

*Maureen Calderara
Barbara Roselli

Alternate: David Gregory
Alternate: Mark Holden

NEED ATHLETE REP

COR: *Maggie Shook
4 votes *Kelvin Koch
Jeff Clayton
Michael Randall (athlete)

Alternate: Laura Naczka
Alternate: Paul Robinson
Alternate: Laura Ring
Alternate: Erin Anthony (athlete)

DCA:
2 votes

Alternate:
Alternate:

NEED DELEGATE LETTER

DM: *Mook Rhodenbaugh
5 votes Eric Futscher
Jeff Veazey
Melanie Futscher (athlete)
Amy Weeks

Alternate: *Beth Lockwood
Alternate:
Alternate:
Alternate: Grace Kittle (athlete)
Alternate:

*Doug Moyse

FAST: *Ron Forrest
3 votes *Steve Plamondon
Grace Johnson (athlete)

Alternate: Dave Gabriel
Alternate: Ruth Funderburk
Alternate:

FA: *Greg Fisher
4 votes Jake Rameriz
Esther Kuhlmann
Jennifer Brooks (athlete)

Alternate: Cheryl Morrissey
Alternate: Laura Hin
Alternate: Jeff Allen
Alternate: Julie Coskey

GCAT: *Pete Salvan
3 votes Zach Widener
Bridgette Decado

Alternate: Carrie Borgstede (athlete)
Alternate: Justine Bartos (athlete)
Alternate: Jessica Miles (athlete)

NEED ATHLETE REP

HCYM:
1 vote **NEED DELEGATE LETTER**

Alternate:

HEAT: *Charity Dillow
2 votes Hilary Grant

Alternate: Kayla King
Alternate: Kim Gogulski

IS: *Mark Smith
2 votes Charlie Bowles

Alternate: Brenda McFarland
Alternate: Karen Williams

KST:
3 votes

Alternate:
Alternate:
Alternate:

NEED DELEGATE LETTER WITH ATHLETE REP

LAC: *Matt Rowe
5 votes Shannon Gillespy

Alternate: Kierstin Thornhill (athlete)
Alternate: Rick Edmundson

*Jason Kiplinger
Nina Arnett
Jeff Cooper

Alternate: Cathy Meyer
Alternate:
Alternate:

NEED ATHLETE REP

LSCC:

2 votes

NEED DELEGATE LETTER

Alternate:

Alternate:

MAC:

1 vote NEED DELEGATE LETTER

Alternate:

MARS:

4 votes

Brian Dangelmaier
Suzanne Dangelmaier
Daniel Jau
Lauren Lewis (athlete)

Alternate: Meghan McArdle
Alternate: Betsie Cook
Alternate: Jeremy Sunreld
Alternate: Ziggy Dark (athlete)

MTRO:

5 votes

Brent Mitchell
Mark Morrison
Janet Taylor
Jennifer Peele
*Caroline Maxvill (athlete)

Alternate: Karen Norton
Alternate: Matt Franks
Alternate: Sean Sutherland
Alternate: Kelly Golightly
Alternate: Haley Pittman (athlete)

NTN:

4 votes

*Bill Christensen
Heather Maher
Cathy Wright
Kerry Wright (athlete)

Alternate: Randy Stuewe
Alternate: David Singley
Alternate: Catherine Singley
Alternate: Will Singley (athlete)

ROCK:

2 votes

Alternate:

Alternate:

SE:

1 vote NEED DELEGATE LETTER

Alternate:

SMU:

1 vote NEED DELEGATE LETTER

Alternate:

SWAT:

2 votes

Frank Gammon
Brooke Mann

Alternate: Alicia Bridwell
Alternate: Cheryl Barringer

WW2:

2 votes

Chuck Burr
Brian Miller

Alternate: Kim Macklin
Alternate: Shawna Gibson

WFAC:

2 votes

*Beth Scott
Sandy Monson

Alternate: Heather Harwood
Alternate: Jacob Scott

WEST:

1 vote NEED DELEGATE LETTER

Alternate:

Motion was made to move the Meet Bid Calendar to the end of the meeting. **Seconded. Passed.**

2. Minutes: Motion made to accept the October 29, 2005 House of Delegates minutes with corrections. **Seconded. Passed.**

3. Reports of Officers:

A. General Chair:

Jack Dowling moved to Tennessee. He will remain NT General Chair until the end of his term. He will keep NT registration.

Jack attended the TSA meeting held at the DFW Hyatt last week and will add his insights as NT representatives give their reports. Dave Thomas, USA-S Sport Development/Southern Zone Consultant, is present at the meeting today and will also answer questions.

B. Secretary:

Jill Berdine has not received delegate letters from all teams. Teams can either pick up their letter today or send the email letter to her.

C. Treasurer:

Lezlie Hall is absent. No report.

D. Admin Vice-Chair:

Adele Wherry is absent. No report.

E. Senior Vice-Chair:

Ron Forrest reports:

1. The 200 Free and 200 Med Relays have been removed from Juniors effective next summer.
2. Men and Women Relay qualifying standards for both Juniors and Seniors are expected to be tightened significantly over the next year or two.
3. 2008 Spring Championships will not take place. After this date, the Spring Championships will be gone replaced by a SCY National Championships to be held the end of November/beginning of December. This will be a 3 day format meet with a 2 day Time Trial (LCM) to follow. The 2006 US Open Time Standards will be in place as qualifying standards for the first meet. The first meet will also be semi-closed as it will be the selection meet for SC World Championships in 2008.
4. Grand Prix meets will now be held in SC season with the first one beginning next month, November 10-12, in San Antonio at Palo Alto College Natatorium. One Sectional cut has the ability to enter all events. Club Wolverine has already committed in some capacity to attend.
5. Olympic trials tickets will go on sale June 2007. Make sure to check for new hotels that are being built within walking distance to the pool.
6. Open Water is being very strongly pushed by National Team Head Coach Mark Schubert now that it is going to be an Olympic Event in 2008. The open water team will now travel with the pool team as one unit at meets like Olympics, if possible.
7. Diversity planning is also being stressed as the demographics of the United States are starting to change. This is also being stressed at the national level for all clubs and LSCs to have diversity plans in place to offer swimming to more people.
8. TAGS will be single age groups starting Spring 2007 (Boys/Girls: 10 & Under, 11, 12, 13, and 14). www.tsaswim.org
9. All national time standards through Olympic Trials are available online as well as quad plans through 2012. www.usaswimming.org

10. **A background check for ALL USA-SWIMMING COACHES was voted through at Convention. All coaches are required to have this done by August 2007 at the latest in order to retain membership in USA-Swimming.** A copy of this requirement is available online. www.usaswimming.org

Ron would like to congratulate NT swimmers Spindrift Beck and Matt Thompson from DM and Dana Vollmer from FAST for being chosen to represent the USA at international meets. Nancy French posted results at www.ntswwim.org. Spin Beck and Matt Thompson were chosen to be on the US National Junior Team. Matt was one of four under-18 male swimmers selected to compete in the FINA World Youth Swimming Championships held in Rio de Janeiro, Brazil from August 22-26, 2006. Matt won a Bronze Medal in the 100m Back. He also placed 11th in the world among competitors in the 200m & 400m IM.

Dana Vollmer was selected to represent the United States at the recent Pan-Pacific Championships August 17-21, 2006 in Victoria, British Columbia [Canada]. She participated in 4 individual events and was part of the Gold Medal 4 x 200m Free Relay.

F. Age Group Vice-Chair:

Brian Dangelmaier phoned and is unable to attend. He will have a report at the next meeting.

Jason Kiplinger presented preliminary information on an Open Water camp/clinic. Because of the great emphasis on encouraging kids to participate in Open Water events, the Age Group Committee is looking into a 1-2 day format for a clinic. Possibilities: Smaller duel meets, ST vs NT, and 1 day camp and selection meet.

IS had planned an open water meet this past spring but it was cancelled. Tom Ryan from Dallas Athletes, a triathlon organization, is looking to host a meet that USA-S swimmers could participate in. Swimmers could sign up for a 1 day membership to participate but the event would have to be sanctioned by NTS for times to be valid and there are current USA-S liability issues involved. NTS will not offer 1 day memberships in 2007 to accommodate participation in those events. An USA-S team would have to offer an open water event to allow swimmers to achieve valid times.

G. Coach Representative:

Bill Christensen will be in email contact with NT coaches regarding Senior and Age-Group Coach of the Year nominations. He will not attend the next meeting because he's getting married. Congratulations, Bill.

4. Report of Standing Committees:

A. Registration/Membership:

Karen notes that seasonal swimmer registration expired August 6, 2006. If those swimmers are still in the water and not currently registered, teams and their boards are assuming a huge liability. Continuing to swim unregistered swimmers at practice can result in a fine being assessed on the team by NTS. Also any unregistered swimmers who are entered in a meet, will be removed from the meet database and required to deck enter at additional cost.

In 2006, there were 4,525 registered athletes, 99 seasonal athletes and 449 non-athletes and coaches. For 2007 there are only 950 registered athletes and 64 non-athletes and coaches. After fixing some computer problems, Karen Rourke reported that she is up-to-date on the registrations she has received. Please note that Athlete cards have changed. Non-Athlete/Coach cards are the same.

Coaches must keep their certifications current and provide her with copies of the cards or coaches will be moved to Non-Athlete status and teams assume a huge liability and possible fines if they continue to coach.

Teams with only one coach will be moved to organization status and swimmers will be unattached and unable to participate on relays.

BACKGROUND CHECKS FOR COACHES: USA-S used 5 LSCs to test the process. The procedures were approved at Convention and all LSCs will be registered by August 2007. The report from Convention with information about the actual Process and Results, Review and Appeals Process, Information Management and Exchange and Cost (\$20/coach) can be viewed at:

http://www.usaswimming.org/USASWeb/Rainbow/Documents/3f461512-f1d1-4b92-a6b4-577a34069929/Background%20Program%20Summary%205%20_2_.pdf

Dave Thomas answered questions about the background check process and informed the membership that USA-S has selected TC logiQ, Inc. as the national provider for background checks. You can check out this company at their website. www.tclogiq.com

When teams register, they must identify a Coach and Safety Coordinator. Remember to include the birth certificate or other backup documentation and check when registering.

Teams must do the monthly registration audit to keep their databases clear of problems. Check with Karen if you continue to have difficulty with this.

FORMS: There are new DQ forms available with 250/packet. The current supply will be used first.

B. Officials:

Bill Nixon is present. He states that the Stroke and Turn clinics have been poorly attended. He reminds teams who bid on meets that you have to identify 4 officials to enter a bid. Speak to the officials and get their approval before bidding. Don't assume visiting teams will provide officials. Please contact him if you would like to set up an Official's Clinic. A list of current officials is posted on the NT website. Contact Bill if you would like to have your name added or email address updated.

C. Safety:

Jack notes that Gloria Schuldt has been added to the FINA officials list for the next 4 years. She will go to Singapore for the next FINA meeting. Congratulations, Gloria.

Gloria reminds teams that team Safety Coordinators and meet Safety Marshals must be currently-registered USA Swimming Non-Athletes and must be age 18 or older. The Meet Marshal Sub-Committee comprised of Gloria, Mike Eubanks, Jay Brandt and Clark Wilson is working on an official policy listing duties for meet marshals to help teams hosting meets.

Reports of Occurrence need to be received in a timely manner.

D. Technical Planning:

Tom Cyprus presented the 2007 Calendar at the end of the meeting. See information below.

E. Athletes:

Caroline Maxvill went to Convention and has a packet with a lot of useful information for HS swimmers. There is a list of 35 questions to ask college coaches, lists of scholarships available and the list of D1, D2 and D3 schools. Some useful sites for swimmers that will be linked to NTS:

www.ncaasports.com/swimming

www.collegeswimming.com

www.ncaaclearinghouse.net

The issue was raised at Convention to schedule athlete meetings so they don't have to miss so much school.

Ron Forrest, Brian Dangelmaier and Jason Kiplinger would like to continue to involve athletes in LSC activities. Ron would like athletes to send a letter to USA-S to ask for more comprehensive reports from athletes regarding their Zones and National Team experience, as well as their input on rules and recommendations. Caroline will add these to her list of recommendations.

F. Finance:

Jeanne Manikowski needs some additional documents from Lezlie Hall and will wait until Adele Wherry returns to meet and finish the NTS audit.

G. Program Development:

John Rieff is absent. No report.

H. Sanctions:

Mike Eubanks reports that 42 meets have been sanctioned so far this year, 2 are pending sanction and 3 upcoming meets have not yet been submitted.

Mike reminds teams that if a team wants an exception it must be bid that way. It is also required that names officials who are certified in specific positions be included in the meet information.

5. Reports of Special Committees:

A. Equipment:

First, Bob Lang would like teams to ask their members if anyone would be interested in taking over his position. He hopes to find someone he could work with for a while before stepping down.

The new fiberglass bulkheads are in place at LOOS. Starting Blocks can be added to the bulkhead in the future. There are pictures on the NTS website. Holes for backstroke flags are currently drilled for 5 yards. He is working with DISD to get holes drilled at 5 meters.

He was able to save the tiles from Lane 4 and other tiles as a possible fundraising event for NT. Please contact him if you have ideas or interest in pursuing this idea.

There were 19 attendees at the Timing Equipment Operator clinic held in September. He is available to conduct additional Timing Equipment Operator clinics and bring the equipment if he had access to a facility. He could run it over 2 nights or 1 weekend day. He would like to see facilities with their own equipment send their operators through the TEO clinic since there is a continuing problem with some of the meets run by these individuals. Overall, the NT equipment is in good shape after having replaced several cables.

B. NTV/C. Records/Top 16:

John Rieff is not present. Gloria Schuldt reports that the TSA Convention was held on September 30, 2006 and the House of Delegates voted to no longer maintain the **TSA Best Times Database** as a source of athlete times. The Texas Information Committee has advised that the USA Swimming "SWIMS" database will contain all information for swimmer best times. Meets are being entered into SWIM in a timely fashion with minimal errors and works very well. Meets determining Top 16 times have been entered and times are being finalized.

D. Swim Camps:

Fernando Canales will present a couple of possible dates for a clinic. Dates being looked at are either the end of November or December 2006. He has been trying to get an Olympian booked. He would like teams to get as many athletes and young coaches to attend as possible. Perhaps he should rethink the November date since it doesn't allow much time for planning. Information will be posted on NTS as soon as possible.

USA-S also has a Camps and Clinics section on their website for information.

E. Club Development:

Maggie Shook went to Convention and returned with 3 handouts and an excellent resource book for teams. She will get this book copied for each team in the LSC. The handouts are from the resource book and reference:

1) USA Swimming Club Recognition Program

The Club Recognition Program identifies and recognizes club programs that display a commitment to long term club growth and development.

Two NT teams are ranked nationally, COPS 18th and DM 24th.

2) IMX-IM Extreme Challenge

The IMX Challenge is a motivational program where swimmers will be scored and ranked nationally on their performance in a combination of 5 or 6 events.

3) Toyota Virtual Club Championships

The Toyota Virtual Club Championships recognize and highlight clubs that are developing athletes and achieving success at multiple levels in the club swimming continuum emphasizing the team element in club swimming.

F. Outreach:

Fernando Canales' reports from USA-S Convention are as follows:

USAS CONVENTION REPORTS Outreach Committee Meeting

Dearborn, Michigan

September, 2006

New Diversity Coordinator

John Cruzat is the newly appointed diversity coordinator for USA Swimming. He has been working arduously in order to realize some of his short and long term goals since his appointment earlier in the year.

*Swimming is spreading nationally at a pace like never before. Still, the sport has yet to reflect the population of the country in terms of minority representation. That's something USA Swimming wants to change.

Feel free to call John with your questions at: 719-866-4578

Email him at: jcruzat@usaswimming.org

Diversity Camp 5/3/2006

This camp was a tremendous success with daily highlights and tremendous participation. Thirty swimmers from across the country were involved. All LSC's are encouraged to participate in the Diversity Camp, be on the lookout for future dates and application materials.

*USA Swimming launched its first annual Diversity Select Camp at the Olympic Training Complex in Colorado Springs. The purpose of the camp was to instill a vision of success and inspire athletes from

ethnically under-represented populations, and to encourage these swimmers to become ambassadors for the sport when they return to their home clubs and communities.

Leading the training sessions were Jim Ellis of the Philadelphia Department of Recreation, Marye Carter of Curl-Burke, Brian Lee of Iolani and Brendan McElroy of Baltimore City (BCSC).

There were also several surprise visitors, including Olympians Michael Phelps and Klete Keller, and their coach, Bob Bowman.

Presentation by Ben Sheppard

Head Coach Oakland Undercurrents

The meeting featured Coach Ben Sheppard and his presentation regarding the Oakland Undercurrents success story. This man is an amazing person that gave one of the most inspirational talks I have ever witnessed. I applaud his courage and determination to make a difference in this world. His ability to raise funds for the development of diversity and outreach in swimming is out of this world. The following link will bring you to a story that only begins to scratch the surface of what he has managed to accomplish.

Go to: <http://www.sfgate.com/cgi-bin/article.cgi?f=/c/a/2005/11/28/SPG7QFUVU11.DTL>

FINA Youth Championships: Dale Neuburger provided an overview of the event, key points:

- Very High level event; 61 nations participated
- 450 athletes competed.
- U.S. team of 4 men and 4 women comported themselves with distinction, both in and out of the pool: 2nd place in total medals and gold medals.
- Future proposal is to have this event occur every two years: mid-August date in the mid-year of the quad and 2-3 weeks after the Olympic Games in the Olympic year.
- Matt Thompson represented the USA and North Texas Swimming coming home with a bronze medal in the 100 meters back!!!!
- Congratulations to DM, Mook and Matt!

Open Water World Cup: The event has been endorsed and incorporated into the National Team quad program. There is no financial implication for USA Swimming; Atlantic City organizers agreed that they would accept full financial responsibility. USA Swimming will sanction the event.

FINA World Aquatics Conference: Dale Neuburger provided background on the conference that was held in Madrid, Spain last week. Complete information about the conference is available on the FINA Web site. The committee discussed the value and importance of sending an athlete representative with the USA Swimming delegation. USA Swimming was represented by Ron Van Pool, the past President, Jim Wood, the new President, Chuck Wielgus, the Executive Director, and National Team Head Coach Mark Schubert.

San Francisco Bid to Host 2011 World Championships: Beth White made a presentation with these as her key points:

- SF will bid for the 2011 World Championships and 2016 Olympics.
- Two legacy venues would be constructed; one for tennis, the other for aquatics.
- Venue would be built in association with The University of California.
- FINA decision will be made in March, 2007; decision for U.S. Olympic bid city is April, 2007.
- Expectation that there will need to be a new financial model and that the aquatic NGBs will need to be much more engaged and supportive.
-

Amateur Swimming Union of The Americas

I was reelected to the ASUA position until 2011 and I will be representing USA Swimming at next year's Pan American Games in Rio de Janeiro.

Thank you and please Have a Glorious Day!
Fernando J Canales cocolopr@gmail.com

FINA OLYMPIC SOLIDARITY CLINIC
Eastern Republic of Uruguay
July 7-14, 2006

The Swimming Clinic that I was fortunate to conduct is part of the Olympic Solidarity program sponsored by FINA, USA Swimming, El Comité Olímpico Uruguayo and La Federación Uruguaya de Natación. I would like to thank these four entities for the opportunity to conduct this clinic. From the first conversation I had with Mr. Tom Avischious at USA Swimming regarding the clinic, to my return home, this was one of the most enriching and pleasant assignments that I have had as a coach.

It took place at Club Bigua in Montevideo, a 75 year old, multi-sports club. It was designed for Intermediate and Advanced National Program Coaches. Sport Club Bigua was an excellent location to host this clinic. It had a very comfortable theater equipped with video, DVD, overhead projector, computer, power point software, excellent sound system and a fantastic staff. The theater was available for use from 9:00am to 12 noon and from 2:30pm to 3:15pm every day. The pool was a 7 lane, 25 meter facility and it was available to us from 2:30pm to 6:00pm every day.

I boarded at Dallas Fort Worth International Airport on the 6th of July in the early evening for a journey that got me to the hotel in Montevideo on the 7th at 1:00pm. The opening ceremonies and the first lecture began promptly at 3:30pm that same afternoon.

Dr. Julio Maglione, President of The Uruguayan Olympic Committee and FINA Treasurer, presided over the opening ceremonies. Mr. Washington Beltran, President of the National Swimming Federation and CONSANAT Vice President, was also present along with Miss Samantha Delor, the Olympic Committee's Technical Secretary and Dr. Jose Melcolian, Vice President of the Federation and National Officials Director. In addition, there were 31 coaches of which 29 were Uruguayan and 2 were Cuban with permanent residency status.

The clinic took place from July the 7th through the 14th of 2006. The clinic was conducted in Spanish, their native language. There was no need for interpreters during this clinic because I am fluent in Spanish.

<http://www.cou.org.uy/noticiacursonatacion06.html>

The name "Uruguay" comes from Guaraní, the original language of the native people of the region. It means "river of the painted birds." About half of its people live in the capital and largest city, Montevideo. The nation is the third smallest country in South America, and is one of the most politically and economically stable.

Some 88% of the population is of European descent, with mestizos (8%) and Afro-Uruguayans (4%) forming the only significant ethnic minorities. Approximately 50% of the population is of Italian descent. Church and state are officially separated. Most Uruguayans adhere to the Roman Catholic faith (66%), with smaller Protestant (2%) and Jewish and Armenian (1%) communities, as well as a large non-professing group (31%).

The most popular sport in Uruguay is Soccer. The country has earned many international awards including:
1924 and 1928 Olympic Gold Medals

1930 and 1950 World Cup Champions

The first ever World Cup was celebrated in Montevideo in 1930.

Uruguay defeated Brasil in Rio de Janeiro during the 1950 World Cup.

Basketball is their second biggest sport.

Swimming does not receive much financial support from the government.

Detailed Description of the Course

Friday, July 7th

3:30pm to 6:00pm

1. Opening Ceremony with Dr. Julio Maglione, Miss Samantha Delor, Dr. Jose Melcolian and Mr. Washington Beltran. Members of the press were present.
2. Introduction and clinic details
 - I read a message from USA Swimming Executive Director, Mr. Chuck Wielgus and USA Swimming President, Mr. Ron Van Pool. I proceeded to give my personal introduction and defined the objectives of the course. It was my intention to blend high performance information along with topics of local and regional interest.
 - A. Mental and Physical Development of the athlete from a very young age
 - B. Technical Message and coaching methodology within a club must be similar from an early age, through adolescence, and the physically mature years
 - C. Philosophy and Psychology of the athlete
 - D. Aleksandre Popov video presentation and discussion
 - E. Open forum and closing statements
3. Dinner with Dr. Julio Maglione, Mr. Washington Beltran, Prof. Susana Saxlund (1972 Olympian) and other Olympic Committee members.

Saturday, July 8th

9:00am to 12 noon

1. The positive development of the athlete and the importance of the family
 - a. the positive relationship between the coach, the athlete and the parents
 - b. a unique balance: the art and science of coaching with the family in mind
 - c. reality versus Disneyland – how to make it happen under the most difficult operating conditions/ Handling a very large swimmer per lane ratio / Academics and Sport in Uruguay / holding 2 full time jobs in order to be able to coach due to low coaching salaries and limited general funding
 - d. discussion and observations
2. Educating the athletes
 - a. hard work versus efficient work
 - b. the basic principles are the same at all levels of development
 - c. technical training and aerobic training – holding excellent efficiency and good technique is crucial during aerobic conditioning
 - d. choreography of races during practice time
 - e. distance per stroke as a leading training tool
 - f. You must train fast in order to swim fast!
 - g. Culture and Sport
3. The importance of the T-30 and how to use its values
 - a. proper use of the training charts
 - b. percentage charts
 - c. psychology of the T-30
4. Open Forum

Pool Work

2:30pm to 5:00pm

*The swimmers had been prepared physically and mentally prior to my arrival in order to swim a T-30 test at a maximum level of effort. They were given a 30 minute general warm up prior to the test and they were highly motivated to do it well. This was a new experience for virtually all of the participants.

*Each swimmer had an individual coach assigned to him/her for the duration of the week. The coach tracked their progress in the T-30, provided total assistance during practice sessions, and guided them with the use of the charts. They also timed them during other sets and recorded their values as the week went along.

Monday, July 10th
9:00am to 12 noon

- A. Discussion regarding the results from the T-30 and how to utilize these results in the long term planning of practice sessions for these athletes.
- B. Presentation of The University of Michigan Middle Distance training parameters based on Jon Urbanchek's "Bible of Swimming"
 - 1. How can we relate these parameters to the Uruguayan reality?
 - 2. How can we motivate the Uruguayan athletes to follow similar training patterns?
- C. Race Management techniques and specific comparisons between athletes at different stages of their careers.
- D. Open forum

Pool Work
2:30pm to 6:00pm

- A. Amanda Beard video presentation (Go Swim – Breaststroke with Amanda Beard)
- B. Dry land Core and stretching exercises to compliment the training
- C. Practice using the training charts
 - Lunes: Threshold
 - 8 x 200 (4 blanco EN1; 4 rojo EN2) 20 segundos de descanso 23-25 latidos/10 segundos
 - 1 minuto de descanso
 - 3 x 800 aumentando la intensidad del 1 al 3
 - 400/400 blanco EN1
 - 400/400 rosa EN1
 - 400/400 rojo EN2
 - 25-28 latidos 10 segundos
 - 6 x 100 blanco EN1
- D. Open forum

Tuesday, July 11th
9:00am to 12 noon

- A. Open discussion about the previous days of work
- B. General Interest projects for Motivation
 - 1. Club's Cultural/Training Trip to Beijing at Xing Hua University
 - a. USA vs. Chinese Training Philosophies
 - b. Reward for hard training; keeps them motivated
 - c. Swimmers represent their country in dual meet

2. Club's Cultural/Training Trip to the Pyramids in México City
 3. Club's Cultural Training Trip To Olympic Training Center in Puerto Rico
 - a. different trips/ different rewards
 - b. high intensity vs. high motivation
 - c. opportunity to unify the team's families in a common goal
- C. Questions and themes for discussion in physiology, nutrition and psychology

Pool Work

2:30pm to 6:00pm

- A. Misty Hyman video presentation (Go Swim- Butterfly with Misty Hyman)
 1. warm up and technique practice from the videos
 2. drills
- B. Distance per stroke exercises / kicking strength / important relationship
 1. Exercises to incorporate during the practice sessions
- C. Practica del Martes

Calentamiento de 1200 metros

3 sets de 300 free + 100 suave a 1:50 Descendiendo del 1 al 3

3 sets de 200 free + 100 suave a 1:50 Descendiendo del 1 al 3

3 sets de 100 free + 100 suave a 1:50 Descendiendo del 1 al 3

3 sets de (4 x 50 suave y bonito + 50 a paso de 200)

1er set +1 segundo del paso de 200

2do set justo al paso de 200

3er set -1 segundo del paso de 200

Afloje de 15 minutos y ejercicios de "grupo stretching"

Wednesday, July 12th

9:00am to 12 noon

- A. Open discussion about the previous days of work
- B. Planning of Training cycles
 - a. children vs. adolescents and young adults
 - b. discussion about different examples
 - c. methods of training SP3

Se puede trabajar casi todo el año

Distancias cortas de 10 a 25 metros

Trabajo muy explosivo de 6 a 13 segundos

Técnica perfecta

60 a 120 segundos de descanso

LPM por debajo del máximo

Ideal para nadadores de 50-100 y 200 en cualquier fase del entrenamiento

- C. Video review on breaststroke drills /questions and discussion

Pool Work

2:30pm to 6:00pm

- A. Jeff Rouse video presentation (Go Swim-Backstroke with Jeff Rouse)
 - B. Technique and drills warm up
 - C. Practica para el Miércoles SP2 usando "training charts"**
- Calentamiento de 20 minutos

6 x 200

50 del cajón a 1:40 a 94% de su mejor tiempo de 200

100 de abajo a 2:40 a 92% de su mejor tiempo de 100

50 de abajo a 1:40 a 92% de su mejor tiempo de 50

150 suave, bonito y sin parar

Afloje de 20 minutos

D. Distance per stroke work and open discussion with the athletes

Thursday, July 13th

9:00am to 12 noon

- A. Open discussion about the previous days of work
- B. Review of training charts
- C. Review of race analysis
- D. Aleksandre Popov training and discussion / Popov's performance in the 100 meters free and a comparison to Neil Walker and Michael Phelps. I believe that when Michael learns to sprint (in about 3 years) he will post the greatest and most impressive 100 free performance of all time.

Pool Work

2:30pm to 6:00pm

- A. Popov video presentation by popular demand (swimmers choice)
- B. Yoga and Tai Chi as part of the athlete's complete development
 - a. spiritual power/ balance and proper breathing techniques
 - b. mental and physical power from these martial arts
 - c. relationship to swimming

C. Practica para el Jueves EN3

Calentamiento de 20 minutos

6 x 400

150 del cajón a 3:00 a paso púrpura (purple)

150 de abajo a 2:30 paso púrpura

50 del cajón a paso púrpura

50 de abajo lo mas rápido posible (all out sprint)

Afloje de 20 minutos

Friday, July 14th

9:00am to 11:30am

- A. Closing comments and motivational speech (tears all around)
- B. Graduation Ceremony Presided by Mr. Sergio Menendez
Vice President of Uruguay's Olympic Committee
- C. International Olympic Committee Diplomas and pictures
- D. Good Bye Social Time

I departed Uruguay that afternoon with a heavy heart but at the same time I left with many new lifelong friends. What seemed like a very hard week of work turned into a whirlwind of swimming, fun and endless amounts of continuing education. We did not have enough time to deal with all of the necessary themes. There are many topics that will be discussed at a future date. I have given the coaches and swimmers my personal information in order to maintain an open channel of communication. I assured them that my week in Montevideo was the first drop in what I expect to be an ocean of continuous and mutual enrichment.

Personal Observations

*It was a pleasure and an honor to work on a daily basis with 2 of the most influential minds in South American and International Swimming, both politically and philosophically. Dr Julio Maglione and Mr. Washington Beltran were always available and they made sure that all of the clinic's logistical needs were handled with the utmost professionalism. Their knowledge, vision and commitment to the sport of swimming is worthy of high praise.

*The Uruguayan Swimming Federation is in great need of help at all levels. They need financial help and corporate sponsorships in order to fund their top priority: The Athletes. They need assistance to develop their educational programs for coaches and officials, as well as to fund their National and Junior National Team needs.

*They continue to search for ways to assist their athletes with national and international competitions. They have athletes that have to pay their way in order to attend international events (due to lack of funds from the government).

*****The Federation needs automatic timing equipment, touchpads, computers as well as team and meet management software. They host their events with stopwatches and they still use manual seeding. They specifically requested my assistance with this matter. Perhaps USA Swimming may direct them to the appropriate entities or assist them with negotiations. They have never hosted a prelims and finals National Championship (nearly all of their events are timed finals).**

One of the most alarming items in the Swimming Federation's budget is that 60% of the scarce government funds available to them are being used to pay timers, judges and officials in order to be able to just run their meets. They are desperately trying to rectify this matter and stop the bleeding.

They ask for assistance with this matter and send an S.O.S. to USA Swimming and/or any corporations willing to help the Uruguayan Swimming Federation, by donating equipment, or securing the most generous financing in the purchase of these vital items.

It would be greatly appreciated if USA Swimming can assist them in securing some of these items or provide them with contacts that may be willing to help.

*Their Federation is thrilled that this clinic became a reality. They have so much praise for USA Swimming's efforts in securing a Spanish speaking coach to conduct this clinic. The coaches were so eager to learn and work hard during the entire week. They were extremely dynamic and full of questions during the open forums.

*They strongly believe that future clinics like this one will help strengthen the relation of USA Swimming with other CONSANAT Federations and insure the development of the sport across the South American continent.

*****The absence of the USA Team for the upcoming World Youth Championships was a topic that surfaced multiple times during the course of the trip. Dr. Julio Maglione and Mr. Washington Beltran questioned this decision on the part of USA Swimming. They believe that the participation of USA Swimming in this event would send a strong message of solidarity to FINA and many other influential Federations. They believe that if we want to improve our relations in South America our participation would be very important. We would gather support in the eyes of CONSANAT Federations and we would show commitment to a common goal.**

I told them that we will look at this event for the next quadrennial, that it was not in the budget for this year and that the USA would not be participating.

Since my return to Texas, USA Swimming has decided to participate in this event. This is a very positive step that will be perceived as an excellent gesture on the part of USA Swimming. This decision will be greeted with a wide smile by La Confederacao Brasileira de Natacao (especially FINA Bureau Member, Mr. Coaracy Nunez Filho), FINA, as well as other Central American, Caribbean and South American Swimming Federations.

Congratulations to USA Swimming for making this decision. It will be one that will render excellent results for many years to come. I will gladly help the Team in any way as they prepare for this competition. I have lived in Rio de Janeiro and I am fluent in Portuguese. Please feel free to give the coaches and support staff my email and telephone number for use in case that I may be of assistance to them in any way.

*The swimmers that were part of this clinic participated in so many ways. Some of them were present for each lecture. They brought a fantastic “joie de vivre” to each training session. They are the biggest treasure that the Swimming Federation has.

*I know that this “New Federation” wants to move forward with the best plan in place in order to serve its wonderful youth. They have already made many organizational, parliamentary and structural changes that will help them accomplish their immediate and long term goals.

*My years as an Olympic swimmer, as well as an international marketing executive, brought me to distant corners of the world. Uruguay is one jewel that I had not discovered. I encountered some of the most cordial, courteous and friendly people in this planet. They worked with the precision of German engineering and the warmth of Uruguayan people, for it is uniquely their own. They went out of their way to make sure that everything was in place and ready to go whenever it was needed.

*I thank each and every person that worked hard for the success of this clinic.

2006 Cartagena, Colombia, XXth Central American and Caribbean Games

*The second part of my trip brought me to the 2006 Cartagena, XXth Central American and Caribbean Games along with Mr. Dale Neuburger. This was an extremely enriching experience. The competition hosted 32 countries and over 5,000 participants. Being with Mr. Neuburger was a tremendous asset. He is highly respected by so many of our friends in the Americas and he quickly taught me the ropes of the course. A special thank you goes out to Mr. Neuburger.

**I applaud the efforts by the President of Colombia, Don Alvaro Uribe Velez and the people of Cartagena, for celebrating one of the finest sports events in the American hemisphere. It is great to see how this regional event has improved over the years. I competed for Puerto Rico in this event in 1974-Dominican Republic, 1978-Colombia & 1982-Cuba. This event provides a gauge for coaches and athletes in order to adjust their preparation for the Pan American and Olympic Games.

***I want to distinguish the work by Ing. Orban Mendoza, along with the CCCAN Executive Committee, the Colombian Swimming Federation’s President Dr. Edgar Ortiz Liscano and its Vice President Dr. Javier Lopez Chaves, for the success of this world class event at a world class aquatic complex.

There were some excellent performances in swimming and diving:

Albert Subirats – Venezuela- 100 Fly 52.39 / 100 Free 49.55 / 50 Fly 24.09

Shaune Fraser – Cayman Islands- 200 Free 1:49.84 / 100 Free 50.02

Juan José Veloz Dávila – México – 200 Fly 1:58.65

George Bovell –Trinidad & Tobago – 50 Free 22.67 / 100 Free 50.19

Vanessa García – Puerto Rico – 50 Free 25.29 / 100 Free 55.53

Laura Sánchez Soto – México – 3 meter

Jashia Luna Alfaro – México – platform

José A. Guerra Olivo – Cuba - 3 meter & platform

Rommel A. Pacheco Marrufo – México- 3 meter

The other aquatic sports were also represented in this glorious event. I was only able to witness diving due to my schedule. The diving competition was phenomenal and it included some of the finest divers in the world. Synchronized Swimming and Water Polo had excellent results but I was not there to witness them.

***Mr. Dale Neuburger and I attended the CCCAN Congress on July the 16th.

Mr. Neuburger has already provided a detailed report regarding this Congress and the politics involved. Mr. John Eyre from Jamaica was voted as new CCCAN Secretary.

I gave a short address in both Spanish and English to a group of old friends, coaching colleagues and Federation representatives in all of the aquatic disciplines. I brought Mr. Wielgus' and Mr. Van Pool's message of solidarity from the part of USA Swimming. USA Swimming feels that when each of the Federations in the Americas gets better we all get stronger competitively. I reassured the CCCAN and CONSANAT Federations that we are their friends and that we are pleased to send representatives and support the different events and clinics in the region.

*Many high ranking and powerful FINA members are part of CONSANAT, CCCAN Federations and Olympic Committees across the Americas. I had long educational conversations with numerous individuals during my days in Uruguay and Cartagena. Some of these individuals are actively shaping FINA and the Olympic movement in general. I will highlight the following:

Dr. Julio Maglione – President of the Uruguayan Olympic Committee / FINA Treasurer / Member International Olympic Committee

Sr. Washington Beltran – President of the Uruguayan Swimming Federation / Vice President of CONSANAT

Ing. Orban Mendoza – President of The Amateur Swimming Union of the Americas (ASUA)/Union Amateur de Natacion de las Americas (UANA) / President of the Confederacion Centroamericana y del Caribe de Aficionados de Natacion (CCCAN) / FINA Bureau Member

Miss Nicole Hovertsz – Secretary General of the Aruban Olympic Committee / Member of the International Olympic Committee / PASO Executive Committee

Sr. Felipe Munoz Kapamas – President of the Mexican Olympic Committee / 1968 Olympic 200 Breaststroke Gold Medal

Mr. Dale Neuburger – President of the United States Aquatic Sports Federation / FINA Vice President

Prof. Nelson Vargas – Director General and Mexican National Consul of Physical Education and Sport (CONADE)

Sr. Jose Luis Rubio - President of the Venezuelan Diving Federation

Mr. Hans Lawaetz - President of the Virgin Islands Olympic Committee

Sr. Danilo Carrera – President of the Ecuadorian Olympic Committee

I believe that the USOC, FINA, USA Swimming, the Uruguayan Swimming Federation and all National Federations can benefit tremendously from exchanges like the one I was a part of. We have many solid and good relationships in the Americas. It would be wise to nurture and protect those relationships. It was impressive to see the positive response that the USA flag received during its brief participation in the Cartagena opening ceremonies. I received requests for future clinics from: Panama, Dominican Republic, Honduras, Venezuela, Colombia and Puerto Rico.

Thank you once more for this opportunity to serve the Uruguayan Swimming Federation, the Uruguayan Olympic Committee, FINA, CCCAN, USA Swimming and our wonderful country. Try to stay healthy and please Have a Glorious Day!

Ciao,

Fernando J Canales
USA Swimming
International Relations Committee
Head Coach - Keller Swim Team
Keller, Texas
940-594-2862

G. Disability Swimming:

Shannon Gillespy is absent. The NTS website has a link to the USA-S information, records, etc. Coaches must inform Meet Directors if there will be disabled swimmers participating so teams can plan for the proper equipment.

There are stipend opportunities for teams with disabled swimmers. Karen Rourke provides the following information from the USA-S Disability Swimming Committee about the Disability Incentive Program:

MEMORANDUM

To: LSC Officials Chairs

From: Disability Swimming Committee

Re: Incentive Program for Inclusion of Swimmers with a Disability in Sanctioned LSC Competitions

Date: August 24, 2006

Beginning September 1, 2006, referees may be asked by the meet host to sign a document that indicates that swimmers with a disability competed in the sanctioned competition for which they were meet referee. Please advise the referees in your LSC of this program and provide them with the following information and guidelines.

1. Prior to the start of competition, a meet host should provide the referee with a listing of swimmers with a disability entered in the meet. If the form is not provided in a timely fashion and it becomes difficult for the referee to verify the information, the referee may refuse to sign the form.
2. By the end of the meet, the referee should have verified that the swimmers listed did compete in at least one event (individual or relay) and that the swimmers were disabled according to the definition provided in Article 105 of Rules and Regulations. (Disability is defined as a permanent physical or mental impairment that substantially limits one or more life activities. Examples include amputations, spinal injuries, cerebral palsy, mental retardation, autism, severe hearing loss, severe visual impairment, dwarfism, mobility impairments, etc.)
 - a. Mark Y or N in the appropriate column next to each swimmer's name, indicating whether the swimmer is disabled.
 - b. Mark Y or N in the appropriate column next to each swimmer's name, indicating whether the swimmer competed.
 - c. Sign each line next to the athletes' names indicating that you attest to the information provided.
 - d. If you are unsure that a swimmer is disabled, mark the appropriate column with a "???" You are not required to do further research.
 - e. Return the form to the meet host at the conclusion of the meet.
 - f. The competition must be sanctioned by the LSC on behalf of USA Swimming. Do not sign the form if the competition is simply approved or observed.
3. Any questions, please contact Randy Julian at USA Swimming headquarters, (719) 866-4578, rjulian@usaswimming.org.

Thank you!

6. Unfinished Business:

None.

7. New Business:**A. Meet Bid Calendar:**

Tom Cyprus will present at the end of the meeting.

B. Budget:

Jeanne Manikowski is waiting for further information from Lezlie Hall.

C. Nominating Committee:

Bob Lange presented the following slate for approval to present to the HOD at the next meeting: General Chair: John Rieff; Admin Vice Chair: Gloria Schuldt; Senior Vice Chair: Ron Forrest (accepted the nomination); Treasurer: Lezlie Hall (accepted the nomination). **Motion** made to accept the slate put forth by the Nominating Committee. **Seconded. Passed.** Teams can make other nominations from the floor at the next LSC meeting.

C. Technical Planning/Long Range Planning Committees:

Shannon Gillespy and JohnRieff are absent. Tom Cyprus will present the Meet Bid Calendar.

Meet Bid Calendar:

Last year's TPC planned for meets through part of 2007. They did not do that this year since meets have to be changed because of the HS swim meet calendar and pool availability.

PROPOSED NTS MEET CALENDAR

2007		MEET NAME			
Month	Date	Local	Other	Host	Other
Jan	6-7				
	13-14	A Meet*	Mars @ Mansfield	Mars	HS District
	20-21	BB/B/C 3 Divisions	D1 Gcat, D2Metro, D3 Swat		
	26-28	Greater Southwest	HS Districts Deadline	Varies	
Feb	3-4		HS Regionals	Varies	
	10-11				
	19-20		HS State		
	24-25	SC A Meet DM Loos* SC BB Meet DM Loos*	Sectionals	A&M	
Mar	3-4				
	8-11	SC B/C Keller*	TAGS	UT	
	17-18	World Championships	Melbourne, Australia		
	24-25				
April	Mar 31-	Nationals	East Meadow,		LC

	April 1		NY		
	7-8		FINA SC Worlds		
	14-15	Legends Clinic		TBA	
	21-22	LC B/C 1 Location	Format 1		
	28-29	LC A/BB (12-U, 13-O)	2 Locations		
May	5-6	LC BC 2 Divisions	Format 2		
	12-13	A Meet*			
	19-20	BB Meet*			
	26-27				
June	2-3	LC A/BB			
	9-10	Open Water	TBA	TBA	
	16-17	LC BC1 Location	Format 1		
	23-24	A/BB (12-U, 13-O)	2 Locations		
July	June 30- 1				
	7-8	LC A Champs*	2 Locations Split Session 12-U, 13-O		
	14-15	LC BB Champs*	All Events		
	21-22	LC B/C Champs TAGS	All Events	UT	
	28-29 31	Sectionals Zones	Palo Alto, SA Houston		
Aug	4-5		Natls/Zones	IN	
	6-10		Juniors	IN	
	18-19				
	25-26				
Sept	1-2				
	8-9				
	15-16				
	22-23	18-23	ASCA Anaheim CA		
	29-29	25-30	USAS Anaheim CA		
Oct	6-7	A weekend			
	13-14	TSA	TSA	TSA	El Paso TX
	20-21	BB/B/C 3 Divisions	SC Format 1		
	27-28	A weekend*			
Nov	3-4				

	10-11	BB/B/C 3 Divisions	SC Format 2 All Stars TISCA	HS	
	24-25				
Dec	1-2	A weekend*			
	8-9	BB/B/C 3 Divisions	SC Format 1		
	15-16				
	22-23				
	29-30				

FURTHER DISCUSSION REGARDING CALENDAR

Proposed: Swimmer must have 3 provable A times to swim at an A meet. Meet Directors will use SWIMS to check.

Proposed: Swimmer must have 3 provable BB times to swim at BB meet. Meet Directors will use SWIMS to check.

NTS currently has the ability to run proof of times for meets. Teams should note that according to the NTS Policy and Procedures Manual, swimmers should attend meets they are qualified to enter.

Due to HS Regionals, Greater Southwest has been moved to January 26-28, 2007.

February 16-18, 2007: A SC Champs, DM Loos; BB SC Champs, DM Loos and B/C SC Champs, GCAT/KST/ASR, Keller ISD

February 19-20, 2007: HS State is listed on the calendar but it is really February 16-17.

February 24-25, 2007: I have no idea what this is.

March 8-11, 2007: I have no idea what this is.

April 7-8, 2007: No meets on Easter weekend.

April 14-15, 2007: ASCA Coaches Meeting in either Dallas or Houston.

May 26-27, 2007: Possible Open Water meet? There are events 7 weekends in a row and teams might want to take off this weekend.

June 2-3, 2007: This is usually the Tyler meet. Some kids are still in school.

June 9-10, 2007: This is an open weekend available for an Open Water meet.

June 16-17, 2007: This is Format 1.

June 23-24, 2007: A/BB meet 12-Under, 13-Over, at 2 locations or different sessions.

Clark Wilson has a problem splitting the meets by ages. Small teams with one coach will have to choose which meet to attend. This has been addressed in the past. It is impossible to accommodate all swimmers at

one meet. Last year's meet had 629 swimmers. Ron Forrest points out that this concern should have been raised at the Technical Planning Committee meeting.

July 21-22, 2007: Split ages and 2 locations or split sessions.

November 17-18, 2007: Chris MacCurdy thinks there should be an A meet this weekend that is on the calendar. Many HS swimmers, coaches and officials will be involved with TISCA that weekend. **Motion** was made to add "alternative meets" to the calendar that is being presented. **Seconded. Not Passed (Yes 13, No 17, Abstain 1).**

Mike Eubanks notes that this issue has been addressed in the past. Teams can get a sanction for an invitational/alternative meet for a weekend where there is no meet on the calendar and contact other teams/LSCs who might want to attend. Chris MacCurdy would like meets hosted on non-calendar weekends to be posted on the calendar. **Motion** was made to add non-calendar weekends to calendar. **Seconded. Not Passed.**

Motion was made to accept the calendar presented by the Technical Planning Committee. **Seconded. Passed.**

Bid Forms are available online at the NTS website. Shannon Gillespy should receive an email and hard copy by October 10th.

Long Range Planning Committee:

Ron Forrest and others feel that the LRP Committee should meet more often and address issues affecting the calendar, presentation of information to the HOD, and other issues. John Rieff is the current chair of LRP Committee and will be made aware of these requests.

8. Resolutions and Order: None

The next HOD meeting will be at 11:00 am on Saturday, October 14, 2006 at the DFW Marriott.

Meeting adjourned at 1:40 pm.

**Respectfully submitted,
Jill Berdine, Secretary**