

GEORGE RHEIN – ADMINISTRATIVE VICE-CHAIR CONVENTION REPORT

OFFICIALS COMMITTEE MEETING WORKSHOP

Y Swimming has adopted USA rules as of 9/1/06

Swimmers wearing watches are not to be DQ's – they are not considered a pacing device

Rule wording changes- Backstroke feet cannot be on lip or gutter; they can be above water otherwise.

Breastroke- during or at end of first arm pull a swimmer can execute a fly kick. The fly kick is not allowed prior to the first pull. First pull not clearly defined but the mere separation of the hands is not enough. Clarification – swimmer does not need to be fully submerged to do the fly kick. There is nothing in the rules about an upward fly kick so therefore that is not grounds for disqualification.

Disabled swimmers – there is now a \$40 per swimmer stipend to teams hosting meets where a disabled swimmer competes. Must be a permanent physical or mental impairment.

LSC FINANCIAL MANAGEMENT

INVESTMENT COMMITTEE

It is recommended that each LSC have a clearly adopted Investment Policy.Statement.

Current market value of USA Swimming as of 8/31/06 is \$16,352,046

USA Swimming rate of return for last fiscal year was 6.81%

Metropolitan Swimming has returned 24.7% on its investment since inception and 7% in the last fiscal year

Clubs that are Non-Profit Corporations (501 C 3) have a filing deadline of 5 1/2 months after year end to file form 990 or 990EZ.

Clubs can file for non-profit status from inception if they apply and are approved within the first 27 months of operation.

Donations – over \$250 need to give the donor a written statement of the amount and include that no goods or services were rec'd for this donation.

Non-Profits are taxed if they have any UBTI. (Unrelated business taxable income)

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SPORT SCIENCE AND TECHNOLOGY

Many research grants ongoing to support the national team, Japan and Europe are also highly active in research. USA sends doctors, therapists, and massage therapists to all meets where the national team competes.

Focus groups – injury prevention, eating disorders, exercise & illness, diabetes

Accelerometry- measuring training load – velocity & distance

Study at ASU – Asymmetrical force in swimming starts

Study determined that the rear weighted track start was most productive
Start is personal to swimmer, must be comfortable with it

2nd study done – time to 5 meters with force plates
Swimmers reached 5 meter mark at approx same time (2.24 sec, 2.21, 2.19)
But those using rear wt track start reached mark at greater velocity

Coach Aide device – small device worn under cap measures constant heart rate and oxygenation includes an earpiece for coach to talk to swimmer. Should be on market soon.

Seasonal Plan Designer- SPD – took a long time to develop, numerous updates.
SPD can determine total volume intensity and optimal workload progression and taper with some background information being entered. Can design for an individual or group. Background info can be simple or extremely complex. Determines recommended yardage but coach still needs to design nuts and bolts of practice.

Freestyle study done by Biometrics coordinator
Trend in USA Swimming is for the straight arm style over the high elbow style
St arm – easier to get high stroke rates, more acceleration at entry, hard to maintain efficient over 50 meters

High elbow- greatest stroke efficiency, technically more difficult

43 of 60 freestyle swimmers in the last 2 Olympics were high elbow swimmers

REIMBURSEMENT COMMITTEE

USA and many LSC's give a higher stipend for higher ranks
Some require the swimmer to achieve the cut time at the meet to earn stipend

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SPORTS MEDICINE SCIENCE

Much info provided on USA website.

10K is a new event added to the next Olympics and USA is studying race strategies, when to drink, eat during race

Nutrition – fuel- food, oxygen, fluids

Prepared bodies resist tiredness over non-prepared bodies

Taper- up the nutrition intake – can't drastically change needs to be long-term

Iron levels at race are determined 6-8 weeks prior (leafy veggies, meats, beans)

At peak nutrition levels – performance is substantially enhanced

Post workout- must hydrate and have protein and carbs – creates anabolic state for muscles

Use snack & sip plan for race day

Nutritional supplements – be careful, not condoned by USA