

2016 USAS Convention, Atlanta GA  
U.S. Masters Swimming At-Large Delegate - Maryanne Barkley, Ozark LMSC Vice-Chair

Thanks for sending me to serve Ozark LMSC a second consecutive year as a USMS At-Large Delegate to the 2016 USAS Convention in Atlanta, GA. Everyone may access the USMS Convention via: <http://www.usms.org/admin/conv/2016/> - in addition to meeting minutes, presentations are available for viewing.

Congratulations to members of Ozark LMSC who were recognized by USMS: Diann Bauer (Dorothy Donnelly Service Award) & Clay Kolar (Kerry O'Brien Coaching Award). It was my treat to see Thomas Maine inducted into the International Masters Swimming Hall of Fame. Thomas' wife Shirley & three children traveled to share his special moment, bringing life to saying, "behind every great man." Thank you to Bruce Hopson for his service, now ending his term as USMS Board of Directors At-Large Director - Breadbasket Zone, and to Lori Payne on her nomination to that position. Kudos to Saluki Masters' successful Summer 2016 "Adult Learn To Swim" program.

I participated in the 6am swim workout at the Dynamo Swim Club pool where each day at least five different workouts were provided by USMS certified coaches; Distance, Sprint, Freestyle & Stroke Technique, & Tempo Training. Bad news: the pool was dark when the bus arrived on Saturday because that day Dynamo opens at 6:30am; fortunately, a lifeguard showed up within 15 minutes.

I attended the Breadbasket Zone meeting; official business was voting to endorse both of the candidates for USMS Board of Directors At-Large Director from the Breadbasket Zone: Tom Moore and Lori Payne.

Committee meetings I attended:

*History & Archives:* Committee is trying to digitize and publish information from pre-computer era. All of the "Swim Master" publications from 1971-1990 have been scanned as PDF which include meet results & reports from USMS officers and conventions. Also working to publish relay results which are difficult because only initials were listed for first name. Open Water & Long Distance Results are very hard to locate because many were never written down. A historical time-line project is in the works.

*LMSC Development:* Peer-to-Peer Teleconferences continue, there are 9 LMSC Education workshops scheduled at Convention. LMSC's must meet Standards that are Mandatory & non-compliance must be remediated; also, strive to be compliant with Target standards. The goal is every LMSC fully compliant with Mandatory & Target Standards. All USMS Meet Entry Forms must have current Liability Release. Targets discussed: Financial records get independent audit; each LMSC must have an operating budget & have website link to online registration & written, LMSC bylaws, contact info for LMSC officers (min = 1). Both the '12 & '16 versions of GTO/LMSC Management-Standards are on the USMS website now for comparison. A "Survey Monkey" for LMSC Chair & Treasurer will be implemented in the coming months to evaluate compliance.

*Rules:* Committee approved "HouseKeeping" amendments & changes recommended to the House of Delegates. Discussed at length changes to R-15: requirements for timing equipment, timers/backups with respect to Records, (info was presented as tables, "Running a Meet with Fully Automatic Timing" & "Summary of Timing Requirements in R-15"). Watches need to be uniform & able to time to ".00 seconds". Discussion regarding Pool Measurement requirements forlulthead-pool before and after each session concluded that it is a necessary step to verify that everyone is swimming the correct distance; and also emphasized the need for reliable measuring equipment & procedures. USA Swimming voted to change Rule 102.6 - Event Limit: A swimmer may compete in not more than six (changed from five) individual events per day; USMS adopted per agreement.

LMSC Workshops I attended:

*Turning Resources Into Satisfied Swimmers:* Discussed operating budgets and how to plan to spend LMSC funds on expenses that satisfy swimmers, such as socials, fees, clinics, club apparel & merchandise. Everyone wrote something they'd like to learn more about onto a sticky-note, all notes were displayed together.

*Avoiding Grievances:* Poor working relationships account for 77% of disputes such as members feeling excluded, unheard, & not valued; most grievances are less fact and more emotion. LMSCs must follow Bylaws to resolve problem. Three groups discussed & the reported on hypothetical grievances; my group used actual Bylaws from Minnesota LMSC to address our assigned grievance.

*The Social Media Driver:* Explained the differences between & uses of Facebook, Twitter, Instagram (no links in posting, hashtags #usas2016), & SnapChat. Websites should provide: Home Page, Calendar, Places to Swim, News, & Meet Results, also Registration links, BOD information, social links, coaches, officials, volunteers, photos, FAQs. Platforms for building a website were outlined, ex.; Square Space, or barter for technical service from member. Need to have minimum of 2 administrators; need frequent and timely updates, include info from all local clubs (not just biggest) plus LMSC plus national. Complaints about “Team Unify” included cost & user unfriendly; “Wild Apricot” was suggested for keeping track of dues/fees paid, can use phone to pay for a workout. Use hashtags correctly: they link others to same event, such as #usas2016. Expressed consent for Photo releases were discussed, consider a check-off box on the registration form allowing blanket approval to use images. When borrowing content, be sure that it is public domain.

*Sports Medicine:*

Dr. Tanaka presented statistics regarding the benefits of swimming as compared to other forms of exercise, and exercise vs. sedentary lifestyle. He also described the practical problems of doing laboratory experiments on test subjects including rats and humans (rats don't like treadmills & swim more vigorously when there's more than one rat in the bucket). Implications of current research suggest that exercise improves cardio-vascular function because it helps arteries remain more pliable. Dr. Tanaka invited all USMS swimmers to participate in a research survey he is conducting on musculoskeletal injuries, the online survey address is: <http://tinyurl.com/gr9vffq>

National Committees Speed Dating was a good resource to learn about different committees' work.

At the Round Table Lunch for LMSC Chairs & Vice-Chairs, the group split into LMSCs with more than 1K members, and those with less (Ozark). Ideas for organizing conference calls and for maintaining representation on an LMSC board were discussed.

Two budget items took the spotlight in House of Delegates. During the 2015 Convention, the House of Delegates voted to add a \$5 surcharge for National Championship meet entry as revenue needed to cover a rise in insurance cost that doesn't exist this year; some members were lobbying for that surcharge to be rescinded. Proponents of initiating a \$100 charge for Recognized events heard the opposing view that the charge would likely result in fewer meets where members could record USMS times. It will be interesting to compare the number of recognized meets in 2016 & 2017. The budget passed includes \$8000 in revenue from Recognized events, next year's Convention should evaluate this line-item regarding outcome data.

Thank you again for the opportunity to serve Ozark LMSC.