

Coaches Representative Report – SR - Dan Jacobs, JR - Manga Dalizu

1. It has been an exciting year in USA Swimming and in Potomac Valley. Swimming is getting really fast all over the country. There were over 40 NAG records broken since September 1, 2008. Some say its due to the High Tech “speed suits”. I like to think that Coaches and Swimmers across the US are stepping it up a notch and getting faster because of new, innovative ideas and training techniques. There is enough evidence however to support the fact that these “speed suits” have increased performance to a degree. As a result, legislation has been passed down by USA Swimming that prohibits 12 & Unders from wearing these suits (defined as a suit that covers the neck, goes past the knees or shoulders) in competition unless in an Open Championship situation. This went into effect on May 15, 2009. These suits were under more scrutiny for the use by everyone until FINA recently approved and rejected a list of suits which can be viewed at <http://www.fina.org>. Check it out and let your swimmers know which suits are acceptable.

2. This season has also brought a few changes to our meet schedule to enhance the Championship Season. Bringing Jr Champs back and adding 18 & Under Championships has made Senior Champs a true championship meet with reasonable sessions and at the same time serviced a larger percentage of our athletes. Now every level of swimmer is represented in the championship season within the PVS framework. Of course there are still Club meets being run that also service these different levels and give all of us valuable options for our swimmers.

3. Questions have come up regarding the need to add 8 & Unders to Open meets as 10 & Under events to give them the opportunity to qualify for Championship meets in longer events. There were pros and cons presented on both sides of the topic. Following is data from 2008.

- 19 meets were 10 & Under, 14 were 9 – 10

The following table indicates the number of splashes in ‘non - traditional’ mini events.

	# of Yard swims in 2008		2008 JO Cuts		2008 LC Age Groups	
	Girls	Boys	Girls	Boys		
100 Back	9	17	1	2	-	1
100 Breast	12	18	2	2	-	2
100 Fly	4	2	1	-	1	1
200 Free	6	14	2	1	-	-
200 IM	2	4	1	-	-	1
500 / 400Fr	2	-	1	-	-	-

- At the Tom Doaln meet there were 4 swimmers with 17 splashes, of which 6 were non - traditional mini events. 1 of these swimmers was from out of town.
- At LC Age Group champs there were 9 swimmers with 29 splashes, of which were 6 non - traditional mini events.
- At 2008 JO's there were 9 swimmers with 20 splashes, of which 6 were non – traditional mini events.

Raised points/opinions (pros and cons):

- We can all agree it's important that the club / coach determine what their mini program is all about and how they can best achieve their goals and objectives.
- The PVS Open meets are always 9 – 10 and should remain that way.
- Maybe PVS adds 2 meets to their calendar that are 10 and under only. November and mid to late February.
- At the FAST Qualifier there were 100 splashes from minis. That's the largest number at one meet.
- If people are concerned that minis cannot swim these events then maybe we should fully accommodate them and add prelims / finals at Dolan and mini champs. Yes, I know. Absurd. That's where we're headed if we (clubs and coaches) can't define our mini program and then present it to those parents who think there are no opportunities to swim longer races. The coach will find the meet if he / she feels their mini is READY and CAPABLE of completing longer events.
- We don't offer mini meets during the LC season probably because the summer league structure has been adequate for decades and there's no reason to mess with what works.
- Ten of those are invitation only, and most of them in based in Maryland. All teams don't get invited to these meets
- Some 8 & Unders are ready to compete in longer events

Manga has proposed putting a 10 & Under meet in April called Munchkin Mania where 100 and 200 of each stroke can be swum.

If you have any 8 & Unders that are advanced and capable of competing with the 10 & Unders, Plan accordingly and get them in the appropriate meets so they can hit those events during the season.

4. REMINDER - The addition of one (1) boy and one (1) girl to each event for ShortCourse Zones for 11-12 and 10 & Under age groups

5. Open Water getting a lot of exposure and USA Swimming pushing to get more Open Water Meets on the Schedule. Get involved because this is an Olympic Event now and we have an opportunity to really make a difference.

6. Get your swimmers involved in the many programs/info available on the USA Swimming website: IMX, Nutrition Tracker, Etc....
7. Doping Control – Talk to your swimmers about this subject, make them aware of whats going on when they get to higher levels of competition. Remind them to check ALL meds, prescription and over the counter. You can get this info off the USA Swimming website.
8. College Swimming – if you have swimmers that are interested in swimming in college, you want to get on them about details on recruitment recruitment rules, when to start, basically how to go about it. If you wait until Fall of their Senior year you probably waited too long and are going to possibly limit their options. Several schools have their rosters full by November. Talk to them about the differences between Division I, II and III.
9. Coaches Representative Election coming up. If you have any coaches that are interested in running for a position on the board, please email Manga Dalizu at fairlandswim@comcast.net Deadline is July 1, 2009