

Major Items from Convention:

1. Ruling that 12 & Unders will no longer be permitted to wear “High Tech” suits (defined as a suit that covers the neck, goes past the knees or shoulders) in an age group meet. However if that age swimmer competes in an Open Event then they shall be permitted to wear that suit. This rule goes into effect on May 15, 2009.
2. The addition to of a new meet, Senior Championships to take place in the first week of August. Time standards would be below Sectionals, 3 day format, 15 & over format, closed to Eastern Zone. 10k will be given by USA Swimming to run the meet. It has been proposed to lengthen the LC season for more athletes. The Senior Development Chair for USA Swimming, Peter Malone, was hoping that we would steer our athletes to compete in the highest level meet in which they have qualified to keep from weakening attendance at existing meets.
3. The addition of one (1) boy and one (1) girl to each event for Short Course Zones for 11-12 and 10 & Under age groups.
4. Background Checks Due for those who participated the first round.
5. New Time Standards released for 2009 World Champ Trials, LC and SC Jrs, and US OPEN
6. Open Water getting a lot of exposure and USA Swimming pushing to get more Open Water Meets on the Schedule. Get involved because this is an Olympic Event now and we have an opportunity to really make a difference.
7. Get your swimmers involved in the many programs/info available on the USA Swimming website: IMX, Nutrition Tracker, Etc....
8. Doping Control – Talk to your swimmers about this subject, make them aware of whats going on when they get to higher levels of competition. Remind them to check ALL meds, prescription and over the counter. You can get this info off the USA Swimming website.
9. College Swimming – if you have swimmers that are interested in swimming in college, you want to get on them about details on recruitment recruitment rules, when to start, basically how to go about it. If you wait until Fall of their Senior year you probably waited too long and are going to possibly limit their options. Several schools have their rosters full by November. Talk to them about the differences between Division I, II and III.