

Convention Report 2008
Atlanta, Georgia
Mary Fleckenstein

I arrived in Atlanta on Thursday, September 25, 2008 in time for the Eastern Zone meeting. The Eastern Zone met again on Friday evening. Here is a recap of my notes:

There was a moment of silence for those who have passed in the last year.

The 2009 Eastern Zone meeting will be in Ft. Lauderdale at the Swimming all of Fame.

Minutes from the May meeting were approved.

Many candidates appeared and spoke – looking for votes!

Report of Officers:

USA Swimming renewed contracts with all major sponsors – except Toyota.

Duel in the pool not scheduled for 2009 but will be held in 2011 in London.

NBC in contract talks for future. World Champs in 2009 will be live.

2012 Olympic Trials – negotiations with Omaha.

Golden Goggles – November 17 in NYC.

Disability wants changes made.

Friends of Swimming – new program for fundraising - \$30 donation - \$10 of which does go to Make a Splash.

Senior Meet – 2009 – new program – 15 & over only – 1st weekend in August \$10,000 stipend of each zone if they choose to run. Eastern Zone votes no for 2009 as it interferes with our already planned schedule for 2009.

Eastern Zone elected Marci Callan as Zone Director, coach, Boots Hall as secretary/treasurer, and Paris Jacobs as Age Group Dev Committee, non-coach.

Background checks are due again.

There was a change in order of events for short course zones.

Beginning in 2010, each lsc will be able to add one more swimmer for 11-12 and 10 & under in short course zones.

No bids were offered for 2009 LC Zones.

On Friday, I attended a Breaststroke Technique workshop given by Russell Mark. He explained that breaststroke is broken into 2 phases. 1 is to maintain forward velocity at peak of stroke. 2 is maximize forward velocity at extension. Races are won in between the arm strokes. It is body driven. Body line is important. Drive forward through the core. Discussion on the timing of dolphin kick in pullout.

USA Swimming House of Delegates meeting – Saturday all day..... Most of the HOD meeting is posted on the USA Swimming website. Many awards were given, carnations were presented for those we have lost in the last year – two from Metro were announced. Chuck Wielgus gave his state of the sport report, with video from the Olympics. Rules and regulations were handled in a timely manner – no long discussions. The one that most were concerned with that applies to Metro is the adaptation of the rule that 12 & unders can not wear the long suits in age group meets. All the relevant rule changes are posted on the us web site.

Saturday was capped off with the annual Awards Banquet. It was a disappointment that the Olympic swimmers were not there – especially Michael Phelps who was awarded swimmer of the year. All aquatic sports gave out awards, and masters was the hit again!

All in all the convention was a very rewarding experience.
Thank you Metro for allowing me to attend.

Respectfully submitted,

Mary Fleckenstein