

## 2016-2017 - Travel Support Update

Coaches are eligible to apply for 3 meets; Athletes are eligible for all Nationals, Juniors, Futures, and US Open Meets. Athletes are also eligible for one Pro Swim Series or Sectional Meet. Meets held within our LSC are not eligible for travel support. [Information and documents can be found on the "forms" tab on the Pacific Swimming website.](#)

## Pacific Swimming Senior Meet Surveys

Meet surveys to help evaluate and improve meets.

## Senior Development Committee: Convention Update

Time Standards:

[2017 standards are unchanged for all summer meets.](#)

2017 December US Open will be slower as World Champ team will not be attending the meet.

Quad Plan: Standards to be discussed at next committee meeting (November 20<sup>th</sup>).

Proposed 2020 trials times to be presented at 2018 convention.

Meet Dates:

Juniors: July 31-August 4, 2018 (Irvine, CA)

Nationals: August 7-11, 2018 (Irvine, CA)

Futures: August 1-4, 2018 (Coaches expressed the need for a 1-day gap for travel between US Open and Futures.

Continued discussion on purpose of Futures meet.)

Futures:

Stanford 834 athletes, Austin just under 500 athletes, Georgia Tech 550 athletes, Maryland 600 athletes

Recommendation for 2017 is to continue with 4 sites. Possibility of rotating sites for regions as originally discussed 2015.

Site selection for 2017 held off until next board meeting (November 20<sup>th</sup>)

Club Excellence Program:

Age (change to 19) tabled. High school swimmers that turn 19 are eligible (based on case/case basis). Age issues to be revisited on the next evaluation process. Intent to keep "true HS Seniors" times to be used through August. College 18-year-olds are not eligible.

National Junior Team Program

2016-2020 Quad Plan: [Vision and Selection link to presentation](#) can be found on USA Swimming website.

Olympic Team Experience- Russell Mark

Rookies need international experience prior to the Olympics.

Keys to preparation: Camp (athletes technical awareness), Fun (carpool Karaoke), Focus (take care of business regardless of distractions), Ability to refocus EVERYDAY.

Unprecedented attention to nutrition, strength, sports med and late night (early morning) adjustments.

## Steering Committee – Club Coaches Open Forum: Convention Update

FINA: FINA board needs coaches and athletes so decisions can be made for the betterment of our sport.

Trials: Steering made a conscious decision to give athletes more opportunity from only the 440 swimmers in 1996.

Addressing the need to have better air quality in warmup pool area and better seating for coaches/athletes.

Possibility of narrowing the qualifying time period from 2 years.

Olympics: Medal count 33, however the margin between winning and not winning a medal: 0.26 (6 less medals) and 0.25 (12 less). Credit to athletes and coaches to race and get on the wall. Total athletes in meet: 912.

## Coaches Meeting: Convention Update

Anti-Doping: Task force created to educate younger athletes on the risk of doping.

Labor Laws: [New Department of Labor Overtime Regulations](#), mandate overtime and effect programs (study).

Meets: US Open/Jr's (possibly combo the meet for summer 2020) and have an 18/u heat.

The smaller meet allows more opportunity to help athletes transition to the next level.

Fix the air quality in the warm-up/warm-down facility

## California Employer Advisory Council

Labor Law Updates and other information on employment related issues.

Annual dues are typically less than \$100 per company. Provides free hotline to answer employer questions, discounts on seminars, access to lawyers, and HR concerns. Most of Pacific Swimming falls into Region 2 of California's EAC's: Alameda County, Contra Costa County, East Bay, Marin County, Monterey Bay, San Francisco, San Mateo County, Santa Clara County, Santa Cruz County, Solano/Napa, and Sonoma County. [For more information visit: www.ceac.org](http://www.ceac.org)