Convention Report

Submitted by delegate Charlie Tupitza

General

- USMS expects 55,000 members this year with a goal of 100,000 in three years.
- The Conference was a great opportunity to get to know other people active in USMS and share ideas on how to improve the USMS as a whole, our LMSC, Swim Clubs and most importantly the experience of our member athletes. I have included notes from workshops below.

Coaches Forum

- Bring a friend February, let members brings friends for the month to try out the team.
- Use mirror to observe strokes.
- Coach said that there is no such thing as muscle memory, the brain is programmed to do things
- Get info in local paper about activities
- Sprints for tri athletes, make sure that Tri-Athletes understand the importance of sprinting during workouts. Draw parallels to running workout sprints.
- YouTube comment at meet and post at meet, upload meet videos so swimmers that want to see their swims can at swim meets. Give pointers on video so they can hear them.
- A suggestion was made to have no pace clock in Sept and focus on technique
- Talk before meet and season with swimmers to understand their needs.
- November registration party, invite entire team and have everyone renew USMS memberships at the party.
- "What is good for sport good for me, I have no secrets " Quote from Kerry O'Brien

Drills

- Seated scull
- Stand on kickboard scull, surf on kick board and scull from end to end
- On back with kick board both hands scoop water, press board and notice high elbow and early vertical catch
- Vertical kick w bricks

Swim Meet Preparation Workshop

- Have copier at meet
- Make sure to have three phone numbers for people that can open pool.

Open Water Safety

- Focus was on the importance of communication. Power point notes to follow with more details.

Fitness

- What challenges do people set
- Promote a fitness education page
- Have team members develop personal fitness goals

Social Media Workshop

- Make sure your social media activities enable you to listen inspire and engage
- Promote and protect Branding
- Make sure you site provides membership engagement and relationship building
- Event and media posting
- Ask questions to engage members and others.

LMS Development

- Time spent talking about organizational not functional activities.