

2009 USMS Convention  
Report by Mary Pohlmann

As Ozark LMSC Chair, it was my privilege to serve as a delegate to the 2009 USMS Convention held in Chicago, IL September 17-20<sup>th</sup>. Our U.S. Masters Swimming organization has now more than 50,000 members. Approximately 250 Masters swimming delegates attended the convention.

In the House of Delegates, we elected the new USMS officers to lead our organization for the next two years, approved LMSC Minimum Standards, eliminated several USMS Committees, split the Long Distance Committee into two committees, approved several legislative and a few rules changes and approved a budget for 2010 which includes a \$2 increase in individual member dues.

Clay Kolar and I attend the Fitness Education Committee meeting and we were very impressed with the work this committee has accomplished. Many new activities and features are available for fitness swimmers through My USMS (see the box on the left of the [www.usms.org](http://www.usms.org) website). Go The Distance is the fastest growing member program. The FLOG feature lets you record your workout yardage.

At the Communications Committee meeting I learned how I (as Top Ten Recorder) could directly enter our meet results in the USMS meet event database. I have now gotten password access to do so and will also be able to enter results for our members who swim in USA Swimming meets if they let me know which meets they have swum.

At the Sports Medicine and Science Committee possible sports medicine talks at USMS Nationals were discussed. The American College of Sports Medicine now has a program called "Exercise as Medicine" which aims to encourage physicians and other healthcare providers to prescribe exercise. This was the focus of the Sports Medicine presentation given by Dr Jane Moore.

The Records and Tabulation Committee was an important meeting for me as Top Ten Recorder. I learned about the End-to-End Meet Management Task Force which is working on making it possible to do sanctioning of meets, meet entries, meet results, top ten submission, records submission, all through computerization from the national office. This committee has a tools website on which they are compiling all pool measurements. We need to be sure that all our measured pools have been included in this listing.

The Communications Workshop demonstrated the wide variety of communication techniques used in the various LMSCs including newsletters, websites, Facebook, Yahoo groups, cell phone and texting. The need for backup in website development, including password and webmaster succession was emphasized.

The Registrar Committee meeting is always an important meeting to attend to get the latest on renewal procedures. A new feature this year offered by Club Assistant this year is that Clubs will be able to renew their club registration on line (still \$30 per year) after the LMSC Registrar

provides them with an access code. Clubs will also be able to include a small Club logo on the USMS registration card for their members.

At the Breadbasket Zone meeting, the Breadbasket Zone Championships were awarded to Minnesota to be held April 17-18, 2010.

The LMSC Chairs Roundtable emphasized encouraging leadership succession – grooming your replacement, encouraging volunteers through various forms of recognition.

Full minutes of all committees and House of Delegates can be found at <http://www.usms.org/admin/minutes/> and a brief synopsis at <http://www.usms.org/features.php?id=154>