

## USA-S Convention 2013

### Montana Admin. Vice Chair Report

I had the privilege to attend USAS Convention and represent the Montana LSC. This was a great experience and although this past year I have just been "getting up to speed" at my position for MTS, the convention helped give me some direction and knowledge I can bring to our Montana teams.

The first meeting on Wednesday was titled "Our Kids Initiative". This was actually a committee of the representatives from FINA, USA-S, USMS, NCAA, YMCA, NFHS, USP, ASCA, CSCAA, CSOA, and NISCA. Discussion centered around the backstroke starting device, NCAA officials certification program, changes to the 'two hand touch' rule and 'first pull' of the breast stroke and they passed out a chart summarizing the differences in rules differences between the governing bodies. These differences are decreasing which is their goal. More info at "[ourkidsinitiative.org](http://ourkidsinitiative.org)."

Rules and Regs committee meeting - discussed proposals to go before the H.O.D. Big topic was to initiate a Zone Board of Review instead of the current LSC Board of Review. This did pass in the H.O.D.

Convention "GPS" - for 'first times' initiation/introduction on how to get around the meetings and make the best use of your time. This one was less valuable as Curt, Craig, and my prior research had helped make a plan for what events to attend.

Western Zone LSC General Chairs' Meeting - I attended just to see what the 'big dogs' talk about.

Thursday's first four hours was "Fueling Your Athlete" and "Sports Medicine/Science" workshops. There were some Zzzzzz's around the room, but this is "what I do" in real life and they pretty much said things in line with what I practice. There is a wealth of info on this subject on the USAS website and all coaches and parents should be visiting those pages. FYI - USAS stand on energy drinks = "Probably not good at the age group level"

Afternoon was "Meet Management" and "Admin Official" workshops. Good info if you had never run a meet and good back up if you had run a meet correctly. I found there are two types of people, those who totally understand the "admin official" duties and those who can't wrap their head around it. Glad I'm not the only one of the later designation.

An hour of Q&A with President Bruce and Executive Director Chuck then two hours of Western Zone meeting where the big accomplishment was to award Maui with the 2015 A-G Zone meet ended the day. Well, not really. Being Friday the 13th, Disney had their big Halloween season kickoff til 1:00 a.m. Since our athletes couldn't go alone, yes, Curt, Craig and I HAD to chaperone them to the "Happiest Place on Earth".

Friday's meetings began at 8:00 a.m. (apparently the convention planning committee didn't think of going to Disney) and consisted of "Burning Issues for Officials" one topic was working toward having paid officials. "LSC leadership workshop" and "General Chairs' and Leadership Roundtable" talking alot about LEAP and how complying to these levels will make better LSCs and clubs. Curt and I will be working on this and our goal is to get our LSC to Level 3, but **it will take some help from all of you!**

I also attended "How Coaches & Officials Can & Should Work Together" (I think we do a good job of this in our LSC), Western Zone meeting then the H.O.D. meeting til about 9:00 pm.

Saturday's H.O.D. meeting 9am - 2pm was a good education in Robert's rules and in the end they voted the way Montana wanted, of course. Awards/presentations banquet in the evening brought all USA-S together - USAS, USMS, Water Polo, Synchronized, and Diving.

I learned more than I can express in the one page I am allotted (which I wasn't able to do) and I am trying to not bore you, but I also want to tell you Montana can be proud of our four athlete reps and the way they conducted themselves.

Most importantly, finding out that Craig and Curt are fellow MouseJunkies just makes Montana Swimming seem a little more magical.

I will be working on the LEAP requirements, and Nov. 2nd will be at the Olympic training center in Colorado Springs along with Richard Allen to meet with members of the other 19 LSCs who have less than 2500 members to workshop ways to make/keep our LSC strong.

Dr. Tony Popp

Admin. Vice Chair MTS

KATS President

