Coaches Committee Agenda 10/4/14

1. Approval of minutes from 4/13/14 passed
2. Convention report: see below for details
   1. Club development committee; interesting data
   2. Coach mentor program 8 LSC’s renewals will be different LSCs, do we want VSI funding? Discussion.
   3. 2016 OT dates 6/26—7/3
   4. Futures/legends meets QT and locations next two weeks
   5. Sports Science:
   6. Meet Management-
   7. 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:
   1. Actionable items from this weekend:
      1. **Age Group:**
         1. No relays at summer awards 2015 passed
      2. 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

* 1. Coach’s committee handbook
  2. Allow 11-12 year olds to swim 13 and up mile at AG champs with current cut

14 and under mile recommended 1 opposed

1. 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)

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

2016 OT:

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

Sports Science:

1. rest/hydrate/ recover/ sleep 7.5 hours, no caffeine after 4 PM
2. Youth work balance- stretching-static exercises- skills

Meet Management:

1. 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