

**2010 USAS Convention  
Dallas, TX  
Ozark Delegate – Mary Pohlmann**

It was a privilege to attend the 2010 United States Aquatic Sports Convention as a U.S. Masters Swimming delegate from the Ozark LMSC. Most notable is that the USMS Rules amendment proposed by the Ozark LMSC did pass after some helpful rewording from former Ozark member Leo Letendre. Effective January 1<sup>st</sup>, 2011, in meets where the primary timing device is manual stopwatches, split times from two (2) stopwatches can be accepted for Top Ten recognition – but not for USMS Records. We will work for USMS Records acceptance of splits with three (3) stopwatches in the next Rules amendment cycle – 2012. USA Swimming passed a minimum requirement of three (3) stopwatches for any sort of recognition, but USMS decided not to automatically adopt the USA Swimming requirement at this time. We have trouble getting enough timers even for two to a lane. Cathy Kohn represented us admirably on the Rules Committee during the many sessions they held throughout the convention.

The USMS Long Distance/Open Water rules had a major rewrite including the adoption of two categories of swimwear. I'll leave it to our Long Distance Chair, Bruce Hopson, to summarize the swimsuit issue and other hot Open Water topics in his report.

In addition to all of the House of Delegates sessions, I attended the following meetings: Breadbasket Zone, Meet the Candidates Forum, Rules Committee session 1, Sports Medicine and Science, Long Distance Rules Open Forum, Records and Tabulation, LMSC workshop, Officials, Coaches Presentation, Recognition of Volunteers at the Local Level workshop and the Sports Medicine presentation. I also attended the International Masters Swimming Hall of Fame Induction Ceremony where two of my friends received this honor: Lois Nochman of Michigan and Bonnie Pronk of Canada. I also attended the USAS Banquet which is held to celebrate contributors and athletes in all 5 of the disciplines that meet at the Convention.

Here are some highlights from the meetings I attended. Full minutes are posted on the USMS website: [www.usms.org/admin/convention](http://www.usms.org/admin/convention). In the Breadbasket Zone meeting we decided to have the 2011 Zone Championship in Omaha, Nebraska, probably March 12-13. Other Championships within our Zone are tentatively scheduled for March 26-27 Colorado, April 2-3 Ozark and April 16-17 Minnesota. The 2012 USMS Summer Nationals will be held in Omaha and we need to help with providing volunteers for this Championship in all roles. This will be held soon after the Olympic Trials in Omaha. We have also been asked to bid on the 2011 USMS Swim Fest. Need a pool, open water venue if possible, classrooms for 200 people (125 swimmers), to be held in late spring or early summer 2011. Oct 15th is the deadline to bid on the 2011 USMS SwimFest. We have been urged to update the USMS Places to Swim for our region. Anthony Thompson was supported as our At Large Board of Director and ran for re-election unopposed.

The Sports Medicine and Science Committee of which I am a member discussed several research proposals that have sought support from the USMS Endowment Foundation. A study regarding the affect of chronic medications on Masters swimmer performance will be expanded. If you are a USMS member over age 35, you will be asked to complete a questionnaire by email concerning your use of certain prescription medications. Please help this study by completing the questionnaire. The Sports Medicine presentation "Medication and the Adult Swimmer with Chronic Illness" was given by Sally Guthrie, a

registered pharmacist. She spoke about medications used for high blood pressure, high cholesterol, diabetes, arthritis and asthma and the effects of these medications on swimming performance.

The Records and Tabulation Committee discussed the progress on the End to End Management of meets to include online sanctions, posting on the USMS calendar, management of entries, results, etc. The Chair Chris Stevenson was able to help me with uploading our Masters swimmers results from USA Swimming meets for purposes of Top Ten and the USMS database of times. Jim Matysek pointed out the importance of the date of registration for deck entries being recorded by the LMSC registrar as the date of the meet, rather than the date he receives the paper registration, in order for the swimmers' results to be included in the USMS database or to count for Top Ten recognition.

LMSC workshop emphasized Leadership, Management, Service and Communication as important functions of the LMSC. A couple ideas that I thought might be worth pursuing were to hold a clinic marketed to the self-coached swimmer and/or a 2-hour non-member community workout (free or with minimal charge). Seek and train your replacement in leadership positions. Invite non-Board members to Board meetings. Recognize LMSC volunteers with a dinner or other special event. Our goal should be to get back 10% of the 35% who do not renew each year. Retention is generally better the older the swimmer. Retention is less with younger swimmers, but many do come back later.

The Officials Committee recommended that the name of the meet referee be added to the sanction form. We already do this in the Ozark LMSC. A rule was passed that requires the meet referee to have some training in the duties of a meet referee in addition to being a certified stroke and turn judge. This can be quite simple, not necessarily a formal class.

Recognition of Volunteers at the Local Level workshop gave me several ideas for rewarding our volunteers. If we start an award program, we should post on our website a list including the name of the award, those who have received it in the past and the details of how to nominate someone for the award. Use the word volunteer whenever referring to the various roles and services that our members provide to the LMSC; e.g., Volunteer Board members, Volunteer Registrar, Volunteer Treasurer, etc. Practical gifts maybe more appreciated than plaques, but a certificate and publicity to show recognition is important.

The USMS Foundation initiative is **“Swimming Saving Lives”** -drowning prevention. Programs that meet this goal may be able to receive funding through the USMS Foundation.

The 2012 USMS Spring Nationals will be in Greensboro, NC, April 26-29, 2012 and the 2012 Summer Nationals will be in Omaha, NE 2012 at the Qwest Center, July 5-8, 2012. This will be shortly after the Olympic Trials and in the same venue.

The USMS portion of individual memberships will increase in 2011 to \$31 and in 2012 to \$33.