

## Friday

### House of Delegates Meeting

8:00 a.m. -9:00 a.m.

- ✦ Review of Meeting Minutes from Thursday. Committee Reports.

### USA Swimming - *Using your website and protecting your privacy*

9:00 a.m. -10:30 a.m.

- ✦ Meeting centered on COLPA and how to comply with the children's online privacy protection rule. Address the concerns of many USA Swimming teams in regards to their liability on team websites. Areas such as chat rooms, games, quizzes, and blogs were particularly addressed because of lack of control over posts. Additionally, any online registrations which ask for name, address, and phone number posed problems in complying with COLPA. Therefore, teams wishing to add areas to their website were advised to seek legal advice before adding them to their website.

### Coaches Presentations

10:30 a.m. – 12:00 p.m.

- ✦ A panel of successful masters coaches discussed how they became involved in their current position, how they organize practices, and look to develop their team for the future. All clubs cited that their membership was comprised mainly of triathletes. They structured practices to motivate and captivate both "swimmers" and "triathletes" mainly by either keeping distances constant and varying intervals or keeping intervals constant and varying distances. Therefore, if your top lane of swimmers is training repeat 100's on 1:20 the triathlete lane might be doing 75's to the other lanes 100's.
- ✦ The panel discussed the development of a strong leader both on the deck coaching and in the pool. Coaches on teams were reminded to learn each swimmers name and use it at least once during each practice. Feedback to athletes was important. While the coach must keep the team focused, they must also keep the atmosphere fun. One coach had required his assistants to bring in a "joke of the day" to share with colleagues and with swimmers.
- ✦ Additionally, they discussed that their teams held a very social aspect. While swimmers were in the pool, they were separated by lanes; however, in the lockerroom all of the members of the team were social. There was no separation by speed or dedication.

## **Sports Medicine Presentations – *The Master Shoulder***

12:30 pm. – 1:30 p.m.

- ✦ 60-85% of all swimmers of all levels will complain of shoulder pain requiring them to discontinue participation of all activity for 1 week or longer.
- ✦ Many common swimming stretches are actually negatively impacting swimmers shoulders and lead to more instability and injury. Swimmers, according to Jim Miller, MD ([jwmswimmd@aol.com](mailto:jwmswimmd@aol.com)), actually have very flexible and “loose” shoulder joints. They do not require a tremendous amount of stretching. Swimmers need to target the smaller muscles and ligaments in the shoulder and so exercises that promote stability.
- ✦ Factors that contribute to shoulder injuries include: Genetics, instability, bones, technique, trauma, and sudden changes in training routines (i.e. going from 5000 scy to 500 lcm). Additionally, nutrition, sleep, early medical management, and good/bad stretching also play a key role.
- ✦ Prevention includes improving swimming technique, getting proper rest and nutrition, improving core strength and correct stretching methods.
- ✦ Aging plays a considerable role in the development of shoulder injuries. As strength and efficiency decline with age the stroke rate of masters swimmer increases. Therefore, in a typical workout of 3000 yards a masters swimmers will take hundreds of more rotations to complete the workout placing additional stress on the should. To maintain the same number of stroke rotations the masters’ swimmers needs to decrease yardage.
- ✦ Follow the following link to view the stretches and core strengthening exercises recommended for keeping shoulder healthy.  
<http://www.usaswimming.org/USASWeb/ViewMiscArticle.aspx?TabId=445&Alias=Rainbow&Lang=en-US&mid=700&ItemId=700>

## **House of Delegates**

1:45 p.m. - 4:45 p.m.

- ✦ Executive Director Rob Butcher presented what his first 80 days consisted of and what he sees for masters swimming in the future. In his first 80 days, a satellite office in Charlotte, NC has been opened, USMS secured a sponsorship of the 2008 USA Swimming Olympic Trials, and began communicating with current and future sponsors of USMS.
- ✦ The major order of business is the 2009 budget that provides a Vision and Action Plan with forward looking financial guidance through 2012. The budget requires taking \$500,000 out of the USMS reserves and using it toward club development.

## **Championship Bids**

5:15 p.m. -5:45 p.m.

- ✦ Georgia Masters bid for the 2010 Short Course Masters Nationals  
Host of the 1996 Olympic Games
- ✦ 2010 Long Course Nationals was bid on by San Juan, PR

## **Saturday**

### **Open Water & Long Distance**

8:00 a.m. -10:00 a.m.

- ✦ 2010 Championship bids were reviewed and put toward action items at the House of Delegates.
- ✦ The discussion centered around 2 rules, LD16 and LD35. Both rules will dictate the future of open water swimming in regards to wetsuits.
- ✦ The committee, after much discussion, decided to propose that LD16 be amended to read that swimmers are permitted to wear wetsuits if the water temperature does not exceed 78 F. The proposed rule change will allow swimmers to use the wetsuits in “cold” water to prevent hypothermia, additionally, it will align USMS rules with USA Triathlon rules.
- ✦ LD 36 proposed amendment keeps wetsuit participants from competing in the USMS national in Open Water and Long Distance. Any wetsuit participant can compete in a parallel event; however they are not welcome to compete with the “naked” swimmers in the Nationals.

### **Sanctions and Records (Walt Reid)**

10:15 a.m. – 11:30 a.m.

- ✦ Top Times for Masters Swimming and FINA discussed.
- ✦ Swimmers at sanctioned USMS meets are covered in terms of reporting times and ensuring that pools are properly measured.
- ✦ If a USMS attends a USA Swimming Meet or any non-sanctioned USMS competition, the responsibility falls on the swimmer to ensure that the pool is properly measured (at the conclusion of each session if it is a bulkhead pool) and that forms and documentation is submitted to the LSC. Do not assume that the meet director will have any knowledge of USMS rules. The pool must be measured and reported to USMS.

### **House of Delegates**

12:45 p.m. -5:45 p.m.

- ✦ Each committee reported the results of their rule changes.
- ✦ The 2009 budget was approved expanding the Club Assistant Program.
- ✦ The Open Water and Long Distance Committee had LD16 and LD36 passed after much debate.

### **Aquatics Award Banquet**

7:00 - 10:00