

2017 USAS Convention, Dallas Texas

U.S. Masters Swimming Ozark LMSC Delegate - Maryanne Barkley, Ozark LMSC Vice-Chair

Thanks for allowing me to represent Ozark LMSC a third consecutive year as a Delegate to the 2017 USAS Convention in Dallas, Texas. Access the USMS Convention business details via: <http://www.usms.org/admin/conv/2017/> - in addition to meeting minutes, presentations are available for viewing. USMS CEO Dawson Hughes' Address to the House of Delegates: <http://www.usms.org/admin/minutes/hod-2017-9-14-5.pdf> introduced Fitness initiatives & new IT platforms. The contributions of former National Office staff members Jim & Anna Lea Matysek and Traci Grilli were featured, and new staff members were introduced. Please note that at the time of the convention, Hurricane Irma was impacting Sarasota, FL (USMS National HQ), and some staff members were unable to attend because of the disaster.

Congratulations to Saluki Masters Swim Club, Event Director Clay Kolar and Safety Director Mary Pohlmann for their winning bid to host the "Eclipse Crossroads" 2018 USMS 1-mile Sprint Open Water National Championship at Little Grassy Lake in Makanda, IL on June 9, 2018 (venue change from annual Potosi, MO swim – details TBA). Also, after Saluki Masters' successful Summer 2016 & 2017 "Adult Learn To Swim" programs, the Swimming Saves Lives Foundation awarded another grant to continue the program in 2018. Although Ozark LMSC Delegate Bruce Hopson wasn't elected Secretary, I appreciate his conduct during candidate panel Q&A; thank you for continuing to serve USMS. I am humbled to be one of 15 USMS volunteers to receive the 2017 Dorothy Donnelly Service Award; thank you for the nomination and the opportunity to volunteer for US Masters Swimming.

I attended: Welcome Reception; the LMSC Social hosted by North Texas; and the swim workout at Southern Methodist University pool: LCM outdoors - the coaches did a thorough job providing a variety of workouts and learning opportunities.

Breadbasket Zone meeting minutes: <http://www.usms.org/admin/minutes/bbasket-2017-9-14-1.pdf>

USMS rep Mel Goldstein encouraged growth in LMSCs via coach certification & education - National Office resources help begin new clubs and sustain & grow existing clubs. Official business was voting to re-elect Marcia Anziano to another term as Zone Chair. Old Business from the 2016 BB Zone meeting regarding making the annual 'Spring SCY Zone Meet' a "virtual" event; the proposal is to set-up a sharable meet manager file where all local meet results from the "Zone Meet Day" are downloaded & produce meet results comparing times done at each of those local (LMSC or Club) meets within the Zone. The point was made that this function is available by going to USMS Results and filtering for course, year, and zone, which produces an event ranking. It seems sensible to use the results that are already available through USMS rather than setting up a separate meet manager file & only comparing the results from one meet, rather than all meets from that course length and season. At the end of the course season, a "Zone Champ" or "Zone Medal" or "Zone Top-Ten" could be announced on the Zone Facebook page, and announced on LMSC websites. The live 2018 Breadbasket Zone Championship is March 24 in Iowa City at the University of Iowa pool.

Committee meetings I attended:

History & Archives: <http://www.usms.org/admin/minutes/hist-2017-9-14-1.pdf>

A committee member asked about publishing historical stories from swimmers, or ones published in old editions of "SwimMaster"; Chair commented about the need for vetting of submissions for accuracy, and also of needing to get the permission of the photographer to publish old photos. I am a member of this Committee.

Coaches: <http://www.usms.org/admin/minutes/coach-2017-9-14-1.pdf>

Promoting the 3 proposed Fitness Swim events: February, 30 minute; July, 2K; Nov 1 mile. Suggestion: caps for participants, USMS member only. Grass-roots level coaching is recognized via Kerry O'Brien award, coaches are the first USMS person to greet swimmers at the pool. Regarding emergencies that might happen during a workout, recommend getting info (within HIPPA boundaries) & create an I.C.E. listing to keep on deck. Endorse inclusion of Bob Bowman's "Shallow Water Blackout" video into Coaches Certification training. Promote High Performance camp: 5-days, testing strength, lactate, nutrition; in 2018 you can come volunteer as coach. Re: Streamlines articles, submit ideas for publication. Scholarships are set up by LMSC for clinics. Safety: coaches teach swimmers how warm ups are conducted & how to enter water safely!

Sports Medicine & Science: <http://www.usms.org/admin/minutes/spm-2017-9-14-1.pdf>

Find projects & research articles in Swimmer magazine and via USMS website Blog using keywords; request topics for publication. National Meets support research participation; Sally Dillon presenting survey results at Convention. Learn the physiology of Shallow Water Blackouts. For the elderly, cross-training is essential element to physical fitness. Questions about: the long-term effects of cupping? Contraindicated exercises - ones we shouldn't do? How to do warm ups when lanes are crowded. How to better meet the needs of (non-competitive) fitness swimmers.

LMSC Development: <http://www.usms.org/admin/minutes/LMSC-2017-9-15-1.pdf>

Most common LMSC Standards deficiencies found in last year's LMSC Standards Survey: 1. No independent reconciliation of bank account; 2. Expenditures over \$5,000 requiring BOD approval; 3. Non-members in sanctioned events. Appendix D: D2 – Change LMSC boundaries in Texas; change name “Border” to “West Texas” and D9 – switch order of appearance of Calhoun and Greene counties so that the counties in the Illinois boundary description matches Ozark's; recommended to the HOD as amended. Promote Peer to Peer conference call meeting participation.

LMSC Workshops I attended:

Do You Have The Officials You Deserve?

Suggestions for cultivating & sustaining relationships with Officials; review requirements & guidelines for events, and training/certifying officials, specifically educating USA officials about USMS differences (Appendix B) in Rule Book. Remember to send friendly reminders to officials before meets. How to improve? How to educate USA officials to USMS differences? Get them Rule Book-Appendix B. Get & give feedback to officials- timeline kept? Athletes happy?

Coaching vs. Mentoring: Know The Difference:

Coaching is instructing swimmers, mentoring is developing assistants' skills. Coaching is Task Oriented & Performance Driven- concrete issues, Mentoring is Development & Relationship Oriented. Coaching is like parenting - set structure & boundaries; Mentoring more like young adults- make choices & evaluate, fail & then figure out solutions. Top Ten Requirements to Coach or Mentor: 1. Be Credible; 2. Involved; 3. Genuine interest; 4. Share your experience & insight; 5. Be a 'Sounding Board'; 6. Ask open ended questions; 7. Provide Fresh Perspective; 8. Provide helpful feedback; 9. Acknowledge Achievements; 10. Offer Advice Only if Asked. Summary: Build rapport, share your background & why you mentor to establish credibility. Build trust, model positive behavior & listen.

Sports Medicine Presentation:

Sally Dillon presented published results of a survey that asked participants to self-report their assessment of their health and whether they were being treated with medications to resolve cardiac-function issues. The survey contained specific detail about the type of medication used to treat the self-reported condition. Overall, significant differences between USMS members and the general population were noted regarding self-perception of health, regardless of cardiac function issues. Other research projects were mentioned; please 'keyword-search' USMS website for more information.

Open Water Sanctioning & Long Distance National Championship Bidding:

<http://www.usms.org/admin/conv/2017/workshop7.pdf>

Follow check-list & use templates already developed to proceed step by step through the process and succeed with emphasis on Sanction and Safety Plan. Good suggestions about developing any event, including National Championships, into a “festival” to include a variety of race distances could be helpful for “Eclipse Crossroads” National Championship in Carbondale next June when the annual “Swim The Sun” event in Potosi, MO is considered.

Notable HOD business:

Finance: 2018 Budget as Approved by HOD: <http://www.usms.org/admin/minutes/bud-2017-9-16-1.pdf>

This year's budget proposal was straight-forward and was for the most part uncontested. The budget passed by recommendation of the committee with a \$3,261.00 deficit.

Legislation: <http://www.usms.org/admin/minutes/LCP-2017-9-15-1.pdf>

Legislation addressed how to best serve Delegates in pre-vote budget discussions. and membership maintains responsibility for setting membership fees.

Rules: <http://www.usms.org/admin/minutes/rulesrulprop-2017-9-16-5.pdf>

The primary rule change involves aligning USMS with FINA rules removing stopwatches in results timing for Records; automatic timing is required.

Long Distance: <http://www.usms.org/admin/conv/2017/ldrulesproposals.pdf>

Firstly, many did not like the wording change of “Postal” or “ePostal” to “Virtual” swim (used by USA Swimming). The primary contention was disagreement whether a competing swimmer should be Disqualified for touching a “craft” (such as a Support boat) during the swim: one side arguing the need for safety, the other side arguing for integrity of no support or assist. Delegates voted that support would not be DQ based on the report that event directors could choose whether to apply this. Just before the closing of HOD business, a Delegate asked for a re-vote based on new information that event directors did not have discretion. The new vote overturned the previous ruling.

As always, the USAS Banquet is a wonderful showcase of United States aquatic sports. USMS honored the 2017 Ransom J Arthur, MD Award Winner: Michael W Moore of Pacific LMSC, and the USMS Coach of the Year: Tim Waud of Oregon Masters. Congratulations!

Thank you again for the opportunity to serve Ozark LMSC.