

USA Swimming Convention September 27-29, 2018 in Jacksonville, Florida

By Jeanette Soe, Pacific Swimming Staff Member

Thursday, September 27:

- **LOOKING OUT FOR OUR ATHLETES – ADDRESSING UNHEALTHY RELATIONSHIP BEHAVIORS**

Representatives from the ONE LOVE Foundation (founded in 2012), presented us with information about how to recognize healthy relationships vs unhealthy relationships around us. One in three women and one in four men are in some sort of unhealthy/abusive relationships. Via videos plus handouts many situations of unhealthy and healthy relationships were pointed out to us. The most vulnerable age group is the 16-24 year olds, but also younger age groups exhibit many of the unhealthy traits, thus very important for coaches/parents etc to be able to recognize the behavior early on. Due to increased use of social media and postings being almost always positive posts, there are many times that the real “life” is far from what is posted and commented on on these sites. We received information to links where information can be found on how to ask questions and how to help young people who might be in an unhealthy relationship/friendship. In many cases it all starts with emotional abuse which can lead to physical abuse later on. Many great dialogs came out in this meeting.

Useful links:

<https://www.joinonelove.org/> link to foundation’s website with resources, videos etc

<https://www.joinonelove.org/signs-healthy-relationship/> 10 signs of healthy relationships.

<https://www.joinonelove.org/signs-unhealthy-relationship/> 10 signs of unhealthy relationships.

- **OPEN WATER SANCTION PROCESS**

Representatives from USA Swimming OW committee were present, however instead of learning about the OW Sanction Process (I had no prior experience or background on this topic, so expected to learn about it) this class was conducted as an interactive meeting with the participants. The audience expressed the difficulties they had when trying to sanction an OW competition. Some of the things I took away from the session were that the OW committee has several forms and teaching material about the OW sanction process, however they are not yet uploaded to the USA Swimming website (eg. Race Directors handbook, samples of Safety Plans, OW templates for Race Directors). The OW committee is working on having them uploaded soon and are currently working on a Manual for OW, which they hope to have ready by April 2019.

The two main goals when sanctioning an OW event is SAFETY, WATER QUALITY, and an INDEPENDENT SAFETY MONITOR (a Head Lifeguard is an example)

OW athletes have to be a member of USA-S, however there is an option for a “single day membership” of \$12 in order to participate in a one-day sanctioned event. People in the audience shared some of their experiences and problems they have run into when trying to sanction an OW event.

- **RULES AND REGULATIONS**

This was the second meeting of from the Rules Committee – a continuation of the meeting from Wednesday (which I was not present at), led by the Rules and Regulations Chair, Jay Thomas. The meeting was very short, as there was not much unfinished business from the previous day. Everything discussed on Wednesday was approved and will be voted on at the HOD meeting on Saturday: Cleaning up of verbiage, the need for Meet Safety Director on the meet announcement and at the meets (can not work in any other capacity at the meets), the use of backstroke ledges will require availability for everyone, and the biggest one to be voted on: Whether to ban tech suits for 12/U swimmers or not

- **Western Zones Business Meeting THURSDAY and FRIDAY** – See notes under Friday.

[Friday, September 28:](#)

- **WOMEN IN AQUATICS BREAKFAST**

Started my day early at 7AM by attending this breakfast, led by Mary Jo Swalley. An informal (separate fee) to meet and mingle with women in aquatics. Yearly Award presented at the end, many fellow women officials attended the breakfast and a couple of men....

- **PLAYING BY ROBER'S RULES**

This short meeting presented by Dan McAllen was a great overview of how meetings/voting etc is to be conducted – it was very interesting and prepared me well for the conduct of the Zone Meetings and especially the HOD (on Friday and Saturday). An excellent booklet/(manual) was handed out. Got to learn about the Parliamentary Procedures, amendments (max 2 for same piece of legislation at a time), discussions, “call the question” to stop the discussions, Rule out of Order, motions, points, and proposals. It was stressed that to become an expert on Parliamentary Procedures it takes a lot of meetings and experiences. At the HOD meeting on Saturday, all of the above introduced procedures were used multiple times and I felt by having taken this class, it was much easier to follow “what was going on” during the big meetings.

- **BURNING ISSUES FOR OFFICIALS**

USA Swimming's Officials' Chair, Jim Holcomb, led this open forum meeting with a room full of officials. Melissa Hellervik-Bing talked about using social media to promote what we do as officials, give information about events and clinics, and to always post photos as it captures everyone's attention. Via social media, show how much fun officiating can be (facebook and Instagram are popular ones for our “age group”).

Next, Jim Holcomb presented his Myths and Legends, not many new things from last year, but things that come up every year were addressed such as Briefings should be brief, AO/AR clarifications, legal butterfly arms/and kicks/undulation clarified, hands in breaststroke “glide” part can be stacked, where hands can be for a backstroke start (not on the top of the block), on the backstroke grips or gutter only, and toes may be on the straps of the ledge and at least one toe in contact with the pad.

Lots of questions from the floor and answers from Jim and Jay Thomas as well – fun and informative/interactive meeting.

- **MEET THE CANDIDATES**

The 15 candidates who were selected by the Nominating Committee (led by Clark Hammond) were up on stage for an In-Person get to know the candidates up for election the next day at HOD (6 of them to be selected). Candidates: Brearton, Colkel, Conrad, Gordon, Hoagland, Hoppenrath, Indest, Krall, Marbut JR, Paul, Skow, Teeter, Thomas, Ugast, and Vincent. Each candidate was given a total of 2 questions with 2 minute to answer by the moderator. In addition their BIOs could be viewed online with a brief statement and video as well. After the candidates answering their questions on stage, the audience were able to mingle with the candidates and ask them individual questions on the floor (off stage). Athlete Reps to vote at HOD for 3 athlete nominees (who were not part of our Meet the Candidates), candidates were: Nathan Adrian, Natalie Coughlin, Maya Dirado, Andrew Gemmel, Bradley Craig, Davis Tarwater.

- **WESTERN ZONE BUSINESS MEETING (THURSDAY AND FRIDAY FOR ME)**

Introductions and Agenda by Sean Redmond

Reports given by the officers (SR and JR Zone Directors, Treasurer , Athlete Rep, Championship Coordinator, Safe Sport (not present), Offiicals' Coordinator, Disability Coordinator, Diversity and Inclusion, Open Water).

National Committee reports given

Western Zone Championship Meet Preview (2019 Age group Zone meet in Gresham , OR and SR Zone meet in Clovis). WZ age group proposal for 2019 to eliminate 400 relays for 10/U athletes and offer 200 MIXED relays instead (to be voted on). Time standards for SR meet are up with no changes, time standards for Age group not ready yet – will be posted on western zones website when ready. Contact for WZ age group in OR is Debbie Laderoute.

New Business: One bid for WZ AG Champs 2020 presented, Kiheii in Maui. SR Champs 2019 in Clovis.

Sean Redmond was re-elected as Zone Director - Thursday meeting adjourned to be continued Friday.

Meeting continued Friday with one more additional bid for WZ AG Champs 2020 by Snake River cohosting with Inland Empire at Mt Hood in Gresham, OR.

Vote done and meet went to be held in Gresham, OR in 2020

Vote for SR Zone Champs dates to be August 4-8, 2020 in Clovis

Vote for Athlete Rep went to Maria De Villa

Bylaw changes were approved, budget was approved, 400 relays were eliminated for 10/U swimmers at AG Zones and will be replaced with mixed 200 relays for this age group, changes to P & P done.

- **USA SWIMMING HOUSE OF DELEGATES MEETING (Friday)**

Meeting was called to order by Jim Sheehan who presented the Chairmen's Report and the Memorial Presentation, always sad to see how many great people left us in the past year. Next was a presentation of Life Members and the LEAP Recognition Awards (Pacific Swimming was a recipient of this recognition award this year and a check for \$2,500). Meeting ended with several individual awards presentations.

[Saturday, September 29:](#)

- **USA SWIMMING HOUSE OF DELEGATES MEETING (Saturday)**

Meeting was called to order by Jim Sheehan at 9Am, followed by each chair giving reports: Membership, Financial, USA Swimming Foundation, and Credentials (given by our own Laurie Benton).

A USA Swimming State of the Sport Panel was on stage for question and answer session

Board Elections done

Rules and Regulations – changes, motions, discussions, and voting:

Biggest discussions were around the proposed ban of 12/U tech suits. HOD voted to ban technical suits worn by 12/U athletes at any sanctioned, approved, or observed meet, with the exception of National events: JR Nationals, US Open, National Championships, and Olympic Trials.

HOD also voted to approve alcoholic beverages or the recognition of alcohol sponsors at National Championships, Trials, US Open, OW National Championships, and the TYR Pro Swim Series events, or others if approved by the CMO of USA Swimming

Board Election Results presented:

- Chris Brearton* – 4-year term
- Natalie Coughlin Hall – 4-year term
- Maya DiRado – 3-year term
- Dr. Cecil Gordon – 3-year term
- Jeanette Skow* – 3-year term
- Davis Tarwater – 2-year term
- Jay Thomas – 3-year term
- Tom Ugast – 2-year term
- Robert Vincent – 2-year term

The following individuals remain on the Board of Directors, based on existing term schedules:

- Jim Sheehan, 2014-2018 Chair of the Board
- Dale Ammon, Western Zone (Non-Coach)
- John Bradley, Central Zone (Coach)
- John Roy, Southern Zone (Coach)
- Mary Turner, Eastern Zone (Non-Coach)
- Jim Wood, National Team Steering Committee Chair

Meeting adjourned before 1PM – there were no old or new business to be discussed.