

Coaches Committee Agenda 10/4/14

- 1) Approval of minutes from 4/13/14 **passed**
  - 2) Convention report: see below for details
    - a. Club development committee; interesting data
    - b. Coach mentor program 8 LSC's renewals will be different LSCs, do we want VSI funding? Discussion.
    - c. 2016 OT dates 6/26—7/3
    - d. Futures/legends meets QT and locations next two weeks
    - e. Sports Science:
    - f. Meet Management-
    - g. FINA votes in November to delete the "hand separation" call in breaststroke.
  - 3) Zones Sr Championship Meet: club meet NOT an LSC travel meet. QT? Erie Community College, Buffalo NY. 8/6-7/15 (QT= guestimates around winter sectional cuts, maybe .5-1 second slower per 100. Make 1 event swim 4)
  - 4) Open Water: Open water National meet 11-12 will be 3K, 13 and up 5K. Do we want to change our LSC OW swimmer of the year to be 11-12 and 13 and Up? 11-12 QT will be 500 free AAA and 13 and up AAA 1650. Zones advancement? **passed**
  - 5) National level meets recognized for reimbursements: discussion.
  - 6) Banquet: proposal 12 and under 2 AAA events, 13 and up 2 AAAA events.
  - 7) Swimmer of the Year: process is tedious, laborious, do we want to change this in light of the new banquet format? I believe that the process should be moved to AG and Sr respectively and simplified.
  - 8) Old Business: seasonal membership: see registration report- discussion.
  - 9) New Business:
    - a. Actionable items from this weekend:
      - i. **Age Group:**
        - a. No relays at summer awards 2015 **passed**
      - ii. Selection process: motion to change process for first time qualifiers after the entry deadline for process waived to have 4 or more zone cuts and pay their entry fee. **Passed**
    - Senior:**
      - a. Closed final warm up last 30 minutes **passed**
      - b. 18 and under only D final **passed**
      - c. Chase starts LC on Saturday **passed**
      - d. Thursday 12:3:0 w-up 2:00 start **passed**
      - e. Eliminate general meeting anything of import is written up
      - f. Time trials 15 minutes **passed**
      - g. Final check in statement remove **passed**
      - h. Warm up allow snorkels **passed**
    - b. Coach's committee handbook
    - c. Allow 11-12 year olds to swim 13 and up mile at AG champs with current cut **14 and under mile recommended 1 opposed**
- 10) Adjournment:

Convention report:

Club development:

a. Club development committee interesting data: 80% of those in lessons do not want to swim year round. 97% parents don't want to see their son in briefs, only 37% ok with jammers. (image issue)

b. Mom decides what sports, 7 minutes for rec league, 15 minutes for USAS driving time.

2016 OT:

a. might have 2 day overlap with College World Series.

Sports Science:

a. rest/hydrate/ recover/ sleep 7.5 hours, no caffeine after 4 PM

b. Youth work balance- stretching-static exercises- skills

Meet Management:

a. know local codes on predators and banning from sight- some had previous complaint before a restraining order could be written/granted.

Zones/Open Water: see actual Agenda