

NJS Age Group Chair / Tech Planning Report

NJS HOD – October 10th 2015

Respectfully submitted by Tristan Formon

REPORT ITEMS

- NJS Summer Tech Planning Update/Recommendations
- 2016 Winter 13&O SB Champs
- United States Aquatic Sports > USA Swimming National Convention

Summer Tech Planning Meeting Update / Recommendations

Draft Minutes are available on line. Highlights / Recommendations:

TP determined that Senior Champs and 14&U NJJOs will **NOT** be mutually exclusive. Athletes may attend either or both meets in the same events provided that have the respective time standards.

TP determined that Senior States and 14&U Jnr AG Champs will **NOT** be mutually exclusive moving forwards. Athletes may attend either or both meets in the same events provided that have the respective time standards.

Individual entry limits for athletes competing in the **OPEN** session of 13&O Summer NJJOs and Winter Senior Champs will be **7** for the meet. 14&Us will be limited to **9** events for both seasons for NJJOs.

For 2016, the 12&U Winter Regions will include and incorporate an 8&U Mini Session for teams and families assigned to those respective regions rather than host a separate winter mini champ meet. This concept was well received and supported by existing traditional meet hosts.

For Summer 2016, the LSC will move to a true regionalized SB format with teams assigned to one facility RU or PU (and potentially BAC) with all athletes, ages and genders keeping coaches, athletes, families and volunteers all in one location. Both existing traditional hosts, HACY – Sue and BB – Nicole indicated their support of this concept.

Greg Wriede (NJS Snr Chair) - Winter and Summer, Snr Champs, Snr States and NJJOs would no longer include team scoring. It was felt that would allow the LSC to celebrate more great performances and permit athletes / teams to be more selective in what events to swim at the end of the season.

2016 NJS Winter 13&O SB Champs

NJS has received four bids for the 2016 Winter 13&O SB Championships. The HOD is asked to consider and vote to award the meets so that regions can be finalized for 2016.

OCY has bid upon and been awarded Region B March 5-6 2016

The placement of this meet will permit:

15&O athletes the opportunity to qualify for and participate in the NJS Senior Champs (Open NJJOs) one week later.

13/14 athletes the opportunity to qualify for and participate in the NJJOs (14&Us) two weeks later.

NJS has received three additional bids.

SCAR / MCSC have bid upon Region A March 11-13 2016 at Rutgers University

The placement of this meet will permit:

13/14 athletes the opportunity to qualify for and participate in the NJJOs (14&Us) one weeks later.

15&O athletes will not have the opportunity to qualify for and participate in the NJS Senior Champs which will run head to head with this proposed date. Please Note – SCAR/MCSC has run this meet successfully for several years at RU. Last year with 1650 Free and 400 IM Friday evening, followed by 2 days of competition starting at 10am each day Saturday and Sunday.

Both BAC and PPST have bid upon a split of Region A on March 5-6 2016 at BAC and John Witherspoon.

The placement of this meet will permit:

15&O athletes the opportunity to qualify for and participate in the NJS Senior Champs (Open NJJOs) one week later.

13/14 athletes the opportunity to qualify for and participate in the NJJOs (14&Us) two weeks later.

The HOD is asked to consider whether the athletes would be better served at this time attending the traditional site for Rutgers University for 13&O SB Champs OR moving to alternate facilities that would allow for a progression stepping stone opportunity to the next tier of meets for the 15&O age athletes. Ganesh Warran at Rutgers University has confirmed that the updated cap will be 575 prior to scratches for the short-course meets. Given this, the meet format, structure and overall LSC regionalization would need to be reviewed for 2016.

NJS CHAMPIONSHIP TIME LINE:

3rd Weekend in February: 3 12&U SB CHAMPIONSHIPS

4th Weekend in February: 3 12&U SB CHAMPIONSHIPS

1st Weekend in March: (OCY) 13&O SB CHAMPIONSHIPS (*and potentially PPST and BAC 13&O SB CHAMPS*)

2nd Weekend in March: OPEN SENIOR CHAMPIONSHIPS (Open NJJOS) (*and potentially SCAR/MCSC 13&O SB CHAMPS*)

3rd Weekend in March: NJJOs (14&Us)

4th Weekend in March: EZ AGE GROUP CHAMPIONSHIPS

1st Weekend in April: EZ SECTIONAL CHAMPIONSHIPS

Following the determination of the HOD, the Tech Committee will work with the meet host(s) who are not awarded the meet to develop a sanctioned competition on those days at those facilities.

United States Aquatic Sports > USA Swimming National Convention

It was both an honor and privilege to be able to represent this group as a member of the NJS delegation to the 2015 USAS Convention in Kansas City.

SAFE SPORT CHAIRS WORKSHOP

"Leadership Driven Locally Rooted"

Reviewed safe sport strategies, SMART goals, identifying intervention opportunities.

Susan Woesner - 5 year anniversary

Spoke about creating the "local army" - volunteers at local meets

Goal is local level, club engagement. Program being created to develop a safe sport certification for clubs coming on line in the spring of 2016.

Utilizing National - Zone (new) - LSC Safe Sport Coordinators to create a vertical chain of communication and conduit for support at the local level.

Common theme: **Awareness of Safe Sport still needs to be a priority at the LSC and Club level.** Some LSCs will be creating committees to go out to LSC Member Clubs to provide education and understanding. Increased participation in athlete training and parent training. Other LSCs require parent participation on the program to be permitted to host LSC champs. There were lots of success stories.

A detailed statistical analysis was shared for all Code of Conduct violations, reported incidents. Mostly adults are making calls and disclosing to the national level. Over 1/3 of cases in 2010-2012 involved electronic communication. Unfortunately coaches need to communicate with kids AND electronic communications are the primary way this generation communicate. Coaches must follow the Electronic Communication policies established by teams.

Crucial moment is a time, circumstance or challenge that is or could be common, costly, and failure prone.

When there's a break in club culture - Opportunity to intervene = A Crucial Moment. Coaches, officials, parents, athletes need to be educated and feel powered to intervene.

The coach adult / official as the adult must set boundaries with athletes.

A number of real life scenarios were shared and extensive group discussion continued. An attempt was made to identify crucial moments in each of these scenarios.

Existing and future promotional materials and mechanisms for safe sport were outlined and shared with the group.

SENIOR DEVELOPMENT COMMITTEE

Discussion on Nationals - outlined prior process, surveys and discussions re: long / short and feedback received.

Review of Futures meets, post meet statistics were shared. Some teams, coaches were unaware whether 19&Os could attend. Average ages by event per location were outlined. Times in the finals were pretty consistent across all three meets. Participation by zone and LSC were shared. 1611 athletes participated across all three meets. Over 6000 athletes met the qualification criteria. Thought process is that the meet series participation will continue to grow. There was discussion, followed by a motion that passed to move from 3 sites to 4 in 2016. Ongoing discussion with rotating LSCs through varied sites in the future so teams would compete in differing athlete pools.

Proposed meet dates are Aug 4-7 2016. This will be announced.

Current criteria - No age limit. Athletes with a national standard were ineligible for participation. For 2016, a motion was made and passed to use the US Open standard as the top end cut off for the meet. A motion and passed was made to exclude US Open level athletes by event (meaning that an athlete with a US Open standard in the 100 breast would be permitted to attend Futures in other events that he or she met the standard)

Dates for 2017 Juniors, US Open etc. were discussed and will be announced.

Sectionals - following discussion with input from the floor by various member of the EZ, a motion was made to change the wording from shall to should fall within the prescribed window set forth by the USA Swimming Senior Committee. There was no second. No discussion by the senior committee. Motion failed.

Mike Lawrence presented some thoughts on a Podium Excellence Program based upon performance.

A motion was made to leave the 2015 standards the same for 2016 for Summer Juniors and US Open. Finalized standards will be announced.

Sectionals - out of the Central Zone: There was a motion made and passed after discussion to lift the top end restrictions on non-conforming course standards. This will permit Zones to prioritize confirming course qualification.

Larry Herr shared some statistics and analytics on participation by LSC, gender. Discussions discussed impact of athletes such as Michael Phelps and what USA Swimming will do to fill the marketability void when Michael moves on. Discussion moved to projected medal / podium potential from the national team athletes in 2016. Data and statistics were shared on participation across the nation over the past few years. The EZ showed significant growth. To date there are 1400 athletes qualified for Olympic Trials. Projection is closer to or exceeding 2000 athletes. The 1400 athlete current count is the "ideal" size for the meet. Trends in club size, coach gender statistics were presented and discussed.

RUSSELL MARK - What's new in swimming technique - Attended with Greg Wriede NJ Senior Chair

Absolute Top Priorities Per Stroke

Goal to eliminate injuries are directly caused by technique. Repetition of flawed mechanics that cause injuries.

Technique adjustments can/should make for a safer, healthier and more importantly more competitive athlete.

Russell had the opportunity to work with the Japanese system.

Best Age Group Technique.

FREESTYLE

Video images began with front end above water view. 99% of coaches have this view.

Elbow out wider than hand, hand beneath shoulder.

When breathing NOT rolling shoulder under body OR in front of face.

Timing of breath - QB eyes down early - catch and press when body back in horizontal plane.

All emphasized from AG or national team in Japan. All coaches in their position on deck.

Head under water before the hand passes head on recovery.

A slighter wider recovery path with a high elbow reduces how far under the body the shoulder rotates.

Shoulder injuries can occur over time when the arm is behind the shoulder straight arm OR elbow too high and hand too tight to body.

Increased core strength can reduce lateral sway.

BACKSTROKE

Shallow catch, quick catch, hand enters, finger tips curls to the side, palms face back never down.

With a wider shallow catch, there's no need to rotate shoulder up above the face.

The downward finish initiates the necessary rotation on the next cycle to get into the catch.

Late rotation leads to a flat entry for the most part.

BREASTSTROKE

Shoot bodies forwards into the line. Head, hand, arms out & forwards.

Shape of pull: should be rounded, no sharp corners, just a circle.

The space that the hands and elbows make is a triangle - the body follows the triangle forwards.

As hands come in you get some depth on in sweep then the elbows drop/collapse and then shoot forwards.

Timing of kick - knees in, feet up when the hands are about to sweep forward. (after in) 85% through arm cycle.

Body and head must be in line AND fast heels up to be effective.

BUTTERFLY

Hands high in extension, kicking hands and chest forwards. Head and chin is NOT tucked but pressing forwards. Head is neutral.

Minimal amplitude - focus on forwards. Kick the chest/body forwards then kicking hands through and out. Need depth on second

kick. Depth on knees to initiate 2nd kick. Draw knees a little lower. Slam feet down and finish press.

START

High hips - eyes down - arms loaded - hips between the two hips. With wedge, foot as high as possible.

We'd get set so hips in front of back foot. Pull hands, shoulders down and forward, elbows to ribs, chin up/forward a little to activate the chain from the foot to knees to hips to shoulders. [NOT LIFTING THE BODY]. With wedge, a little front weighted, without the wedge center weighted.

EASTERN ZONE GENERAL CHAIRS MEETING – attended with Bud Rimbault EZ Championship Coordinator

There was preliminary discussion re: proposals to be brought forward to the EZ Tech Committee Meeting. Paris Jacobs, EZ Non Coach Director and I outlined the requests and petitions that we made on behalf of the Eastern Zone at the USA Swimming Senior Development Committee re: the Summer Super Sectional challenges that the EZ faced in 2015.

EASTERN ZONE TECHNICAL PLANNING COMMITTEE MEETING

Link to initial written report provided to the body: [Technical Report](#)

Recommendation motions from the EZ Technical Meeting:

EZ Sectional Championships:

R1. The EZ will develop one set of standards for the Winter and Summer Sectional and Super Sectional meets 2016 and beyond.

MOTION PASSED BY TECH COMMITTEE

EZ Summer Senior Zone Meet:

R2. The EZ will endorse a finals format that will run a D Final for 18&U swimmers unless the meet size is less than 300 swimmers.

MOTION PASSED BY TECH COMMITTEE

R3. The EZ should permit a Sunday AM Distance option as with Sunday Relays. **MOTION PASSED BY TECH COMMITTEE**

EZ Age Group Championships

R4. The EZ will extend the window from one to two weeks to permit some additional latitude to the zone as to placement of the Summer AG Meet. LC- The meet will be scheduled to finish on the first or second Saturday in August. **MOTION PASSED BY**

TECH COMMITTEE

EZ Sectional and Senior Zone Late Entries.

R5. The same mechanism used by USA Swimming to permit late entries for Sectionals and Senior Zones will be included in the respective meet announcements.

LATE ENTRIES

Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements: Late entries must be submitted through the On-Line Meet Entry system (OME); these entries must be received no later than 11:59pm Eastern Time on the Monday prior to the start of the championships. The team or athlete must pay a one-time processing fee of \$150.00 and pay double the on-time entry fee s for both individual and relay entries. **MOTION PASSED BY TECH COMMITTEE**

The following items considered by the EZ Technical Committee were either defeated or withdrawn:

EZ Summer Senior Zone Meet

Should the EZ consider running all Sunday relays in Prelims? **Motion was defeated**

EZ Age Group Summer Championships

In order to permit more flexibility to LSCs to fill the minimum of 2 athletes per event, should the EZ consider the amended wording re: NTs below? **Motion was withdrawn.** A task force was asked to look into potential wording to be presented to the EZ Body under new business.

Removal of 15-18s from Summer AG Zones
Following extensive discussion, the **motion was defeated**

Winter AG Zones

Following extensive discussion regarding potentially increasing participation from committed LSCs, the **motion was defeated**.

AGE GROUP CHAIRS WORKSHOP – attended with Bud Rimbault (NJS Admin Chair)

National Team Culture - Frank Busch spoke about how AG coaches are the grass roots beginning for the development of National Team Athletes.

AG Coaches Goals:

Sell the work ethic to your athletes

Teaching "Team"

Be a role model and leader. Walk the walk - don't just talk the talk.

Develop and implement a team culture. Be consistent. Be patient.

Discussions on Tech Suits in AG Swimming

Considerations - age, level of competition, cost to families.

Challenges - need to educate parents. How to identify suits and who should enforce on the pool deck.

The concept of future potential legislation to deny the use of tech suits as a 12&U with the exception of the Sectional Level and higher was discussed in an open forum at length. This is an ongoing project.

Marketing Plans for Swim Today and SwimJitsu - www.usaswimming.org/swimtoday

Rolling out a recruiting and (new) retention kits for Swim Today. An outline of the SwimJitsu product was shared with the group.

Athlete Project - Safe Sport

Non athletes make up 25% of the USA Swimming membership base. In order to change a culture USA Swimming needs buy in across the population. Encourage AG athletes 12&O and parents to become educated - increase awareness of safe sport.

Legislation - R2

Expanding to 6 events per day essentially removing the four limit for 12&U athletes. This proposal came from CA and the initial indication is that USA Swimming Rules and Regulations recommendation will be to reject the proposal.

Tom Avischious spoke about the general overview of principles for long term athlete development.

Guidelines with Progressions/Skills: Bio Mechanical, Physiological, Character Development, Psychological. A draft (not to be shared) work in progress document was distributed to attendees. The body they broke into groups to address one of the four key areas.

EASTERN ZONE COACHES SUMMIT

Dave Marsh addressed the group re his interest and involvement into AG swimming. He spoke a little regarding the USA Swimming Women's Olympic Team.

Focus should be to do things for reasons rather than because we always have done so.

Fantastic Technique, aerobic component, high quality training.

Dave continued to discuss SWIM MAC, the challenges he's facing both in the pool and in creating an additional training site. SWIM MAC looking to develop swimmers that want to sprint into college rather than be exhausted by the sport. He outlined how the program educates and brings coaches all onto the same page.

Paris Jacobs spoke about the roles of coaches' representatives in the LSCs. 5 coaches reps in attendance from the EZ: MR, PV, AM, VA & MA spoke about their role as advocates for coach memberships.

Peter Clark spoke to the body about many products out there. Go Pro, more experts out there every parent is an expert. Talked about challenges by different coaches. Setting a team culture and getting everyone on board parents, volunteers, board members. Challenges with parents not willing to allow their children to fail.

ROBERT'S RULES OF ORDER

Jay Thomas reviews parliamentary procedure for many first time attendees at USAS Convention.

ANALYTICS IN SWIMMING - What to look for in the Sport

Tom Avischious

What do you use to measure success in your Club / LSC / Zones?

SAAT, Qualifiers For Trials, Nationals, Juniors, VCC

Figure out what you think you're successful at and the figure out a way to measure it.

In order to access your club portal - sent to the head coach.

Retention Rates - club side

Time standards achievements by age, gender.

Club Dashboard (on club portal) - data in 2007 onwards. Ability to look at graphs for a quick visual snapshot. Ability to compare your team to national averages. (From the 90,000 times in swim for each age group). Look at your clubs rate of improvement compared to the LSC. Look at and compare to average rate of improvement of athletes going to Junior Nationals etc.

Can be used to track numbers of officials across age groups (by age of athletes in the official's family)

Clubs and LSCs are asked to let USA swimming know whether they have found this tool useful over the past few years.

Larry Herr spoke about his role and the Times overseer and doer. Larry speaks about questions as scenarios. USA Swimming utilize Microsoft projects to accomplish analysis. They stay current but one step back from cutting edge. Power BI - office 2013. Balance and perspective broken down by gender, LSC, stroke, nation, region to track AG Records.

1393 current qualifiers - of the 1393, 23 are ranked Top 10 in the nation who are attending their first trials meet AND 5 are ranked in the Top 10 in the nation attending their 5th Olympic trials. That said trials are just a stepping stone. Swimming return has about. 50% return on investment. Based up athletes in the Olympics and medals / podiums achieved. 33% of all Team USA Gold medals comes from swimming.

Both Tom and Larry are working on continued development and making this data more accessible, easier to manipulate and more user friendly.

TOWN HALL MEETING WITH JIM SHEEHAN AND CHUCK WEILGUS

Chuck and Jim outlined some new initiatives, partnerships moving forwards through the next quad for USA Swimming.

Chuck spoke about the technical leaders of the sport being the coaches.

Jim spoke about a three year program, initially, to work with the college swim coaches association in an attempt to reduce the number of college programs that have been and are being cut across the nation.

EASTERN ZONE GENERAL MEETING

EZ MEETS - awarded at the EZ Oct 1st 2015 Meeting

2016 EZ SENIOR ZONE MEET AUGUST 4 - 7 ECC BUFFALO

2016 EZ AG ZONES previously awarded to MR in Long Island AUGUST 3-6

2016 EZ OW NO BID TBD

2016 EZ SUMMER SUPER SECTIONALS NO BID TBD

2017 EZ SC NORTH REGION SECTIONALS MARCH 30 - APRIL 2 ITHACA COLLEGE

2017 EZ LC SUPER SECTIONALS MARCH 30 - APRIL 2 ECC BUFFALO

2017 EZ WINTER AGE GROUP ALL STAR MEET MARCH 30 - APRIL 1 WEBSTER NY

2017 EZ OW NO BID TBD

2017 EZ SUMMER SUPER SECTIONALS NO BID TBD

2017 EZ SENIOR ZONE MEET AUGUST 3 - 6 ECC BUFFALO

2017 EZ SUMMER AGE GROUP CHAMPS AUGUST 9 - 12 RICHMOND VA

Notable updates from EZ Tech recommendations provided to the EZ General Meeting

The EZ approved one set of standards for winter and summer sectionals moving forwards. The EZ Summer Senior Zone Meet will include a D final dedicated to 18&Us provided the meet size exceeds 300 athletes. The EZ Summer Senior Zone Meet will permit a Sunday AM process for Sunday distance as with Sunday relays. A mechanism has been adopted for both EZ Sectional and Senior Zone Meets to provide the opportunity for coaches to remedy omissions after the traditional entry deadline. The process mirrors what is used at the national level. There will be a \$150 fee payable in addition to double the entry fee per the meet announcement.

Eastern Zone Service Award

Criteria: Five years service in some capacity within the Zone . i.e. working at the Eastern Zone Meets, short course, long course or any Senior Zone Meet, or a long term member of the Zone Technical Committee. A coach or lay person should have equal consideration.

This award does not have to be given each year if no eligible person can be found. A committee of three should be set up to pick the

eligible person. This same committee should decide what the award will be. The secretary should be responsible for picking this committee. This award is given annually at the September Convention Friday meeting (if there is a recipient).

Bud Rimbault, NJS and EZ Championship Coordinator / Chair of EZ Board of Review was honored and presented with the Eastern Zone Service Award along with Paris Jacobs, outgoing EZ Non Coach Director. Congratulations to Bud.

COACHES MEETING

Open forum discussion

Topics for discussion:

How do we get better? How can we go faster?

Most experienced, best communicators, technicians need to be on deck with the youngest athletes. Lots of ideas were shared on the floor by meeting attendees.

WSA - what's going on? No discussion.

USAS MINI CAMP

KU - compliance officer, academic advisor and head coach

Discussion included eligibility for enrollment to NCAA institutions. An outline as to ensuring your eligibility for your college career.

Specific core courses need to be taken. Academic red shirt concept was outlined - athletes would be permitted to receive aid and train but not compete. Work with your athletes re: the college application process. Build a resume over a period of time. Ensure as the applicant you are aware of the time for applications to specific schools. Dates for admissions, applications, early admission, academic scholarships etc. Athlete's should research and then arrive prepared with appropriate questions. Potential new students are encouraged to meet professors. College swimming should be planted as a seed within every athlete in your program. There's a wide array of competitive and level of commitment collegiate opportunities.

DI - D2 - D3 - no scholarships - NAIA - Community College / Junior College

College coaches are looking for athletes that can for and score points within their program within their conference. The club coach is essentially a college swimming placement officer. College coaches focus on the Junior year and begin reaching out on or after July 1. Culture is everything - a championship culture: We're about people, positive and supportive and performance, doers and hard working.

Nutrition

Physiology 1.01 Glycogen is the energy source, broken down into glucose. Fats are used more in light to moderate exercise intensity.

If we don't replenish glycogen stores we cannot perform at a higher level. Food is your fuel BUT food is also the medicine your body needs to recover. The quality of food we intake is crucial. You can just eat chips and vitamins, balanced diet is the way to go.

Swimming doubles, multiple events in a day, multiple sessions through a weekend. Need different strategies to fuel the athlete. Target that window of opportunity. Breads, fruits, bars, milk. Will help to repair and recover. Need proteins also: dairy. The sooner the better. Doesn't have to be consumed faster, the timing is critical. Begin refueling as soon as possible. In the absence of carbohydrate intake, refueling is ineffective. Consume a full meal within 2 hours of exercise. The less time between workouts or events, the more critical the process to intake carbohydrates begins. During longer recovery periods, more flexibility in food intake.

Recommendation for initial refueling after workout:

Carbs 30-40g

Protein 6-20g

Follow up meal within 2 hours:

Carbs 50-70g

Protein 20-25g

There's the perfect nutrition plan in the perfect world - then there's the practical nutrition plan in the real world.

Ultimately refuel as soon as possible not as fast as possible. Varied colors and textures and hydrate, hydrate, hydrate. Alcohol inhibits the absorption of nutrients. Adds calories and acts as an appetite stimulant. Decreases secretion of human growth hormone and depresses immune system.