



**HOUSE OF DELEGATES MEETING  
MOSES LAKE HIGH SCHOOL  
MOSES LAKE, WA  
SEPTEMBER 30, 2012**

**MINUTES**

The meeting was called to order at 1:10 PM

**1. Welcome and Roll Call**

IES Board of Directors and Committees in attendance: Todd Stafek -General Chair (Interim) and Senior Vice Chair/Records, Mickie Beck-Treasurer, Cindy Merrick-Secretary, Bob Wood,-Coaches Representative, John Pringle – Age Group Vice Chair/Sanctions Chair, Doug Wertz-Officials Chairman, Kaylee Beck-Senior Athlete Representative, William Wertz, Junior Athlete Representative, Karen Byers-Registration Coordinator, Jack Griffiths-Safety Coordinator, Chris Engledow -Open Water Chairman, Greta Alderson – Swim-A-Thon Coordinator, Mike Brosnahan – Coaches Safety Training

Voting club members in attendance: Danny Gonzalez-CAST, Candi Eslinger-EAST, Dan Lawson-GMSC, Darren Dutto-LGSC, Jerry Johnston-MRA, Fred Robinson-PSA, Chris Howat-SAS, Kevin Wang-SWAT, Mark Peterson-VS, Robert Collins-WALL, Amy Thorpe-YAC, Roger Coburn-YYST

Other members in attendance: Susanne Simpson-SAS, Michael Cunningham-YAC

**2. Approval of Minutes from April 29, 2012 HOD Meeting**

The minutes from the April 29, 2012 House of Delegates meeting held at University of Idaho in Moscow, Idaho 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 carried.*

**3. Presentation and Approval of Annual Budget**

Mickie Beck, Treasurer – Funding from the meet surcharge will be the same as last year \$9.70 to general fund, .05 to Equipment Fund and .25 to Olympic Trials. The webmaster line item has been taken out. This will be taken care of by Karen Byers and others specified to update the website. There are no funds in coaches training because it was used to fund travel for all coaches to ASCA convention in Las Vegas. We will continue with the way funding was used for Zones and Age Group this past year. *A motion was made and seconded that the 2012-13 budget be approved. It was passed unanimously.*

**4. Unfinished Business**

**a. Approval of By-Laws, Policies and Procedures, Rules and Regulation.**

The board has gone through the by-laws and made needed changes. After the changes have been made, it will be posted on the IES website and sent to the House of Delegate for final review. Some of the changes that were made include making sure we have 20% athlete representation on the board and all committees,

defining the descriptions of all offices of the board. The bylaws will be sent out with a 30-day notice for any changes and then make a vote by email.

**b. Equipment Proposal**

An Equipment Proposal (please see attached report) was made by Mark Peterson from VS to make changes to our equipment set up. He spoke at the spring HOD meeting and has since spoken to several individuals from teams around Inland Empire. There was also some discussion about the benefits to add a third trailer and also the benefits of having person on board to move the trailers from one area to another. After lengthy discussion a proposal was made to:

- 1) Secure \$30,000 of IES equipment funds for self insurance and;
- 2) Enact a grant program in IES to help team purchase/repair needed equipment which would include starting systems, scoreboards, and timing equipment.

*A motion was made and seconded for each proposal. Both proposals did not pass.*

**c. Finance Committee Audit**

Don Hougardy was not in attendance, but Bob Wood brought up the subject of having an external audit. He agreed that the costs are prohibitive to IES at this time, but Don did make some changes to the bylaws which Bob suggested that we approve.

**d. Officials Report**

Doug Wertz spoke about the importance of having the proper amount of officials at a meet dependent on the number of swimmers attending the meet. He has a formula that is sent out prior to the meet to let each team know of their expectations. This is very important so that a few officials don't have to sit on deck for an unacceptable amount of hours each day at a meet. Using the Official's Tracking System will help to make sure we have everything recorded. This system should be implemented on a daily basis at each meet.

- 1) It will start with a written warning to the team that is not satisfying their obligation.
- 2) If there is a failure to satisfy the requirements, there will be a fine of \$100 for each missing official.

*A motion was made and seconded. It was passed.*

**5. Elections**

There were several positions to be voted on during the HOD meeting.

**Nominations:**

- a. **General Chair:** Todd Stafek and a nomination made during the meeting: Doug Wertz. Doug declined the nomination
  - b. **Senior Chair:** Rob Collins and Kevin Wang
  - c. **Secretary:** Cindy Merrick
  - d. **Coaches Representative:** Bob Wood (elected by the coaches)
- Ballots were distributed and voted on.

**Elected Executive Board Members elected:**

Todd Stafek, General Chair  
 Kevin Wang, Senior Chair  
 Cindy Merrick, Secretary  
 Bob Wood, Coaches Representative

6. **Report of Officers**

a. **Todd Stafek, Senior Chair** – (See Report) More swimmers are now going to National Meets, the Sr. Scholarships will be awarded at Short Course Champs in Moscow. There was a good turnout at Senior Zones.

b. **John Pringle, Age Group Chair** – There was an overrun of funds because of an airline cancellation. He is looking into getting reimbursed by the airlines for the hassle (see report). There were 19 swimmers that went to Colorado for the meet. The altitude difference did cause some problems.

c. **Bob Wood, Coaches Representative** – Bob announced that Todd Stafek has been voted on as Coach of the Year! He also spoke about USA Swimming consolidating LSC so that no LSC has less than 5,000 swimmers within the next 10 years. That would mean combining our LSC with Montana and Snake River. He has been asked to go to Colorado and we will be a beta test as to how to best combine. He does have reservations about combining team because the travel would be so huge. He will ask USA Swimming on how they can help us grow and possibly supply seed funding to get other areas in our areas to get teams established. He also spoke about changes to the bylaws that would include having coaches nominate a swimmer from his/her team to be a representative for IES and would be voted on by the swimmers at Short Course Champs.

d. **Mickie Beck, Treasurer** – (Please see report) IES has a surplus of funds for this year of \$6,902, mostly from meet fees. There were more swimmers attending meet this year. There was an overage in the administrative website position of \$6,421. Convention was under budget by \$2,729 – still waiting for reimbursement request from Robert for his and Bob's room. There was also an overage in USA seminars of \$178 due to sending people to the Phoenix convention. Coaches expenses were over by \$2,500 due to using next year's funding this year for the ASCA cline in Las Vegas. Zones was over budget by \$2,413.05 due to flight issues and should be receiving a refund check.

**Report of Convention Attendees**

a. **Kaylee Beck and William Wertz, Athlete Reps** (Please see report) – William and Kaylee were both very thankful for IES sending them to convention and had a great experience.

**b. Bob Wood, Coaches Rep** (Please see report) - Had a great time and learned a lot.

**c. Doug Wertz, Officials Chair** – (Please see report) Talked about Safe Sport and that there should be a Safe Sport Coordinator from each IES team. USA Swimming will format a template for teams to use. There is training available free for parent to look into.

**d. Jack Beck, Past General Chair** – not present (Please see report).

**e. Vicki Marsh** – not present (Please see report).

### **Report of Committee Members**

**a. Annie Warner, Adaptive Swimming-** Annie was not in attendance , but she has given Todd Stafek some information on changes that need to be made in Policies and Procedures.

**b. Todd Stafek, Records Chair** – Last year there were 32 short course records broken and 23 long course records broken. The recipients will be awarded at SC champs.

**c. Karen Byers, Registration Chair** – (Please see report) We had a total of 1,699 swimmers last year. Beginning 2012 all background checks will be \$19.00. But please don't renew until January or you will be charged the higher fees and there is a no refund policy. There is a Team Travel Policies form that needs to be formed by each team and sent into Karen by 12/31/12. Code of Conduct for teams must also include bullying, (athlete to athlete as well as parent to athlete), and telephone/email/social network harassment. Teams should and can consider additional liability insurance (please see team packets for more info), must get a transfer form for each swimmer.

**d. Jack Griffith, Safety Chair** – (Please see report) Jack spoke about the importance of securing all cords at a swim meet whether it be by taping them down, putting mats over them or securing them on the walls. Another subject he brought up was the bad air quality we have had at a few meets in IES. He is trying to get resolution so that we can make sure the building engineers know that we need maximum air flow during the weekends we have meets. He has a draft form that is also included in the reports that can possible help record air quality at meet. Also, ALL accidents must be recorded and sent into USA Swimming along with himself and Karen Byers. Please check out the IES website. There is lots information that his committee has posted regarding safety issues in IES.

**e. John Pringle, Sanctions Chair** – (Please see report) There were 21 invites sanctioned, 3 champs meets and several Developmental Meets. The sanction numbering has been revised to help keep track of the year the sanction was done. We also need to add something to the sanction re: air quality and how to control that. John will bring up a proposal in new business regarding an all electronic sanctioning process. He has a committee including Amy Hinze, Candi Eslinger, Jerry Johnston and himself to come up with a template to be used for all meets.

**f. Chris Engledow, Open Water** – Chris has run open water meets in 2009, 2010 and 2011. Because of safety issues the sanction has become over 30 pages and is just too much work to try and put together. He would like to propose doing a Champs meet on the Snake River so there can be some funding available. It would have to be done earlier in the season.

## **7. New Business**

### **Developmental Meets**

Kevin Wang proposed that we change the way we charge for our Developmental Meets to make them more attractive to teams while making them affordable. Now we are charging \$3/swimmer for a single team Developmental Meet. If there is more than one team they must pay the \$10 surcharge, plus splash fees. Kevin proposed that we change to a flat fee of \$5.00 per swimmer regardless of the amount of teams involved with a 4-hour time limit. If the meet is oversubscribed and goes over the 4-hour limit they will have to pay the normal invitational IES fees. Teams are limited to two Developmental Meets during Short Course and one during Long Course.

*A motion was made and seconded to change Developmental fees. The motion was carried.*

### **Proposal to raise Karen Byers salary**

Bob Wood made a motion to increase Karen Byers' salary for all the work she does for IES. The motion died when Karen refused the proposal.

### **Electronic Sanctioning**

John Pringle made a proposal to change our sanctioning process. He suggested that all sanction be done electronically, no longer using snail mail. The sanction will also include a TM file to be posted on the IES website, and a minimal official's requirement of a Referee, Starter and 4 Officials. Karen Byers also asked for 2 other changes which will be made to the form.

*A motion was made and seconded to use electronic sanctioning only. The motion was carried.*

### **Awards**

Awards handed out for the 2011-12 swim season are as follows:

|                        |               |
|------------------------|---------------|
| Coach of the Year:     | Todd Stafek   |
| Official of the Year:  | Teri Madill   |
| Volunteer of the Year: | Cindy Merrick |

Congratulations to all!

A motioned and second was made to adjourn the Spring HOD Meeting at 4:24 pm.

Respectfully Submitted,

Cindy Merrick  
IES Secretary

# INLAND EMPIRE SWIMMING

Proposed Budget For The Fiscal Year Ended September 30, 2013

|                                     | Detail                | Dollars         | Percent        |
|-------------------------------------|-----------------------|-----------------|----------------|
| <b>Revenues</b>                     |                       |                 |                |
| Registration Fees -                 |                       |                 |                |
| Received by IES                     | \$121,352             |                 |                |
| Forwarded to USA Swimming           | -94,831               |                 |                |
|                                     |                       | <b>\$26,521</b> | <b>21.62%</b>  |
| IES Meet Fees -                     |                       |                 |                |
| Surcharge per athlete               | 77,617                |                 |                |
| Splash fees based on entries        | 17,693                |                 |                |
| Senior Travel Fund Surcharge        | \$1,954               |                 |                |
| Senior Travel Fund reserve          | -1,954                |                 |                |
| Equipment surcharge per athlete     | \$392                 |                 |                |
| Equipment & software reserve        | -392                  |                 |                |
|                                     | <u>0</u>              |                 |                |
|                                     |                       | <b>95,310</b>   | <b>77.69%</b>  |
| Interest Income                     |                       | <b>0</b>        | <b>0.00%</b>   |
| Miscellaneous Income / Sanction Fee |                       | <b>850</b>      | <b>0.69%</b>   |
|                                     | <b>Total Revenues</b> | <b>122,681</b>  | <b>100.00%</b> |

|                                                   |                                            |               |               |
|---------------------------------------------------|--------------------------------------------|---------------|---------------|
| <b>Operational Expenses</b>                       |                                            |               |               |
| Administration -                                  |                                            |               |               |
| Contract services                                 | 14,400                                     |               |               |
| Telephone                                         | 540                                        |               |               |
| Internet                                          | 600                                        |               |               |
| Other                                             | 660                                        |               |               |
|                                                   | <u>16,200</u>                              |               |               |
|                                                   |                                            | <b>16,200</b> | <b>13.20%</b> |
| Equipment & Software -                            |                                            |               |               |
| Repairs, maintenance, supplies and license        | 1,000                                      |               |               |
| Annual pad replacements                           | 1,500                                      |               |               |
| Insurance                                         | 600                                        |               |               |
| Less equipment rental                             | -50                                        |               |               |
|                                                   | <u>3,050</u>                               |               |               |
|                                                   |                                            | <b>3,050</b>  | <b>2.49%</b>  |
| USA Convention & Seminars                         |                                            | <b>13,250</b> | <b>10.80%</b> |
| General Chair's Budget                            |                                            | <b>1,200</b>  | <b>0.98%</b>  |
| Administrative Vice-chair's Budget                |                                            | <b>200</b>    | <b>0.16%</b>  |
| Treasurer's Budget                                |                                            | <b>1,300</b>  | <b>1.06%</b>  |
| Sanction Chair's Budget                           |                                            | <b>150</b>    | <b>0.12%</b>  |
| Officials Chair's Budget -                        |                                            |               |               |
| Apparel costs                                     | 2,500                                      |               |               |
| Less reimbursements                               | -1,250                                     |               |               |
|                                                   | <u>1,250</u>                               |               |               |
| Training by USA Swimming                          |                                            | <b>3,950</b>  |               |
| Other                                             | <u>500</u>                                 |               |               |
|                                                   |                                            | <b>5,700</b>  | <b>4.65%</b>  |
| Records Chair's Budget                            |                                            | <b>1,000</b>  | <b>0.82%</b>  |
| Miscellaneous Operational expenses / USA Seminars |                                            | <b>1,500</b>  | <b>1.22%</b>  |
|                                                   | <b>Total Operational Expenses</b>          | <b>43,550</b> | <b>35.50%</b> |
|                                                   | <b>Revenues after Operational Expenses</b> | <b>79,131</b> | <b>64.50%</b> |

|                                                |                                    |               |               |
|------------------------------------------------|------------------------------------|---------------|---------------|
| <b>Program Expenses</b>                        |                                    |               |               |
| IES College Scholarships                       |                                    | <b>500</b>    | <b>0.41%</b>  |
| Senior Programs -                              |                                    |               |               |
| Meet reimbursements                            |                                    | <b>26,000</b> | <b>21.19%</b> |
| Age Group Programs -                           |                                    |               |               |
| 2013 Zone Team costs                           | <u>36,000</u>                      |               |               |
|                                                |                                    | <b>36,000</b> |               |
| NW Challenge meet expenses and open water camp | 0                                  |               |               |
| Age group conference                           | 3,000                              |               |               |
| IES championship meet expenses                 | <u>13,500</u>                      |               |               |
|                                                |                                    | <b>52,500</b> | <b>42.79%</b> |
| IESCA (coaches) expenses                       | 0                                  |               | <b>0.00%</b>  |
| Miscellaneous Program expenses                 | 0                                  |               | <b>0.00%</b>  |
|                                                | <b>Total Program Expenses</b>      | <b>79,000</b> | <b>64.39%</b> |
|                                                | <b>Net Revenues after Expenses</b> | <b>131</b>    | <b>0.11%</b>  |

|                                       |                |
|---------------------------------------|----------------|
| <b>Senior Travel Reserve Forecast</b> |                |
| Balance, 09/30/2012                   | -\$185         |
| Additions estimated for FYE 09/30/13  | 1,954          |
| Expenses                              | 0              |
| Estimated Balance, 09/30/2013         | <u>\$1,769</u> |

|                                      |                 |
|--------------------------------------|-----------------|
| Balance, 09/30/2012                  | \$64,593        |
| Additions estimated for FYE 09/30/13 | 392             |
| Equipment purchases                  | 0               |
| Estimated Balance, 09/30/2013        | <u>\$64,985</u> |

# INLAND EMPIRE SWIMMING

## BUDGET '12 - '13 RECEIPTS WORKSHEET

### Registration Fees

|                      | Members | Annual Dues     |         |         | Total<br>Dues    | Total<br>USA<br>Dues |
|----------------------|---------|-----------------|---------|---------|------------------|----------------------|
|                      |         | USA<br>Swimming | IES     | Total   |                  |                      |
| Annual Athletes      | 1,557   | \$49.00         | \$15.00 | \$64.00 | \$99,648         | \$76,293             |
| Seasonal Athletes    | 142     | 29.00           | 8.00    | 37.00   | 5,254            | 4,118                |
| Non-Athletes, single | 270     | 49.00           | 5.00    | 54.00   | 14,580           | 13,230               |
| Non-Athlete, family  | 0       | 97.50           | 5.00    | 102.50  | 0                | 0                    |
| Club                 | 17      | 70.00           | 40.00   | 110.00  | 1,870            | 1,190                |
|                      |         |                 |         |         | <u>\$121,352</u> | <u>\$94,831</u>      |

# IES Meet Fees

3.00

|    | Meet Name | Est # of Athletes | Est # of Individual Splashes | Est # of Relay Splashes | Individual Event Fee | Relay Event Fee | General Surcharge | Splash Fees | Equipment Surcharge | Olympic Trial Fund |
|----|-----------|-------------------|------------------------------|-------------------------|----------------------|-----------------|-------------------|-------------|---------------------|--------------------|
|    |           |                   |                              |                         |                      |                 |                   |             |                     |                    |
| 1  | EAST      | 190               | 1,245                        | 40                      | \$3.00               | \$12.00         | \$1,843           | \$422       | \$10                | \$48               |
| 2  | LaGrande  | 65                | 393                          | 18                      | \$3.00               | \$12.00         | \$631             | \$140       | \$3                 | \$16               |
| 3  | GMSC      | 248               | 1,762                        | 58                      | \$3.00               | \$12.00         | \$2,406           | \$598       | \$12                | \$62               |
| 4  | YYST      | 155               | 980                          | 35                      | \$3.00               | \$12.00         | \$1,504           | \$336       | \$8                 | \$39               |
| 5  | SAS       | 438               | 2,461                        | 118                     | \$3.00               | \$12.00         | \$4,249           | \$880       | \$22                | \$110              |
| 6  | VS        | 192               | 1,281                        | 49                      | \$3.00               | \$12.00         | \$1,862           | \$443       | \$10                | \$48               |
| 7  | CAST      | 247               | 1,413                        | 36                      | \$3.00               | \$12.00         | \$2,396           | \$467       | \$12                | \$62               |
| 8  | WALL      | 252               | 1,988                        | 63                      | \$3.00               | \$12.00         | \$2,444           | \$672       | \$13                | \$63               |
| 9  | YYST/WRAC | 144               | 835                          | 30                      | \$3.00               | \$12.00         | \$1,397           | \$287       | \$7                 | \$36               |
| 10 | TCCC      | 279               | 1,986                        | 52                      | \$3.00               | \$12.00         | \$2,706           | \$658       | \$14                | \$70               |
| 11 | SWAT      | 35                | 35                           | 0                       | \$3.00               | \$12.00         | \$340             | \$11        | \$2                 | \$9                |
| 12 | GMSC      | 323               | 1,746                        | 92                      | \$3.00               | \$12.00         | \$3,133           | \$34        | \$16                | \$81               |
| 13 | WALL      | 342               | 2,133                        | 109                     | \$3.00               | \$12.00         | \$3,317           | \$771       | \$17                | \$86               |
| 14 | SWAT      | 291               | 1,870                        | 70                      | \$3.00               | \$12.00         | \$2,823           | \$645       | \$15                | \$73               |
| 15 | MLMR      | 137               | 882                          | 37                      | \$3.00               | \$12.00         | \$1,329           | \$309       | \$7                 | \$34               |
| 16 | SWAT      | 260               | 2,102                        | 44                      | \$3.00               | \$12.00         | \$2,522           | \$683       | \$13                | \$65               |
| 17 | Baker     | 90                | 451                          | 18                      | \$3.00               | \$12.00         | \$873             | \$157       | \$5                 | \$23               |
| 18 | LCN       | 125               | 792                          | 27                      | \$3.00               | \$12.00         | \$1,213           | \$270       | \$6                 | \$31               |
| 19 | VS        | 735               | 4,778                        | 136                     | \$3.00               | \$12.00         | \$7,130           | \$1,597     | \$37                | \$184              |
| 20 | TCCC      | 594               | 3,979                        | 151                     | \$3.00               | \$12.00         | \$5,762           | \$1,375     | \$30                | \$149              |
| 21 | YAC       | 218               | 1,422                        | 44                      | \$3.00               | \$12.00         | \$2,115           | \$479       | \$11                | \$55               |
| 22 | SAS       | 374               | 2,671                        | 89                      | \$3.00               | \$12.00         | \$3,628           | \$908       | \$19                | \$94               |
| 23 | YYST      | 205               | 1,409                        | 58                      | \$3.00               | \$12.00         | \$1,989           | \$492       | \$10                | \$51               |
| 24 | VS        | 411               | 3,223                        | 135                     | \$3.00               | \$12.00         | \$3,987           | \$1,129     | \$21                | \$103              |
| 25 | MLMR      | 420               | 2,880                        | 111                     | \$3.00               | \$12.00         | \$4,074           | \$997       | \$21                | \$105              |
| 26 | PSA       | 486               | 3,449                        | 108                     | \$3.00               | \$12.00         | \$4,714           | \$1,164     | \$24                | \$122              |
| 27 | SAS/SWAT  | 469               | 2,818                        | 142                     | \$3.00               | \$12.00         | \$4,549           | \$1,016     | \$23                | \$117              |
| 28 | LGSC      | 71                | 422                          | 22                      | \$3.00               | \$12.00         | \$689             | \$153       | \$4                 | \$18               |
| 29 | SWAT      | 185               | 0                            | 0                       | \$3.00               | \$12.00         | \$555             | \$0         | \$0                 | \$0                |
| 30 | SAS       | 64                | 0                            | 0                       | \$3.00               | \$12.00         | \$192             | \$0         | \$0                 | \$0                |
| 31 | SWAT      | 126               | 0                            | 0                       | \$3.00               | \$12.00         | \$378             | \$0         | \$0                 | \$0                |
| 32 | WALL      | 78                | 0                            | 0                       | \$3.00               | \$12.00         | \$234             | \$0         | \$0                 | \$0                |
| 33 | VS        | 60                | 0                            | 0                       | \$3.00               | \$12.00         | \$180             | \$0         | \$0                 | \$0                |
| 34 | SWAT      | 151               | 0                            | 0                       | \$3.00               | \$12.00         | \$453             | \$0         | \$0                 | \$0                |

\$0.00  
\$0.00

\$77,617 \$17,693 \$392 \$1,954

Ave. events per swimmer

6

8,460 51,406 1,892

\$25.00  
\$850.00

Sancation Fee

**INLAND EMPIRE SWIMMING**  
**BUDGET '12 - '13 OPERATIONAL EXPENSE WORKSHEET**

**Administration**

|                   | Monthly Amt | # of Months | Annual   |
|-------------------|-------------|-------------|----------|
| Contract Services | \$1,200     | 12          | \$14,400 |
| Telephone         | \$45        | 12          | \$540    |
| Internet          | \$50        | 12          | \$600    |
| Other             | \$55        | 12          | \$660    |

**Conventions & Seminars**

US Aquatics Sports Convention -

|                    |           |          |          |              |              |             |              |             |
|--------------------|-----------|----------|----------|--------------|--------------|-------------|--------------|-------------|
| Possible attendees | Number    | Days     | Nights   | Travel       | Lodging      | Per Diem    | Reg.         | Misc.       |
|                    | <u>10</u> | <u>6</u> | <u>6</u> | <u>\$450</u> | <u>\$150</u> | <u>\$40</u> | <u>\$160</u> | <u>\$25</u> |

|                                 |            |
|---------------------------------|------------|
| Lodging Grouping Worksheet      |            |
| a. 1/2 of Total C & C           | 5.0        |
| b. 1/2 of truncated Total C & C | <u>5.0</u> |
| a. - b.                         | 0.0        |

|              |                        |
|--------------|------------------------|
| Travel       | \$4,500                |
| Lodging      | 4,500                  |
| Per Diem     | 2,400                  |
| Registration | 1,600                  |
| Misc.        | 250                    |
| Other        | 0                      |
|              | <u><u>\$13,250</u></u> |

Officials Chair's Budget -

|                       |        |       |                  |                       |               |                      |
|-----------------------|--------|-------|------------------|-----------------------|---------------|----------------------|
| Apparel               | 100    | \$25  | Total<br>\$2,500 | Est % to Purch<br>50% | Rounding<br>0 | Reimburse<br>\$1,250 |
| Name Tags             | 30     | \$5   | \$150            |                       |               |                      |
| Office supplies, etc. |        |       | 350              |                       |               |                      |
|                       |        |       | \$500            |                       | 1,250         |                      |
| USA Swimming -        |        |       |                  |                       |               |                      |
|                       | Travel | Other |                  |                       |               |                      |
| LSC Chair meeting     | 2      | \$350 | \$700            |                       |               |                      |
| Seminar for Referees  | 2      | \$350 | \$700            |                       |               |                      |
| Evaluator expenses    | 1      | \$500 | \$1,100          |                       |               |                      |
| Educational resources |        |       | 250              |                       |               |                      |
| Championship apperal  |        |       | 600              |                       |               |                      |
| Other Workshop        |        | \$350 | 600              |                       |               |                      |
|                       |        | \$250 |                  |                       |               |                      |
|                       |        |       | \$3,950          |                       |               |                      |

# INLAND EMPIRE SWIMMING BUDGET '12 - '13 PROGRAM EXPENSE WORKSHEET

## Senior Programs

Meet Reimbursements -

National Level Meets

Total \$26,000

## Age Group Programs

### Zone Team

|                        | Days     | Nights   | Travel<br>(Per Person) | Lodging<br>(Per Person) | Apparel      | Meals       | Per Diem    |
|------------------------|----------|----------|------------------------|-------------------------|--------------|-------------|-------------|
| Coaches and Chaperones |          |          |                        |                         |              |             |             |
| Coaches                | 2        |          |                        |                         |              |             |             |
| Chaperones             | 4        |          |                        |                         |              |             |             |
| Total C & C            | <u>6</u> | <u>6</u> | <u>\$450</u>           | <u>\$60</u>             | <u>\$150</u> | <u>\$50</u> | <u>\$25</u> |

|           |              |
|-----------|--------------|
| Travel    | \$2,700      |
| Lodging   | 2,160        |
| Apparel   | 900          |
| Meals     | 2,100        |
| Per Diem  | 300          |
| Other     | 0            |
|           | <u>8,160</u> |
| Sub-total | <u>8,160</u> |

Estimate of Expenses

Total \$36,000

| Lodging Grouping Worksheet      |            |
|---------------------------------|------------|
| a. 1/2 of Total C & C           | <u>3.0</u> |
| b. 1/2 of truncated Total C & C | <u>3.0</u> |
| a. - b.                         | <u>0.0</u> |

**Championship Meet Pool Expense reimbursement -**

|                            | Meets | Amount           |
|----------------------------|-------|------------------|
| Pool reimbursement         | 3     | \$4,500          |
| Online Meet Entry Contract |       | -                |
| Other                      |       | -                |
|                            |       | <u>\$ 13,500</u> |
|                            |       | <u>\$ 13,500</u> |
|                            |       | <u>\$3,000</u>   |

**Age Group Chair Workshop**

**NW Challenge Meet expenses and Open Water Camp -**

|                               |             |
|-------------------------------|-------------|
| NW Challenge Meet expenses    | \$ -        |
| Open Water camp, net expenses | -           |
|                               | <u>\$ -</u> |

## Equipment Fund Analysis and Proposal

Previous Analysis found that the Equipment fund averaged \$15,581.75 per year for the 4 years 2007/2008 through 2010/2011. Net expenses to this fund and a related maintenance fund for the same period for existing equipment appeared to be substantially less than \$2000 per year. The existing fund balance is approximately \$80,000.00. At the last HOD meeting information was presented that pointed out that while the fund was doing very well, many teams were receiving little benefit from it. The consensus was to study the equipment situation among the teams in greater depth to come up with a proposal to make this fund more efficient and equitable in implementing its purpose.

The role of the fund has at times supported multiple sets of equipment that were owned and administrated by IES. This devolved into an unsupportable administrative burden to track and maintain the equipment. The equipment was consolidated into one trailer which then consolidated the administrative burdens to a manageable level. Since that time an additional trailer has been added, but each trailer has an identified manager who has taken the responsibility for its contents.

There are three ways in which equipment is owned and financed. First for about half our teams, the equipment is owned by entities that own or manage indoor 25 yard facilities. These entities often will have user fees which presumably defray at least a portion of the cost of the equipment. These fees are more or less onerous, depending on the facility, but do have the virtue of not being large lump sum expenses that are difficult to finance. These sets are often dedicated to that facility and are generally not available for use at other facilities. Very few, if any, 50 meter facilities provide timing equipment, while about half of the 25 yard facilities provide equipment.

This means that all of the long course season equipment needs and about half of the short course season are supported directly by IES or IES teams. Of particular concern is the fact that equipment costs can occur in large amounts and at times that are not easily predicted given the long service life of many of the components. The loss of a deck computer, starting unit, or several pads could potentially jeopardize major meets and present a cost that may take years to surmount for an unsupported team.

A grant program was suggested at the last HOD meeting as a possible solution. Such a program could be administrated by the IES equipment committee to evaluate and authorize the purchase of replacement and additional equipment upon the request of IES teams and within the available funding.

The team survey and the previous cost analysis indicates that even if all those teams that host meets and do not get equipment with their facility were to own a set of equipment the expected depreciation would be sustainable by the fund's existing revenue. This would require roughly 8 sets of equipment of which IES teams already own 7 (including the two IES trailers). A set including a start system, touch pads, score boards, deck computers, harnesses, lane lines, and push buttons would be expected to average less than \$1500 of depreciation per year totaling \$12,000 annually which is substantially less than the fund's \$15,500 average revenue.

Each team would be responsible for the set it owns and the trailers would continue as they are now. Team ownership of the sets would motivate the team to account and care for the inventory it would need to rely upon. This structure should avoid the administrative issues of the past.

This recommendation is to authorize an IES equipment committee to grant funding to teams for the acquisition and maintenance of start systems, touch pads, score boards, deck computers, harnesses, lane lines, trailers (where needed) and push buttons. Such funding shall be prioritized based on the requesting teams' need demonstrated by the number of swimmers to be served and the ability of the team to store, maintain and share the equipment as needed. Each application for funding shall be accompanied by an up to date inventory of all of the requesting team's swim meet equipment. Each team receiving funding would be required to collaborate with IES and IES teams to maximize the use of all IES funded equipment.

An additional authorization is to have the committee set aside and replenish as needed \$30,000 of the available fund balance to cover casualty losses to equipment. This would allow IES and its teams to self insure for equipment losses and save on insurance premiums. This program would be prioritized by the committee over the grant program.

## Finance Committee Report

By  
Don Hougardy  
09/30/2012

I have submitted for approval revisions to Paragraphs 607.3.2 and 607.4.2 of the Proposed By-Laws which establishes an LSC Finance Committee. Paragraph 607.3.2 deals with the establishment of the committee and paragraph 607.4.2 its responsibilities and powers.

I have also submitted for approval an initial draft of a Policies and Procedures document for administering the LSC's long term investment reserves.

**INLAND EMPIRE SWIMMING**  
**Financial Report of Investment Accounts**  
**FYE 09/30/2012**

| <b>The Income Fund of America - A</b>          |                     |                     |                  |
|------------------------------------------------|---------------------|---------------------|------------------|
|                                                | <u>Market Value</u> | <u>Cost Basis</u>   | <u>Shares</u>    |
| <b>Balance as of 09/30/11</b>                  | \$ 56,992.13        | \$ 71,019.12        | 3,643.998        |
| <b>Realized gain / (loss)</b>                  |                     |                     |                  |
| Ordinary dividends earned and reinvested       | 2,444.45            | 2,444.45            | 140.955          |
| C.G. dividends earned and reinvested           | 142.12              | 142.12              | 8.490            |
| Capital gain / (loss)                          |                     |                     |                  |
| Transfers in / (out)                           |                     |                     |                  |
| <b>UnRealized gain / (loss)</b>                |                     |                     |                  |
| Change in Market Value                         | 8,475.67            | n/a                 |                  |
| Sale adjustment                                |                     |                     |                  |
| <b>Balance as of 09/26/12</b>                  | <u>\$ 68,054.37</u> | <u>\$ 73,605.69</u> | <u>3,793.443</u> |
| Approximate annual earnings % from Ord. Div.'s | 3.38%               |                     |                  |
| Approximate annual earnings % from CG Div.'s   | 0.20%               |                     |                  |
| Approximate "Hard" annual earnings %           |                     | 3.58%               |                  |
| Approximate "Soft" annual earnings %           |                     | 11.72%              |                  |
| Approximate "Total" annual earnings %          |                     |                     | 15.30%           |

| <b>America Balanced Fund - Class A</b>         |                     |                     |                |
|------------------------------------------------|---------------------|---------------------|----------------|
|                                                | <u>Market Value</u> | <u>Cost Basis</u>   | <u>Shares</u>  |
| <b>Balance as of 09/30/11</b>                  | \$ 13,184.04        | \$ 10,900.46        | 776.903        |
| <b>Realized gain / (loss)</b>                  |                     |                     |                |
| Ordinary dividends earned and reinvested       | 301.41              | 301.41              | 15.700         |
| C.G. dividends earned and reinvested           | -                   | -                   | -              |
| Capital gain / (loss)                          |                     |                     |                |
| Transfers in / (out)                           | -                   | -                   | -              |
| <b>UnRealized gain / (loss)</b>                |                     |                     |                |
| Change in Market Value                         | 2,501.35            | n/a                 |                |
| Sale adjustment                                |                     |                     |                |
| <b>Balance as of 09/26/12</b>                  | <u>\$ 15,986.80</u> | <u>\$ 11,201.87</u> | <u>792.603</u> |
| Approximate annual earnings % from Ord. Div.'s | 2.73%               |                     |                |
| Approximate annual earnings % from CG Div.'s   | 0.00%               |                     |                |
| Approximate "Hard" annual earnings %           |                     | 2.73%               |                |
| Approximate "Soft" annual earnings %           |                     | 22.63%              |                |
| Approximate "Total" annual earnings %          |                     |                     | 25.36%         |

| <b>America Funds Money Mkt Fund - Class A</b> |                      |                      |                   |
|-----------------------------------------------|----------------------|----------------------|-------------------|
|                                               | <u>Market Value</u>  | <u>Cost Basis</u>    | <u>Shares</u>     |
| <b>Balance as of 09/30/11</b>                 | \$ 16,370.51         | \$ 16,370.51         | 16,370.510        |
| <b>Realized gain / (loss)</b>                 |                      |                      |                   |
| Dividends earned and reinvested               | -                    | -                    | -                 |
| Capital gain / (loss)                         |                      |                      |                   |
| Transfers in / (out)                          |                      |                      |                   |
| <b>UnRealized gain / (loss)</b>               |                      |                      |                   |
| Change in Market Value                        | -                    | n/a                  |                   |
| Sale adjustment                               |                      |                      |                   |
| <b>Balance as of 09/26/12</b>                 | <u>\$ 16,370.51</u>  | <u>\$ 16,370.51</u>  | <u>16,370.510</u> |
| Approximate "Total" annual earnings %         |                      |                      | 0.00%             |
|                                               | <u>\$ 100,411.68</u> | <u>\$ 101,178.07</u> |                   |



## Age Group Chair Report

### **Zones Staff:**

John Pringle, VS, Team Manager\* Special thanks to Vicki Marsh for her work prior to me taking over.

Amy Thorpe, YAC, Head Coach

Jerry Johnston, MRA, Assistant Coach

Chaperones: Mike and Jill Cunningham, YAC Officials/Parents

### **ZONES NOTES:**

Results available at [www.maverickaquatics.com](http://www.maverickaquatics.com)

Getting there proved to be difficult with a canceled flight. Still working with Annie to get a refund of tickets and possible damages. \$1240 spent on shuttles to get the team to the venue. A harrowing 4 hour drive. Letter to airline included.

Staff would not recommend that Zones be held at altitude again.

Next year will be 14 & Under Only.

New time standards and meet format worked on at USA Swimming convention—Robert Broyles may be able to provide an update on this.

Recommend we think differently in planning, scheduling, and implementing these trips.



### ***2012 IES AGE GROUP ZONE ALL-STAR TEAM***

|            |            |      |
|------------|------------|------|
| Archer     | Jonathan P | CAST |
| Connacher  | Kaelan E   | MLMR |
| Cunningham | Maya R     | YAC  |
| Curtis     | Cole       | CAST |
| Ebel       | Bryce      | LGSC |
| Elwyn      | Connor     | VS   |
| Hartley    | Jordan     | VS   |
| Johnston   | Zackary J  | MLMR |
| Madill     | Tommy      | SWAT |
| Malella    | Alia A     | EAST |
| McCoy      | Taylor     | GMST |
| Miller     | Jared      | LGSC |
| Roy        | Allan MD   | SAS  |
| Roy        | Daniel JD  | SAS  |
| Rozier     | Nicole J   | CAST |
| Van Troba  | Ella S     | YAC  |
| Wierzbicki | Jessica    | VS   |
| Wilson     | Taylor     | EAST |
| Wilson     | Krista     | EAST |

8/24/2012

United Airlines

RE: Cancellation of Flight UA 5291 Y Denver, CO to Grand Junction, CO 8/6/2012

To Whom It May Concern:

I represent Inland Empire Swimming as the Age Group Zone Team Manager. We were traveling to our Zones Championship Swim Meet in Grand Junction Colorado on August 6<sup>th</sup>, 2012 from Spokane, WA with a connecting flight in Denver, CO. Our team traveling on this day included 11 youth athletes, 3 coaches, and two chaperones. We chose United Airlines based on their well-advertised treatment of sports programs.

On August 6<sup>th</sup>, 2012 the above mentioned connecting flight was canceled. The cancellation of this flight and subsequent lack of customer service for a youth sports organization is the subject of this letter. I would like to wage complaints and gain explanation for all of the issues addressed below.

Issue #1: Handling of the Cancellation of the Flight.

This flight was canceled at the LAST possible moment and there was absolutely no indication of even a delay. There was little or no warning ahead of time that there could be a problem. This is bad communication with customers and it led to a panic for every passenger that had that flight scheduled when it was canceled without warning. Passengers were asked to go immediately to the nearest customer service desk and there was no announcement of preference for group travelers upon arrival to that desk. It should have been well known amongst your staff that a large group with minor athletes was traveling on the flight, and that group should have received preferential treatment based on your company's advertising in that regard. People were actually running to the desk. Unfortunately, I did not have that luxury as the leader of a group of 16 people. I had to get everyone's boarding passes together first in order to get to the desk; and as a result, I waited in line for well over ½ hour to speak with a customer service agent.

Issue #2: Customer Service Desk Unhelpful, Uncaring, and No Knowledge of Appropriate Procedures.

When I finally arrived at the desk I explained that I was in charge of a youth sports group of 16 people and that our competition started the next morning. I saw the look of panic in the attendant's face as she began to look at her computer, and in her defense she was courteous and polite—she just wasn't very helpful. After a few minutes she looked up at me and said there is she could do (for me). I was stunned. There was no offer of hotel rooms, meals, or an offer to assist in arrangement of alternate transportation. I protested slightly, knowing that she was stuck between a rock and a hard place, and asked her if there were any options or help for us. I again explained that I had 11 swimmers with me that had a competition starting at 9:00 the next morning. She then went back to a small room behind the counter and spoke with a man in that room. I could tell she was explaining our situation to him and he shrugged and actually laughed. I found this to be really upsetting—that one of your people would actually laugh at the situation at all. After the laughter, she returned and said that there was absolutely nothing she could do for me other than direct me to a pamphlet that had many phone numbers for ground transportation. I then asked for a refund. At that point I was told to go upstairs to the terminal counter and request a refund. This turned out to be a tremendous waste of my time as we learned there that we could not even ask for a refund of the tickets until our entire trip had concluded. She should have known this! As a result, I lost approximately another 30 minutes walking to the terminal counter and discussing our situation there. The terminal desk was no more helpful, and at this point I was really frustrated.

At that point, I began dialing various numbers in the pamphlet and eventually found two vans at a cost of \$1240 that could take our team to Grand Junction—a four hour drive. We left at 9:15 PM and pulled up to our reserved hotel at 1:15 in the morning—without any of our bags and necessary swimming gear. The road trip was harrowing as the drivers sped along at upwards of 90 miles an hour with kids in the vehicle. At one point several deer appeared on the side of the road as if to cross. There was no way the driver could have stopped if they did. We would have been killed. At least if you are going to hand out pamphlets with phone numbers, I might double check the quality of those companies in your information.

### Issue #3: Baggage

Our baggage actually made it to Grand Junction ahead of us. What we were never told, or was ever communicated to the United Staff at Grand Junction was that our flight was canceled but our baggage would arrive at around 11:00 PM. When we traveled to the airport the next day to retrieve our baggage we were told that our baggage arrived at 11:15 PM and that it would have been delivered to us directly at our hotel had they known. Because I already had folks at Grand Junction who traveled separately, I could have also had them pick up the baggage that evening so when we arrived to the hotel we had our clothing and toiletries. No one gave us this information!

As a solution to my organization's dissatisfaction with these events, I would like to request that all of the air fares be refunded as a result of this cancellation. Additionally, I would like all of our expenses as a result of the cancellation to be reimbursed. I have attached all receipts and information necessary for you to comply with this request.

Our team's experience did not live up to your company's advertising campaign claims, and I would hope that steps would be taken to ensure that other teams such as ours did not have to experience such an unpleasant experience. Additionally, by helping me now you will begin to heal what I view is a fractured relationship between Inland Empire Swimming and United Airlines. Perhaps we will look at scheduling flights with your company again.

Please feel free to contact me regarding this matter at your convenience. My phone number is (509) 884-8917. My email address is [coachjohn@velocity-swimming.com](mailto:coachjohn@velocity-swimming.com)

Sincerely,

John Pringle

Age Group Chair, Inland Empire Swimming Board of Directors

2012 Convention Report.

Submitted by Jack Beck, Past General Chairman

The National Aquatic Sports Convention this year was in Greensboro North Carolina.

The weather was pleasant and the venue was nice. There was a Mall across the parking lot of the Hotel with a Food Court that was a welcome amenity. There were quite a few nice restaurants nearby too. So, unlike last year in Jacksonville, we had a lot more choices for places to eat!

I was able to attend many workshops this year.

I attended a Western Zone General Chair's meeting where the state of the Zone was discussed. Many things are happening with the Age Group Zone Meet and the Senior Zone Meet. I'm sure Robert Broyles will fill everyone in on all that is noteworthy in regards to the Western Zone.

I attended a workshop put on by the Leadership folks from USA-S with Doug Wertz. There was a roundtable discussion involving some General Chair's from around the country that included a discussion of how their House of Delegates conducts their meetings. There was lots of shared information on what transpires at and before their HOD meetings. They shared some interesting ideas on how to increase participation at HOD meetings. I'm hopeful that Doug Wertz will share some of that with the HOD.

I attended a couple of Officials meetings and workshops. One was a "burning issues" discussion Q&A that was very interesting at times. The other was a presentation on what USA-S is looking to provide as their National Level Official's Mentoring process and what to expect in the future for officials either being evaluated or doing evaluations.

Safe Sports and the Presidium folks put on a great presentation that many delegates attended. A push for each LSC to have a person designated (elected) to be the Safe Sports contact for members to utilize that can be a common point of contact and work with USA-S Safe Sports folks in dealing with potential issues that may arise within their LSC.

The House of Delegates meeting was interesting this year for sure. A couple of hot issues ensued and much discussion occurred over a few items in the Rules that were presented for approval. It lasted for many hours. It's always interesting to hear from folks all over the country and realize that the issues and problems we experience here in the Inland Empire are not unique but happen all over the country and throughout USA-Swimming.

The Banquet was nice as this was an Olympic year and there were lots of stories involving the athletes and their accomplishments in London.

Thank you to IES for allowing me to once again attend USA-S National Aquatic Sports Convention.

Respectfully submitted,

Jack Beck, Past General Chairman, IES



## Coaches Representative Report – USAS Convention

As our regional Coaches Representative for Inland Empire Swimming at the USAS convention I was exposed to 10 hours per day of educational meetings full of great information. I have to say that I learned much more at the USAS convention than I did at ASCA. I heard some great talks from the sports medicine and the sports science divisions of USAS and learned a ton analyzing the Olympic Swims and National Team swimmers under very scientific conditions. Also learned a bunch about nutritional science and recovery strategies that should help our entire team.

There are a couple of points that could certainly benefit teams in our region that I would like to share. The first involves recovery nutrition. In the briefest possible form I would like to summarize what I learned.

**Recovery** can begin as soon as exercising starts, it starts with a diet that should be:

- 50-60% carbs from fruits, veggies, beans, and whole grains

- 15-20% protein from lean meats, chicken, turkey, fish, beans, and nuts

- 20-25% from healthy fats such as fish, nuts, olive oil, avocados

- Fuel during exercise with carbohydrates if over 1 hour practice.

Our swimmers should eat every 2-4 hours during the day and be proactive rather than reactive to maintain energy levels.

Eat within 30 minutes of a workout. Yeah! chocolate milk, PB&J, fruit smoothies, dry cereal, yogurt w fruit and granola, trail mix.

To replenish blood glycogen consume 4:1 carb to protein post workout.

Antioxidants protect and speed recovery: use antioxidant rich fruits, veggies, nuts, and whole grains.

Hydration is critical: Urine should look like pale lemonade. Weigh yourself before and after workouts, replenish with 24 OZ water for every pound lost.

Considering a supplement: Why? Check the product, is it research based or is it junk? HAS IT BEEN TESTED BY AN INDEPENDENT 3<sup>RD</sup> PARTY? Talk to a RD/sports nutritionist before using!

Another interesting thing for coaches to consider for their elite athletes is the use of **pressure suits** for recovery and between prelims and finals. This is the first I've heard of this but several good pieces of evidence were presented for considering their use. These are available by many manufacturers; the one I will mention is Under-Armour Recovery. These are essentially tight fitting long johns with tops and bottoms that apply a steady even pressure to the underlying muscle tissue. These suits are used by the entire Olympic team between races after warm down AND for long travel trips. Several athletes I spoke to say they made a tremendous difference, especially when they have morning prelims and evening finals, or, when they have long plane or bus rides. Apparently the science is that they allow the microscopic tears in the muscle tissue to repair faster by applying a steady even pressure to the muscle tissue. Several of the coaches said that

they used them themselves when they traveled long distances and felt significantly better at the end of a long trip than they would have otherwise.

As you all know by now the **qualifying times** for Juniors, Grand Prix, Seniors, and OTs have dropped like a rock. More swimmers are swimming faster. More swimmers are staying in the sport longer. Training methods are improving. A concern is the rate that China is improving, expectations are that by the next Olympics they may well approach the USA's yield in swimming medals. Their athletic programs are run by the government on a model that will be impossible for any other country to match in the near future. Their approach is very analytical and scientific with a testing procedure that identifies potential at a very young age, removes the athletes from their homes, and inserts them in a state run developmental program where they work toward their athletic success 24/7. It will be tough for USAS to keep up in the long run.

Russell Mark is the **high performance specialist** for USAS. He is a wealth of knowledge and if you are interested in learning more about the science behind fast swimming I suggest you utilize him as a resource at USAS. He has a number of interesting articles published at the website and has information and clips to share with anyone interested.

I had a couple great personal experiences at convention that I want to briefly mention. One was seeing **Katy Ledecky receive the Performance of the Year** award at the conference for her astonishing gold medal swim in the 800-meter freestyle in the London Olympics. What a wonderful young lady – she gave a great acceptance speech that had many in tears. Another great experience was spending several hours with world record holder **Aaron Piersol**. For one reason or another we hit it off and he and I spent several hours over two evenings talking about swimming, fly fishing and diving. It was a fun time and I ended up inviting him to come give a clinic next August at the Kroc center. We still have a few details to work out but it is definitely on his schedule. I will make sure that everyone in our LSC knows about it well in advance. He is a wonderfully earnest young man who cares deeply about swimming, giving back to the sport, and who cares immensely about the environment. He and I stayed up until two o'clock in the morning talking the first night of the conference and then picked up again the next night and talked until midnight.

I shared a room with Brandon Drawz, the new American Olympic Swimming Team quadrennial coordinator (a friend who I have worked with on committees over the last two years) and Robert Broyles and it was awesome after a day of meetings to have some of the best coaches in the world, best athletes in the world, and other dignitaries come up to our room every evening and talk swimming for hours on end. It's really a privilege to get to know these people, who are so passionate about swimming and so willing to share their information. At one point we had in our room 3 Olympic coaches, 4 gold medalists, and the President of USAS swimming all talking about swimming. What a thrill for a person like myself to be exposed to such a group of dedicated individuals!

I want to thank our LSC for sending me to this wonderfully educational experience.

Sincerely, Bob Wood

## Convention 2012

I just want to start by saying thank you to IES for sending William and I to Convention. It was been a great experience. We went to a lot of meetings and since it was an election year it was a pretty packed schedule. We had an athlete's meeting every morning, on the first day we talked about all the positions available for the AEC (Athlete's Executive Committee) and all the committees, which was mostly for the first timers but it was a good refresher. One of the main topics we talked about was the Safe Sport Committee, which got changed from Athlete Protection to safe sport to not only protect the athletes but the coaches as well. One of the mornings we discussed ways to get athletes informed about abuse and how to report it. We came up with something that would be online and would be different for different ages, so we don't traumatize the younger kids. William and I also attended the nutrition talk, which had a lot of stuff on supplements. That supplements aren't always approved, and that some common supplements can have ingredients that are on the ban list.

The meets were informative but meeting all the other athletes was the real fun part. Ricky Berens is now on the AEC; Peter Vanderkay was also there for some athletes meetings. We also got to meet Katie Ledecky which was one of my highlights. And at the Banquet David Boudia was there and the next morning I rode on the same bus as him on the way to the airport! I am just very thankful that I was able to go.

Kaylee Beck  
Senior Athlete Representative



## **Western Zone Report to Inland Empire House of Delegates**

September 2012

### **Western Zone Senior Championships – August 2-5, 2012, Clovis, CA**

A very successful event with over 750 athletes in attendance and over 30 meet records set. This event is growing in importance in the Zone with many coaches recognizing the need for stepping stone meets to the National level. Meet director – Ben Britten, Meet Referee – Jim Patterson

### **Western Zone Age Group Championships – August 7-11, 2012, Grand Junction, CO**

It was an outstanding event at Colorado Mesa University for the final year of 15 and over participation in the meet. 16 LSCs represented and attention was given to every detail. Pins given to all athletes, team banners provided, well organized meetings and socials, and fast age group swimming. Meet director – Lee Young, Meet referee – Dave Coleman

### **Western Zone Convention 2012**

Pleased to report the continued interest and cooperation of the Zone general chairs in working together and sharing ideas. At the Zone general chairs meeting, it was agreed to continue a spring chairs meeting in 2013 with Phoenix as the probable location for the meeting. Arizona Swimming will again be the host.

At the Zone annual meetings –

Ben Britten (CC) was elected to replace Brandon Drawz (OR) as Zone coach director.  
Steve Shouldra (PN) was elected to replace Erin Fuss (SR) as athlete representative.  
Federal Way (PN) was chosen to be the 2014 Age Group Championship location.

California Capital Aquatics gave update on preparations for the 2013 Age Group meet which will be held in Roseville, CA on August 7-10, 2013. Meet format will change to a 3 ½ day meet with a new order of events for 14 and under participation.

Clovis Swim Club will again host the Senior championships, 7/31-8/4, 2013 at Clovis North High School. Meet format will be revised as a result of the growing interest in the meet and as a result of the Age Group meet format changes. Survey was sent to all coaches that attended the 2012 meet and a task force has been created to review the survey and finalize the 2013 format. It is likely that the meet will be run with prelims held in two separate facilities with a combined nightly final to be held at Clovis North.

The Zone also approved funding of up to \$11000 per year to support official's expenses at 2013 and 2014 meets and to help meet hosts with expenses. Plans are underway to assist needed officials at the meets with reimbursement and / or funding for hotel expenses. Would encourage all IE officials to consider attending one of the August 2013 events and take advantage of the learning opportunity these meets offer.

Respectfully submitted,

Robert Broyles  
Western Zone Director

Western Zone Time Standards  
2013

| Women   |         |         | 10 & Under | Men     |         |         |
|---------|---------|---------|------------|---------|---------|---------|
| LCM     | SCM     | SCY     | Event      | LCM     | SCM     | SCY     |
| 0:33.29 | 0:32.49 | 0:29.29 | 50 Free    | 0:33.09 | 0:32.29 | 0:29.09 |
| 1:12.39 | 1:10.79 | 1:03.69 | 100 Free   | 1:12.39 | 1:10.79 | 1:03.69 |
| 2:38.89 | 2:35.69 | 2:20.29 | 200 Free   | 2:38.39 | 2:35.19 | 2:19.79 |
| 0:39.29 | 0:38.69 | 0:34.89 | 50 Back    | 0:39.49 | 0:38.89 | 0:35.09 |
| 1:24.69 | 1:23.49 | 1:15.19 | 100 Back   | 1:25.39 | 1:24.19 | 1:15.79 |
| 0:44.19 | 0:43.19 | 0:38.99 | 50 Breast  | 0:44.89 | 0:43.89 | 0:39.59 |
| 1:36.49 | 1:34.49 | 1:25.09 | 100 Breast | 1:37.89 | 1:35.89 | 1:26.39 |
| 0:36.69 | 0:35.99 | 0:32.49 | 50 Fly     | 0:36.79 | 0:36.09 | 0:32.59 |
| 1:24.59 | 1:23.19 | 1:14.89 | 100 Fly    | 1:24.79 | 1:23.39 | 1:15.09 |
| 2:58.39 | 2:55.19 | 2:37.89 | 200 IM     | 2:59.69 | 2:56.49 | 2:38.99 |

11-12

| LCM     | SCM     | SCY     | Event        | LCM     | SCM     | SCY     |
|---------|---------|---------|--------------|---------|---------|---------|
| 0:29.39 | 0:28.59 | 0:25.89 | 50 Free      | 0:29.59 | 0:28.79 | 0:25.89 |
| 1:04.89 | 1:03.29 | 0:56.99 | 100 Free     | 1:04.29 | 1:02.69 | 0:56.49 |
| 2:20.59 | 2:17.39 | 2:03.79 | 200 Free     | 2:19.49 | 2:16.29 | 2:02.79 |
| 4:56.79 | 4:50.39 | 5:32.49 | 400/500 Free | 4:55.69 | 4:49.29 | 5:31.29 |
| 0:34.59 | 0:33.99 | 0:30.69 | 50 Back      | 0:34.89 | 0:34.29 | 0:30.89 |
| 1:14.29 | 1:13.09 | 1:05.79 | 100 Back     | 1:15.09 | 1:13.89 | 1:06.59 |
| 0:38.59 | 0:37.59 | 0:33.89 | 50 Breast    | 0:38.09 | 0:37.09 | 0:33.39 |
| 1:24.19 | 1:22.19 | 1:13.99 | 100 Breast   | 1:24.29 | 1:22.29 | 1:14.09 |
| 0:32.39 | 0:31.69 | 0:28.49 | 50 Fly       | 0:32.39 | 0:31.69 | 0:28.49 |
| 1:12.49 | 1:11.09 | 1:04.09 | 100 Fly      | 1:12.59 | 1:11.19 | 1:04.19 |
| 2:38.79 | 2:35.59 | 2:20.19 | 200 IM       | 2:38.89 | 2:35.69 | 2:20.29 |

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  |
| 1:02.69  | 1:01.09  | 0:55.09  | 100 Free       | 0:58.99  | 0:57.39  | 0:51.69  |
| 2:15.39  | 2:12.19  | 1:59.09  | 200 Free       | 2:08.09  | 2:04.89  | 1:52.49  |
| 4:44.89  | 4:38.49  | 5:19.19  | 400/500 Free   | 4:32.89  | 4:26.49  | 5:05.69  |
| 9:53.59  | 9:40.79  | 11:05.09 | 800/1000 Free  | 9:30.09  | 9:17.29  | 10:38.69 |
| 18:55.49 | 18:31.49 | 18:33.29 | 1500/1650 Free | 18:10.89 | 17:46.89 | 17:49.49 |
| 1:11.49  | 1:10.29  | 1:03.29  | 100 Back       | 1:07.99  | 1:06.79  | 1:00.09  |
| 2:33.09  | 2:30.69  | 2:15.79  | 200 Back       | 2:25.99  | 2:23.59  | 2:09.39  |
| 1:21.19  | 1:19.19  | 1:11.29  | 100 Breast     | 1:16.09  | 1:14.09  | 1:06.69  |
| 2:54.09  | 2:50.09  | 2:33.29  | 200 Breast     | 2:45.49  | 2:41.49  | 2:25.49  |
| 1:09.39  | 1:07.99  | 1:01.29  | 100 Fly        | 1:05.09  | 1:03.69  | 0:57.39  |
| 2:35.29  | 2:32.49  | 2:17.39  | 200 Fly        | 2:26.89  | 2:24.09  | 2:09.79  |
| 2:33.89  | 2:30.69  | 2:15.79  | 200 IM         | 2:25.39  | 2:22.19  | 2:08.09  |
| 5:25.79  | 5:19.39  | 4:47.79  | 400 IM         | 5:09.49  | 5:03.09  | 4:33.09  |

15-16

| LCM      | SCM      | SCY      | Event          | LCM      | SCM      | SCY      |
|----------|----------|----------|----------------|----------|----------|----------|
| 0:28.99  | 0:28.19  | 0:25.39  | 50 Free        | 0:26.29  | 0:25.49  | 0:22.99  |
| 1:02.99  | 1:01.39  | 0:55.29  | 100 Free       | 0:57.59  | 0:55.99  | 0:50.49  |
| 2:15.69  | 2:12.49  | 1:59.39  | 200 Free       | 2:05.89  | 2:02.69  | 1:50.59  |
| 4:45.09  | 4:38.69  | 5:19.39  | 400/500 Free   | 4:27.29  | 4:20.89  | 4:59.39  |
| 9:56.69  | 9:43.89  | 11:08.59 | 800/1000 Free  | 9:23.59  | 9:10.79  | 10:31.49 |
| 19:02.39 | 18:38.39 | 18:39.99 | 1500/1650 Free | 17:54.89 | 17:30.89 | 17:33.79 |
| 1:11.79  | 1:10.59  | 1:03.59  | 100 Back       | 1:06.19  | 1:04.99  | 0:58.49  |
| 2:34.59  | 2:32.19  | 2:17.09  | 200 Back       | 2:23.89  | 2:21.49  | 2:07.49  |
| 1:19.89  | 1:17.89  | 1:10.09  | 100 Breast     | 1:14.39  | 1:12.39  | 1:05.19  |
| 2:56.19  | 2:52.19  | 2:35.09  | 200 Breast     | 2:42.79  | 2:38.79  | 2:23.09  |
| 1:09.99  | 1:08.59  | 1:01.79  | 100 Fly        | 1:03.59  | 1:02.19  | 0:55.99  |
| 2:37.39  | 2:34.59  | 2:19.29  | 200 Fly        | 2:27.09  | 2:24.29  | 2:09.99  |
| 2:35.09  | 2:31.89  | 2:16.89  | 200 IM         | 2:22.49  | 2:19.29  | 2:05.49  |
| 5:27.89  | 5:21.49  | 4:49.59  | 400 IM         | 5:05.19  | 4:58.79  | 4:29.19  |

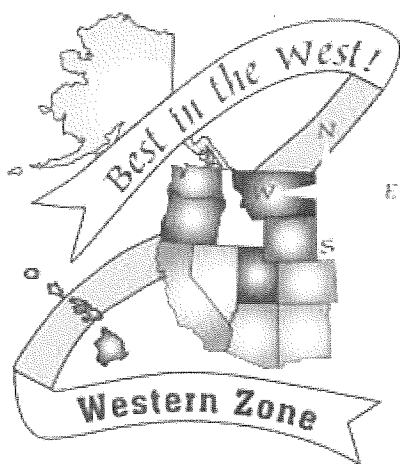
17-18

| LCM      | SCM      | SCY      | Event          | LCM      | SCM      | SCY      |
|----------|----------|----------|----------------|----------|----------|----------|
| 0:29.89  | 0:29.09  | 0:26.29  | 50 Free        | 0:26.59  | 0:25.79  | 0:23.29  |
| 1:05.19  | 1:03.59  | 0:57.29  | 100 Free       | 0:58.49  | 0:56.89  | 0:51.19  |
| 2:21.49  | 2:18.29  | 2:04.59  | 200 Free       | 2:07.89  | 2:04.69  | 1:52.29  |
| 5:01.09  | 4:54.69  | 5:37.29  | 400/500 Free   | 4:36.39  | 4:29.99  | 5:09.59  |
| 10:29.09 | 10:16.29 | 11:44.89 | 800/1000 Free  | 9:41.69  | 9:28.89  | 10:51.69 |
| 20:29.89 | 20:05.89 | 20:05.79 | 1500/1650 Free | 18:48.79 | 18:24.79 | 18:26.69 |
| 1:16.79  | 1:15.59  | 1:08.09  | 100 Back       | 1:09.29  | 1:08.09  | 1:01.29  |
| 2:44.79  | 2:42.39  | 2:26.29  | 200 Back       | 2:31.49  | 2:29.09  | 2:14.29  |
| 1:25.99  | 1:23.99  | 1:15.59  | 100 Breast     | 1:17.69  | 1:15.69  | 1:08.19  |
| 3:07.79  | 3:03.79  | 2:45.59  | 200 Breast     | 2:51.39  | 2:47.39  | 2:30.79  |
| 1:13.69  | 1:12.29  | 1:05.09  | 100 Fly        | 1:05.29  | 1:03.89  | 0:57.49  |
| 2:51.89  | 2:49.09  | 2:32.39  | 200 Fly        | 2:33.99  | 2:31.19  | 2:16.19  |
| 2:40.79  | 2:37.59  | 2:21.99  | 200 IM         | 2:26.79  | 2:23.59  | 2:09.39  |
| 5:52.59  | 5:46.19  | 5:11.89  | 400 IM         | 5:22.99  | 5:16.59  | 4:45.19  |

# Survey Results & Analysis

for

## 2012 Western Zone Senior Meet Survey



## Executive Summary

This report contains a detailed statistical analysis of the results to the survey titled *2012 Western Zone Senior Meet Survey*. The results analysis includes answers from all respondents who took the survey in the 13 day period from Friday, August 10, 2012 to Thursday, August 23, 2012. 40 completed responses were received to the survey during this time.

## Survey Results & Analysis

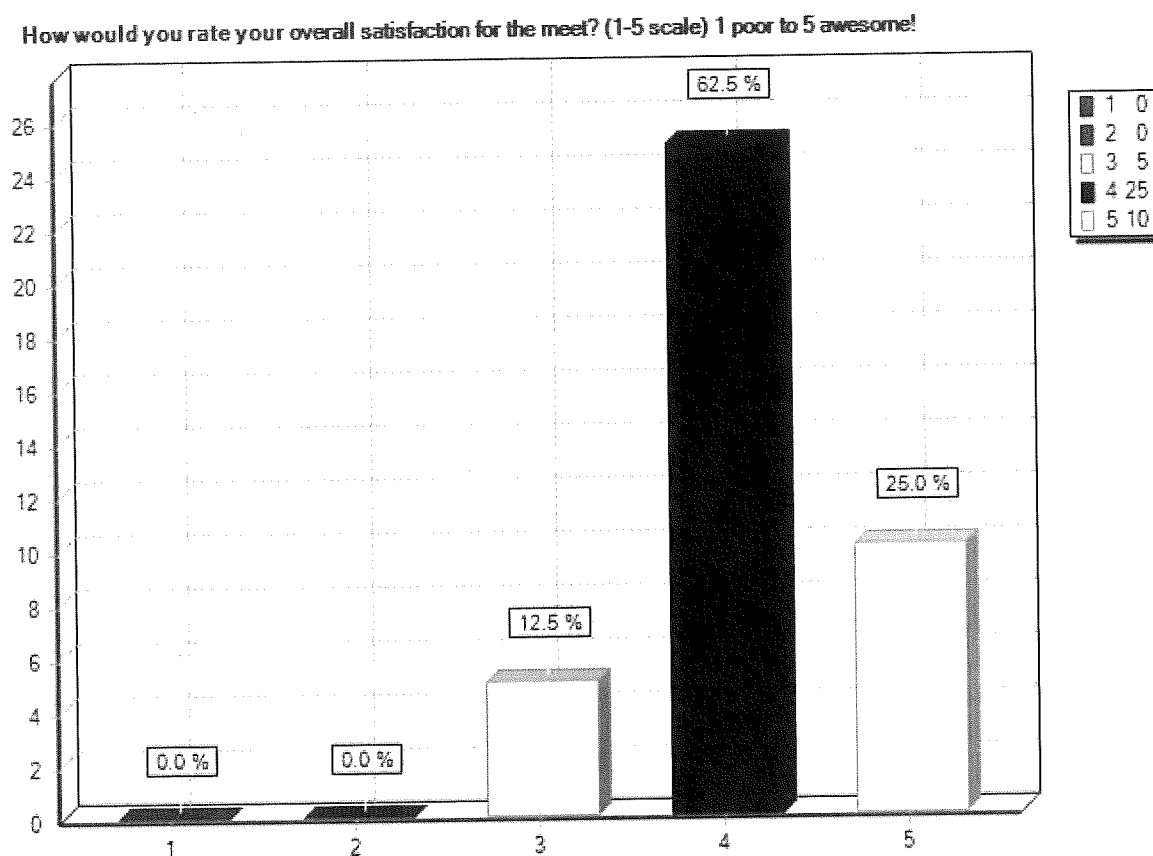
**Survey:** 2012 Western Zone Senior Meet Survey

**Author:**

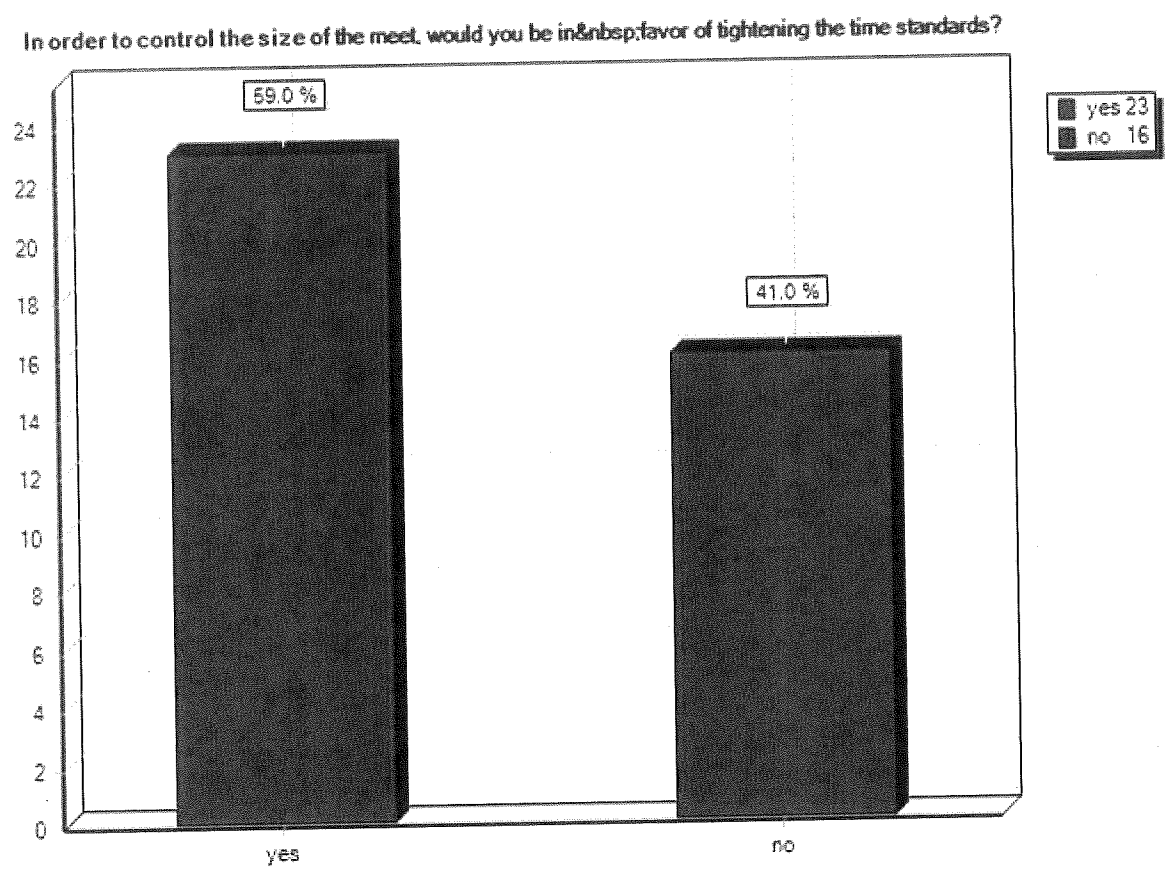
**Filter:**

**Responses Received:** 40

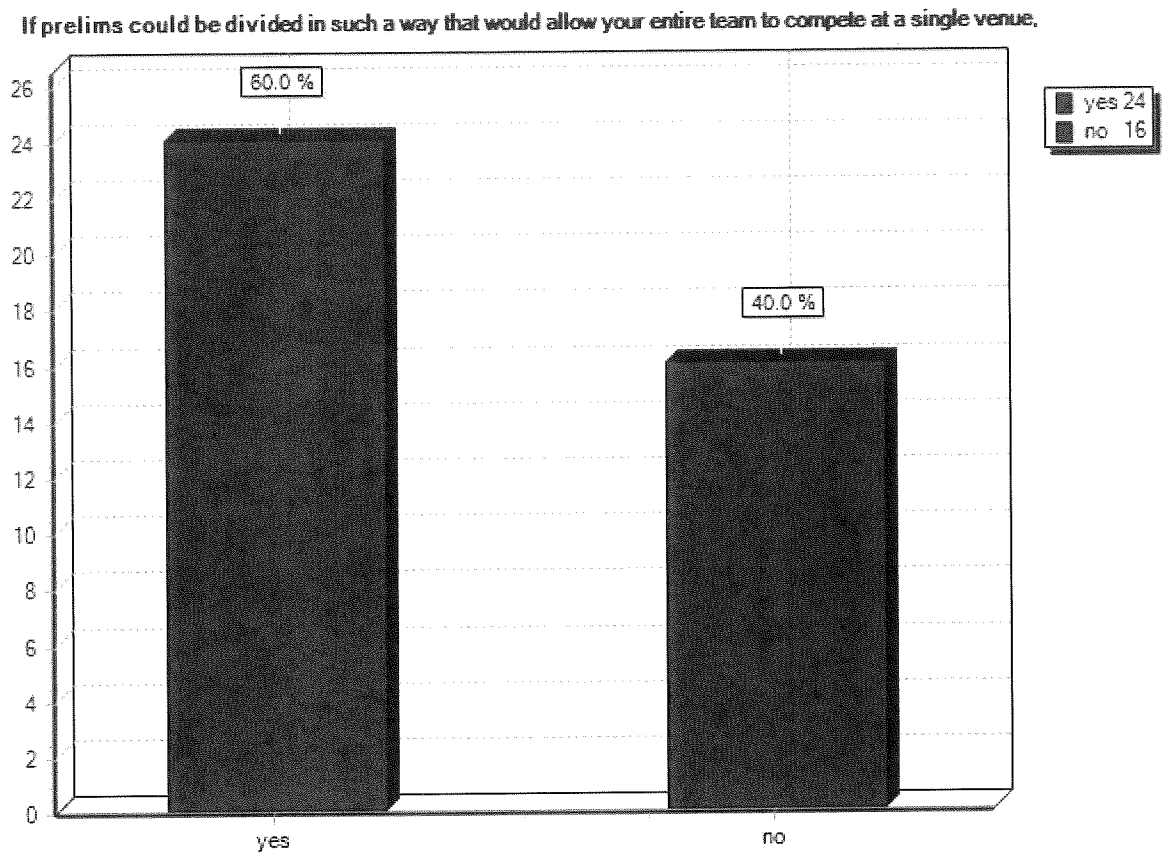
How would you rate your overall satisfaction for the meet? (1-5 scale) 1 poor to 5 awesome!



In order to control the size of the meet, would you be in favor of tightening the time standards?

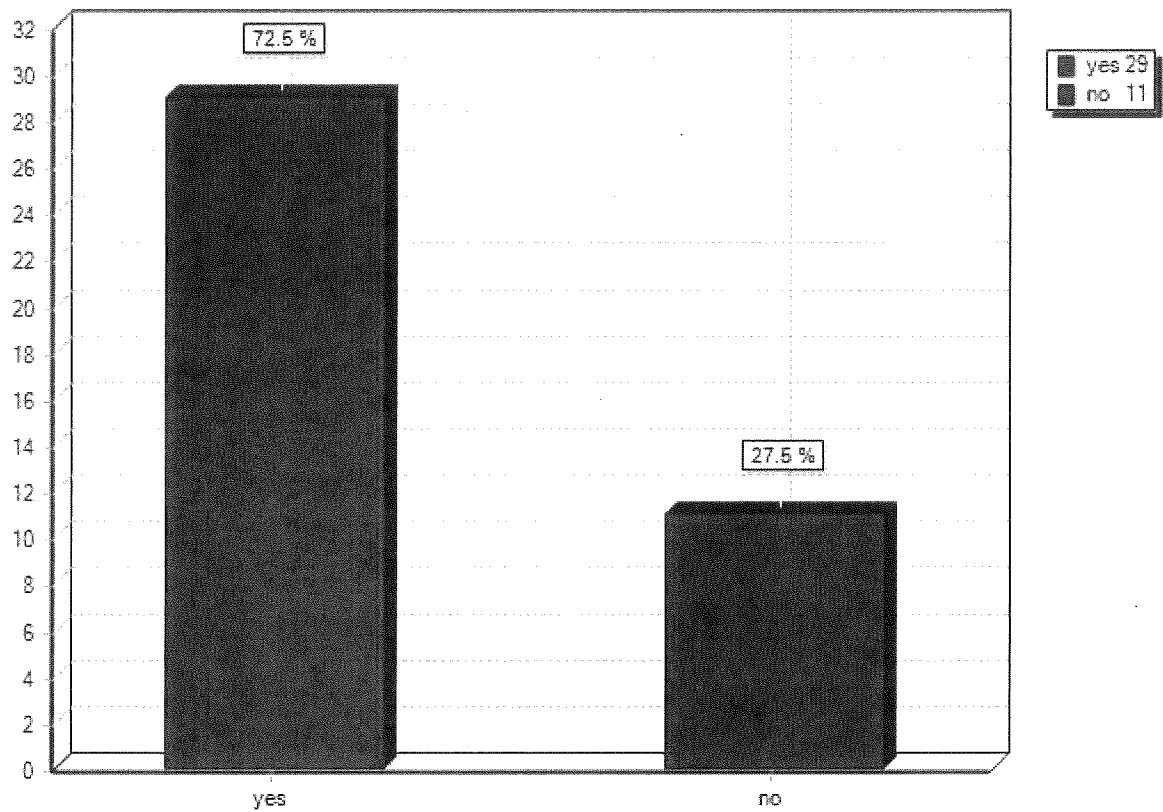


If prelims could be divided in such a way that would allow your entire team to compete at a single venue, would you be in favor of running prelims in two nearby, separate facilities? (finals would be convened at one venue only)



Would you be in favor of adding a fourth heat in finals?

Would you be in favor of adding a fourth heat in finals?



Would you be in favor of event specific de-qual times?

## Proposed Order of Events and Potential Timeline for Future Western Zone Age Group Championship Meets

### Notes:

TF/Qual - Timed final event with a qualifying entry time

TF - Timed final event

Assumes chase starts methodology will continue (-15 second interval for Thursday, Friday, and Saturday Prelims)

Assumes 400 total/160 non-qual splash rules per LSC continues for future meets

2011 Meet - 162 events; proposed future meet - 102 events

Potential timeline impact with more 10 & Under - 14 yr old swimmers entered in the meet:

### Full heats from 2011 Age Group meet:

Day 2: #16 - B 13-14 200 Freestyle

#31 - G 11-12 200 IM

Day 3: #57 - G 11-12 50 Back

Day 4: #75 - G 10 & Under 50 Free

#76 - B 10 & Under 50 Free

#88 - B 10 & Under 100 Back

#91 - G13-14 200 Back

#96 - B 13-14 800 Free Relay

Decision: increased numbers of swimmers in events will not significantly expand the timeline

| Event                               | # Heats | Starts at | Event                         | # Heats | Starts at |
|-------------------------------------|---------|-----------|-------------------------------|---------|-----------|
| <b>Wednesday, Day 1</b>             |         |           |                               |         |           |
| TF/Qual 1 G 11-12 400 IM            | 3       | 1:30 PM   | 5 G 10 & Under 400 Free Relay | 2       | 5:00 PM   |
| TF/Qual 2 B 11-12 400 IM            | 3       | 1:51 PM   | 6 B 10 & Under 400 Free Relay | 2       | 5:11 PM   |
| TF 3 G 13-14 1500 Free              | 4       | 2:09 PM   | 7 G 11-12 400 Free Relay      | 2       | 5:22 PM   |
| TF 4 B 13-14 1500 Free              | 3       | 3:24 PM   | 8 B 11-12 400 Free Relay      | 2       | 5:32 PM   |
| ~ 30 minute break for relay warm-up | Finish  | 4:23 PM   | 9 G 13-14 400 Free Relay      | 3       | 5:41 PM   |
|                                     |         |           | 10 B 13-14 400 Free Relay     | 3       | 5:56 PM   |
|                                     |         |           | Finish                        |         | 6:09 PM   |

## Thursday, Day 2

[illegible]

# Friday, Day 3

| Event   |                                                                        | # Heats                 | Starts at | Event    | # Heats                              | Starts at                | # Heats                       | Starts at |         |
|---------|------------------------------------------------------------------------|-------------------------|-----------|----------|--------------------------------------|--------------------------|-------------------------------|-----------|---------|
| Prelims | 43                                                                     | G 10 & Under 100 Free   | 6         | 9:00 AM  | 43                                   | G 10 & Under 100 Free    | 2                             | 4:30 PM   |         |
|         | 44                                                                     | B 10 & Under 100 Free   | 4         | 9:07 AM  | 44                                   | B 10 & Under 100 Free    | 2                             | 4:36 PM   |         |
|         | 45                                                                     | G 11-12 100 Free        | 6         | 9:11 AM  | 45                                   | G 11-12 100 Free         | 2                             | 4:40 PM   |         |
|         | 46                                                                     | B 11-12 100 Free        | 6         | 9:17 AM  | 46                                   | B 11-12 100 Free         | 2                             | 4:44 PM   |         |
|         | 47                                                                     | G 13-14 100 Free        | 7         | 9:22 AM  | 47                                   | G 13-14 100 Free         | 2                             | 4:48 PM   |         |
|         | 48                                                                     | B 13-14 100 Free        | 6         | 9:28 AM  | 48                                   | B 13-14 100 Free         | 2                             | 4:52 PM   |         |
|         | 49                                                                     | G 10 & Under 100 Breast | 5         | 9:33 AM  | 49                                   | G 10 & Under 100 Breast  | 2                             | 4:56 PM   |         |
|         | 50                                                                     | B 10 & Under 100 Breast | 4         | 9:39 AM  | 50                                   | B 10 & Under 100 Breast  | 2                             | 5:02 PM   |         |
|         | 51                                                                     | G 11-12 100 Breast      | 4         | 9:45 AM  | 51                                   | G 11-12 100 Breast       | 2                             | 5:06 PM   |         |
|         | 52                                                                     | B 11-12 100 Breast      | 3         | 9:50 AM  | 52                                   | B 11-12 100 Breast       | 2                             | 5:10 PM   |         |
| TF/Qual | 53                                                                     | G 13-14 200 Breast      | 5         | 9:54 AM  | 53                                   | G 13-14 200 Breast       | 2                             | 5:16 PM   |         |
|         | 54                                                                     | B 13-14 200 Breast      | 3         | 10:08 AM | 54                                   | B 13-14 200 Breast       | 2                             | 5:24 PM   |         |
|         | 55                                                                     | G 10 & Under 50 Back    | 6         | 10:16 AM | 55                                   | G 10 & Under 50 Back     | 2                             | 5:30 PM   |         |
|         | 56                                                                     | B 10 & Under 50 Back    | 4         | 10:20 AM | 56                                   | B 10 & Under 50 Back     | 2                             | 5:34 PM   |         |
|         | 57                                                                     | G 11-12 50 Back         | 5         | 10:23 AM | 57                                   | G 11-12 50 Back          | 2                             | 5:38 PM   |         |
|         | 58                                                                     | B 11-12 50 Back         | 4         | 10:26 AM | 58                                   | B 11-12 50 Back          | 2                             | 5:42 PM   |         |
|         | 59                                                                     | G 13-14 100 Back        | 6         | 10:29 AM | 59                                   | G 13-14 100 Back         | 2                             | 5:46 PM   |         |
|         | 60                                                                     | B 13-14 100 Back        | 5         | 10:36 AM | 60                                   | B 13-14 100 Back         | 2                             | 5:50 PM   |         |
|         | 61                                                                     | G 11-12 200 Fly         | 3         | 10:42 AM | 63                                   | G 11-12 400 Free         | 2                             | 5:56 PM   |         |
|         | 62                                                                     | B 11-12 200 Fly         | 3         | 10:52 AM | 64                                   | B 11-12 400 Free         | 2                             | 6:06 PM   |         |
| TF/Qual | 63                                                                     | G 11-12 400 Free        | 4         | 11:03 AM | 65                                   | G 13-14 400 Free         | 3                             | 6:18 PM   |         |
|         | 64                                                                     | B 11-12 400 Free        | 3         | 11:22 AM | 66                                   | B 13-14 400 Free         | 3                             | 6:30 PM   |         |
|         | 65                                                                     | G 13-14 400 Free        | 4         | 11:37 AM | 5 minute impact for equipment change |                          |                               |           | 6:40 PM |
|         | 66                                                                     | B 13-14 400 Free        | 4         | 11:55 AM | 10 Minute Relay Break                |                          |                               |           | 6:45 PM |
|         | Finish                                                                 |                         |           |          | 12:13 PM                             |                          |                               |           |         |
|         | Adj fin                                                                |                         |           |          | 12:18 PM                             |                          |                               |           |         |
|         | For 50's: potential addition of 5 minutes on timeline for equip change |                         |           |          |                                      |                          |                               |           |         |
|         |                                                                        |                         |           |          | TF                                   | 67                       | G 10 & Under 200 Medley Relay | 2         | 6:50 PM |
|         |                                                                        |                         |           |          | TF                                   | 68                       | B 10 & Under 200 Medley Relay | 2         | 6:58 PM |
|         |                                                                        |                         |           |          | TF                                   | 69                       | G 11-12 200 Medley Relay      | 2         | 7:06 PM |
|         |                                                                        |                         |           | TF       | 70                                   | B 11-12 200 Medley Relay | 2                             | 7:13 PM   |         |
|         |                                                                        |                         |           | TF       | 71                                   | G 13-14 200 Medley Relay | 3                             | 7:20 PM   |         |
|         |                                                                        |                         |           | TF       | 72                                   | B 13-14 200 Medley Relay | 3                             | 7:29 PM   |         |
|         |                                                                        |                         |           | Finish   |                                      |                          |                               | 7:39 PM   |         |
|         |                                                                        |                         |           | Adj Fin  |                                      |                          |                               | 7:44 PM   |         |

# Saturday, Day 4

| Event                         | # Heats | Starts at | Event                            | # Heats                              | Starts at |
|-------------------------------|---------|-----------|----------------------------------|--------------------------------------|-----------|
| 73 G 13-14 200 IM             | 8       | 9:00 AM   | 73 G 13-14 200 IM                | 2                                    | 4:30 PM   |
| 74 B 13-14 200 IM             | 6       | 9:21 AM   | 74 B 13-14 200 IM                | 2                                    | 4:38 PM   |
| 75 G 10 & Under 50 Free       | 6       | 9:35 AM   | 75 G 10 & Under 50 Free          | 2                                    | 4:44 PM   |
| 76 B 10 & Under 50 Free       | 4       | 9:37 AM   | 76 B 10 & Under 50 Free          | 2                                    | 4:48 PM   |
| 77 G 11-12 50 Free            | 5       | 9:38 AM   | 77 G 11-12 50 Free               | 2                                    | 4:52 PM   |
| 78 B 11-12 50 Free            | 4       | 9:39 AM   | 78 B 11-12 50 Free               | 2                                    | 4:54 PM   |
| 79 G 13-14 50 Free            | 7       | 9:41 AM   | 79 G 13-14 50 Free               | 2                                    | 4:58 PM   |
| 80 B 13-14 50 Free            | 7       | 9:42 AM   | 80 B 13-14 50 Free               | 2                                    | 5:00 PM   |
| 81 G 10 & Under 100 Fly       | 5       | 9:44 AM   | 81 G 10 & Under 100 Fly          | 2                                    | 5:02 PM   |
| 82 B 10 & Under 100 Fly       | 3       | 9:50 AM   | 82 B 10 & Under 100 Fly          | 2                                    | 5:08 PM   |
| 83 G 11-12 100 Fly            | 5       | 9:54 AM   | 83 G 11-12 100 Fly               | 2                                    | 5:12 PM   |
| 84 B 11-12 100 Fly            | 4       | 9:59 AM   | 84 B 11-12 100 Fly               | 2                                    | 5:16 PM   |
| 85 G 13-14 200 Fly            | 5       | 10:03 AM  | 85 G 13-14 200 Fly               | 2                                    | 5:20 PM   |
| 86 B 13-14 200 Fly            | 4       | 10:15 AM  | 86 B 13-14 200 Fly               | 2                                    | 5:28 PM   |
| 87 G 10 & Under 100 Back      | 5       | 10:25 AM  | 87 G 10 & Under 100 Back         | 2                                    | 5:34 PM   |
| 88 B 10 & Under 100 Back      | 3       | 10:32 AM  | 88 B 10 & Under 100 Back         | 2                                    | 5:40 PM   |
| 89 G 11-12 100 Back           | 5       | 10:36 AM  | 89 G 11-12 100 Back              | 2                                    | 5:46 PM   |
| 90 B 11-12 100 Back           | 4       | 10:43 AM  | 90 B 11-12 100 Back              | 2                                    | 5:50 PM   |
| 91 G 13-14 200 Back           | 6       | 10:48 AM  | 91 G 13-14 200 Back              | 2                                    | 5:56 PM   |
| 92 B 13-14 200 Back           | 4       | 11:04 AM  | 92 B 13-14 200 Back              | 2                                    | 6:02 PM   |
| TF/Qual 93 G 11-12 200 Breast | 3       | 11:16 AM  | Adj loss/gain on                 | Finish                               | 6:08 PM   |
| TF/Qual 94 B 11-12 200 Breast | 3       | 11:28 AM  | 50's and bkstroke                | 5 minute impact for equipment change | 6:13 PM   |
| TF 95 G 13-14 800 Free        | 3       | 11:39 AM  | 10 Minute Relay Break            |                                      |           |
| TF 96 B 13-14 800 Free        | 3       | 12:09 PM  | 97 G 10 & Under 400 Medley Relay | 2                                    | 6:18 PM   |
|                               | Finish  | 12:34 PM  | 98 B 10 & Under 400 Medley Relay | 2                                    | 6:32 PM   |
|                               | Adj Fin | 12:39 PM  | 99 G 11-12 400 Medley Relay      | 2                                    | 6:46 PM   |
|                               |         |           | 100 B 11-12 2400 Medley Relay    | 2                                    | 6:58 PM   |
|                               |         |           | 101 G 13-14 400 Medley Relay     | 3                                    | 7:11 PM   |
|                               |         |           | 102 B 13-14 400 Medley Relay     | 3                                    | 7:29 PM   |
|                               |         |           | Finish                           | 7:47 PM                              |           |
|                               |         |           | Adj Fin                          | 7:52 PM                              |           |

For 50's: potential addition of 5 minutes on timeline for equip change

First off I want to thank IES very much for allowing me to attend this years' Convention. I give IES all of the credit as I wouldn't have been able to be on national committees or had been a Zone Director for USA Swimming if it wasn't for you and your support. Todd and I are doing great in Boise and we thank you for the time we had there in the Inland Empire.

I attended the two Officials workshops which educated us in detail about the updates to officials certification requirements and using Facebook to reach to officials who have questions which is a great tool for communication. Also reviewed the updates to the website to access educational tools and the application process for applying for national meets. Our two officials that attended the Olympic games gave us an overview of what it was like being on the deck and their experiences. It was really neat to hear them speak. The other workshop went over situational occurrences that happen at meets and the solutions and also how other LSC's handle these. A very good question and answer session.

Also, I am on the Sports Science and Medicine Committee and the panel chosen spoke to athletes about nutrition and sports drinks and how to balance out meals while in training and on the road.

I also attended the Olympic International Operations Committee of which I was elected in 2011 to serve 2012 through 2016. There was an overview of the 2012 Olympic Games in London and new officers who were term limited were elected to serve as committee leaders on other USA Swimming committees. We will be looking at the National Team Selection protocol, travel procedures and approving meets like the Grand Prix and National Meet Site Selections for the next 4 years. We were given a manual from the national Team Director Frank Busch to review and give our feedback to him.

I also attended the Western Zone meetings and Robert Broyles as the Director can give that report.

Thanks ,Vicki Marsh :)



## 2012 – 2013 SENIOR MEETS

|                     |                                                      |
|---------------------|------------------------------------------------------|
| Nov 29-Dec 1, 2012  | AT&T Short Course National Champs(LC) – Austin, TX   |
| Dec. 6-8, 2012      | Short Course Jr Nationals(SC) – Knoxville, TN        |
| Dec, 2012           | SC Can Am Disability Championships                   |
| Dec. 21-23, 2012    | WA State Senior Championships(SC) – Federal Way, WA  |
| Jan. 18-20, 2013    | WA State Open(LC?) – Federal Way, WA                 |
| Mar. 14-17, 2013    | Senior Sectionals(SC) – Federal Way, WA              |
| Mar. 12-16, 2013    | NCSA Junior Nationals(SC) – Orlando, FL              |
| Apr, 2013           | Open Water Nationals – California                    |
| June, 2013          | LC Can Am Disability Championships                   |
| Jun 25-29, 2013     | USA World Championship Trials(LC) – Indianapolis, IN |
| July 16-20, 2013    | Senior Sectionals(LC) – Gresham, OR                  |
| Aug 2-4, 2013       | Western Zone Senior Championships(LC) – Clovis, CA   |
| July 30-Aug 3, 2013 | US Open(LC) – Irvine, CA                             |
| Aug 5-9, 2013       | Junior Nationals(LC) – Irvine, CA                    |

### Meets receiving 2012-2013 National funding will be:

1. SC Nationals(4)
2. SC Junior Nationals(4)
3. SC Can/Am Disability Nationals(4)
4. NCSA Junior Nationals(4)
5. LC Can/Am Disability Nationals(4)
6. Open Water Nationals(2)
7. World Championship Trials(4)
8. LC Can/Am Disability Nationals(4)
9. US Open(4)
10. LC Junior Nationals(4)
11. Any USA Swimming Grand Prix(2) limited to one meet

### USA Olympic Trial Qualifiers

- |                    |                 |
|--------------------|-----------------|
| 1. Addisynn Bursch | 5. Cody Roberts |
| 2. Ben Lovell      | 6. Jenni Dole   |
| 3. Natilee Ruiz    | 7. Carmen Robb  |
| 4. Lisa Bratton    | 8. Mason Shaw   |

### Canadian Olympic Trial Qualifiers

1. Coleman Allen
2. Bryce Kananowicz

### South African Olympic Trial Qualifiers

1. Rory Buck

### USA Paralympic Trial Qualifiers

1. Michelle Kazuba



# September 25, 2012 Karen Byers Report for HOD 9/30/2012

IE Annual Club Stats 2011-2012 9/23/2012 6:06:19 PM

| Age Group                               | Total Female | Total Male | Grand Total | Total Seasonal<br>(see below) |
|-----------------------------------------|--------------|------------|-------------|-------------------------------|
| 8 & Under                               | 108          | 80         | 188         |                               |
| 9 Year Olds                             | 87           | 60         | 147         |                               |
| 10 Year Olds                            | 92           | 64         | 156         |                               |
| 11 Year Olds                            | 126          | 79         | 205         |                               |
| 12 Year Olds                            | 118          | 80         | 198         |                               |
| 13 Year Olds                            | 85           | 52         | 137         |                               |
| 14 Year Olds                            | 74           | 52         | 126         |                               |
| 15 Year Olds                            | 65           | 39         | 104         |                               |
| 16 Year Olds                            | 59           | 42         | 101         |                               |
| 17 Year Olds                            | 60           | 25         | 85          |                               |
| 18 Year Olds                            | 27           | 32         | 59          |                               |
| 19 and Over                             | 26           | 25         | 51          |                               |
| <b>Totals</b>                           | <b>927</b>   | <b>630</b> | <b>1557</b> | <b>142</b>                    |
| <b>TOTAL ANNUAL AND SEASONAL = 1699</b> |              |            |             |                               |

## Seasonal 1 and 2 (150 days)

| Age Group     | Total Female | Total Male | Grand Total |
|---------------|--------------|------------|-------------|
| 8 & Under     | 13           | 8          | 21          |
| 9 Year Olds   | 3            | 1          | 4           |
| 10 Year Olds  | 5            | 4          | 9           |
| 11 Year Olds  | 1            | 4          | 5           |
| 12 Year Olds  | 3            | 1          | 4           |
| 13 Year Olds  | 2            | 1          | 3           |
| 14 Year Olds  | 5            | 1          | 6           |
| 15 Year Olds  | 2            | 0          | 2           |
| 17 Year Olds  | 2            | 0          | 2           |
| 17 Year Olds  | 1 (Season 1) | 0          | 1           |
| 18 Year Olds  | 1            | 0          | 1           |
| 19 and Over   | 6            | 0          | 6           |
| <b>Totals</b> | <b>44</b>    | <b>20</b>  | <b>64</b>   |

## Ind Season (150 days)

| Age Group     | Total Female | Total Male | Grand Total |
|---------------|--------------|------------|-------------|
| 8 & Under     | 21           | 20         | 41          |
| 9 Year Olds   | 10           | 6          | 16          |
| 10 Year Olds  | 11           | 4          | 15          |
| 11 Year Olds  | 17           | 6          | 23          |
| 12 Year Olds  | 9            | 1          | 10          |
| 13 Year Olds  | 5            | 5          | 10          |
| 14 Year Olds  | 5            | 4          | 9           |
| 15 Year Olds  | 9            | 6          | 15          |
| 16 Year Olds  | 6            | 5          | 11          |
| 17 Year Olds  | 3            | 5          | 8           |
| 18 Year Olds  | 7            | 1          | 8           |
| 19 and Over   | 9            | 3          | 12          |
| <b>Totals</b> | <b>112</b>   | <b>66</b>  | <b>178</b>  |

# IE Club Stats (2011-2012)

| <i>Club</i>  | <i>Athletes</i> | <i>Season 1</i> | <i>Season 2</i> | <i>Ind Seas</i> | <i>Single MT</i> | <i>Other NA</i> | <i>Coaches</i> | <i>Officials</i> | <i>Total</i> |
|--------------|-----------------|-----------------|-----------------|-----------------|------------------|-----------------|----------------|------------------|--------------|
| BST          | 21              | 0               | 3               | 8               | 0                | 3               | 2              | 3                | 40           |
| CAST         | 180             | 0               | 0               | 0               | 0                | 9               | 3              | 5                | 197          |
| EAST         | 44              | 0               | 16              | 2               | 0                | 6               | 3              | 2                | 73           |
| GMSC         | 121             | 0               | 6               | 7               | 0                | 0               | 13             | 11               | 158          |
| LCN          | 36              | 0               | 2               | 3               | 0                | 0               | 5              | 4                | 50           |
| LGSC         | 83              | 0               | 0               | 37              | 0                | 5               | 5              | 7                | 136          |
| MRA          | 84              | 0               | 0               | 3               | 0                | 0               | 5              | 6                | 98           |
| PSA          | 68              | 0               | 10              | 52              | 0                | 7               | 2              | 3                | 142          |
| SAS          | 83              | 0               | 2               | 12              | 0                | 4               | 6              | 11               | 118          |
| SWAC         | 34              | 0               | 0               | 1               | 0                | 0               | 1              | 1                | 37           |
| SWAT         | 229             | 0               | 17              | 17              | 0                | 9               | 10             | 16               | 298          |
| TCCC         | 178             | 0               | 3               | 1               | 0                | 11              | 5              | 21               | 217          |
| UN           | 30              | 0               | 0               | 1               | 1                | 1               | 4              | 1                | 38           |
| VAN          | 9               | 0               | 0               | 0               | 0                | 0               | 1              | 0                | 10           |
| VS           | 141             | 0               | 4               | 7               | 0                | 4               | 7              | 12               | 173          |
| WWSC         | 73              | 1               | 0               | 22              | 0                | 5               | 6              | 8                | 113          |
| YAC          | 28              | 0               | 0               | 5               | 0                | 1               | 1              | 5                | 40           |
| YYST         | 115             | 0               | 0               | 0               | 0                | 2               | 2              | 6                | 125          |
| <b>Total</b> | <b>1557</b>     | <b>1</b>        | <b>63</b>       | <b>178</b>      | <b>1</b>         | <b>67</b>       | <b>81</b>      | <b>122</b>       | <b>2063</b>  |

1. **COACHES:** 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. Coaches do not have USA Swimming insurance coverage if their 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](http://www.usaswimming.org/coachmember).

## **A. UPDATE ON COACH SAFETY REQUIREMENTS**

The American Red Cross, in conjunction with USA Swimming, is adding a first aid component to Safety Training for Swim Coaches. Once this is available, coaches will no longer need to have a first aid certification. Because all coaches are required to take STSC, they will get the first aid curriculum automatically at that time. The new course will be called Safety Training for Swim Coaches/First Aid and will be a two-year certification; coaches with a current three-year cert will not be required to renew it before its original expiration date. Because of the new ARC blending options, coaches will be able to take STSC/FA and CPR/AED as one course (they will receive two certs – one for STSC/FA and one for CPR/AED). The new STSC/FA course is set to be released in May 2013 but the stand-alone STSC option will continue to exist until August 31, when it will then be discontinued in conjunction with the start of our 2014 membership year.

LGIs and STSCIs will be able to teach STSC/FA; WSIs will not. Connie Harvey, our ARC liaison, will look into the possibility of creating a training bridge for those WSIs who would like to become certified as STSCIs. Finding someone to teach STSC continues to be a challenge. Connie suggested that coaches who encounter this problem contact their regional ARC Aquatics Representative. A list of them can be found at [www.redcross.org/aquaticsrepresentatives](http://www.redcross.org/aquaticsrepresentatives).

There were some questions about ARC cards. Connie explained that instructors can now print their own cards; they don't have to wait for the chapter to print and mail them. Instructors should print the cards before the start of the class and give them directly to the coach once the course is over and the coach has passed the skills evaluation. Coaches don't need to wait weeks for their ARC cards anymore.

## **B. New Requirement Jan 1, 2013**

### **First Year Education Requirement (Foundations of Coaching) First Year Renewal Coaches Only:**

If you are a first time renewal coach after January 1, 2013, you must access the existing Foundations of coaching test and complete that requirement. This test will be available for first year renewal coaches who had an initial existing membership in 2012 until 9/1/2013.

## **FOUNDATIONS OF COACHING 101 AND 201**

### **FOUNDATIONS 101:**

Any coach registering as a new coach after January 1, 2013 will be required to complete and pass the on line test Foundations 101 prior to be granted coaching status. At this time we are told this will follow the business rule set up much like Athlete Protection Training. You will need to be in the membership database first to allow access to the test. The format of this test will mimic the Athlete Protection Training where you will review online videos that will be linked to chapter questions after each video and then an overall test at the end. There will be a charge of approximately \$15.00 to complete this requirement with the payment being made on line.

### **FOUNDATIONS 201:**

Phase 2 of this coaching requirement will not be available until sometime in May 2013. This portion must also be completed for all new coaches. The format of the test will follow the same procedure as listed above with a cost of approximately \$25.00 to be paid online. In addition this will be a two part test with the second portion directed to the Rules and Regulations of USA Swimming.

2. **NON ATHLETES:** Must pass either the Level 1 Background Check (those not in repeated, direct contact with athletes) or a Level 2 Background Check (coaches, officials, chaperones). You must also view the Safe Sport training. You must be USA registered before you can sign into to the website.
3. **BACKGROUND CHECK RENEWAL:** The first wave of background checks will expire in January. The cost for renewing a Level 1 and Level 2 will be \$19. There will be a new link created for renewing background checks. People who don't use that link will pay \$39 for a Level 2 check. People have already begun to pay the full \$39 to renew their checks, which is unnecessary. WAIT until the renewal link is available!! Refunds will not be an option.

#### **4. NEW-----Free Athlete Protection Training for Parents:**

The USA Swimming Safe Sport Program is proud to offer free athlete protection training to the parents of our member athletes. Parents are a critical component to our overall goal to protecting children from sexual abuse. The comprehensive online programming includes information about how offenders operate; how to recognize and respond to boundary violations, myths and facts about child sexual abuse and USA Swimming's Athlete Protection Policies and Procedures.

**[http://www.praesidiuminc.com/armatus/reference\\_parents.php](http://www.praesidiuminc.com/armatus/reference_parents.php)**

**Parent flyer:**

**[http://www.usaswimming.org/Rainbow/Documents/db6b4e89-b45c-4da8-affe-85c522c6b3f9/0916\\_001.pdf](http://www.usaswimming.org/Rainbow/Documents/db6b4e89-b45c-4da8-affe-85c522c6b3f9/0916_001.pdf)**

#### **5. FINES NOW IN EFFECT for 2012-2013:**

**FINES #1** if you enter athletes in a meet who aren't registered. New process...When unregistered swimmers are found in a pre-meet recon...they will be registered, their club notified and assessed a \$15 fine per athlete. The fines and registration fees must be received in the IE Office before the next meet or your team may not enter that meet.

**FINE #2** If a meet host accepts entries after the meet deadline or on deck at the meet it is their responsibility to obtain official proof of registration of an athlete. The only official proofs are: a USAS card, a copy of your roster obtained from your club portal (see #6 below), or the IE registrar's verification. A coach or parent's word is NOT proof. One way to get around this is to collect an annual IE registration form and fee. (even if the athlete is from another LSC) and hold it during the meet and until verification can be made.

6. The **Club Portal** is a free "mini website" for your club. Even if you have a club website, the Club Portal is another avenue of communication for both your current members and, more importantly, potential new members searching for a club on the USA Swimming website. If your club already has a website, this section is not meant to displace it, but rather augment it for people searching for clubs and/or pools on the USA swimming website. The Portal includes a Club Profile, Facilities Inventory, Athlete Roster (most up to the minute), non-athlete membership with expiration dates for coaches and officials, Club IMX certificates, IMX/IMR swim time report, meet results, upcoming meets, practice schedule.

- a. It is accessed by a password which I have sent to your head coaches in the past. If you forgot it or need a new or old password I will send a new one.
- b. You have access to your most up to date team roster. A copy of this roster is accepted as proof of registration at any meet you attend. And is useful when you do meet entries, since IE will now find clubs who enter swimmers in meets who aren't registered!
- c. You'll find when all of your coach certifications expire...so you can check that at any time 24/7.

## 7. **ONLINE REPORT OF OCCURRENCE FORM**

There is The Report of Occurrence is now an online form. Submitting the form online will be a more efficient way of sending information to USA Swimming. The Report of Occurrence is submitted any time there is an accident or injury during such USA Swimming activities as Sanctioned or Approved swim meets, swimming practices, contracted Swim-a-Thons or approved social events, The online form does require that certain sections, indicated by an asterisk, must be completed before it can be submitted. If you have any questions, contact Mary Illich at (719) 866-3574 or Carol Burch in the Member Services Department at (719) 866-4578 or email, [millich@usaswimming.org](mailto:millich@usaswimming.org). Here is the link to the online form: [www.usaswimming.org/ROO](http://www.usaswimming.org/ROO). After the form is submitted, the submitter will receive an email confirmation. In the body of the email is a detailed account of the information that was reported. This email should be printed or saved to a file for record keeping. Forward a copy of this email to the LSC Safety Coordinator: **Jack Griffith, [jack\\_e\\_griffith@rl.gov](mailto:jack_e_griffith@rl.gov) AND the IE Office [info@ieswim.org](mailto:info@ieswim.org).**

8. **Club Code of Conduct/Club Travel Code of Conduct:** Each Club should have a signed Code of Conduct from all members. The USAS website has examples, drawn from the USAS Rulebook, but you can adapt them for your club. Note that bullying is now a part of the Code of Conduct. Each club should have procedures in place to deal with violations of the club's code of conduct.

Bullying: From the USAS Rules and Regulations:

*Bullying is prohibited. For these purposes, the term "bullying" shall mean, regardless of when or where it may occur, the severe or repeated use by one or more USA Swimming members ("Members") of an oral, written, electronic or other technological expression, image, sound, data or intelligence of any nature (regardless of the method of transmission), or a physical act or gesture, or any combination thereof, directed at any other Member that to a reasonably objective person has the effect of: (i) causing physical or emotional harm to the other Member or damage to the other Member's property; (ii) placing the other Member in reasonable fear of harm to himself/herself or of damage to his/her property; (iii) creating a hostile environment for the other Member at any USA Swimming activity; (iv) infringing on the rights of the other Member at any USA Swimming activity; or (v) materially and substantially disrupting the training process or the orderly operation of any USA Swimming activity (which for the purposes of this section shall include, without limitation, practices, workouts and other events of a member club or LSC)."*

Each Club should have a Travel Code of Conduct in place for all swimmers. Contact [info@ieswim.org](mailto:info@ieswim.org) with questions.

9. **Misc: Clubs should consider additional Board Member Insurance available from USAS swimming Risk Management.**





## IES Safety Chairperson Report HOD September 30, 2012

**Safety Observations:** After attending a number of swim meets observations identified cords and cables are not being protected at the Start and Turn ends of the pool. This is a potential tripping hazard for officials, swimmers timers and other volunteers. Some means of protection needs to be applied to minimize the risk, examples include: cover with matting, secured with tape or overhead suspension etc. could be used. Some pools are doing a great job; it just needs to expand to others before an event occurs. Chairs have been used in place of ladders to elevate people for set-up or teardown, as a reminder chairs are not load rated for standing and can fail at any time resulting in injury or death.

**Short Course Season:** During the 2011 -2012 short course season two large indoor IES swim meets had complaints regarding air and water quality issues. In order to reduce the chance of having reoccurring complaints at these or other facilities, actions need to be taken by the host team to assure the facility is prepared to host a sanctioned event. A few examples:

- Name of Responsible POC & Phone number-during normal and after hour operations including weekends. (this is not the life guard)
- Verify: Heating and Ventilation system will be in a normal operational mode throughout the Meet (not economizer, or reduced during weekend or after normal hours of operation)
- PH levels- during low and maximum pool usage
- Water temperature
- Date of last pool inspection and rating
- Pool design: Maximum number of swimmers
- Facility design: Maximum number to include: athletes, spectators, and volunteers

**\*Coaches remind your swimmers to shower before entering, and don't pee in the pool.**



***Why is the issue of peeing in the pool so important?*** What has come to the forefront recently is that peeing in the pool may be one of the main causes for “bad air quality” in indoor natatoriums. Since urine, has high Ammonia content, a few people peeing in a 25 yard pool can tremendously affect the Chloramines level.

***Irritants in the air at swimming pools*** are usually the combined chlorine by-products of disinfection. These by-products are the result of chlorine binding with perspiration (sweat), dander, urine, saliva, body oils, lotions and some shampoos/soaps and other waste from swimmers. As the concentration of by-products in the water increases, they move into the surrounding air as well. Breathing air loaded with irritants can cause a variety of symptoms depending on the concentration of irritants in the air and amount of time the air is breathed. The symptoms of irritant exposure in the air can range from mild symptoms, such as coughing, to severe symptoms, such as wheezing or aggravating asthma. The buildup of these irritants in the air is partially due to poor air turnover. The odor intensifies when swimmers agitate the water, as in kicking or general warm-up swimming. The odor is worse at water level but can be extremely irritating at deck level or in the viewing area. Many times eye irritation and breathing difficulties are also experienced.

**IES Web Page:** Currently there are 19 safety topics under the safety tab on the IES web page.

**The USA Swimming Safety Poster Contest** had no participation from swimmers in the Inland Empire

### **Accidents/Injuries 2<sup>nd</sup> quarter**

Inland Empire had one reported injury.

At a swim meet; exiting the locker room, an adult entering- stepped on the athlete's big toe tearing the nail back.

**USA swimming nationwide injury report attached**



## Meet Directors-Facility Report

There have been numerous complaints regarding air and water quality issues in the Inland Empire, to help resolve these issues we need your assistance. (Type or print the following information)

Meet Location: \_\_\_\_\_ Sanction: IE- \_\_\_\_\_  
Date: \_\_\_\_\_ Meet Director: \_\_\_\_\_ Phone: \_\_\_\_\_

PH and Chlorine levels are taken a minimum of twice per day; Heavy use should be done during warm-ups (coordinate with Lifeguard staff-they check these levels)

| <b>PH Level</b> | <b>Friday</b> | <b>Saturday</b> | <b>Sunday</b> |
|-----------------|---------------|-----------------|---------------|
| Light use:      | _____         | _____           | _____         |
| Heavy use:      | _____         | _____           | _____         |

| <b>Chlorine Level</b> | <b>Friday</b> | <b>Saturday</b> | <b>Sunday</b> |
|-----------------------|---------------|-----------------|---------------|
| Light Use:            | _____         | _____           | _____         |
| Heavy use:            | _____         | _____           | _____         |

**Any obnoxious odors reported:**      **Yes**      **No**  
If so provide action taken:

**Facility Hazards Reported:**      **Yes**      **No**  
Identify issues and action taken:

**Were there any injuries**      **Yes**      **No**

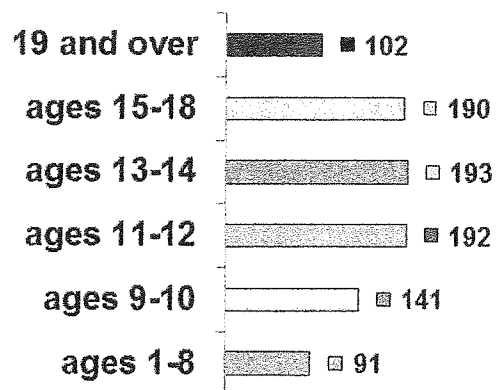
If so, fill out an accident report and send to USA Swimming, IES Safety Chair, and IES Admin. Vice Chairman and IES Registration/Membership---Go to the IES web Page under IES Administration/IE Board/Committees for current listings

**Send the completed form to the IES Safety Chairman**

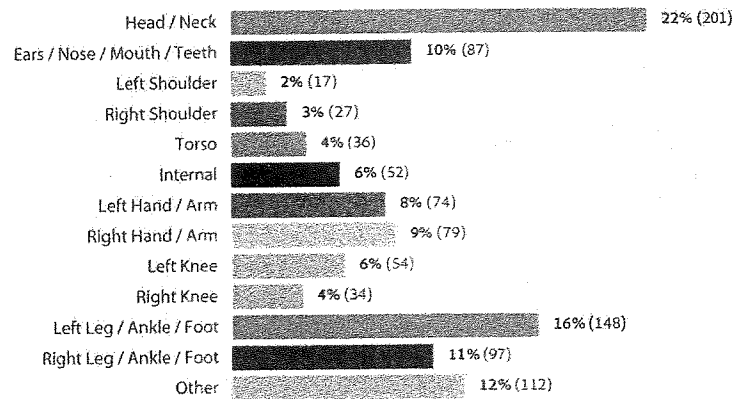
## 2012 2<sup>nd</sup> Quarter Accident Summary

Based on 909 Incidents Reported  
through June 30, 2012

### Age Breakdown

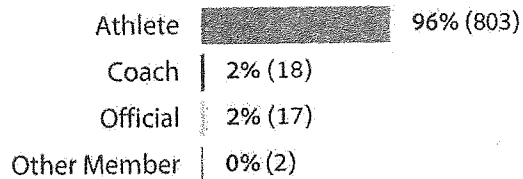


## Nature of Injury

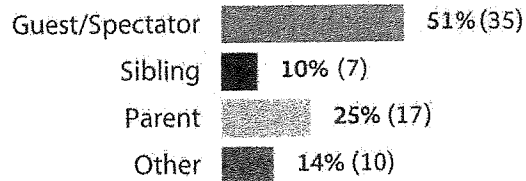


## Who was Injured

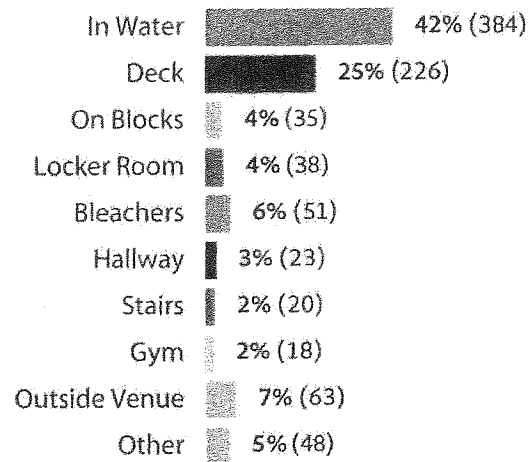
### Members



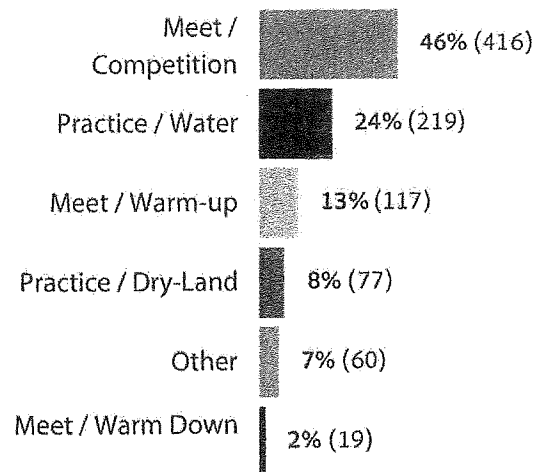
### Non-members

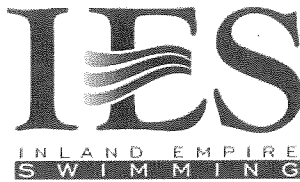


## Where Accident Occurred



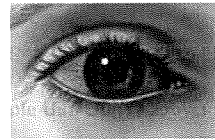
## When Accidents Occurred





## Stinging Eyes

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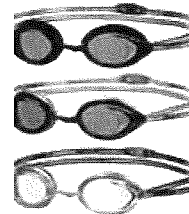


### **The dreaded swimmers eye irritation**

Swimmers eye is not permanent it's just a short irritation. It can cause blurred vision, itchy eye, red eye and tearing from the eye. Eyes are a very common swimming injury and can become easily irritated from the chloramines in the water. Eyes can also become infected from the micro-organisms in the water. Although it never really last too long for most people, it can be an annoying irritation. To prevent eye irritation, swim in only in properly maintained, sanitized, and balanced pools.

### **Aquatic Environment**

Swimming pools contain many chemicals and potential contaminants. Chlorine and other chemicals are added to pool water to control bacteria, but these chemicals also can irritate the eyes. Chlorine kills germs--but not instantly.



### **Wear goggles while swimming.**

It is better to wear goggles and protect your eyes. Soft contact lenses are a problem as they can stick to the cornea. It is recommended to wait 20 to 30 minutes after leaving the water before removing lenses to avoid damaging the surface of the cornea. Also research has shown that soft contact lenses can protect the eyes from the chlorine in the water, but for soft contact lens goggles are recommended

## **Eye Infections**

Conjunctivitis, or pink eye, is the most common type of eye infection. Bacterial conjunctivitis can be treated with antibiotic drops or ointment. Use eye drops to relieve eye irritation from viral conjunctivitis. Do not rub your eyes. Use tissue to dry the eyes, and dispose of them properly after use.

**Note:** Eye infections, such as pink eye (conjunctivitis), can be transmitted through close contact with an afflicted individual. Stay home. Do not go to swimming pools or other public places if you have an eye infection.

## **Eye Drops**

It never looks good when you or your child has done a good days swimming and you look at their eyes and they're blood shot. Use eye drops containing antihistamines after leaving the pool.

## **Outdoors**

Wear good polarized goggles to filter out destructive rays of the sun while swimming, or sunglasses and a hat if participating in other activities around the pool.

**\*If eye irritation continues after one day please see your doctor**

This information is provided to you by the IES Safety Committee



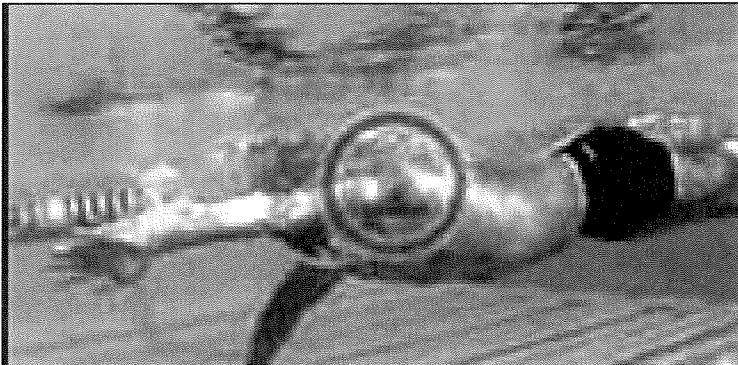
# Competitive Swimming Injuries

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**This edition we will cover the Shoulder and Elbow injuries**

Swimming is a highly competitive sport that requires the use of just about every muscle in your body. It's effective at toning your physique and even burning fat. However, injuries to the shoulders and elbows can be quite common due to the strain placed on your muscles and joints. While warming up and stretching can prevent some injuries, it's still important to be mindful of what could happen.

## Swimmer's Shoulder



Swimmer's shoulder is one kind of competitive swimming injury. It causes the muscles and tendons around the shoulder to swell up, become inflamed and cause pain. The act of making large strokes through the water strains the shoulder muscles and can result in tears and soreness.

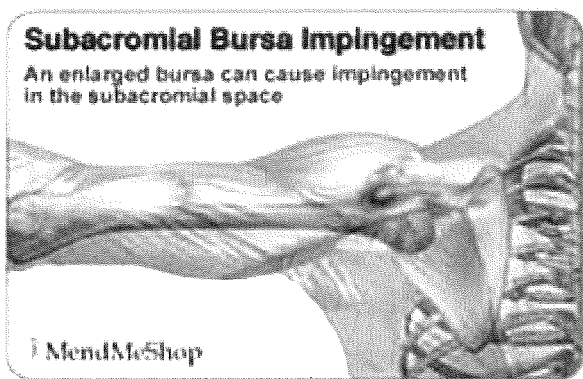
Although swimming is generally considered a sport with a low risk of injury, a distressingly large number of competitors suffer from shoulder problems at some point in their career. For example, over one-half (51%) of a group of 137 elite swimmers (participants in a national competition) reported injuries. "The most affected segment was the shoulder (53%) and tendinitis was the most frequent diagnosis (72%)." Specialists in butterfly and freestyle were diagnosed with shoulder tendinitis with a frequency almost triple backstrokers and breaststrokers.

**There are three primary risk factors for shoulder injury:** excessive training distance, muscular imbalances, and improper technique. Many experienced swimmers (i.e. older teens) have all three risk factors, but can only control one. The coach usually controls training distance. Muscular imbalances are often not identified or given inadequate attention. Technique, however, is the one factor under the continuous control of the swimmer. It is, therefore, vital that swimmers learn to position the arm to avoid shoulder stress.

An ineffective (and stressful) arm entry was found in most college swimmers (over 50%) for both butterfly and freestyle. At the completion of the arm entry, the hand was closer than the shoulder to the surface in a position classically related to joint surface aggravation or “impingement syndrome.” Modifying the arm entry with a downward angle positions the hand deeper than the shoulder to begin the pull. The resulting arm position is stronger (more mechanically advantageous), and most importantly, less stressful on the shoulder.

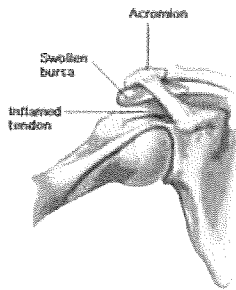
In addition to arm position, there are also arm coordination issues related to shoulder stress. For example, if the arm is held motionless in front of the body as the opposite arm recovers (as in catch-up stroke); the ensuing torso rotation will stress the shoulder. Eliminating catch-up coordination (by immediately beginning the pull after completion of the arm entry) is another way to prevent or rehabilitate shoulder injuries.

## Rotator Cuff



Competitive swimming may also cause damage to the rotator cuff in your shoulder. This area includes numerous muscles that make it possible for your shoulder to rotate all the way around. Performing repetitive swimming strokes, including the breast stroke that requires you to quickly fling your arms around can cause joint issues and pain. Tearing can also occur, which would require rest and possible surgery to repair.

## Preventing Shoulder Injury

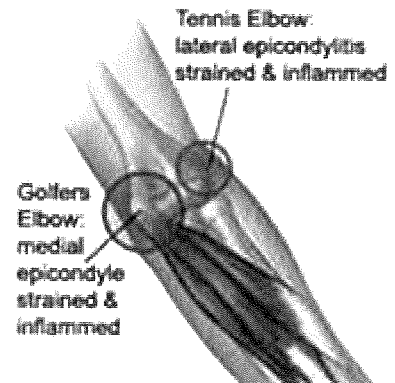


Appropriate prevention of swimmer's shoulder is critical in all intense training programs. Routine icing and, in some cases, prophylactic NSAIDs may be needed during heavy training. Continual reinforcement of proper stroke mechanics and adequate flexibility is essential. Yardage and intensity must be increased gradually at the start of each season, and warm-up and cool-down periods should be lengthy. After long kicking-only sets, a swimmer needs additional warm-up before using arm strokes at normal speed.

Weight training should emphasize the same goals as rehabilitation, including consistent rotator cuff strengthening exercises. Hand paddle use should be minimized. These simple modifications can greatly decrease a swimmer's chances of shoulder overuse but are frequently overlooked when intense training is the priority.

## Tennis Elbow

Despite its namesake, another possible swimming injury is tennis elbow. Known medically as lateral epicondylitis, this condition arises due to overuse of the elbow joint and surrounding muscles to pull the arms up out of the water for the breaststroke and butterfly, according to Sports Injury Bulletin. Inflammation and tears can occur around the elbow due to overuse and may cause weakness in your forearm.



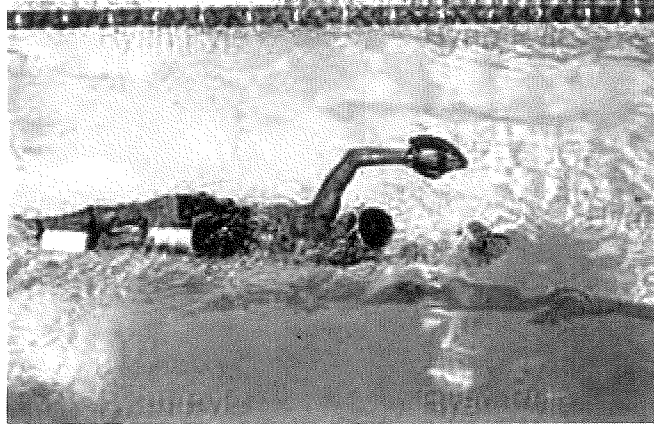
## Elbow Injuries

Although coaches often encourage swimmers to use a high elbow position during the pull phase, this position may predispose the swimmer to high medial elbow stresses that may overload the medial tendon and place the elbow at risk for injury. A swimmer may compensate for the sore elbow by dropping it throughout the pull phase. This position is much less efficient and can increase stress on the shoulder and common extensor muscles and tendons. The increased stress increases the risk of tennis elbow (inflammation of the extensor carpi radialis brevis and extensor communis aponeurosis at the lateral epicondyle) and shoulder injuries. Other overuse injuries of the elbow, such as triceps strain and synovitis, may occur with full

elbow extension during the backstroke. Thus, analysis and alteration of stroke technique are especially important in long-term management of elbow injuries.

## Over Training Syndrome

Swimmers are at risk for over training because they participate in long, intense, twice-daily practices through most of the season, and many swim with more than one team, competing year-round. Over training has been observed in 10% to 21% of swimmers during the course of a competitive season.



Staleness and over training syndrome can develop when exercise outpaces recovery or when athletes fail to adapt to the stress of sustained, high-intensity training. Swimmers' tolerance varies; a workout that increases performance in some swimmers may cause others to become stale or over trained. As few as 10 days of increased training without adequate rest may decrease performance.

The primary feature of over training syndrome is an unexpected drop in performance during practice or competition that cannot be attributed to illness or injury. This decline in performance may be preceded by a period when greater effort is needed to maintain the same performance. Over trained athletes will often have a multitude of physical and psychological complaints? Mood disturbances are common, along with fatigue and feelings of heaviness or soreness in the limbs. Often athletes will have sleep and appetite disturbances. One way to monitor athletes for over training is to have them check their resting heart rate upon awakening; a rising resting pulse may indicate early over training.

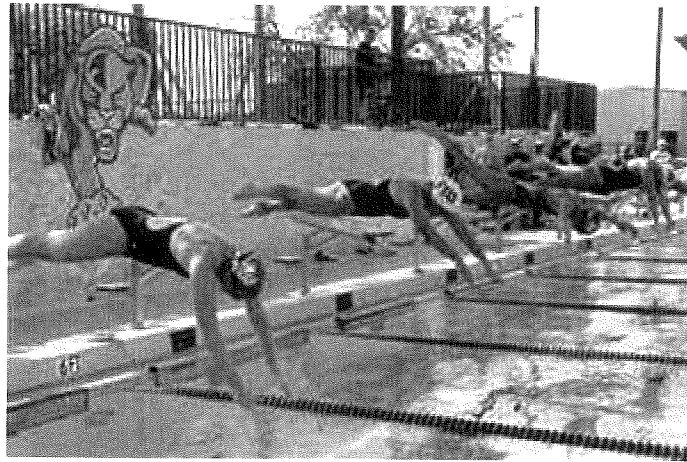
If over training is suspected, the patient should be examined to rule out illness or other diseases. Athletes should be questioned about sleep patterns, fatigue, stress, and muscle soreness. If no medical cause for the swimmer's condition is found and the swimmer is showing symptoms of over training, a training break is necessary. The length of the break may range from a few days to several weeks, depending on the severity of the over training syndrome. Athletes can usually return to activity as soon as they feel ready. Over training syndrome can be prevented if coaches allow adequate rest and recovery, especially during the heaviest training periods and following injury.

## **Additional Tips to Prevent Swimming Injuries**

Warm up and stretch before a swim session

Cool down and stretch after a swim session

Follow a general program to develop your functional strength



This information provided to you by the IES Safety Committee





## ***SANCTION REPORT: FALL HOD MEETING INLAND EMPIRE SWIMMING***

John Pringle, Sanctions Chair

### **Report:**

- 39 Sanctions granted since last fall.
- Some confusion on “Approved” meets from USA Swimming; I believe that is worked out now.
- Problems: Not many, but most problems centered on required language.

### **Needs:**

- Integrate facility air quality form into process. (Jack Griffiths)
- Email only sanction requests— new form attached.
- Include meet event file as a requirement for number assignment.



## Sanction Request Electronic Submission Only

I and the organization listed below agree to follow the requirements and conditions as stated in the current edition of USA Swimming Rules and Regulations (Article 202.2 and Article 202.3), all rules and regulations of Inland Empire Swimming, Inc. and all other term and conditions upon which this sanction may be granted with specific reference to this clause:

*In granting this sanction it is understood and agreed that USA Swimming and Inland Empire Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.*

**NOTE: By typing your name in the signature line below you are indicating acceptance of these requirements on behalf of your club.**

**Host Team:**

**POOL:**

**City/State:**

Signed: \_\_\_\_\_  
(Club Representative) (Date)

The sanctions chair should contact the following person regarding revisions and/or approval:

Name: \_\_\_\_\_ Title: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_

TYPE OF MEET: (Highlight appropriate format in yellow with highlight tool)

- A. Championship (including IES hosting of Sectional or Regional Championships)
- B. "Open" Meet  
(Use of the word "Invitational" should be avoided unless the meet is restricted to specific invited teams.)
- C. Developmental/Dual Meet (if not on schedule requires general chair approval, maximum of three teams—special fees )
- D. "APPROVED" Meet (necessary for inclusion of Masters, AAU, and/or YMCA competitors, also applies to Dual Sanctioned Meets)
- E. "Invitational Meet" (multiple team meet—restricted to specific invited teams only.)

Submit this request as an attachment via email only along with the complete meet invitation and meet events file to be reviewed to:

John Pringle, IES Sanctions Chair [coachjohn@velocity-swimming.com](mailto:coachjohn@velocity-swimming.com)

### **BELOW FOR SANCTION CHAIR ONLY**

Approved / Not Approved (highlight one)

\_\_\_\_\_

Date Issued

Sanction # IE-XX-XXXX

by IES Sanction Chair, John Pringle

# SANCTION TRACKING REPORT

| MEET                        | HOST                  | MEET TYPE             | DATES            | SANCTION # |
|-----------------------------|-----------------------|-----------------------|------------------|------------|
| VERY SCARY                  | VELOCITY              | Developmental         | 29-Oct           | 1134       |
| RED/GREEN                   | SWAT                  | Developmental         | 10-Dec           | 1135       |
| NOV TIME CHALLENGE          | SAS                   | Developmental         | 5-Nov            | 1136       |
| CHRISTMAS INVITE            | VELOCITY              | Invitational          | 3&4-Dec          | 1137       |
| Winter Wheat                | Gold Medal            | Developmental         | 21-Jan           | 1138       |
| January Storm               | WWSC                  | Invitational          | 6-8 Jan          | 1139       |
| TCCC Winter Invitational    | TCCC                  | Invitational          | 28-29 Jan        | 1140       |
| POLAR BEAR PLUNGE           | VELOCITY/YYST         | Invitational          | 14-15 Jan        | 1141       |
| LAST MINUTE MILE            | SWAT                  | Invitational          | 4-Feb-12         | 1142       |
| DIVE AND DASH               | BAKER SWIM TEAM (BST) | Invitational          | May 5 & 6        | 1143       |
| 14 and Under Champs         | Gold Medal            | Championship          | February 10-12   | 1144       |
| IES SC CHAMPIONSHIPS        | WWSC                  | Championship          | February 24-26   | 1145       |
| WWSC SPRING Developmental   | WWSC                  | Developmental         | March 17th       | 1146       |
| Short Course Farewell       | MRSC                  | Invitational          | March 16-18th    | 1147       |
| Shamrock Shake Up           | SWAT                  | Invitational          | March 9-11       | 1148       |
| LaGrand Distance Meet       | LaGrand               | Distance Invitational | April 21st       | 1149       |
| Triple Pentathlon           | SWAT                  | Invitational          | April 20-22      | 1150       |
| Fazzari's                   | LCN                   | Invitational          | May 19-20        | 1151       |
| Apple Capital               | VELOCITY              | Invitational          | June 1-3         | 1152       |
| Starlight                   | VELOCITY              | Invitational          | July 6-8         | 1153       |
| SAS Time Trial              | SAS                   | TIME TRIAL            | 24-Mar           | 1154       |
| MAYFLOWER DEVELOPMENTAL     | VELOCITY              | Developmental         | May 12th         | 1155       |
| Summer Solstice             | SAS                   | OPEN                  | June 15-17       | 1156       |
| Tri City Invitational       | TCCC                  | OPEN                  | June 1-3         | 1157       |
| Sizzlin Summer Invitational | MRSC                  | OPEN                  | July 13-15       | 1158       |
| Wine Country                | YAC                   | OPEN                  | June 22-24       | 1159       |
| Kiwanis Invitational        | YYST                  | OPEN                  | June 30-July 1st | 1160       |
| Pendleton Invitational      | PSA                   | OPEN                  | July 6th - 8th   | 1161       |
| LaGrande Invitational       | LaGrand               | OPEN                  | August 4-5       | 1162       |
| Baker Summer Dive & Dash    | BST                   | OPEN                  | Aug 18-19        | 1163       |
| IES LC CHAMPIONSHIPS        | SAS                   | Championship          | July 27-29       | 1164       |
| SWAT LC DEVELOPMENTAL       | SWAT                  | Developmental         | July 11th        | 1165       |
| <b>2012-2013</b>            |                       |                       |                  |            |
| Harvest Invitational        | YYST                  | Open Swim Meet        | November 3 & 4   | IE-12-1166 |
| Octoberfest                 | EAST                  | Open Swim Meet        | October 20 & 21  | IE-12-1167 |
| Trick or Treat Invitational | GMSC                  | Open Swim Meet        | October 26-28    | IE-12-1168 |
| Fall Kickoff                | SWAT                  | DEVELOPMENTAL         | October 20th     | IE-12-1169 |
| VERY SCARY                  | VELOCITY              | Developmental         | October 28th     | IE-12-1170 |
| LaGrande Developmental      | LGSC                  | Developmental         | October 27th     | IE-12-1171 |
| GMSC FAST FRIDAY            | GMSC                  | Developmental         | October 5th      | IE-12-1172 |

## Swim-a-thon Report

Swim-a-thon is a fun way to earn funds for your team. You can find all of the information on the USA web-site. Please encourage your teams to have a swim-a-thon.

Greta Alderson