

USA Swimming Convention Report  
2012 USAS Convention - Greensboro, NC

Nicole Papsco – Metropolitan Swimming - Junior Athlete Rep

Find your athlete reps Julian Mackrel and Nicole Papsco on Facebook at Metropolitan Swimming <https://www.facebook.com/groups/319383604827599/>

The September 2012 annual USA swimming convention last weekend was held in Greensboro North Carolina and representatives from all over the United States were in attendance. As a junior athlete representative the following organized notes I took at the multitude of meetings I went to which pertain to the athlete members of Metropolitan swimming.

1. Eastern Zone meeting (Thursday 9/13) –
  - a. Winter Zones – March 28-30 2013 at Webster New York hosted by Fairport.
  - b. Winter Sectionals – March 21 – 24 Flickinger Aquatic Center (Erie Community College) in Buffalo hosted by Star Swimming (Long Course). Recently renovated making the warm down pool much easier to breath in, new bulk head, new scoreboard and starting blocks with fins.
  - c. Summer Zones – August 2013 to be potentially held in the new facility in Ithaca presents issues related to hotel stays (could be in dorm rooms with no air conditioning and may not be sufficient food outlets). The other sites pending is in Richmond Virginia (the same pool as last summer, Olympic trials 2008).
  - d. Summer Sectionals - August 2013- Buffalo hosted by Star swimming (warm down pool & renovated facility) \* Cut times may be tightened to limit the meet to 500-600 swimmers and some changes to when events will be swum.
  - e. Relay only swimmers will NOT be allowed to time trial at sectionals this year.
  - f. Potential to add a “D” final to sectionals for 18 and under swimmers only!
  - g. Coaches’ credentials are ALWAYS required on deck – possibly for swimmers also – being evaluated.
  
2. Deck Pass
  - a. Sign up for Deck Pass!
  - b. Watch for parent / child deck pass video coming soon
  - c. <http://www.usaswimming.org/DesktopDefault.aspx?TabId=2151&Alias=Rainbow&Lang=en>

### 3. Nutrition

- a. The importance of nutrition for swimmers
  - i. Function of food – recovery, growth, stress relief.
  - ii. Optimal Performance fuel – energy, immune system, muscle strength, good hydration, high oxygen levels, no bone disorders.
  - iii. Energy vs. functional energy – swimmers need to think of food in terms of energy and the different types of calories they eat as opposed to just how many calories.

### 4. Rules and Regulations

- a. Deck Changing – widely popular issue at the House of Delegates meeting. Much debate led to the conclusion that each team hosting a meet will be able to change the wording of the rule about deck changing. Less severe term to be used is “strongly prohibited” compared to “prohibited.” If the meet packet says “prohibited,” there will be consequences to deck changing such as a DQ from the next event, whereas “strongly prohibited” means it is greatly looked down upon.
- b. Pool water temperature for a meet between 77 to 82.4 degrees.
- c. Safe sport was a major presentation given at the convention. Discussed ways to stop bullying and verbal, emotional and physical abuse to provide each swimmer with a safe and comfortable environment. Each team and LSC should have an anti-bullying policy and coach to athlete code of conduct. Swimmers must be aware of “Red Flags” in the actions of team members and report any suspected abuse immediately.

### 5. Make A Splash

- a. Provides swimming lessons – funded via swim a thon club involvement – good club team activity for volunteerism
- b. <http://www.usaswimming.org/DesktopDefault.aspx?TabId=2094&Alias=Rainbow&Lang=en-US>
- c. Being in an advocate for this program I had the opportunity to meet and listen to Rowdy Gaines (former Olympian and current Olympic announcer) who dictated to the representatives that it is the swimmers duty to be involved and help teach and encourage children to learn to swim. A large majority of people in the United States cannot swim and helping them gain this skill will hopefully help decrease the number of drowning victims.

## 6. Statistics

- a. USA Swimming had 5 World records, 11 American records and 8 Olympic records this summer and earned 31 medals as a team!
- b. USA Swimming was 30% of all USA medals.
- c. 1820 athletes went to Olympic trials in Omaha.
- d. 2016 Olympic trial site tbd.

## 7. Awards

- a. Missy Franklin – Swimmer of the Year
- b. Katie Ledecky – Phillips 66 Performance of the Year
- c. Michael Phelps – Athletes Appreciation Award
- d. David Boudia – USA Diver athlete of the year
- e. Katie Ledecky article plus list of awards  
<http://www.swimmingworldmagazine.com/lane9/news/USA/31982.asp?q=Katie-Ledecky-Earns-Phillips-66-Performance-of-the-Year-Award-from-USA-Swimming>

## 8. On a side note – things to watch for in 2012/2013

- a. Varsity swimming time standards – New York State  
<http://www.nysphsaa.org/sports/pdf/B.G.SwimQualTimes1213.pdf>
- b. Varsity swimming championship meet information site  
[http://www.nysphsaa.org/championships/winter12/b\\_swim.asp](http://www.nysphsaa.org/championships/winter12/b_swim.asp)
- c. USA Swimming scholastic all American applications and standards 2013 (apply online after June 1, 2013 – applications due by August 1, 2013)  
<http://www.usaswimming.org/DesktopDefault.aspx?TabId=1582&Alias=rainbow&Lang=en>
- d. Check the metro swimming website often <http://www.metroswimming.org/>
- e. Make sure you have your own USA swimming account – encourage teammates to sign up  
<https://www.usaswimming.org/Secure/Logon.aspx?fromLink=true&returnUrl=%2fDesktopDefault.aspx?TabId=0&Alias=Rainbow&Lang=en>
- f. 2013 – 2016 motivational standards have been revised (these are the B to AAAA times) [http://www.metroswimming.org/Standards/2013-2016\\_Motivational\\_Times.pdf](http://www.metroswimming.org/Standards/2013-2016_Motivational_Times.pdf)
- g. All other time standards as they become available for Metropolitan can be found at <http://www.metroswimming.org/Standards/Standards.html>