

Connecticut Swimming Program Development Meeting

Tuesday, May 10, 2011

7:30pm

Location: Teleconference

AGENDA

Call to Order

Approval of Agenda

Approval of Minutes April 12, 2011

Committee Reports

Senior Committee

Age Group Committee

Technical Planning Committee

Old Business

- Diversity Camp Update
- Adapted Swimming Committee Chair appointment
- Technical Planning: seeking input for new direction for LC Age Group Championship

New Business

- LC Regional Championship time standards (Age Group Committee)
- LC Regional Championship meet announcement (Age Group Committee)
- 2012 Championship meet schedule. To be presented at the May House of Delegates
- 2012 SC Championship meet time standards (Age Group and Senior Committees)
- CSI Championship Meet Proposal (All)

Announcements

<u>OCT</u>	<u>NOV</u>	<u>JAN</u>	<u>FEB</u>	<u>MAY</u>	<u>JUNE</u>
HOD Items	SC Champs	LC Standards	Review & Planning	SC Standards	Finalize SC Standards
SC Champs Prep	SC Meet Announcements	LC Zone Criteria	LC Championships	LC Meet Announcements	Schedule meeting dates for next year
	LC Champs Prep	LC Champs Prep		SC Zone Criteria	
				HOD Items	

DRAFT

Connecticut Swimming

Program Development Meeting

Minutes of April 12, 2011

7:30 pm via Teleconference

In Attendance: Jeff Gray (Chair), Joanne Lindberg, Dan Mascolo, Kaeley Steinnagel, King Lee, Bob Shearer, Lexi Koukos, John Spadafina

Also in Attendance: Nan Cooper, Joanne McCaffrey

Absent: Bill Ball, Peter Boucher, Chris Hug, Mike Huffman, Cooper Kearns

Meeting called to order @ 7:35 PM

- Approval of Agenda: motion made to amend the agenda by adding 2011 LC Regionals to Old Business; second; motion approved.
- Approval of Minutes January 12, 2011: motion made to approve agenda; second; motion approved.

Committee Reports:

- **Senior Committee:**
 1. Outside of a Senior Committee meeting, SC Senior Championship finals configuration was discussed. Anecdotal responses were shared. There were favorable responses from athletes and coaches at the meet. It was felt that athletes swam faster in the morning, although as the meet progressed this was less obvious most likely due to fatigue. Negative responses centered around reduced opportunities for athletes to experience swimming in finals, many of the same athletes in the top 4, and forcing coaches to adopt a coaching strategy they may not agree to.
 2. Reviewed 2011 LC time standards at the February meeting. Standards were tightened in anticipation of a larger meet due to Senior Championships falling a week earlier in July.
 3. Reviewed 2011 LC Senior Championship meet announcement. No changes other than housekeeping.
- **Age Group Committee:**
 1. Reviewed 2011 LC Age Group Championship meet announcement. No major policy changes but did clarify the time scratch sheets are due. Discussion continued at this meeting regarding best language to convey the scratch deadline.
 2. AG Committee reviewed the 2011 SC Zone Team competition and travel. Overall, the trip was very successful. Coaching was excellent and athletes performed at high level. A National Age Group 10/U record was broken (M. Limbacher, 50 Breast) and 11/12 Eastern Zone records were broken (Bryce Murad).
 3. Committee presented a CSI Championship Meet proposal drafted by Dan Mascolo. This is a summary of Age Group and Technical Planning Committee discussions over the past year. Program Development Committee members will

review the proposal and be prepared for review and discussion at the May Program Development meeting.

4. LC Age Group Time Standards were approved. Joanne McCaffrey (Time Standards Chair) reviewed the cuts and explained her reasoning specifically regarding why the SCY time standards were tightened. Question regarding the 10/U 400/500 Free was raised and discussed.
- **Technical Planning Committee:**
 1. Reported that only 2 of 3 sites for the LC 13/O Regional Championships had been awarded by bid and stressed the importance of a third site. A reminder will be sent to Program Operations and this will be added to the Board of Directors meeting on April 13, 2011.

Old Business:

- Adapted Swimming Committee Chair appointment: no firm candidates have been identified yet. It was suggested to consider Gary Cavaliere, Mark Kinne, Galen Rinaldi, and Ryan Loechner.
- Technical Planning seeking new direction for LC Age Group Championship: No discussion.

New Business:

- LC Championship Time Standards
 - LC Senior Championship Time Standards: no further discussion, beyond Senior Committee report. Motion made; second; approved. Time standards are part of the attached Senior Committee minutes.
 - LC Age Group Championship Time Standards: Motion made to approve the time standards, except the 10/U 500/400 Freestyle which are to remain unchanged from 2010; second; approved.
 - LC Regional Championships Time Standards: Tabled until the number of 13/O meets is finalized. Times standards will be emailed to this committee when available or presented at the May meeting.
- LC Championship Meet Announcements
 - LC Age Group Championship meet announcement was approved with the following changes:
 - Dates to be updated.
 - Ed Becker added as Meet Referee instead of Monica Prangley
 - Page 3 under Schedule – NOTE WELL: change “by 10:00 PM” to “**approximately 10:00 PM**”
 - Page 4 under Scratches, 3rd bullet point – insert the specific time of 7:15 am so that the first sentence reads, “**Scratch sheets shall be due at 7:15 AM.**”
 - LC Regional Championship meet announcement was tabled until the May Program Development meeting.
 - LC Senior Championship meet announcement with no substantive changes. Motion made; second; approved.
- Zone Team Policy and Procedure Review:
 - Age Group Committee feels the current Zone Team eligibility and selection criteria is fair but would like it articulated to coaches and parents. Ways to improve education about the Zone Team eligibility/selection criteria and the

- entry/appeal process were discussed. Suggestion was to prominently place this information as separate links on the Zone Team page of the website.
- Age Group Committee and Zone Coordinators to conduct a thorough review of Zone Policy, including presentation of information, eligibility criteria, appeals process, and past policy revisions; will bring updated policy and procedure statement back to PD for formal review and approval prior to 2011-12 short course season; AG Committee will review issues prior to 2011 long course season to ensure that present policy and eligibility criteria are clear and communicated; discussion of communication of policy and criteria and presentation on Zone page.

On April 11, 2011, CSI was notified of a USA Swimming Diversity Camp to be run in June 16-19, 2011 in Philadelphia. USA Swimming is asking the LSCs to fund two 13-16 year old athletes, 1 coach, and 1 Diversity Coordinator. The goal is to empower athletes and coaches from ethnically under-represented populations that are less than 20% of USA Swimming's membership. Application is due May 20, 2011. This is moved the Board of Directors April 13, 2011 meeting for approval of funding for transportation and \$200 per attendee.

- Joanne Lindberg will put together selection criteria for the athletes and coach. Suggested criteria for athletes were:
 - Championship meet qualifier, then
 - Number of championship meet events qualified for, then
 - Highest place finish

May 10, 2011 Agenda Items:

- LC Regional Championship time standards (Age Group Committee)
- LC Regional Championship meet announcement (Age Group Committee)
- 2012 Championship meet schedule. To be presented at the May House of Delegates
- 2012 SC Championship meet time standards (Age Group and Senior Committees)
- CSI Championship Meet Proposal (All)

Future Agenda Items: Zone Policy revisions (Age Group Committee)

Motion made, seconded and approved for meeting adjournment at 9:50 PM

Submitted by,
Nan Cooper,
Administrator

Attachments:
AG Time stds
AG Minutes
CSI Championship meet proposal
Age Group Championship announcement
Diversity Camp

CSI Championship Meet Proposal

Goals:

- Conduct fun, LSC level championship meets conducive to excellent swimming.
- Promote a sound and logical championship progression from Age Group to Senior swimming in CT.
- Prepare CT swimmers for Senior Level swimming beyond the LSC (Zones, Jr./Sr. Nationals, Olympic Trials, US Opens, College, etc.)
- Obtain long-term alignment with top ranking LSCs (defined by virtual club championship rank)

Connecticut Swimming Inc. has seen significant growth in athlete membership over the past 10+ years. This growth has been a great boost for the sport of swimming in CT. This growth however, presents challenges to conducting LSC level championship meets, in particular a single meet that can serve all levels (10/U, 11-12, 13-14, and 15/18 year olds) of swimming at the LSC, namely the current Age Group Championship Meet. The most recent SC Age Group Championship Meet was once again a great meet, but the crowding on the deck and in the stands and parking lots was at times bordering on unsafe and certainly an annoyance to spectators, athletes and coaches. The crowding and timeline issues that it brings take away from the true focus of the meet which should be fun and excellent swimming.

With this in mind as well as an overall desire to produce an age group program that educates and prepares swimmers for Senior Level swimming in CT and at Zone and National level meets, the following comprehensive proposal for the Championship Meets is being made:

Regional Championships: *Changes proposed by others yet to be implemented*

There does not seem to be much of a consensus that additional changes are needed at the Regional Championship Meet Level. Recent acceptance of time standards and the addition of a third location for LCM is an attempt to solve issues of overcrowding. These changes should be given 2 years before looking at them again.

Age Group Championships: *Comprehensive Changes*

1. Change the meet to a 14 and Under meet. With the following Sessions:
 - Thursday Night 14/U Distance Events
 - Fri, Sat, Sun Mornings 11/12 and 13/14 Preliminaries
 - Fri, Sat, Sun Afternoon 10/U Timed Finals
 - Fri, Sat, Sun Evenings 11/12 and 13/14 Finals
2. Prepare a plan to evaluate and adjust qualification times for 11/12 and 13/14 year olds (likely tightening progressively) to establish a balance between timeline, opportunities for

swimmers, and the desire for a highly competitive meet. These proposed changes are intended to do the following:

- Promote morning/evening pattern of championship meets earlier in the athlete's progression.
- Allow 11-12 year olds to receive adequate rest and nutrition between prelim and finals sessions, currently only 30 min-1 hour between the end of prelims and the start of Finals warm up.
- Allow 10/U to use the full 9 lane course with the addition of breaks, which could include medal ceremonies where the athletes are stepped up on the podium or blocks for their awards.
- Reduce overcrowding on the pool deck, in the parking lot and in the stands, especially during the transition from morning to afternoon session.
- Put CT in line with more successful LSCs (defined by virtual club championship rankings).
- Define Age Group Swimming in CT as 14/Under.
- Eliminate delays in producing the evening finals meet program, which would be finalized during the 10/U session.

Senior Championships: *Changes to times standards to accommodate a transition*

The recent adoption of the 4 s wimmer championship final format appeared to increase competition during prelims. This format or a modified version (if a new pool configuration is possible after Wesleyan upgrades) should be continued.

However, the following changes should be instituted at the Senior Championships in order to accommodate swimmers that will no longer be eligible to compete at Age Groups:

1. Change the 2012 SC Senior qualification times to the easier of either:
 - a. The current Senior qualification time; or
 - b. The current 15-18 Age Group qualification time
2. Prepare a plan to evaluate and adjust qualification times (likely tightening progressively) to establish a balance between timeline, opportunities for swimmers, and the desire for a highly competitive meet.

These proposed changes are intended to do the following:

- Allow swimmers that are currently making a transition from AG to Senior swimming the opportunity to improve with the Senior Championship time standards and not be alienated from an LSC level championship meet due to the changes proposed for AG Championships.

Summary

Elements of this proposal have been discussed previously dating to many years ago with varying levels of support. CSI is at a point now however, where we need to take a long term approach to the planning of the championship meets. We have been reactionary, but I feel it is now time to be proactive. This proposal is submitted with the intent of working toward a full quadrennial plan for CSI following the 2012 Olympics to align with USA Swimming and other successful LSCs.

It is my belief that if we implement this plan in the near future and continue with this format through 2016 we will increase the number of swimmers CSI has qualifying for Jr/Sr Nationals, US Opens and Olympic Trials. A shift in the conventional way of thinking is sometimes hard to accept. However, our membership has never been so high and we are coming up to an Olympic year when we can once again expect our numbers to grow.

Respectfully Submitted,
Dan Mascolo

Comments from Jo Ann McCaffrey re attached time standards;

Here are the L/C regionals

12 and under with the 3 pools

13& over do not have the 3rd site, so the times were based on last year, with clean up.

If we go to the additional site, it will be easy to revise, but that decision comes with the meeting tomorrow.

S/C Age Groups

Times were based on the way the meet was last year, since the new proposal was not voted on...and standards were due...??

About the call tonight, I can't ..I'm usually on the way home and out of range on the phone.. I can get on around 9:15 ish if we need to go over the standards or there are any questions...

Most standards are based on the 36th entry time or close to that range other than the distance events...

I don't know what the feeling is on the distance events in the SC standards, but they probably could be tweaked.

13-18 girls 1000 had 53 entries (13/14 girls: 16 swam. 15/18 girls: 20 swam. [inserted by Nan])

13-18 boys 1000 had 43 entries (13/14 boys: 22 swam. 15/18 boys: 6 swam. [inserted by Nan])

13-18 girls 1650 had 32 entries (13/14 girls: 9 swam. 15/18 girls: 20 swam. [inserted by Nan])

13-18 boys 1650 had 26 entries (13/14 boys: 13 swam. 15/18 boys: 7 swam. [inserted by Nan])

2011 LC Regional Championship Minimum Time Standards (proposed)

10 & under Girls				10 & under Boys		
SCY	SCM	LCM		SCY	SCM	LCM
6:09.99	6:52.94	7:02.36	500 free	7:39.99	6:42.24	6:56.24
11-12 Girls				11-12 Boys		
6:39.99	5:49.95	5:59.70	400/500 free	6:44.99	5:54.32	6:06.51
23:59.99	23:55.68	24:36.91	1650/1500 free	24:59.99	24:55.50	25:54.39
3:07.99	3:29.81	3:39.36	200 back	3:19.99	3:43.20	3:55.56
3:29.99	3:54.36	3:59.17	200 breast	3:39.99	4:05.52	4:16.40
3:22.99	3:50.41	3:50.41	200 fly	3:29.99	3:54.36	4:02.48
6:09.99	6:52.94	7:02.36	400 IM	6:19.99	7:04.10	7:19.29
13-14 Girls				13-14 Boys		
SCY	SCM	LCM		SCY	SCM	LCM
2:23.49	2:37.99	2:40.09	200 free	2:24.74	2:41.49	2:47.24
6:04.49	5:18.89	6:27.78	400/500 free	6:08.49	5:22.49	5:30.49
12:39.99	11:15.99	11:42.99	800/100 free	12:39.99	11:15.99	11:30.99
21:29.99	11:15.99	11:42.99	1500/1650 free	21:44.99	21:41.09	22:32.32
2:43.49	3:02.47	3:10.77	200 back	2:53.24	3:13.49	3:24.24
3:04.99	3:26.46	3:30.69	200 breast	3:12.99	3:35.49	3:44.99
2:59.99	3:20.88	3:24.30	200 fly	3:00.99	3:21.99	3:29.44
2:40.99	2:59.68	3:03.19	200 IM	2:42.49	3:01.35	3:04.63
5:34.99	6:13.87	6:22.41	400 IM	5:38.99	6:18.49	6:32.24
15 -18 Girls				15 -18 Boys		
SCY	SCM	LCM		SCY	SCM	LCM
2:20.49	2:36.80	2:35.99	200 free	2:15.99	2:31.77	2:37.21
5:57.49	5:12.76	5:21.48	400/500 free	5:39.99	4:57.45	5:07.68
12:09.99	10:49.49	11:27.99	800/100 free	11:49.99	10:31.99	11:01.49
20:52.49	20:48.74	21:24.61	1500/1650 free	20:54.99	20:51.24	21:40.51
2:41.49	3:00.24	3:08.49	200 back	2:38.99	2:57.49	3:07.49
3:04.99	3:26.46	3:30.69	200 breast	2:55.99	3:16.42	3:25.12
2:49.99	3:09.72	3:12.95	200 fly	2:44.99	3:04.14	3:10.52
2:39.99	2:58.56	3:04.53	200 IM	2:34.99	2:52.98	3:00.85
5:29.99	6:08.29	6:16.70	400 IM	5:20.99	5:58.24	6:11.09

2012 SC Age Group Championship Time Standards (Proposed)

10 & under Girls				10 & under Boys		
SCY	SCM	LCM		SCY	SCM	LCM
31.89	35.24	36.49	50 free	31.89	35.49	37.49
1:10.89	1:18.74	1:21.11	100 free	1:11.49	1:19.79	1:22.84
2:36.99	2:52.99	2:59.99	200 free	2:37.99	2:54.99	3:02.65
6:57.99	6:08.49	6:11.99	500 free	7:03.49	6:12.51	6:23.25
37.89	41.74	44.49	50 back	38.29	42.49	45.99
1:20.79	1:29.99	1:34.71	100 back	1:22.99	1:31.99	1:38.99
42.99	47.74	49.99	50 breast	44.09	49.49	45.99
1:33.79	1:43.49	1:47.80	100 breast	1:37.49	1:47.49	1:53.89
36.49	39.99	43.99	50 fly	37.89	41.99	46.99
1:27.89	1:38.09	1:40.29	100 fly	1:31.89	1:34.49	1:45.86
1:21.89	1:31.24	--	100 IM	1:22.49	1:31.24	--
2:57.69	3:18.49	3:24.95	200 IM	3:01.89	3:22.49	3:34.24
11-12 Girls				11-12 Boys		
28.39	31.24	32.24	50 free	28.24	30.99	32.49
1:01.99	1:08.74	1:10.93	100 free	1:02.49	1:09.74	1:12.49
2:15.49	2:28.99	2:35.49	200 free	2:16.49	2:31.99	2:37.49
5:59.49	5:14.51	5:23.29	400/500 free	6:04.59	5:18.98	5:29.95
33.24	36.74	38.99	50 back	33.74	37.24	40.49
1:10.99	1:17.99	1:23.99	100 back	1:12.49	1:19.49	1:26.29
2:34.99	2:50.49	2:59.99	200 back	2:38.99	2:54.99	3:07.99
37.24	40.99	43.49	50 breast	38.49	42.24	45.49
1:20.99	1:28.99	1:35.49	100 breast	1:23.99	1:32.49	1:37.99
2:53.99	3:11.49	3:23.49	200 breast	3:01.99	3:19.99	3:37.49
31.59	34.49	35.49	50 fly	32.39	35.99	37.99
1:11.74	1:18.74	1:24.99	100 fly	1:14.69	1:22.49	1:30.49
2:42.99	2:59.49	3:10.99	200 fly	2:51.49	3:08.99	3:23.99
1:11.74	1:18.74	--	100 IM	1:12.99	1:20.49	--
2:34.89	2:50.49	2:58.65	200 IM	2:36.99	2:52.99	3:03.49
13-14 Girls				13-14 Boys		
SCY	SCM	LCM		SCY	SCM	LCM
26.74	29.49	30.49	50 free	25.54	28.24	28.99
57.49	1:03.24	1:05.99	100 free	55.99	1:01.74	1:03.99
2:05.49	2:17.99	2:24.99	200 free	2:02.24	2:15.45	2:21.49
5:34.99	4:53.08	5:01.25	400/500 free	5:27.99	4:46.96	4:56.82
11:39.99	10:15.99	10:42.99	800/100 free	11:39.99	10:15.99	10:30.99
19:07.49	19:07.49	20:14.99	1500/1650 free	18:59.99	18:59.99	20:19.99
1:05.79	1:12.99	1:17.99	100 back	1:05.49	1:12.24	1:115.99
2:22.49	2:37.49	2:45.99	200 back	2:18.49	2:34.56	2:43.12
1:13.99	1:21.49	1:26.69	100 breast	1:13.09	1:21.49	1:25.39
2:41.99	2:58.24	3:09.99	200 breast	2:40.24	2:56.99	3:05.99
1:05.74	1:12.49	1:15.49	100 fly	1:03.99	1:10.49	1:14.49
2:29.99	2:44.99	2:55.49	200 fly	2:31.99	2:48.99	2:55.51
2:22.99	2:36.99	2:44.79	200 IM	2:19.49	2:33.49	2:40.49
5:03.79	5:35.49	5:55.79	400 IM	5:00.99	5:31.99	5:47.97



Nan Cooper <office@ctswim.org>

Tuesday's PProgram Development Committee meeting

JoJoLind@aol.com <JoJoLind@aol.com>

Mon, May 9, 2011 at 9:32 AM

To: office@ctswim.org, jgray@fordham.edu

Hi Jeff and Nan,

I won't be able to make the call tomorrow night. Wednesday is my birthday and a bunch of my co-workers and I are having dinner tomorrow night to celebrate.

As far as the Diversity Camp goes, I have 2 coaches and 7 swimmers who have applied. The application will stay up through the end of day tomorrow.

Then, coaches' names go into a bowl; swimmers' names in another bowl and I'll pick the folks who will be going. I will notify the winners on Thursday and will send along the USA application they will need to fill out. We have until the 20th to get our application over to USA Swimming.

Please let me know if you have any questions.
Thanks!

Joanne
