

Virginia Swimming, Inc.
HoD Meetings
April 26, 2020
Executive Director Report

2020 Registrations	April, 2019 #
Athletes: 6172 (inc. 182 who have upgraded to Premium)	6320
Flex: 777 (350 New)	716
Outreach: 65	56
Seasonal: 0	13
Total: 7014	7105
Non-Athletes: 972 (inc. 16 Life)	962
Clubs: 46	46

Athlete Protection Training: Remember that athletes are required to complete the APT within 30 days of their 18th birthday. An automatically generated email is sent from USA Swimming 30 days prior to that day, on their birthday and 30 days following it. Because of this, it is most important that we have the athlete's email address in SWIMS, not just the family email address. In December, SWIMS was modified to identify if an athlete's 30 day APT grace period expires during a swim meet and, if so, none of the athlete's times for that meet will be entered into SWIMS. Bottom line: the athlete must complete the APT **prior** to the first day of the meet in order for the times to count. Programming for meet recon has been updated and the report generated is now supposed to flag this. As with all issues on the meet recon reports, teams will be notified about this so that action can be taken.

Meet Director Workshops: We will be scheduling online workshops throughout the summer and sending out details as soon as we have identified dates. **Remember: A representative from each club or satellite hosting a meet this year must have attended a Meet Director's Workshop within the past two years.** Folks who attended the workshops held during 2018 will need to attend a workshop this summer as well as anyone who has not attended in the past. Any club is welcome to participate but Emily or I will be contacting the clubs that must renew this year.

Upcoming Zone Meets: All Eastern Zone sponsored meets scheduled for this summer have been cancelled.

Coach Certifications: In light of difficulties that coaches may have in completing certifications that require in-water or practical components, USA Swimming issued a statement several weeks ago explaining extensions that have been put into place. The American Red Cross (ARC) has since provided more information as it relates to their courses:

- Lifeguarding certifications expiring between 3/15/20 and 6/30/20 are eligible for a 120-day extension. Coaches may contact an instructor and request this extension themselves by going to: <https://www.redcross.org/take-a-class/classes/120-day-certification-extension/a6R3o0000014Sws.html?cgid=online-safety-classes&isCourse=true&storedistance=undefined#cgid=online-safety->

[classes&zip=morgan%2C%2But&latitude=41.03605599999999&longitude=-111.6768769&zipcode=84050&searchtype=class&start=2](https://www.usaswimming.org/classes&zip=morgan%2C%2But&latitude=41.03605599999999&longitude=-111.6768769&zipcode=84050&searchtype=class&start=2)

- Provisional CPR/AED certification can be obtained by contacting a certified instructor who will set up a course. The coach will be required to take the online course and then complete the practical portion of the course within 90 days. This is a full certification.

Information from Weekly LSC Leadership Meetings:

- National Meets – a final announcement about the summer meets will be made sometime next week. The current plan is to hold a Pro Series meet in November (in Richmond) along with the winter Juniors meets and Toyota Open in December as well as the regular lineup of Pro Series meets in the spring. Qualifying times for the December meets are still being worked on.
- Virtual Swim Biz – webinars will begin on May 5th. Currently planning to host two per week. Watch for announcements and be sure to attend.
- Financial Support – USA-Swimming will be announcing details of its program to provide funds to clubs and LSCs next week. The current focus will be on clubs that have not received any government or LSC assistance. Again, watch for more information.

LSC Select Camps: Virginia Swimming planned to host an IMX Select Camp on May 9th at St. Catherine's School. Unfortunately, it was another casualty of COVID-19. We do plan to host it in the future but no definite plans have been made at this time.

2020 Swimposium: Plans are almost complete for our event in September. USA Swimming will provide funding for several individuals to provide workshops at this event we have secured speakers for sessions for officials and parents. We also will be hosting an Athlete Leadership Summit and our usual athlete clinic with an Olympian that weekend. Please be watching for more information and cross your fingers that we will be able to hold the event as planned.

Announcements:

- Courses Unavailable May 22 – 25: Foundations 101 and 201, Club Leadership 101, and LSC Leadership courses will not be available during these dates. If you have started one of those courses, be certain to complete it prior to then.
- Club Leadership 201: Webinars are being scheduled for this course. Contact Tom Avischious for dates and times. tavischious@usaswimming.org
- USA Swimming Webinars: Check out the schedule of upcoming and recorded webinars now available on the USA Swimming website at <https://www.usaswimming.org/news-landing-page/2020/04/24/webinars>
- All Star Team: The list for short course is complete and will be published this week.
- Competitive Spirit Awards: Some teams have already submitted names of recipients but I will continue to accept names until May 15th. The earlier deadline was set so that awards would be available to distribute this weekend. So much for that! If you have not submitted names, get them to this office by May 15th and we will place the order.
- In order to get information out more quickly, Virginia Swimming now has a Facebook page as well as an Instagram account. Search for virginiaswimming on Instagram and Virginia Swimming on Facebook. The Facebook account is still a work in progress but please encourage your team to follow us on Instagram.

Thoughts from Webinars

Attributes of teams that will successfully emerge from current challenges are those that have done a great job of engagement, culture, and communication.

Athletes:

- This is an opportunity for athletes for athletes to learn and focus on the mental game of swimming. Opportunity for rejuvenation.
- Help athletes manage expectations – results in Dec. 2020 likely won't compare with what happened in 2019.
- Switch perspective and refocus. Ex. Being better overall athlete than in previous year – training harder, strokes improved, time drops from beginning of season to end (not necessarily best times overall), athlete find something he's doing better than anyone else and focus on it.
- Body is able to heal and recover now but need to be careful ramping back up once practice begins. Be entrepreneur with yourself, experience a personal renaissance.
- Technique and core can be worked on at this point – especially metal technique.
- Realistic expectations – change focus & go back to what you can do better. Remember to focus on little victories.

Coaches/Team:

- Think long term and take a breath!
- What can we do today? What can we do tomorrow?
- Coaches communicate with parents and athletes about plan for summer, remove pressure about end of season expectations
- Establish a mission but be flexible in thinking of ways to achieve it
- Develop plans for several scenarios and maybe work with facilities providing your plans for gradual return to play. Good time to forge relationships with facilities.
- Good time to recruit athletes from other sports since nobody is practicing.
- Follow state and local guidelines when returning to practice and meets. OSHA has published guidelines.

USA-Swimming :

- Not looking to cancel summer competitions totally but potentially make meets more local/regional.
- Looking at ways to be fair to athletes at higher levels – how to keep it as equitable as possible.
- Time standards – looking at changing eligibility dates for select camps.
- Plans to support clubs and LSCs that do have much in way of reserves.
- Will cover cost of Zoom license for teams that can't afford it.

- Disaster relief will somewhat follow format of what done in past.
- Suggestion for amount of LSC reserves:
 - 6-12 months for staff salaries
 - 6-12 months for services to athletes (prioritize)
 - funds to cover start-up
- creating virtual Swim-Biz
- publishing series of webinars
- providing marketing toolkit with templates for printed materials and social media