

Senior Committee Meeting- September 21, 2016

Minutes- M/S/A

2016 Winter Nationals

- Atlanta, GA
- 11/30- 12/3

2016 Winter Junior Nationals

- December 7-10
- College Station, TX and Columbus, OH

2017

- Winter Juniors- University of Iowa and Tennessee
- Winter Nationals- Ohio State

2018- August Nationals and Juniors- Irvine

- Juniors- July 31- August 4
- Nationals- August 7-11

Futures

- M/S/A- 2018- August 1-4
- Review of 2016 Meets:
 - Stanford- 834 swimmers
 - Austin- 493 swimmers
 - Ga Tech- 557 swimmers
 - Maryland- 606 swimmers
- We will keep four sites for 2017
- 2017 site selection- not ready yet- will be decided at November board meeting. Nashville and Spire Institute (Ohio) are two sites. Waiting on the final two to be approved.

Club Excellence Update

- More credit given to gold and silver time standards now.
- Review of task force findings- for 2017, no changes based on club sizes.

Time Standards- Larry Herr

- Chart on participation for US Open and Futures- these are just proposals.
- Holding off on 2020 Olympic Trials Standards- those will be set around the Fall of 2018.
- Target goal of summer nationals- 800-900 athletes.
- 2017 WC Trials- same standards as 2016 Nationals/ Trials
- 2017 US Open- (will not have WC team here)- these are set slightly slower than 2016 US Open times to help reach target number times.
- M/S/A Accept proposed 2017 US Open and National time standards

- 2017 Summer Juniors- same time standards as 2016. M/S/A
- 2017 Futures- same time standards as 2016. M/S/A

Mitch- Junior Program

- power point on Tokyo Quad
- Jr Team Program- Jr Team Roster, Jr Team Camp, 18 & Un World 100, Coach Enrichment, World Junior Champs, Jr Pan Pacs, 18 & Under International Trip (Mare Nostrum), 2018 Youth Olympics
- No one way to making National Team- lots of moving pieces.
- National Jr Team Vision Statement: The National Jr Program will strengthen the future performance of the US Olympic Swimming Team.
- Five ways to measure- Olympic medals, Olympic finals, Olympians, Trials finalists, National Team members
- Research led to top trends:
 - Women within Top 75 world ranking- 25% advanced past Jr Team
 - Women outside Top 75 world rankings- only 3% advanced past Jr Team
 - Men within top 100 WR- 17% advanced past Jr Team
 - Men outside top 100 WR- 3% advanced past Jr Team
- Feedback from Sr Committee- athlete motivation/ recognition, coach motivation/ recognition, club recognition
- Created Top 100 List- A list of the USA's highest world ranked 18 & under athletes
- Pathway to National Jr Team (Domestic- Zone Select, National Select Camp) → (International- Top 100 based on 18&Un rankings, Jr Team based on overall world rankings)
- OW steering will review how to select National Jr Team for OW

New Legislation Review- no discussion

Discussion of 2020 US Open and Junior Nationals

- US Open and Juniors at the end of the quad are very small meets- discussion on combining those for 2020.
- Committee is in favor- will discuss logistics/ time standards at next meeting.

Russell Mark- What's New in Swimming Technique

This Olympic team was the most technically aware group he has worked with.

Freestyle- Simone

- Russell looks for arm bend- setting the catch- fingertips pointing down- elbow wider than shoulder and fingertips
- Rotating forward- elbow wider than hand; elbow wider than shoulder
- When Russell shoots film, he only watches at race pace
- Entry points- hands enter just to the side of the face- enter in front of shoulder
- When hand enters, make sure you are holding water with the underwater hand!!!
- Look for hips to be high; don't let head compromise hip position.
- If you bury head, you are weaker up top with the catch.
- Recovery should be relaxed throw of the arm; forward throw of the hand.
- On the kick- kick water off your toes.
- Best kickers- flex the knee and extend off that; throw water downwards with the toes
- Bad kickers- lead with knee and then lift knee rather than extending kick through toes.

Freestyle- Katie

- Catch looks like a sideways triangle.

Freestyle turns- hard to find a perfect turn

- Use the hands to help get the body over
- Push water over the head to help get hips over
- Get the hips over (no need to worry about getting feet over)
- Get shoulder and chest down to bottom- hips will come close to the wall
- No one pushes off on their backs any more

Backstroke- Ryan Murphy

- Lots of bubbles with his hands- Russell is not concerned with bubbles
- Palms should face back towards the feet
- Late rotation usually means body is not connected at the end of the stroke
- Entry point- right above shoulder
- Fingertips immediately go to the side
- The fingertips NEVER point down- always to the side
- Kind of an upside down triangle to the surface of the water

Breaststroke- Katie Meili

- Pull pattern should be round/ circular
- Somewhat of an upside down heart

- Elbows don't squeeze into each other- keep a little bit of space in front of the body- almost like a triangle, and that is where you are going to drive head/body forward
- Katie's knees are a little bit wider than what we taught in the past- this seems to protect her knees
- Get ankles wider than knees
- Hands go out wide, breath is after that- essential for good timing
- Watch how water runs over the top of her back
- Get head in line- throw with arms AND core- press forward with core
- Accordion drill with snorkel- flat back- hold line- feel it as you extend forward
- Swimming breaststroke underwater- scull out- triangle under face- not squeezing elbows together
- Lunge forward every stroke like the last stroke to the wall
- Late kickers- either head isn't getting in line fast enough or feet aren't moving quick enough

Coaches Meeting- Tim Bauer

USA Swimming has started a task force to look into doping in age group swimming. Four coaches, two athletes, and a chairperson are on the task force. There is a big need for education.

Coaches are encouraged to pay attention to new labor laws that go into effect in December.

Discussion on making 2020- combined US Open and Junior Nationals because the sizes have been so small after two quads.

Coaches' discussion on Trials

- Air quality in the pool area (especially the warm down pool)
- Size was good- a lot of swimmers, but "going through the gauntlet" at Trials made a smoother road for our kids at the Olympics

Is the four hour rule working in your LSC?

- Not a lot of new discussion on this.

OIO- Since this committee was disbanded, USA Swimming now has 25 coaching spots for at large delegates for House of Delegates. Information will be communicated.

Meet Issues-

- Too many places in the country- meets fill in less than 5 minutes
- Hard to plan a season
- Coaches encouraged to not rely on the LSC meet schedule- be creative to take care of your athletes.
- Discussion on finding more water for teams- both for practices and for meets.