

Senior Coaches Representative Report

Bill Marlin

HOD Report – May 28, 2003

I attended my first USAS Convention in Dallas, Texas this past September. It was a great experience and I learned a lot about how USA Swimming operates. In talking with coaches at Sectionals about what they'd like to see brought up at the USAS Convention in Sept., they all have said that they want me to lobby for bringing a USA Swimming Sponsored Jr. Nationals back.

I attended the convention and lobbied hard for this. I talked to many swimmers and coaches and urged them to stand up and speak out if they wanted the meet to be brought back on the USA Swimming schedule. A resolution passed, against the recommendation of the steering committee, to reinstate the USA Swimming Junior Championship as a summer long course meet for 18 and under swimmers. We expect that this will occur first in the summer of 2005. No date or venue has been set yet.

Also from the USAS convention Bob Lindberg and I reported on the following items of special interest to coaches:

SPORTS MEDICINE AND SCIENCE NETWORK is being reorganized and enhanced. Currently, athletes, parents and coaches may visit the Sports Medicine section of the USA Swimming website to find professional (physicians, massage therapists, trainers, nutritionists, physiologists, etc.) in their local area who are sympathetic to the needs of our athletes. The site includes a way to submit the names of professionals who should be added to the network.

NUTRITION: The Sports Medicine department has developed an online Nutrition Evaluation package that swimmers can use each day to evaluate their nutritional requirements, intake and usage. It should be available in December (it is being used by the National Team athletes in a trial right now). Contact Charlene Boudreau in Colorado Springs.

DIETARY SUPPLEMENTS: Charlene provided an excellent presentation to the Age Group section on the use of dietary supplements ranging from Gatorade to androstenedione. They have adopted a Green/Yellow/Red approach that is simple to understand. Green products are safe in normal quantities, yellow items are to be used with caution for a variety of reasons, red items are either banned in our sport, generally considered unsafe, or both. I found this short list informative:

Green: Flintstones, Centrum, Iron, Gatorade, Powerade, Power Bars, Clifshots, Slimfast

Yellow: Mega dose (>500% of recommended daily value) of supplements such as vitamin E; supplements with added herbals (such as Endurox); protein powders of any kind; and Creatine (with a very significant caution)

Red: Andro products (banned in swimming), energizers (such as caffeine supplements), weight loss products (such as diet pills that can contain banned substances), and muscle builder products

We can tell our age group swimmers and their parents that everything legal that can be found in supplements can also be found in the right foods, and a well-designed diet is a better approach. Here are some simple guidelines

1. Use the government's Food Guide Pyramid
2. Eat colorful foods
3. Re-hydrate during practice
4. Replenish carbohydrates within 20 minutes after exercise (before you leave the pool)
5. Learn portion control

Also, eating 4 or 5 small meals is much better than getting 75% of your diet at dinner.

DARTSWIM: The Sports Science department has developed a software package that will allow a coach to provide very impressive digital video stroke evaluation. The package will be modestly priced - basic package in the \$20 range and full package for \$300. It was modified from software originally developed for golf pros to evaluate golf swings. Check out both information posted at { HYPERLINK "http://www.usa-swimming.org/programs/template.pl?opt=news&pubid=2814" } and at { HYPERLINK "http://www.dartswim.com" }

OUTREACH: USA Swimming has an outreach program targeted at minority swimmers. I did not get the details, but funds are available for grants to teams for developing/executing outreach programs.

SHOULDER INJURY PREVENTION: For our coaches, there is a report on a shoulder injury prevention workshop, held earlier this year, on the USA Swimming website in the coaches section. This website has been getting a very positive response and other similar reports are planned.

Meets at PGS & LC:

- An informal survey was conducted among coaches available on deck at the October Open PGS&LC site.
- All indicated that the meet(s) were run to everyone's satisfaction and were much better than the previous year. No major problems were encountered.
- October Open and November. Open meets were run very well according to coaching body polled. Problems with PGS&LC staff was not apparent to the swimmer or coach
- **Coaches want to do away with Friday evening sessions in PG County for Open Meets...too much traffic getting anywhere. Those asked indicated they would rather see Distance meets put back in place if we have to keep going to PGS & LC on a Friday evening.**
- **Proposal:** To include in meet announcements for PVS Sponsored Championship meets SCY and LCM, that the report by swimmer from Team Manager **must include proof of time**.....this may help meet management so they don't have to spend time tracking down falsified entry times.

On January 20th, I sent out a blanket e-mail to all coaches in PVS asking for any feedback they had on how things were going in PVS. I invited complements, criticisms and ideas for change. I also said that I'd be sure to include their voice in my report to the BOD.

I received 8 e-mails from PVS coaches. All of their concerns were voiced to the BOD and were discussed.

Elections were conducted at the SCY Champs meet for 13 & Over Assistant Zone Coaches. After a blanket e-mail was sent by me to the PVS coaches, I received four positive responses and those four coaches were added to the ballot. There were no coaches on the ballot before that.

Elections for the 12 & Under Assistant Zone Team Coaches were held at the 14 & Under JO meet, March 6-9, 2003 in the same manner.

Voter response was very good at both meets as I handed a ballot to one representative from each team present at each of the meets. This was to ensure that all teams received a ballot and had the opportunity to vote.

Last Year I mentioned that I wanted to explore the possibility of an electronic vote for some of the coaches elections such as assistant zone staff, ect...so all coaches had the opportunity to vote. I mentioned it to a few BOD members just after I took office but it was put off till a later meeting and we never got back to it. I'd still like to explore the possibilities of this.

Unregistered Coaches

The issue of non-registered coaches working meets has been a hot topic of late and several flash mails and e-mails have gone out to club coaches warning clubs not to have unregistered coaches on deck during a USA and PVS Sanctioned meet.

Under USA Swimming Rules section 202.3.2 it clearly states that “...**all persons acting in any coaching capacity in a sanctioned event must be coach members of USA Swimming.**” This means all coaches must have their current CPR, First Aid and Coaches Safety Training cards, (which gives them their PVS Coaches Card). If they are a second year coach this means that they also must take and pass the ASCA level 1 course.

A list of current certified coaches has been posted on the PVS web site for several months now. It is the coaches Responsibility to keep their certifications current and this is a good tool to check their status. Head coaches of each club must take responsibility for not scheduling unregistered coaches to work sanctioned meets.

PVS will start checking credentials again starting with the long course meets this summer. If a coach does not have their PVS Coaching Card on their person, the meet manager will check to see if they are on the current certified coaches list. If they are not, they will be asked to leave the deck. Coaches must have their PVS card to obtain a meet program. Discussions are on-going as to the best way to check and enforce this important USA Swimming rule.

Summary:

All in all it was a good year for PVS coaches as far as I can tell. At convention, we were successful in bringing Jr. Nationals back which was a major step this season and something most every coach was in favor of. This year maybe we can tackle bringing it back in the spring also.

I tried very hard this year to represent PVS and what is best for our sport and not just my own clubs interests. I think the most positive influence I have had as

Coaches Rep the past two years and in particular, this year, has been to open the lines of communication between our coaches and the BOD. I sent a lot of e-mails out to coaches asking for their opinions on this or that before I went to the BOD meetings to present my reports. I tried to make sure every coach was heard. I received a pretty good response back from many coaches who are interested in bettering our LSC and the sport of swimming like I am. I hope it continues.

Respectfully,

Bill Marlin

PVS Sr. Coaches Representative