff. IES and Montana are on board and may be Wyoming. Right now we are the only one paying for services, the other LSCs are very unorganized. Not sure if this will come together or not.

Old IES Equipment

The IES Equipment Chair has been authorized to dispose of any unusable equipment with any salvage costs returned to the equipment fund or if unsalvageable, he will be reimbursed for disposal costs.

Official of the Year

Doug Wertz presented the “Official of the Year” to Sean Murphy. Congratulations Sean!

Swimmers of the Year were Bryce Kananowicz and Lisa Bratton. Congratulations Bryce and Lisa!

Spring 2014 HOD will be held on Sunday, April 13, 2014, location to be finalized.

A motioned and second was made to adjourn the 2013 Fall HOD Meeting at 3:04 pm

Respectfully Submitted,

Cindy Merrick
IES Secretary



**Inland Empire House of Delegates Meeting
October 13, 2013 – 1:30 pm
Moses Lake, Washington**

AGENDA

Roll Call

Approval of Spring HOD Minutes

Report of Officers

- General Chairman
- Vice Chairman
- Senior Vice-Chairman
- Age Group Vice-Chairman
- Secretary
- Treasurer
- Athlete Representatives
- Officials Chairman
 - Convention Review
- Safety Chairman
- Safe Sport Chairman
- Sanctions Chairman
- Records Chairman

Unfinished (old) business

- 2014 Championship Meet Sites (John Pringle)

Elections of Officers

- To be held at the Spring HOD Meeting

New business

- 2013-2014 Budget
- Meet Changes – Turkey Trot moved from November 22-24 to November 15-17
- LSC Shared Services proposal (Todd Stafek and Bob Wood)
- Old IES Equipment (John Tixier)

Reports of committees and coordinators Resolutions and orders

Adjournment

INLAND EMPIRE SWIMMING

Financial Report
FYE 09/30/2013

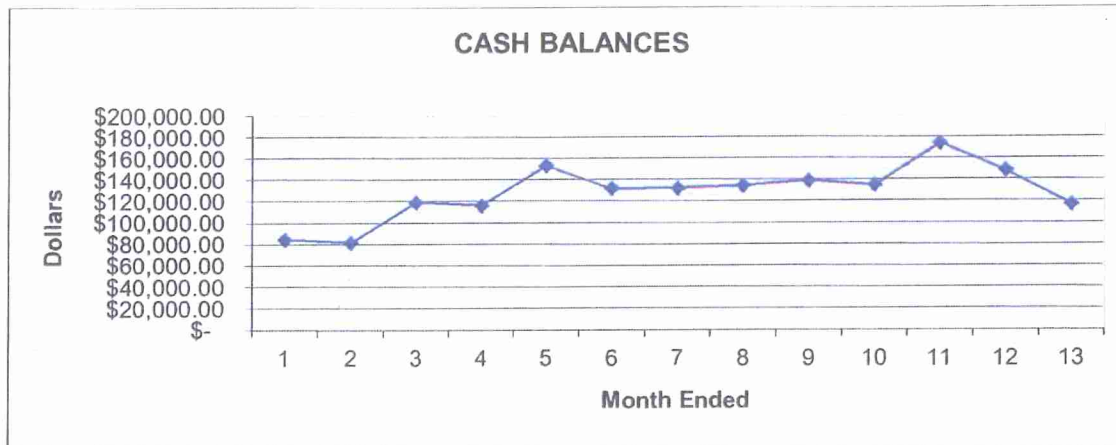
	YTD Thru 9/30/2013 Actual	Budget	(Over) Under Budget	Actual VS Budget
GENERAL FUND				
Balance as of 09/30/12	\$ 19,761			
Revenues				
Registration fees, net	27,026	\$ 26,521	\$ (505)	102%
Meet fees	104,834	95,310	(9,524)	110%
Other / Sanction Fee	1,020	850	(170)	120%
Total Revenues	132,880	122,681	(10,199)	
Operational Expenses				
Administration	17,068	16,200	(868)	105%
Equipment & software	2,477	3,050	573	81%
Annual convention & seminars	9,508	13,250	3,742	72%
General Chair's expenses	602	1,200	598	50%
Vice-Chair's expenses	218	200	(18)	109%
Treasurer's expenses	721	1,300	579	55%
Sanction Chair expenses	-	150	150	0%
Officials Chair's expenses	2,437	5,700	3,263	43%
Records Chair's expenses	924	1,000	76	92%
USA Seminars	524	1,500	976	35%
Total Operational Expenses	34,478	43,550	9,072	
Revenues after Operational expenses	98,402	79,131	(19,271)	
Program Expenses				
College scholarships	500	500	-	100%
Senior programs	26,000	26,000	(0)	100%
Age Group programs	42,941	52,500	9,559	82%
Other /	-	-	-	
Coaches expenses	-	-	-	
Other	54	-	(54)	
Total Program Expenses	69,495	79,000	9,505	
Net Revenues after Expenses	28,907	131	\$ (28,776)	
Balance as of 09/30/13	\$ 48,668			
EQUIPMENT RESERVE				
Balance as of 09/30/12	\$ 64,593			
Additions to reserve -				
Meets	1,498	\$ -		
Other	-	-		
	1,498	-	\$ (1,498)	
Subtractions from reserve -				
	-	-		
	-	-		
	1,498	\$ -	\$ (1,498)	
Balance as of 09/30/13	\$ 66,090.13			
Olympic Trial Fund				
Balance as of 09/30/12	\$ 569.75			
Additions to reserve -				
Meets	2,106	\$ -		
	2,106	-	\$ (2,106)	
Subtractions from reserve -				
	-	-		
	2,106	\$ -	\$ (2,106)	
Balance as of 09/30/13	2,675.75			
Combined	\$ 117,434			
Transfer to Investment Fund	-			
Reconciled Balances in Checking Accounts at Wells Fargo Bank as of 09/30/13	\$ 117,434.19	=	Main 63,780 + Debit 3001 + Savings 50654	

INLAND EMPIRE SWIMMING

Graph of Cash Balance in Checking Account

FYE 09/30/13

	Balance	Monthly Change	Cummulative Change
9/30/2012	\$ 84,923.69		
10/31/2012	82,211.84	(2,711.85)	(2,711.85)
11/30/2012	119,679.02	37,467.18	34,755.33
12/31/2012	116,757.90	(2,921.12)	31,834.21
1/31/2013	153,593.07	36,835.17	68,669.38
2/28/2013	132,366.53	(21,226.54)	47,442.84
3/31/2013	132,539.01	172.48	47,615.32
4/30/2013	134,989.84	2,450.83	50,066.15
5/31/2013	139,551.42	4,561.58	54,627.73
6/30/2013	135,268.08	(4,283.34)	50,344.39
7/31/2013	174,265.81	38,997.73	89,342.12
8/31/2013	148,989.23	(25,276.58)	64,065.54
9/30/2013	117,434.19	(31,555.04)	32,510.50



INLAND EMPIRE SWIMMING

Proposed Budget For The Fiscal Year Ended September 30, 2014

	Detail	Dollars	Percent
Revenues			
Registration Fees -			
Received by IES	\$128,503		
Forwarded to USA Swimming	-100,672		
		\$27,831	20.68%
IES Meet Fees -			
Surcharge per athlete	86,677		
Splash fees based on entries	19,149		
Senior Travel Fund Surcharge	\$2,110		
Senior Travel Fund reserve	-2,110		
Equipment surcharge per athlete	\$425		
Equipment & software reserve	-425		
	<u>0</u>		
		105,826	78.62%
Interest Income		0	0.00%
Miscellaneous income / Sanction Fee		950	0.71%
		Total Revenues	134,607
			100.01%
Operational Expenses			
Administration -			
Contract services	14,400		
Telephone	540		
Internet	840		
Other	660		
		16,440	12.21%
Equipment & Software -			
Repairs, maintenance, supplies and license	1,000		
Annual pad replacements	1,500		
Insurance	600		
Less equipment rental	-50		
		3,050	2.27%
USA Convention & Seminars		15,000	11.14%
General Chair's Budget		1,200	0.89%
Administrative Vice-chair's Budget		200	0.15%
Treasurer's Budget		1,300	0.97%
Safety Chair		500	0.37%
Officials Chair's Budget -			
Apparel costs	2,500		
Less reimbursements	-1,250		
	<u>1,250</u>		
Training by USA Swimming	3,950		
Other	500		
		5,700	4.23%
Records Chair's Budget		1,000	0.74%
Miscellaneous Operational expenses / USA Seminars		1,500	1.11%
		Total Operational Expenses	45,890
		Revenues after Operational Expenses	88,717
			65.93%
Program Expenses			
IES College Scholarships		500	0.37%
Senior Programs -			
Meet reimbursements		24,000	17.83%
Age Group Programs -			
2013 Zone Team costs	40,000		
	<u>40,000</u>		
NW Challenge meet expenses and open water camp	0		
Age group conference	3,000		
IES championship meet expenses	13,500		
		56,500	41.97%
IESCA (coaches) expenses		0	0.00%
Miscellaneous Program expenses		0	0.00%
		Total Program Expenses	81,000
		Net Revenues after Expenses	7,717
			5.76%

Senior Travel Reserve Forecast

Balance, 09/30/2013	\$2,676
Additions estimated for FYE 09/30/14	2,110
Expenses	0
Estimated Balance, 09/30/2014	<u>\$4,786</u>

Balance, 09/30/2013	\$66,090
Additions estimated for FYE 09/30/14	425
Equipment purchases	0
Estimated Balance, 09/30/2014	<u>\$66,515</u>

Age-Group Chair Report

Fall HOD Meeting

Moses Lake October 13, 2013

1. US Western Zones Age-Group Championships
 - a. Roseville, California August 6-11, 2013
 - b. IES Team of 39 swimmers, 2 coaches, 1 manager, 4 chaperones
 - c. IES swimmers broke 1 western zone record, 9 IES records, 2 Jr. National qualifying times, one Jr. National bonus cut.
 - d. Team placed 9th, just 17 points behind Pacific Northwest Swimming
2. Travel Costs to US Western Zones
 - a. Holiday Inn Express \$4579.50
 - b. Rental Vehicles \$5529.99
 - c. Food \$1999.51
 - d. Flight Cost \$6350.60
 - e. Spirit Bags \$ 491.04
 - f. Entry fees \$1638.00 (individual events)
 - g. Swimmer Social \$1075.00
 - h. Zone Team Apparel \$7744.66

This has been a learning experience. It should be policy that payment for swimmers, traveling with the team and participating in all team activities, be done with a check or money order. No cash payments will be taken.

Age Group Western Zone Time Standards
2014

Women			10 & Under	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:33.29	0:32.49	0:29.29	50 Free	0:32.99	0:32.19	0:28.99
1:12.49	1:10.89	1:03.79	100 Free	1:12.09	1:10.59	1:03.59
2:38.49	2:35.29	2:19.89	200 Free	2:37.39	2:34.19	2:18.89
0:39.29	0:38.69	0:34.89	50 Back	0:39.39	0:38.79	0:34.89
1:24.69	1:23.49	1:15.19	100 Back	1:25.09	1:23.89	1:15.59
0:44.19	0:43.19	0:38.99	50 Breast	0:44.89	0:43.89	0:39.49
1:36.29	1:34.29	1:24.99	100 Breast	1:37.59	1:35.59	1:26.19
0:36.49	0:35.69	0:32.19	50 Fly	0:36.79	0:36.09	0:32.49
1:24.19	1:22.79	1:14.59	100 Fly	1:24.69	1:23.29	1:15.09
2:58.49	2:55.29	2:37.89	200 IM	2:59.19	2:55.99	2:38.49

11-12

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:29.39	0:28.59	0:25.99	50 Free	0:29.59	0:28.79	0:25.99
1:04.79	1:03.19	0:56.99	100 Free	1:04.19	1:02.59	0:56.39
2:20.69	2:17.49	2:03.89	200 Free	2:19.59	2:16.39	2:02.89
4:56.69	4:50.29	5:32.39	400/500 Free	4:55.99	4:49.59	5:31.59
0:34.59	0:33.99	0:30.69	50 Back	0:34.69	0:34.09	0:30.79
1:14.39	1:13.19	1:05.89	100 Back	1:14.79	1:13.59	1:06.29
2:49.09	2:46.69	2:30.19	200 Back	2:45.69	2:43.29	2:27.09
0:38.59	0:37.59	0:33.89	50 Breast	0:38.09	0:37.09	0:33.49
1:24.09	1:22.09	1:13.99	100 Breast	1:24.29	1:22.29	1:14.09
3:10.79	3:06.79	2:48.29	200 Breast	3:07.69	3:03.69	2:45.49
0:32.39	0:31.69	0:28.59	50 Fly	0:32.39	0:31.69	0:28.59
1:12.49	1:11.09	1:04.09	100 Fly	1:12.69	1:11.29	1:04.19
2:51.39	2:48.59	2:31.89	200 Fly	2:46.49	2:43.69	2:27.49
2:38.89	2:35.69	2:20.29	200 IM	2:38.59	2:35.39	2:19.99
5:59.79	5:53.39	5:18.39	400 IM	5:53.19	5:46.79	5:12.39

13-14

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:28.89	0:28.09	0:25.39	50 Free	0:27.29	0:26.49	0:23.89
1:02.79	1:01.19	0:55.09	100 Free	0:58.99	0:57.39	0:51.69
2:15.49	2:12.29	1:59.19	200 Free	2:08.19	2:04.99	1:52.59
4:45.19	4:38.79	5:19.49	400/500 Free	4:33.19	4:26.79	5:06.09
9:54.59	9:41.79	11:06.19	800/1000 Free	9:31.09	9:18.29	10:39.79
18:58.89	18:34.89	18:36.59	1500/1650 Free	18:14.19	17:50.19	17:52.79
1:11.49	1:10.29	1:03.39	100 Back	1:07.99	1:06.79	1:00.19
2:33.19	2:30.79	2:15.89	200 Back	2:26.09	2:23.69	2:09.49
1:21.09	1:19.09	1:11.29	100 Breast	1:15.99	1:13.99	1:06.59
2:54.19	2:50.19	2:33.29	200 Breast	2:45.59	2:41.59	2:25.59
1:19.49	1:18.09	1:10.29	100 Fly	1:05.09	1:03.69	0:57.39
2:35.39	2:32.59	2:17.49	200 Fly	2:26.99	2:24.19	2:09.89
2:33.99	2:30.79	2:15.89	200 IM	2:25.49	2:22.29	2:08.19
5:26.09	5:19.69	4:47.99	400 IM	5:09.79	5:03.39	4:33.29

Notes from the USAS Convention held in Anaheim California

- For the next ten years the annual USA Swimming registration will increase \$2.00/year.
- The position of Administrative Official was adopted in September 2012, with a year to implement. The position was discussed at our two prior HOD meetings.
 - All IES Sanctions require the following positions:
 - Meet Director with Level II BG Screen and APT
 - Meet Referee – all requirements current
 - Administrative Official – all requirements current
 - One Starter and Four Stroke & Turn Officials – all requirements current
 - Our Championship meets require an Administrative Referee in addition to the above
- Safe Sport and Athlete Protection policy continues to evolve;
 - All members of USA Swimming must take the Athlete Protection Training annually, coinciding with renewal of membership. All APT expiration dates were moved to the last day of the calendar year (all moved to expire on 12/31/20XX)
 - Insurance premium's continue to increase related to protection against immoral and deviant behavior (abuse) – part of the dues increase was driven by this fact
 - It will be a code of conduct violation for there to be a romantic or sexual relationship, even if it is a consensual relationship between two adults, if it is between an athlete and an individual having direct supervisory control or in a position of power and trust over the athlete.
 - Peer to peer sexual abuse shall be a code of conduct violation.
- The Board of Review authority has been moved from the LSC to the Zone Level. LSCs may convene a board of review if and when appropriate or desired.
- New rules prohibit the General Chair from serving on the nominating committee and being on the LSC Board of Review.
- Revised Sectional meet requirements.
- Western Zone Senior and AG meets will collect funding as a part of meet fees to provide compensation for travel of Officials
- Emphasis on enforcing the four hour rule – meets must be planed (which means after the entries have been received) to end 12 and under events in four hours. Sanctions must contain criteria with which to control the timeline should the meet be oversubscribed. Participation in Open events does not fall under rule for four hour limitation.
- One technical rule change regarding the touch during Breaststroke and Butterfly. Other rule changes related to wording, however no change in the way strokes are judged.
- There will be only be a 60 DAY period in which a person training to become an official may do so without registering with USA Swimming, passing a Background Check and taking the Athlete Protection Training – presently, a person may train for virtually an undefined period. Will be able to add the apprentice to the database as a non-member for 60 days
- A “wedge” device was approved for use during backstroke starts. Device is under development. Is equivalent to the fin device on the forward starting block.
- Language on swim wear was modified to include a prohibition on the wearing of power bands or any adhesive substances.

Important Four Hour Rule Interpretation

September 14, 2013

To: General Chairs Age Group Chairs
USA Swimming Officials Senior Chairs
Board of Directors, USA Swimming Technical Planning Chairs
Sanction Chairs Coaches

From: Daniel W. McAllen III, Chair, Rules & Regulations Committee
Re: Interpretation of USA Swimming Article 205.3.1F (4 hour rule)

Rule 205.3.1F, commonly referred to as the four hour rule, was adopted by the USA Swimming House of Delegates in 1989 to ensure that swimming would be competitive with other youth sports, namely baseball and soccer, insofar as time commitment for both athletes and parents was concerned. Clearly, it was not in the best interest of our sport for developmental athletes to be at a pool all day or for the entire weekend to the exclusion of other family interests, particularly when other athletic activities could be completed in a far more reasonable time. With that by way of background, it has come to my attention that rule 205.3.1F is being improperly interpreted and enforced in some LSCs. Therefore, I am issuing the following interpretations:

Meets must be planned such that events for 12&Unders can reasonably be concluded within four (4) hours. Sessions that exceed four hours are not in violation of the rule if properly planned.

The rule does NOT apply to Open events even if swimmers 12 years of age or younger are entered.

Measurement of the time duration applicable to this rule begins with the published meet start time of a session that offers 12U events and ends with the conclusion of the last 12U event of the day for the same gender.

Under NO circumstances may a meet or meet session be terminated before all individual events have been concluded as a means of complying with the rule. Relays may be eliminated only if the meet announcement clearly states the conditions under which relays will be eliminated and whether relay entry fees will be refunded.

Events that are scored multi-age are impacted by the rule if the multi-age scoring involves 12U designations, such as 11-12, 10U, 12U, etc.

Some suggested planning tools that facilitate compliance include:

- Using meet management software to monitor the timelines as entries are processed.
- Selection of a heat interval appropriate for the session.
- Being aware of the number of swimmers appropriate for the number of lanes available and distances offered.
- Adequate meet staffing such that marshals, timers and other meet personnel are properly trained and in place.
- Keeping equipment (computers, timing systems, printers, etc.) in proper working order.

Should you have any questions regarding the above, please contact me.

Daniel W. McAllen III, Chair, USA Swimming Rules & Regulations Committee

CHANGES TO TECHNICAL RULES ADOPTED BY RULES & REGULATIONS COMMITTEE
TO CONFORM TO FINA CHANGES

101.4 BACKSTROKE Effective September 23, 2013

- .2 **Stroke** — The swimmer shall push off on his back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it is permissible for the swimmer to be completely submerged during the turn, ~~at the finish~~ and for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface of the water.
- .3 **Turns** — Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may be turned past the vertical toward the breast after which an immediate continuous single arm pull or a immediate continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to a position on the back upon leaving the wall.

101.2 BREASTSTROKE Effective September 23, 2013

- .1 **Start** — The forward start shall be used.
- .2 **Stroke** — After the start and after each turn when the swimmer leaves the wall, the body shall be kept on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.

The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.
- .3 **Kick** — After the start and each turn, a single butterfly kick, which must be followed by a breaststroke kick, is permitted during or at the completion of the first arm pull. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.

The feet must be turned outwards during the propulsive part of the kick. A Scissors, alternating movements or downward butterfly kicks is are not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.
- .4 **Turns and Finish** — At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

101.3 BUTTERFLY Effective September 23, 2013

- .2 **Stroke** — After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring the swimmer to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Both arms must be brought forward simultaneously over the water and pulled back simultaneously under the water throughout the race.
- .3 **Kick** — All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A scissors or breaststroke kicking movement is not permitted.
- .4 **Turns** — At each turn the body shall be on the breast. The touch shall be made with both hands separated and simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.
- .5 **Finish** — At the finish, the body shall be on the breast and the touch shall be made with both hands separated and simultaneously at, above, or below the water surface.

102.8 SWIMWEAR Effective September 23, 2013

- .1 **Design**
 - E No swimmer is permitted to wear or use any device, substance or swimsuit to help his/ her speed, pace, buoyancy or endurance during a race (such as webbed gloves, flippers, fins, power bands, or adhesive substances, etc.). Goggles may be worn, and rubdown oil applied if not considered excessive by the Referee. Any kind of tape on the body is not permitted unless approved by the Referee.

Note: A change will be made to 103.13 (Starting Platforms) regarding the hanging backstroke bar for the backstroke starts once FINA publishes the specifications. The rule will be effective January 1, 2014.



Fall HOD 2013 IES Safety Chairperson Report

Accidents: The 3rd quarter USA Swimming (USAS) results show there were 1436 accidents across the nation. I'm proud to report I've seen none in the Inland Empire. One of two things could be happening: (1) Coaches are doing a great job at practice and the meets are also going injury free. For that everyone deserves a big "Thank You" and please keep up the great job.

All accidents need to be reported

If injuries have occurred with no reports then we have a problem. Reports need to be sent to USAS, IES Safety Chair and IES Administration Office. Reports are only available online and can be found on the IES web page. To help clear the air on what should be reported here is an example: during practice or competition a swimmer gets a cut from the lane lines and needs a Band-Aid, should it be reported, the answer is yes. Why? Because of several reasons (1) if it becomes infected, (2) someone should inspect for damage, they might need replacing or (3) the edges were manufactured with sharp edges (the vendor or manufacturer may need to be contacted and product replaced or re-engineered).

If a person slips, trips & falls and head makes contact with the hard surface should they seek medical attention, YES? The following events occurred in Washington State: in 2012 (Religion Organization) a worker slipped over a child's blanket or pillow and fell to the floor hitting the chin and head. The worker did not seek medical treatment after the incident and died three weeks later. (Executive and Legislative Offices) A volunteer worker tripped on a curb, fell, and received a head injury which resulted in death approximately 2 weeks later.

Safety at the pool

Meet Directors need to make sure the venue is safe from easily identified hazards, this includes cords and communication wires that are in the starting and turn ends of the pool. These can be potential tripping hazards for swimmers, timers and officials. When possible suspend from overhead or cover with matting, in some cases tape may also work.

Short course season

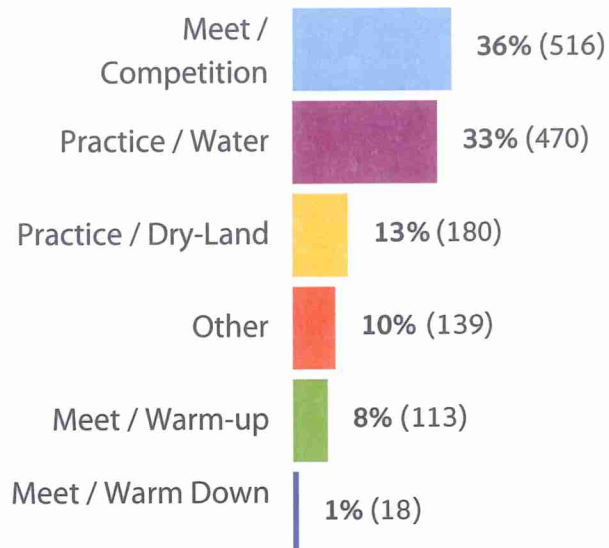
The short course season has been busy for the girl's high school season, in just a little over a month it will be finishing off with the State meet at Federal Way WA. The IES short course season will be kicking off next week. Everyone needs to do their best to keep the meets safe by reporting unsafe conditions; this will allow IES to maintain the outstanding accident/injury record we have been experiencing. We also need to remind everyone not to stand on chairs/tables, and no running on deck.

End of report.

Jack Griffith
IES Safety Chair

WHEN ACCIDENTS HAPPEN

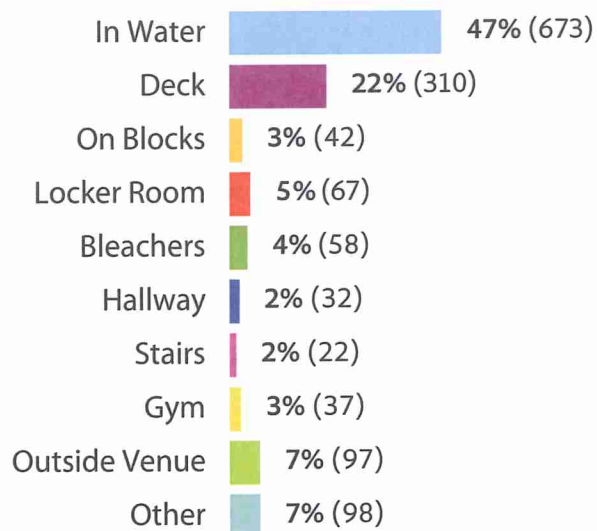
Activity



* 1436 total responses, 100% of submissions

WHERE ACCIDENTS HAPPEN

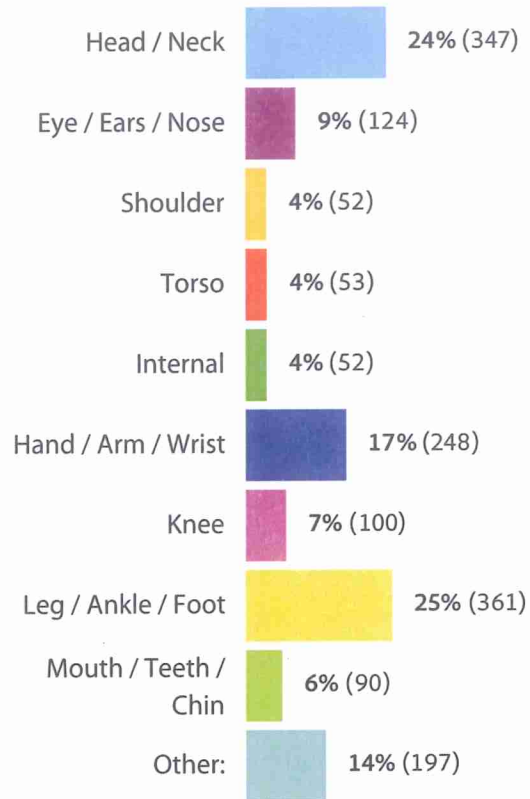
Where Accident Occurred



* 1436 total responses, 100% of submissions

AFFECTED BODY PART

Affected Body Part



* 1434 total responses, 100% of submissions

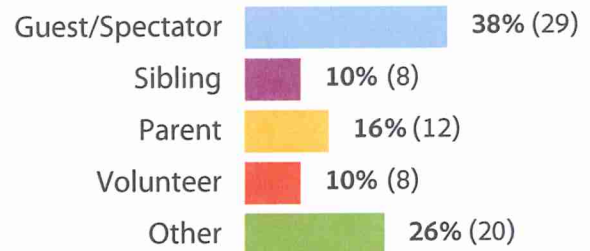
MEMBER/NON-MEMBER TYPE

Membership Type



* 1352 total responses, 94% of submissions

Non-Member Type



* 77 total responses, 5% of submissions

October 12, 2013

To: Inland Empire Swimming member clubs

From: Corrine Dutto, IES Safe Sport Chair

As your Safe Sport Chair, it is my job to ensure that USA Swimming policies regarding safe sport are implemented by all IES teams and by Inland Empire Swimming. I think that it is of utmost importance that we create a safe environment for our swimmers. I will be asking each IES team to make some changes over the next few months that will help to ensure swimmer safety and protect non-athlete members as well. Please bring the following information back to your clubs and implement the changes as soon as possible.

1. All IES teams should currently have policies in place for: Team Travel, Electronic Communication, and Bullying. It is also recommended that each team have a locker room monitoring policy, although this is not required. A model locker room policy is available on the USA Swimming web site under the Safe Sport club toolkit section.
2. Include the attached Safe Sport flyers in all IES sanctioned swim meets' heat sheets. Post Safe Sport flyers with the results. Recommend this begin immediately for all sanctioned meets including the IES championship meets. I can email you PDF copies. Send your request to me at dutto@eoni.com.
3. IES teams should notify all parents about the educational videos posted on the USA Swimming web site and encourage parents to view these videos. Goal of having all parents view these videos by June, 2014.
<http://www.usaswimming.org/DesktopDefault.aspx?TabId=1960&Alias=Rainbow&Lang=en>
4. All IES teams should have a link on their web sites' home page to the USA Swimming Safe Sport page.

A Club Toolkit is available on the Safe Sport page of the USA Swimming web site. Here you can find links to model policies, online Safe Sport education and other valuable resources. I have attached a Best Practice Guidelines for your club. I have also attached Safe Sport flyers to be included in your heat sheets and posted at home swim meets.

Thank you for providing the safest environment possible for your swimmers.



usaswimming.org/protect

Best Practice Guidelines

The following Best Practice Guidelines are strongly recommended for all USA Swimming members.

1. Parents should be encouraged to appropriately support their children's swimming experience.
2. All swimming practices should be open to observation by parents.
3. Two-deep Leadership: One coach member and at least one other adult who is not in the water should be present at all practices and other sanctioned club activities whenever at least one athlete is present. Clubs and coaches should evaluate their seasonal plans and map out how to best accomplish this strongly recommended guideline.
4. Open and Observable Environment: An open and observable environment should be maintained for all interactions between adults and athletes. Private, or one-on-one situations, should be avoided unless they are open and observable. Common sense should be used to move a meeting to an open and observable location if the meeting inadvertently begins in private.
5. Coaches should not invite or have an athlete(s) to their home without the permission of the athlete's parents (or legal guardian).
6. During team travel, when doing room checks, attending team meetings and/or other activities, two-deep leadership and open and observable environments should be maintained.
7. Athletes should not ride in a coach's vehicle without another adult present who is the same gender as the athlete, unless prior parental permission is obtained.
8. During overnight team travel, if athletes are paired with other athletes they shall be of the same gender and should be a similar age. Where athletes are age 13 & Over, chaperones and/or team managers would ideally stay in nearby rooms. When athletes are age 12 & Under, chaperones and/or team managers may stay with athletes. Where chaperones/team managers are staying in a room with athletes, they should be the same gender as the athlete and written consent should be given by athlete's parents (or legal guardian).
9. When only one athlete and one coach travel to a competition, at the competition the coach and athlete should attempt to establish a "buddy" club to associate with during the competition and when away from the venue.
10. Communications between non-athlete adult members and athletes should not include any topic or language that is sexual or inappropriate in nature.
11. Non-athlete adult members should respect the privacy of athletes in situations such as changing of clothes, showering, etc. Non-athlete adult members should protect their own privacy in similar situations.
12. Relationships of a peer-to-peer nature with any athletes should be avoided. For example, coaches should avoid sharing their own personal problems with athletes.
13. Coaches and other non-athlete adult members should avoid horseplay and roughhousing with athletes.



usaswimming.org/protect

14. When a coach touches an athlete as part of instruction, the coach should do so in direct view of others and inform the athlete of what he/she is doing prior to the initial contact. Touching athletes should be minimized outside the boundaries of what is considered normal instruction. Appropriate interaction would include high fives, fist bumps, side-to-side hugs and handshakes.
15. Coaches should not initiate contact with or accept supervisory responsibility for athletes outside club programs and activities.
16. Coaches should not engage in sexual intimacies with a former athlete for at least two years after the cessation or termination of professional services.

Because sexual intimacies with a former athlete are frequently harmful to the athlete, and because such intimacies undermine public confidence in the coaching profession and thereby deter the public's use of needed services, coaches should not engage in sexual intimacies with former athletes even after a two-year interval except in the most unusual circumstances. The coach who engages in such activity after the two years following cessation or termination of the coach-athlete relationship bears the burden of demonstrating that there has been no exploitation, in light of all relevant factors, including:

1. The amount of time that has passed since the coach-athlete relationship terminated;
2. The circumstances of termination;
3. The athlete's personal history;
4. The athlete's current mental status;
5. The likelihood of adverse impact on the athlete and others; and
6. Any statements or actions made by the coach during the course of the athlete-coach relationship suggesting or inviting the possibility of a post-termination sexual or romantic relationship with the athlete or coach.
7. Both the athlete and the coach must be 18 years of age or older.

Updated: 8 December 2010
V14



FREE

Abuse Awareness for Parents

While the overwhelming majority of coaches and volunteers join sports for all the right reasons, some have other intentions. Parents play an important part in USA Swimming's Safe Sport efforts.

We encourage our parents to complete this free abuse prevention trainings.

How to access the training:

1. Go to usaswimming.org/protect
2. Click "Training and Education"
3. Click "Free Athlete Protection Training for Parents"
4. Enter your LSC and club code

Abuse Awareness for Parents

Designed by Praesidium, USA Swimming's athlete protection training partner, this free, interactive course helps parents understand their role in abuse prevention and helps their children have a lifetime of wonderful swimming memories.

Training topics include:

- Myths and facts about child sexual abuse
- How offenders operate
- How to recognize boundary violations
- USA Swimming Code of Conduct and Athlete Protection Policies
- How to respond to boundary violations

GET STARTED TODAY! • usaswimming.org/protect

USA SWIMMING ATHLETES:



**You've been taught how to
be safe in and around water.**

***But how do you stay safe
out of the water?***

USA Swimming and the Athlete's Executive Committee are pleased to announce the release of **USA Swimming's Safe Sport education for athletes.**

USA Swimming has developed a free education program for you to participate in!

Click here to learn about:

- Inappropriate contact
- Physical, emotional, and behavioral boundaries
- What to do if your boundaries are violated: why and who to tell
- How USA Swimming can be a resource for you

By learning how to protect yourselves, you also learn how to protect your peers; and together you can make the sport safer for everyone.

If you have questions, please contact any of the athlete representatives or contact Susan Woessner (swoessner@usaswimming.org) at USA Swimming.

usaswimming.org/protect



Byers, Karen <kbyers@ieswim.org>

proposed rule changes

2 messages

Corrine Dutto <dutto@eoni.com>

Sun, Oct 6, 2013 at 8:51 PM

To: Karen Byers <kbyers@ieswim.org>, Todd Stafek <toddstafek@charter.net>

Cc: Jack Griffith <hd98springer1@iwon.com>

Todd and Karen,

I would like to have some changes/additions to our Rules and Regulations with consideration of Safe Sport rules. I have cut/pasted from the areas I would like to have amended with the additions/changes highlighted. Do we need a vote for these changes? I would like to discuss with all at the HOD meeting.

Corrine

E. Safety Considerations at the Meet.

1. USA Swimming Rules.

All meets shall be conducted under current USA Swimming rules. The referee of the meet shall be the final authority for the conduct of the competition.

2. Water Depth and Starting Platform Requirements

Minimum water depth for racing

starts during practice and competition shall conform to current USA Swimming Rules and Regulations.

3. Deck Area Entry Restrictions

During warm-ups and competition, entry into the deck area is restricted to USA Swimming Registered Athletes, Coaches & Non-Athlete Members who display their USA Swimming Registration card. Host Meet workers and Timers are allowed entry to the deck area while they are working the Meet or Timing. The deck area is considered to be a 3-foot area from the edge of the pool and the entire area behind the start platforms.

4. Coach Responsibilities.

Each coach is responsible for her/his swimmers' safety at the meets and during warm-ups. At no time while his/her swimmers are in the water shall a coach leave the deck. If a coach cannot attend the meet, an IES/USA Swimming registered Coach, will be designated by the Meet Referee to supervise those swimmers during warm-ups.

5. Meet Marshal Requirements.

At least two meet marshals shall supervise the entire warm-up session. One meet marshal shall monitor the entire venue throughout the duration of the meet. Meet marshals have authority through the meet referee over the warm up and meet venue. A swimmer may be removed from the deck or venue for interfering with the authority of a meet marshal. Meet marshals shall monitor the deck area for safety and Safe Sport rule compliance. Meet marshals shall report any problems or violations to the Administrative Referee.

6. Identification of Hazards and Emergency Plan.

The meet director shall ensure that any unique hazards/areas created by the meet are properly identified and warnings posted. Meet facility rules shall be provided to meet marshals, coaches, and officials and shall be strictly enforced. The facility emergency plan will be available to the meet director and discussed with the meet referee and key meet staff designated by the referee.

7. Photography

All photographers on deck should either have a USA Swimming membership (thus a background check) or register with the meet director. In the case of a non-member, the meet director should collect in writing the photographer's full name, address, phone and professional credentialing information. When the professional photographer provides this information, the meet director shall inform him/her of IES rules for photography. There shall be no flash photography at the start and no photographing/video behind the starting blocks when swimmers are at the blocks. Any concern about inappropriate photography/videography behind the blocks shall be reported to the Administrative Referee.

8. Safe Sport

All Safe Sport Violations shall be reported to the Administrative Referee. It is strongly recommended that Safe Sport information be posted with the results and included in the heat sheets of all IES sanctioned events.

Todd Stafek <toddstafek@charter.net>

Sun, Oct 6, 2013 at 8:58 PM

To: Corrine Dutto <dutto@eoni.com>

Cc: Karen Byers <kbyers@ieswim.org>, Jack Griffith <hd98springer1@iwon.com>

Corinne,

Notes on Sanctions

1. Observe naming convention **YEAR LSC Meet Name**, e.g. 2013 IE TCCC Winter Open or 2014 IE GMSC Fast Friday Sprint Development
2. Under the name should be **"Held under the sanction of USA Swimming and Inland Empire Swimming, Inc. Sanction # IE-13-xxxx"**
3. The top paragraph should contain the language **"Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, rest rooms, or locker rooms. Deck Changing is prohibited: Changing into or out of swimsuits other than in the facility locker rooms, or other designated area designated by the host facility, is not appropriate, and is prohibited."**
4. Development meets must include in the top paragraph **"This meet is subject to a four hour time limit by IES rules"**. Note that meet officials must stop the meet at 4 hours or the host team is subject to penalties.
5. These officials must be listed:
 - a. REFEREE
 - b. STARTER
 - c. STROKE & TURN (need 4)
 - d. ADMIN OFFICIAL
 - e. MEET DIRECTOR

All officials must have current certifications, background checks and APT. (Note that ADMIN OFFICIAL must now have passed the certification test!!)

6. Make sure you are requesting the correct type of sanction – **Approval** or **Sanction**. For meets with only USA-S swimmers and Canadians, sanction is sufficient. For meets including other swimmers (e.g. Masters, YMCA, etc.) approval is required. Approval requires substantially more time so plan early.
7. If time trials are being offered, make sure the \$5 fee is listed. Suggested text:

TIME TRIALS: Time trials will be offered for 1 hour (max.) between sessions 2 and 3 on Saturday and between Sessions 4 and 5 on Sunday. Time Trial entry requests are due by 10 am, Saturday and Sunday. Time Trial swimmers must be entered in the [meet name] to participate in Time Trials and pay a \$5.00 fee for each Time Trial entered.

Note: Time Trial swims will count towards the maximum swims allowed per day. Coaches requesting to enter a swimmer in for a Time Trial event, that are already entered into 5 events, must scratch that swimmer from an entered event that day. Meet entry fees for events that are scratched to participate in Time Trials will not be refunded.

The Meet Referee has the final decision on how many heats of Time Trials that will be offered each day. The Meet Referee may also combine strokes of the same distance within the same heat. Time Trial requests must come from team coaches. Payment must be made at the time of entry.

8. Before submission, run a search for last year's dates. This is one of the most common mistakes in invites – dates that don't get updated.
9. For an events list, just export a sessions report from Meet Manager and attach it to the invite. This is less work than maintaining a separate list, and insures that the events list in the meet invite will agree with the actual events used for Team Manager entries. (This is especially useful if you make many changes in the event list.) For an example, see Starlight 2013 on the IES website.



INLAND EMPIRE SWIMMING

2013 SANCTIONS REPORT

MEET	HOST	MEET TYPE	DATES	SANCTION #	Status
WINTER OPEN	TCCC	OPEN	January 26-27	IE-13-1176	Issued 11-10-2012
JANUARY STORM	WWSC	OPEN	January 4-6	IE-13-1177	Issued 11-19-2012
WINTER WHEAT	GMSC	Developmental	January 16	IE-13-1178	Issued 11-10-2012
POLAR BEAR PLUNGE	YYST	OPEN	January 12-13	IE-13-1179	Issued 12-02-2012
JR CHAMPS	EAST	OPEN	February 15-17	IE-13-1180	Issued 1-3-2013
LAST MINUTE MILE	SWAT	OPEN	February 2-3	IE-13-1181	Issued 1-10-2013
SENOIR CHAMPS	SWAT	OPEN	February 9-19	IE-13-1182	Issued 1-10-2013
BAKER CITY DIVE & DASH	BST	OPEN	May 4-5	IE-13-1183	Issued 1-16-2013
SHORT COURSE CHAMPS	GMSC	OPEN	March 1-3	IE-13-1184	Issued 1-21-2013
SPRING DEVELOPMENTAL MEET	WWSC	Developmental	March 9-11	IE-13-1185	Issued 1-30-2013
SHAMROCK SHAKEUP	SWAT	OPEN	March 8	IE-13-1186	Issued 2-5-2013
FAREWELL TO SHORT COURSE	MRA	OPEN	March 8-10	IE-13-1187	Issued 2-7-2013
TRI-CITIES OPEN	TCCC	OPEN	May 31-June 2	IE-13-1188	Issued 2-28-2013
TRIPLE PENTATHLON	SWAT	OPEN	April 19-21	IE-13-1189	Issued 3-2-2013
DEVELOPMENTAL	LGSC	Developmental	April 13	IE-13-1190	Issued 3-19-2013
SWAT SPRING FLING	SWAT	Developmental	May 11	IE-13-1191	Issued 3-28-2013
MAYFLOWER DEVELOPMENTAL	VS	Developmental	May 11	IE-13-1192	Issued 3-28-2013, revised 4/28/13
SAS SUMMER SOLSTICE	SAS	OPEN	June 21-23	IE-13-1193	Issued 4-2-2013
APPLE CAPITAL OPEN	VS	OPEN	May 31-June 2	IE-13-1194	Issued 4-2-2013, revised 4/20/13
PENDLETON OPEN	PSA	OPEN	July 5-7	IE-13-1195	Issued 4-7-2013
FAZZARIS PIZZA OPEN	LCN	OPEN (COMBINED)	May 18-19	IE-13-1196	Issued 4-15-2013
WINE COUNTRY	YAC	OPEN	June 14-16	IE-13-1197 R1	Issued 4-15-2013, revised 4/20/13
ALCOA STARLIGHT	VS	OPEN	July 12-14	IE-13-1198	Issued 4-16-2013

KIWANIS	YYST	OPEN	June 30-July 1	IE-13-1199	Issued 5-21-2013
SIZZLIN SUMMER	MRA	OPEN	July 19-21	IE-13-1200	Issued 5-21-2013
IE LONG COURSE CHAMPS	TCCC	OPEN	July 26-29	IE-13-1201	Issued 6-5-2013
LAST CHANCE FOR CHAMPS	SWAT	Developmental	July 12	IE-13-1202	Issued 7-3-2013
PENDLETON DEVELOPMENTAL	PSA	Developmental	August 17	IE-13-1203	Issued 7-31-2013
END OF AUGUST	SAS	Developmental	August 23	IE-13-1204	Issued 8-1-2013
FAST FRIDAY	GMSC	Developmental	October 4	IE-13-1205	Issued 9-2-2013
OCTOBERFEST	EAST	OPEN	October 19	IE-13-1206	Issued 9-2-2013
FALL KICK-OFF	SWAT	Developmental	October 12	IE-13-1207	Issued 9-10-2013
TRICK OR TREAT PENTATHLON	GMSC	OPEN	October 26-27	IE-13-1208	Issued 9-10-2013
LAGRANDE DEVELOPMENTAL	LGSC	Developmental	November 9	IE-13-1209	Issued 9-30-2013
TURKET TROT	SAS	OPEN	November 15-17	IE-13-1210	Issued 10-5-2013
HARVEST OPEN	YYST	OPEN	November 9-10	IE-13-1211	Issued 10-5-2014

RECORDS IES-LC-L**LC Meters-Women**

11-12	200 Fly	2:40.90	7-Aug-13	YAC	MAYA CUNNINGHAM
13-14	200 Back	2:19.80	7-Aug-13	GMSC	TAYLOR MCCOY
17-19	100 Free	57.01	16-Jul-13	TCCC	NATILEE RUIZ
	100 Back	1:02.32	5-Aug-13	TCCC	LISA BRATTON
	200 Back	2:11.54	5-Aug-13	TCCC	LISA BRATTON
	400 IM	4:57.28	5-Aug-13	TCCC	LISA BRATTON
	100 Free	57.01	16-Jul-13	TCCC	NATILEE RUIZ
	100 Back	1:02.32	5-Aug-13	TCCC	LISA BRATTON
	200 Back	2:11.54	5-Aug-13	TCCC	LISA BRATTON
	200 Free Relay	1:51.52	16-Jul-13	SWAT	SPOKANE WAVES AQUATIC TEAM
	200 Medley Relay	2:05.12	16-Jul-13	SWAT	SPOKANE WAVES AQUATIC TEAM

RECORDS IES-LC-L**LC Meters-Men**

11-12	50 Back	30.77	7-Aug-13	LCN	ELI ENGLEDOW
	100 Back	1:06.01	7-Aug-13	LCN	ELI ENGLEDOW
	200 Back	2:33.12	12-Jul-13	LCN	ELI ENGLEDOW
	50 Fly	28.57	7-Aug-13	LCN	ELI ENGLEDOW
	200 IM	2:25.64	7-Aug-13	LCN	ELI ENGLEDOW
	200 Medley Relay	2:21.12	26-Jul-13	VS	VELOCITY SWIMMING
	400 Medley Relay	5:12.68	12-Jul-13	VS	VELOCITY SWIMMING
13-14	200 Breast	2:27.45	7-Aug-13	SAS	DANIEL ROY
	200 Fly	2:11.80	16-Jul-13	TCCC	LUKE JACKSON
	400 IM	4:42.72	16-Jul-13	TCCC	LUKE JACKSON
	200 Free Relay	1:51.38	31-May-13	TCCC	TRI CITY CHANNEL CATS
	200 Medley Relay	2:03.60	31-May-13	TCCC	TRI CITY CHANNEL CATS
15-16	100 Free	53.62	16-Jul-13	CAST	ETHAN CORDES
17-19	200 Back	2:04.58 *	16-Jul-13	CAST	BRYCE KANANOWICZ
	200 Back	2:04.58	16-Jul-13	CAST	BRYCE KANANOWICZ

RECORDS IES-SC-Y**Yards-Women**

9-10	500 Free	5:45.27	20-Oct-12	YAC	MAYA CUNNINGHAM
	200 IM	2:26.35	20-Oct-12	YAC	MAYA CUNNINGHAM
11-12	1650 Free	18:31.85	13-Dec-12	YAC	ELLA VAN TROBA
15-16	200 Back	1:58.02	12-Mar-13	TCCC	LISA BRATTON
	100 Breast	1:03.12	13-Mar-13	SWAT	EMMA SCHANZ
	200 Breast	2:17.26	13-Mar-13	SWAT	EMMA SCHANZ
	200 Back	1:58.02	12-Mar-13	TCCC	LISA BRATTON
	100 Breast	1:03.12	13-Mar-13	SWAT	EMMA SCHANZ

RECORDS IES-SC-Y**Yards-Men**

11-12	200 Breast	2:22.49	13-Dec-12	SAS	DANIEL ROY
	100 IM	59.89	22-Mar-13	LCN	ELI ENGLEDOW
13-14	200 Free Relay	1:33.94	22-Mar-13	TCCC	TRI-CITY CHANNEL CATS
	400 Free Relay	3:26.31	22-Mar-13	TCCC	TRI-CITY CHANNEL CATS
	200 Medley Relay	1:44.58	22-Mar-13	TCCC	TRI-CITY CHANNEL CATS
	400 Medley Relay	3:48.72	22-Mar-13	TCCC	TRI-CITY CHANNEL CATS
15-16	50 Free	21.02	13-Mar-13	GMSC	WYATT JAGER
	100 Free	45.80	13-Mar-13	GMSC	WYATT JAGER
17-19	200 Back	1:47.35 *	13-Mar-13	CAST	BRYCE KANANOWICZ
	200 Back	1:47.35	13-Mar-13	CAST	BRYCE KANANOWICZ

Club Stats 2012-2013

<i>Club</i>	<i>Athletes</i>	<i>Season 1</i>	<i>Season 2</i>	<i>Individual Season</i>	<i>Single Meet</i>	<i>Other NA</i>	<i>Coaches</i>	<i>Officials</i>	<i>Total</i>
BST	32	0	6	1	0	4	3	4	48
CAST	190	0	0	10	0	7	4	10	221
EAST	49	0	6	0	0	5	2	4	66
GMSC	118	0	3	8	0	0	11	8	148
LCN	56	0	0	4	0	0	4	4	68
LGSC	71	0	0	20	0	5	5	7	107
MRA	84	0	0	0	0	0	3	8	95
PSA	68	0	0	86	0	7	4	4	169
SAS	60	0	0	4	0	5	6	7	82
SWAC	40	0	0	0	0	0	1	2	43
SWAT	257	0	0	29	0	7	13	20	326
TCCC	186	0	0	0	0	7	6	24	223
UN	29	1	0	1	0	2	4	3	40
VAN	10	0	0	0	0	0	0	0	10
VS	166	0	0	1	0	11	8	21	204
WWSC	66	0	19	10	0	4	6	8	110
YAC	37	0	0	1	0	1	4	4	45
YYST	146	0	0	0	0	3	3	11	162
Total	1665	1	34	175	0	68	87	149	2167

Note: 65 of the annual swimmers are OUTREACH.

Club Stats 2012-2013

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Total	1665	1	34	175	0	68	87	149	2167

Note: 65 of the annual swimmers are OUTREACH.

USA SWIMMING COACH MEMBERSHIP REQUIREMENTS

Checklist for coach membership (additional details are below):

1. Initiate your criminal background check
2. Complete a CPR/AED course from the list below (courses not on the list will not be accepted)
3. Contact an American Red Cross Lifeguard, Water Safety or Safety Training for Swim Coaches Instructor through your local pool and sign up for a review or full Safety Training for Swim Coaches (STSC) course.
 - a. If you have a current STSC, you can take a review course.
 - b. If you have a current lifeguard certification, you can skip the step above.
4. Go to the ARC website (the instructor will provide a link) and complete the Safety Training for Swim Coaches online course and test (mandatory for all coaches) prior to the pool session
5. Determine your Local Swimming Committee (LSC), go to the LSC website, print the non-athlete application form
6. Send the completed form, payment, CPR/AED and STSC certifications to the LSC (amount due and address will be printed on the form)
7. Complete Foundations of Coaching 101 (new coaches only) (www.usaswimming.org > Member Resources > Coaches > Online Learning)
8. Complete the online Athlete Protection Training (www.usaswimming.org/protect)

From the USA Swimming rulebook: "Anyone who coaches athletes at a USA Swimming practice or competition must be a coach member of USA Swimming and must have satisfactorily completed safety training, criminal background checks and other coaches' education as required by USA Swimming."

Requirements must be kept current at all times. There is no grace period; coach membership is not valid if any of the requirements lapse or expire. A coach does not have USA Swimming insurance coverage if his/her membership is not valid. To help coaches manage their membership requirements, the date that each requirement expires is printed on their USA Swimming coach membership card, as well as being available on the Deck Pass phone app and through the online Club Portal. Additional information and links for each requirement can be found at www.usaswimming.org/coachmember.

APPLICATION FORM, SUBMITTAL INSTRUCTIONS, MEMBERSHIP CARD

Memberships are processed by each LSC (Local Swimming Committee). Non-athlete application forms can be found on most LSC websites. A map of LSCs and a list of their websites can be found at www.usaswimming.org/lscmap. If you cannot find the form online, please contact the LSC directly. Coaches should complete and mail their applications to the address printed on the application form. The membership fee is also printed on the application form. The LSC will mail the coach membership card after all membership requirements have been met.

CRIMINAL BACKGROUND CHECK

All non-athlete members must pass a criminal background check every two years. **Coaches must pass a Level II background check.** Go to www.usaswimming.org/backgroundcheck for additional information and to initiate the background check. When the background check has been passed, the membership database is updated and the LSC is notified automatically.

ATHLETE PROTECTION TRAINING

All non-athlete members must complete the online Athlete Protection Training course every year. The course takes approximately 60 minutes to complete and is offered at no charge. Go to www.usaswimming.org/protect for additional information and to access the course. When the course has been completed, the membership database is updated and the LSC is notified automatically.

Current and previous members can access the course at any time. New non-athlete members must register through their LSCs first. New members cannot initiate the course until their membership applications have been processed by their LSCs, so it is recommended that new members wait ten days after mailing their applications before attempting to log in to take the course. Once the membership application has been processed, the log-in procedure can be completed. (An error message will appear during the log-in if the new member's application hasn't been processed yet.)

EDUCATIONAL REQUIREMENTS – FOUNDATIONS OF COACHING AND RULES & REGULATIONS FOR COACHES

1. Foundations of Coaching 101: Foundations 101 must be completed prior to becoming a coach member of USA Swimming. (\$15)
2. Foundations of Coaching 201: Prior to 2nd year of registration complete the Foundations of Coaching 201 (\$25)
3. Rules and Regulations for Coaches Test: Prior to the 2nd year of registration complete the Rules and Regulations for Coaches Test. (no fee)

SAFETY TRAINING REQUIREMENTS

From the USA Swimming rulebook: "Anyone who coaches athletes at a USA Swimming practice or competition must be a coach member of USA Swimming and must have satisfactorily completed safety training, criminal background checks and other coaches' education as required by USA Swimming." Coach members must maintain two safety certifications: Adult & Pediatric/Child CPR/AED and Safety Training for Swim Coaches (STSC). A list of acceptable certifications is below. Certifications must be on this list. Online-only courses are not acceptable. Coaches should enclose a copy of their CPR/AED and Safety Training for Swim Coaches/Lifeguard certifications with their applications and payment to their LSCs.

If you do not have access to an acceptable course, or you have taken a course that is not on this list, you can call your local American Red Cross chapter to challenge one of their Adult and Pediatric CPR/AED courses. The challenge involves passing the skills assessment with an ARC instructor without having to take the entire course. The ARC will charge a fee for each challenge.

Safety Training for Swim Coaches (STSC)

Safety Training for Swim Coaches is offered by the American Red Cross only. There are two sessions that must be completed: an online course and test, and a skills session in a pool. You must complete the pool session within 90 days of completing the online test. **Schedule the pool session thru any ARC lifeguard instructor (LGI) or WSI at your local pool (if the LGI isn't familiar with STSC, s/he has access to the course materials via the ARC instructors' website under the tab 'Swim Coaches'). The ARC instructor will give you a code to use when initiating the online course. You must enter this code in order to link your online test results to the ARC testing software. Without it, you will not be issued the STSC certificate and will need to retake the online test.** If you don't have access to an LGI or WSI and your local ARC chapter cannot provide you with information about the course or any instructors locally, contact an ARC Aquatics Representative in your area. Go to www.redcross.org/aquaticsrepresentatives for a list of them by region. When you complete the online course, you will receive an email certificate titled "STSC Progress Report". When you complete the pool session, you will receive a STSC certification from your instructor. Send this card (not the progress report) to your LSC registrar.

If you have a current lifeguard cert from any of the organizations on the list below, then you only need to complete the STSC online course and test; you don't need to complete the pool component of STSC. If you have an acceptable lifeguard cert, forward it to your LSC registrar along with the printed email confirmation that you completed the STSC online course. The cert will be titled "STSC Online Content Only" and can only be used in conjunction with an acceptable lifeguard certification.

STILL HAVE QUESTIONS? Contact your Local Swimming Committee registrar or USA Swimming at cdurance@usaswimming.org

APPROVED SAFETY CERTIFICATIONS

Requirements must be kept current at all times. Certifications from courses not on this list will not be acceptable. There is no grace period; coach membership is not valid if any of the requirements lapse or expire. Coaches do not have USA Swimming insurance coverage if their memberships are not valid. To help coaches manage their membership requirements, the date that each requirement expires is printed on the USA Swimming coach membership card, as well as being available on the Deck Pass phone app and through the online Club Portal. Below is a list of courses that have been approved by the Operational Risk Committee. **Certifications from courses not listed below will not be accepted.**

ORGANIZATION	COURSE NAME	CPR	STSC	NOTES RE THIS COURSE
American Red Cross 1-800-red-cross or support@redcrosstraining.org NOT ACCEPTABLE: ▪ Instructor certifications ▪ First Aid, Health & Safety for Coaches ▪ Foreign Red Cross certs	Adult and Child CPR/AED	Yes		
	Adult and Pediatric CPR/AED	Yes		
	CPR/AED for Professional Rescuers and Healthcare Providers	Yes		
	Adult and Child First Aid/CPR/AED	Yes		
	Adult and Pediatric First Aid/CPR/AED	Yes		
	Responding to Emergencies	Yes		
	Lifeguarding/CPR/AED	Yes	Yes	For STSC, must also complete online written test
	Emergency Medical Response	Yes		
	Lifeguarding, Lifeguarding Review		Yes	Waterfront/Waterpark optional; to use for STSC, must also complete STSC online written test
	Responding to Emergencies with CPR/AED – Adult and Pediatric	Yes		
American Heart Assoc. NOT ACCEPTABLE: Heartsaver CPR/AED	Safety Training for Swim Coaches		Yes	
	Safety Training for Swim Coaches with Adult and Pediatric CPR and AED	Yes	Yes	
	ACLS Provider	Yes		
	Adult & Pediatric Basic Life Support	Yes		Two separate cards issued – one for Adult and one for Pediatric – both are required
	Heartsaver First Aid w/CPR & AED	Yes		
	Healthcare Provider	Yes		Also known as BLS for Healthcare Providers
	AHA Basic Life Support Instructor	Yes		
	AHA Instructor or Instructor Trainer	Yes		Applies to any of the AHA courses above
	CPR and AED	Yes		
	CPR Pro	Yes		
ASHI (American Safety & Health Institute) California Parks & Rec Ellis & Associates	Pediatric CPR and AED	Yes		(The pediatric course does include adult CPR/AED)
	Basic First Aid, CPR and AED	Yes		
	California State Lifeguard	Yes		
	International Lifeguard Training	Yes	Yes	One year certification; for STSC, must also complete STSC online written test
	Water Safety+	Yes		
	Int'l Lifeguard Training Instructor	Yes	Yes	For STSC, must also complete STSC online written test

ORGANIZATION	COURSE NAME	CPR	STSC	NOTES RE THIS COURSE
EMS Safety Services	CPR & AED for Community Rescuers	Yes		
	CPR & AED for Professional Rescuers	Yes		
	CPR, AED & First Aid for Community Rescuers	Yes		
EMT	Emergency Medical Technician Basic or Intermediate	Yes		The training agency for an EMT certification can be a hospital, fire department or other agency.
Emergency Care & Safety Institute	CPR and AED ("Interactive" is NOT acceptable)	Yes		In conjunction with the American Academy of Orthopaedic Surgeons (AAOS may appear on card)
	Professional Rescuer CPR and AED	Yes		In conjunction with the American Academy of Orthopaedic Surgeons (AAOS may appear on card)
Life Safe Services	American Trauma Event Management Adult/Pediatric CPR/AED	Yes		
Medic First Aid Int'l	First Aid Basic Plus	Yes		
	Pediatric Plus	Yes		
National Safety Council	CPR & AED	Yes		Length of certification varies by training agency
	First Aid, CPR & AED	Yes		Length of certification varies by training agency
	Advanced First Aid, CPR & AED	Yes		Length of certification varies by training agency
	Emergency Medical Response	Yes		Length of certification varies by training agency
Nat'l Registry of Emergency Medical Technicians	Paramedic	Yes		
	EMT – Basic or Intermediate	Yes		
	Emergency Responder – CPR/AED/FA	Yes		
	Emergency Responder – CPR/AED	Yes		
ProCPR or ProTraining	Emergency Responder – CPR/FA	Yes		
	Adult/Child/Infant CPR & AED for Health Care Provider (BLS)	Yes		Must have name of Instructor AND Skills Evaluator on card
	ProFirst Aid/ProFirst Aid Advanced	Yes		Must have name of Instructor AND Skills Evaluator on card
StarGuard	StarGuard	Yes	Yes	STSC with online written exam confirmation email
Tacoma Fire Dept	First Aid, CPR & AED	Yes		
Save-A-Life Educators	CPR/AED – Adult/Child, or Adult/Child/Infant	Yes		Must include in-person skills assessment; if "online training" is printed on card, it must be accompanied by a second card stamped "skills assessment passed".
	CPR/AED/First Aid	Yes		
YMCA	Lifeguarding		Yes	Must also complete online STSC written test
	Lifeguard Crossover		Yes	Must also complete online STSC written test
University Training Centers	Healthcare Provider BLS – Level B or C	Yes		

2 NEW CHANGES FOR 2013-2014

ATHLETE PROTECTION

APPRENTICE OFFICIALS

1. Athlete Protection Training (APT) CHANGES effective 9/1/2013

Your APT must now be renewed annually.

All non-athletes who register with USA Swimming must complete the Athlete Protection Training Yearly, along with renewing a USA-S registration. Both expire 12/31 of the registration year.

All non-athletes must pass a USA-S Background Check every 2 years. (Level 2 for those who have direct contact with athletes, i.e. Coaches, Officials, Meet Directors, Chaperones) Level 1 for others, i.e. Board members. (This requirement has not changed) The renewal is \$19.

Non-coaches will not be allowed on deck unless you can show a USAS registration card with current certifications for:

USAS registration

Background Check

Athlete Protection Training.

Coaches will not be allowed on deck unless all Coach Safety Requirements (CPR, Safety Training for Swim Coaches, Foundations of Coaching, 101, 201, Rules and Regulations) are current.

If any are expired you must complete them before you can be on deck.

There is no grace period.

2. Apprentice Officials.

Officials in Training will be put in the SWIMS database before they are USA registered to allow the Officials chairs to record their training and to allow them to complete the Athlete Protection Training. Apprentice officials have 60 days from the first time they come on deck to become USA Swimming members and complete the membership requirements associated with the membership. The apprentice period can extend for any number of months after that, but they must complete the membership requirements in the first 60 days. Members do not want non-athletes on deck who have not passed the criminal Background check.

Athlete Membership Cards changes for 2013-2014

USA-S is distributing a new athlete Membership packet that will include a membership card (plastic), sticker and mini-poster. The goal of the new athlete membership packet is to provide the athlete with a physical membership card and drive awareness of our digital card, connect members to our Partners and increase USA Swimming's brand awareness.

DECK PASS:

All USA-Swimming members (athletes, non-athletes) have access to their membership card information through their Deck Pass account (online and mobile). The digital card can serve as proof of current membership.

Please promote Deck Pass to your families. There is a 9 page PDF available on the IES website: www.ieswim.org under the coaches/teams drop down menu as well as a FAQ sheet.

Find the Golden Patch Promotion

In coordination with the membership card, USA Swimming has created the "Find the Golden Patch" promotion for all registered athlete members. Athletes will have the opportunity to win free products from USA Swimming Partners through the Deck Pass app. Athletes are able to win items such as an AT&T Samsung Galaxy Tab3, TYR AP12 Speed Suit, Marriott gift card and other great prizes! Here are the basics on the Golden Patch promotion:

- Athlete members must download the Deck Pass app and **create** an account.
- Once logged into the account, using the Deck Pass QR code scanner, athletes must scan for the patch located on their physical membership card.
- If an athlete receives the Golden Patch, they should email USA Swimming immediately.

Once the membership cards start to hit homes in late October, we'd ask that you encourage your clubs to scan for the Golden Patches! Talking, tweeting, email blasts etc. would be greatly appreciated!

(over)



As a part of USA Swimming's ongoing efforts to provide leadership and skill-building resources that support and strengthen swim clubs and each of you as leaders, we are pleased to offer you a complimentary annual membership with BoardSource. This yearly membership normally would cost you \$99/year. This membership is recommended for both the Head Coach and all Board of Director members. If you are a member of your Local Swim Committee Board of Directors you also should strongly consider activating your free membership.

If you're not already familiar with BoardSource, it is widely recognized as the leading organization promoting exceptional nonprofit governance and board service. BoardSource membership is a year-round educational resource that helps to connect, engage, inform, guide, counsel, and support a community of thousands of nonprofit leaders from across the country.

As a leader within USA Swimming, you are now an important part of BoardSource's membership community, which will make it easy for you to access the latest news, resources, and best-practices in nonprofit board leadership, as well as practical experience and suggestions from other members of BoardSource's membership community.

BoardSource membership opportunities that might be of particular interest include

- access to BoardSource's governance experts via its "Ask an Expert" e-mail Q & A service and semi-monthly "Ask the Governance Expert" webinars
- reference materials on board leadership best practices, issues, and resources, including several new resources on our intranet
- free monthly webinars on important issues facing board leaders and chief executives
- monthly editions of *The Report*, an e-newsletter just for BoardSource members
- member pricing on BoardSource's in-person trainings, assessment tools, and books
- personalized support from a member relations liaison who can help you find and select relevant resources and tools
- other special benefits of membership

How to activate your membership

It's simple! Just visit <http://www.BoardSource.org/usaswimming> and complete the membership registration form.

If you have any questions or would like additional information about BoardSource's membership program, please feel free to contact Kenge Malikidogo-Fludd, USA Swimming's BoardSource member relations liaison, at 877-626-2737.