

September 21, 2010

Metro Swimming Coaches report from the USA swimming convention in Dallas

- 1- New athlete protection policies and guidelines.
<http://www.usaswimming.org/Rainbow/Documents/ef433211-893e-43d0-a7b8-f6d787b0d9bf/Athlete%20Protection%20-%20guidelines%20and%20policies%20.pdf>.
 - A- These policy guidelines are significantly changed from previous years. Please understand that a policy is a course of action (rule) that means when violated could mean disbarment from USA Swimming. Read the policies carefully so you understand the implications and how you may decide to change (if anything) what you do. Guidelines are recommendations to help avoid being put in a compromising place according to USA Swimming.
 - B- Protection for coaches. There is not much protection for coaches right now and with three lawsuits filed against USA Swimming and two more in the pipeline, they are going to be as conservative as they can to avoid further litigation. Be careful and vigilant!
- 2- Swimming in college: There was a forum of current college coaches and swimmers available to answer questions about the recruiting process and guidelines for swimmers and coaches.
 - A- Core courses: A student athlete must have 16 core courses which are up from 14 a few years ago.
 - B- Any potential college athlete should meet with their high school counselor to make sure they are taking the right courses for entrance into an NCAA school by the ninth grade.
 - C- Do your homework on possible college choices. If offered, take all five allowed college visits. This will give you a better perspective when making a decision.
 - D- Pick the school you love. If you are going for the money, you may be disappointed with your choice after you get there.
 - E- College coaches do not care where you swam your times. They care that you swam fast enough to get into their school and be an asset.
- 3- Pan Pacific Games: Coaches of the Junior team were disappointed in the technical skills of the younger athletes. They felt that the walls and starts were not very good for these younger swimmers. My feeling is we can't get our swimmers to the top level unless we spend significant time in all areas.