

Wednesday, 11 September 2019

## National Officials Committee Business Meeting

- Survey: OCs and Winter Nationals crew
- Jim H. -- National Deck, Survey Question: "how do I get..."
  - FAQ slide being prepared, not up yet (by Thanksgiving)
  - Handbook by position
  - Will include tips and tricks
- Dana
  - Evaluate the evaluators
  - More LSC OC mail
  - Consistent 201 OQM per year
  - LSC N3 Evaluators: derived from OQM ratio
- Bill R -- Recruiting and retention
  - No magic
  - Dilli on subcommittee
  - Retention --
  - SN as family
- Amy -- succession planning
  - Transparency
  - EOY target
  - Surveys to LSC Officials Chairs
  - 1354 names on some list
  - ~250 names on the "approved" for trials list (?)
  - Cycle for succession planning
  - Learn
  - Experience some
  - Identify successors
  - Mentor
  - Supportive leadership
  - Not "your meet" mentality
  - Rethinking national meets
- Maryanne for OTS
  - Mark stepping down from OTS role
  - 9207 participants in 201 oqms
  - EZ 14.4%
  - CZ 25.9%
  - SZ 30%
  - WZ 21.9%
  - OTS improvements
- Rules -- Carol Z and Clark
  - FINA every 4y at world Congress
  - Technical Swimming Committee
  - Clark

- Appropriate
- Sandy: Facebook page now set up as Community
- Friday announcements for trials and national meets
- Carol leaving technical committee 2021
- Mentor workshop April probably Kansas City
  - One per LSC
- Zone WS all four zones in Chicago in May
  - Saturday official workshop
- Uniforms blue oxfords going away after December meets
  - White polos will be “it”
- Concussion protocol for all now
  - Comply with state law
  - OR annual
  - Still not on printed card

## Rules & Regulations Committee

Intros etc.

General discussion

Segue -- Alaska suit issue

(departed for Reg / Membership)

## Registration / Membership Committee Meeting

(1400 - 1451, followed by Q&A Session)

Chair comments: Carol K

Sub-Committee Reports

Communication (Denise Thomas)

Education (Pam L)

## Membership / Times Validation

Technical (Mark & Erin Schwab)

Jim P. -- Age of SWIMS and SW Dev Lifecycle

Active integration still incomplete

Q&A to follow meeting, vendor demos on Friday

Zone Workshop in May 2020 **does not** include / require Registration/Membership

### SWIMS Updates

- USADA
- Concussion
- MAAPP (18+ athletes)
- Addl email address
- ? preferred name handling offensive submissions?
- Seasonal Membership
- Transgender Procedure -- different change (National Panel to Denise) vs. new reg

### Legislation Review (R-2)

- Committee agrees fee increase is needed, some disagreement over the amount

### Hardship Policy for Club Dues (in light of above)

- LSC first has to discount
- NHQ review following that

Thursday, 12 September 2019

## Western Zone Business Meeting

2021 Age Group Championship bids:

- None received in advance
- SN: Elk Grove Aquatic Center (New Pool) -- ACCEPTED
  - Will host SN LC Champs (Bill Rose Classic)
  - Nice looking facility (drone footage)
  - EGAC is host
  - Spectators -- covered stands on one side of 50m
  - Athlete village
  - Restroom facilities?
    - April will help
  - Classroom space

2021 Senior Championship bids:

- No bids -- Clovis not planning to bid under current financial agreement

Robert Broyles: proposal...

- Gate fees the only way Roseville and Gresham AG Champs made money
- Not possible at Clovis
- Raise entry fee per event by \$5 (relays and individual events)
- Amend: \$15 per individual event, \$25 per relays
- ~~Increased fee to the host (amend accepted)~~
- \$5 to zone from each, remainder to host
- PASSES

*BOD Candidates intro*

Back to Senior Zone 2021

- Clovis okay with fee increase
  - Clovis North & West, current config
  - Dates TBD pending national schedule

Friday, 13 September 2019

# A Team Approach Today, For a Better Tomorrow

## Sports Medicine Session

Keenan Robinson

Danny Mistry

1st Convention session was 20m in ATL, now exceeding the 50m allotted

Team Approach

Understand, diagnose, treat

Healthcare Providers -- Individuals Parents/Family -- Teachers, Coaches, Other Support Staff

Outcomes Analysis, Vision & Outreach, Protocol Implementation

### CARE

Communication, Continuing Education, Consistency of Care, Compliance with Protocol, Commitment to Excellence

Access to Care, Awareness - how do we create a model for expeditious care for all

Research Initiatives -- to help

Evolution -- address the importance

Education & Research, Musculoskeletal, Primary Care & Sports Med, Athletic Training, Integrative Therapy

### Integrative Therapy

- Massage Therapy
- Chiropractic Care
- Physical Therapy
- Occupational Therapy

## Education & Research

- Drives all the others
- Facilitates Evidence-based Medicine

## Education

- On-site at meetings
- Conferences
- Webinars

## Prevention & Clinical Management

## Research

- Research Committee
- Not funded by USAS or USOPC
- ...

## How & Why of Concussion Management

Stoppage of Swim Protocol

## Youth Injury Survey

## Sports Cardiology

## Female Athlete Triad

## Musculoskeletal

## Allergy & Asthma

## Development of Educational Infographics

## Doping

## Mental Health Management (from 2016 survey or Olympic team)

## Athlete Safety

# How & Why of Concussion Management

Danny Mistry

Fort Collins

Sees about 100 concussions per month

Speak the truth

Do it right, people heal

“At least 4w for symptoms go away” -- far from truth

No two brains are alike; therefore no two concussions are alike

1y analysis:

In-water collision

Collision with Wall

Dryland

Bottom Strike

Presentation will be on web-site

Transient or not-so-transient effect to brain

Concussion in Sport conference (last in Berlin, next in 2020 somewhere in europe)

“Basic Steps”

Remove from Swim & Play

Efficacy

Rest & Reduce -- Physical Exercises & Cognitive Tasks

Refer to Specialists

Academic Adjustments and Accommodations at School

Graduated Return-To-Sport (RTS) / Return-To-Play (RTP) Strategy

Steps 1-6 (see doc) -- each separated by at least 24h

Bridge between 3 & 4 hardest for swimming

2016 return to school / return to learn (RTL) (Karen McAvoy(?), on Conc Comm)

Steps 1-4

Get kids back to school as soon as possible -- short-term transient  
Zemek 2016 data look at critically (28d for 70% over 5-18y)  
Mental Fatigue  
Slowed Processing Speed  
Short-Term Memory

[GetSchooledOnConcussions.com](http://GetSchooledOnConcussions.com)

Take it seriously but don't make it a crisis

RTL4RTP wheel at GetSchooled

2017 Survey to All Registered Coaches

Most USA-S clubs do not have established relationships with athletic trainers and other healthcare providers

Dependable & Steady Communications

## Youth Injury Survey

Feb - Aug 2018 w. 308 responses (reg USA-S Coaches)

Risk Factors:

Sports Specializations

Volume of In-water Training

Specific Stroke

Common Injury Areas:

Shoulder

Knee

Low Back

4-7 practices / week

5-15 hours of training / week

10 hours is not necessary to achieve Elite Status

1-2 hours / week in another sport

\*but\* other sport is a risk factor for injury

No need to specialize at this age

Extraordinary range of motion needed to achieve Elite Status

Breaststroke: most injuries

Core weakness in free and fly -- injury risk factor

Dr. Dawn Comstock -- database on HS Reporting information

Quick:

## Sports Cardiology

Sudden cardiac death

Four domains

Dr. Ankit Shah in Baltimore

Establish Network of cardiologists throughout US

World champs

Phone-based cardiac test send to Ankit

## Female Athlete Triad

White elephant in room of swimming

Myth: Peak at 18

Over-training can't change hormones

2018 FiTR Woman -- free app training w/ menstrual cycle

Triad diagram -- bones

Knowledge is power -- what is going on with our athletes?

64% have HMB

36% amenorrhea

9% polycystic ovarian syndrome

\*\* Ran out of time will provide slides \*\*

# Officially Awesome

*(started a bit late due to room transition)*

## A Celebration of Officials

OC Athlete Reps: Shelby Mullendore (and Jack in another mtg)  
At San Jose State, from midwestern Lincoln Nebraska

Slide deck

MLB, NBA, NFL, Swim (47-51 ~200k)

Average Age: 51

Average Salary: 0

**Daily cost for a national meet \$350**

Officials paying \$1,147,250 out-of-pocket per year to work at National meets (need slide)

Dara Torres / Carol Zaleski rip-in-suit Story Beijing 2008 (John Wilson was SR)

Carol:: (delayed, international relations meeting)

Onto committee 1988, chairman 1992, 2005 FINA politics → vice-chair Roger

Chauvinism, changes since 1988

1988: olympic movement needs age-group mothers to tell them how to run a swim meet  
Russ White SR from US

Semi, Women's 50 --

Dara didn't know what she would've done if another Ref on deck

Carol questioned about delay by FINA pres -- resp: check with NBC became good human interest story -- CZ gonna do the right thing for athletes

Athlete Reps, LSC-level Stories

Matthew Rigsbee, NC Swimming  
Dad David Rigsbee, 100 sessions in 1y

Congratulate athletes after swim  
Family of officials

Josie Uerling, OK Swimming  
Soph @ Emory U

10yo scared of officials -- 1st alternate waiting -- toys for alternates ! (shark)

Noelle Marsh, Gulf Swimming

@Winters, encouragement helping reduce nerves

Joanie Beisel - technical difficulties

Irvine selection meet 2014, then dead of winter freezing in Australia in monsoon  
Officials on deck Amy as DR on one of Elizabeth's events

pokka

Amy helped

Elizabeth -- athletes "friends" with officials

2014 Nationals:  
200 BK "cursed"

Stuck in Parka

On Survivor

Amy Hoppenrath  
Chair, Program & Events Sub-Committee

Matt Wilson for statistics

## OFFICIAL-ration (recent + announcements)

### Summer Meets

Nationals: Dave Coddington

Junior Nationals: Trish Martin -- First-time National Meet Referee

Futures Des Moines: Peter Lagow

Futures Geneva - Mickey Smythe

...

### International

Pan Ams -- Jay (UANA TSC), Cecli (UANA TS, Ref), Lisa Vetterlein (SR & ST)

Worlds -- Fran Werner SR Wayne Shulby ST/CJ Pink Jackets

World Cup -- Kathleen Scandary, Ref (Japan, bowing)

World Juniors -- Robert Broyles

World University Games: Italy Amy H Ref

OW Worlds KO Sandy Drake, Pam Wilson

25k on Zodiac during Typhoon loop 3/10 water filling

Interpreter can't swim, no life jacket -- Sandy telling him what to do if capsizing

Winter 2019/2020

US Open Atlanta -- Jamie Cahn MR

Jr Nationals --

Jason Johnson E

Don Hougherty W

Tyr Pro Swim Series

Greensboro: Jim Holcomb

Knoxville: Melissa H-B

Des Moines: Sandy

Mission Viejo: Robert B

Indy: Jim Sheehan

Olympic Trials

250+ qualified candidates

MR: Clark Hammond

AR:

- Jacki Allender
- Peter Lagow
- Lisa Olack

DR:

- Jamie Cahn
- Sandy Drake
- Jim Holcomb
- Kathleen Scandary
- Wayne Shulby

SR:

- Denice Wepasnick HS
- Dick Duncan
- Eric Peterson
- Fran Werner

CJ:

- (Just Don't Suck )
- Don Hougardy TL
- Dana Covington
- Kim Downs
- Jason Johnson

- Trish Martin
- Mike Urbanowicz
- Lisa Vetterlein

Underwater Cameras:

- Rotating DR plus:
- Dan McAllen
- Robert Broyles

Time Trial Referee / Finals Call Room

- Mark McCaw

Deck crew announced by mid-October

### **Carol Zaleski again**

Olympics not approved yet (mail vote)

Refs from Technical Swimming Committee

SR from World, SR from Host

ST from US

Post 1988 Olympics meeting with Richard Quick & Mark Schubert

Athletes First

Her First TSC meeting

Breakfast with Swiss gentleman vice chair (Nicholas)

Wanted gentleman secretary not Carol

End of 4y period -- that same Swiss gentleman moving onto Bureau, v. positive recap

Rotating athlete seating

Her kids started swimming at YMCA → AAU competitions

First meet didn't know parents on-deck getting to time

Working on deck is a privilege

"We will put the little girl in the front"