

## Age Group Convention Report - Bob Vializ

### EASTERN ZONE TECHNICAL PLANNING

Because of the size of last year's long Course Eastern Zone Championship meet as well as the limited space in this summer's venue, the cut times will be tightened significantly. As soon as the new cuts are established, we will get them out to everyone so you can advise your swimmers appropriately.

### AGE GROUP NATIONAL CHAMPIONSHIP

This meet is under development for introduction in the fall of 2009 and may not retain the name "Age Group National Championship." The reason given is that they are not truly interested in a national championship meet but rather a meet that promotes and rewards flexibility and versatility in all strokes. As currently conceived, the meet will have the following features (subject to changes/adjustments):

- 4 Meets - 1 per zone
- November through December time frame for placement of meet (up to each zone to set date)
- 2 – 2.5 day meet - Timed Finals – Held in 2 25yd pools
- Based on IMX Power points
- Qualifying period from previous year 9/1 -5/31 SCY & 9/1 -8/31 LCM
- Entry Deadline 9/1 for that Falls meet
- Standards based on median 100<sup>th</sup> place average
- Single Age Groups, approximately 100 swimmers per group
- Girls to age 12, 2800 power points, Boys 2600 power points
- Girls 13- 16, 3100 power points, Boys 2900 power points
- Athlete swims in his/her age as first day of meet, but retains qualification from previous age group
- Excludes 17-18's (very few have an IMX score)
- In addition to standard awards, awards are given to swimmers with best average time for the 4 strokes +IM

### Sports Science

USA conducted a presentation titled "Shoulder Stretching: Harmful or Helpful?" This was an eye opening presentation that suggests a linkage between the stretches we see on deck everyday and shoulder instabilities that can and do result in injuries. Common Shoulder stretches that we believe target the muscles of our arms, shoulders, chest and back actually focus on the shoulder/arm joint and loosens it increasing instability.

This is a must read for all coaches. The full presentation as well as a summary and an accompanying powerpoint is available on the USA Swimming Website.

<http://www.usaswimming.org/USASWeb/DesktopDefault.aspx?TabId=451&Alias=Rainbow&Lang=en> or go to the Coaches tab, click "sports Medicine" then "Injury Prevention and rehab"