

Lake Erie Swimming, Inc.

August 28, 2022

Every Friday LE will publish an electronic newsletter on latest developments. All club contacts and non-athlete who have a valid email address will automatically receive the newsletter. Others may email pamswim@aol.com to get on the distribution list. The newsletter will also be posted on the web. Please share with other club officers and post at your practice facility for your parents and athletes. Send/email me any input you may wish to share with the LE swimming community. If you check email infrequently, always check it on Friday.

Meet Information is posted on the LE website – <http://www.lakeerieswimming.com>

To get “breaking news” to your mobile device, follow LE on Twitter (@LESwimming)

SWIMS 3.0 – 2023 USA Swimming registration begins Sept. 1. All athletes, non athletes and clubs will renew online with USA Swimming and provide credit card payment.

Clubs will send links to their members for 2023 registration. Club registration will continue as usual. This is only for the USA Swimming registration. Clubs have been cautioned to only register new swimmers and non-athletes initially. As with all major technology initiative, there will be “glitches”. Those LE athletes and non-athletes who are UN should check with pamswim@aol.com. All athletes registered for 2022 year round and non-athletes have membership that do not expire until 12/31.22. Do not rush to renew.

LESI Swimposium, Saturday, Sept. 17, Hawken School, Gates Mills campus Link on LE website for Registration.

LE Clubs News – SHSH (Shaker Sharks) will no longer be a club for Fall 2022. They have merged with STRS (Solon Stars) and the STRS have been renamed as NCAT (North Coast Aquatic Team). Eric Peterson is the head coach (coachcoacheric.peterson@ncatswim.com)

[Oberlin College Fitter Fast Swim Clinic](#) – September 10-11, 2022; April 29-30, 2023.

LESI eNewsletter If there are members of your club or anyone else who wants to be on the email distribution list, email me (pamswim@aol.com) to be added to the list – anyone can be on this list and receive the weekly eNewsletter. The newsletter is also posted on the LESI website.

USA Swimming Updates

Week of August 22, 2022

- **Scholastic All American apps due Aug 31!**
 - o https://www.usaswimming.org/news/2022/03/24/usa-swimming-releases-2021-2022-scholastic-all-america-application-procedures?mkt_tok=MjM2LUtDWi00OTUAAAGGdjVtI318wHrWL aZx1EiuQiYtHXTN6A2H_WtBanq8Y1hl6gbUVg6gzLdVoaC-QZy_4vGbC2R5eDIBBfCB5CWYr_eS7IWBT4S2IBJD5yTi
- **Annual Business Meeting September 22-24, 2022**
 - <https://www.usaswimming.org/event/2022/09/22/default-calendar/annual-business-meeting> (Updated Schedule)
 - <https://www.usaswimming.org/event/2022/09/23/default-calendar/house-of-delegates-meeting>
- **Links for Proposed Legislation:**

- o <https://www.usaswimming.org/event/2022/09/23/default-calendar/house-of-delegates-meeting>
- o <https://www.usaswimming.org/officials/rules-regulations>
- o <https://www.usaswimming.org/about-usas/governance/annual-business-meeting>
- There will no longer be a 30 day grace period for 18 and older athletes to complete their Athlete Protection Training.
- **LSC Leaders Zoom:** The full agenda, including links to the recording of this meeting, and links for all specifics discussed on today's call can be found here:
https://drive.google.com/drive/folders/17EPbKqRT2gmtmCc_AsTF8bgQ8mE6a4Ux?usp=sharing

- **Dates for USA Swimming Domestic Events**

| <i>Date</i> | <i>Competition</i> | <i>Location</i> |
|---------------|---|-----------------------|
| Jan 11-14 | TYR Pro Swim Series | Knoxville, Tenn. |
| Mar 1-4 | TYR Pro Swim Series | Ft Lauderdale, Fla. |
| Apr 12-15 | TYR Pro Swim Series | Westmont, Ill. |
| Apr 21-23 | Open Water Nationals | Sarasota, Fla. |
| May 17-20 | TYR Pro Swim Series | Mission Viejo, Calif. |
| Jun 27-July 1 | International Team Trials | Indianapolis, Ind. |
| Jul 25-29 | Speedo Junior National Championships | Irvine, Calif. |
| Aug 1-5 | Phillips 66 National Championships | Irvine, Calif. |
| Nov 29-Dec 2 | Toyota U.S. Open | TBD |
| Dec 6-9 | Speedo Winter Junior Championships (East) | TBD |
| Dec 6-9 | Speedo Winter Junior Championships (West) | TBD |

- **Coaches' Leadership Summit**
- For coaches 3+ years experience
- [Programs & Services \(usaswimming.org\)](https://www.usaswimming.org)
- Application deadline Aug 21, 2022
- *Safe Sport Trainings*
- Parents: Wednesday, Sept 7 at 8 p.m. ET

<https://usaswimming.zoom.us/j/95185446507>

- Athletes: Thurs, Sept 8 at 8 p.m. ET

<https://usaswimming.zoom.us/j/95185446507>

- Coaches: Friday, Sept 9 at 3 p.m. ET

<https://usaswimming.zoom.us/j/95185446507>

- **Flex Membership**

The USA Swimming Board of Directors has approved two changes to the USA Swimming Flex Membership category. Both changes are effective September 1, 2022, for the 2023 membership year.

In January of 2020, the USA Swimming Board of Directors approved changes to the Flex Membership for the 2021 Membership Year, which included restrictions by age and tiered increases in price. That action was delayed until the 2023 Membership Year due to COVID-19. Since then, the Board of Directors has simplified the changes to Flex for the 2023 Membership Year, to begin September 1, 2022.

First, the Flex Membership category will be available only for athletes ages 12 and younger. This is intended to maximize the benefit of the Flex Membership, given current membership trends and projections.

Additionally, the Board approved changing the Flex Membership fee to \$30, with \$20 of the fee going to USA Swimming and \$10 going to the Local Swimming Committee (LSC) [Note: the LSC may not charge more than the \$10 fee]. The previous fee for this category of membership has not kept pace with fee increases to the Premium Membership, and this change is intended to keep this fee in line with other membership increases.

For questions, please contact membership@usaswimming.org.

- **SWIMS 3.0 Questions:**
- <https://www.usaswimming.org/about-usas/resources/swims-database>
- Email: Swims3.0@usaswimming.org
- **LSC Leaders Resources folder:** Access information on the Governance Series, notes from LSC Leaders meetings, and leading practices from LSCs for ideas and shared services moving forward
<https://drive.google.com/drive/folders/1eh0WugGdopgAovEi8x9UHL1AcTrXTDjj?usp=sharing>
- **LSC Board and Staff Change Form** please use this form moving forward to update USA Swimming on LSC leadership positions. This form is also available on the website under about/LSC Governance.
<https://fs22.formsite.com/usaswimming/qbaao4q5ry/index.html>
- **New Membership Category**
- <https://www.usaswimming.org/news/2021/12/10/new-categories-of-individuals-required-to-be-non-athlete-members>
- **Webinars & Clinics** (upcoming & previously recorded):
<https://www.usaswimming.org/coaches-leaders/team-leaders/programs-services#webinars---presentations>
- **12 and Under Banned/Approved Suit list** – Including the FINA Numbers
- Doc: <https://www.usaswimming.org/docs/default-source/rules-regulations/tech-suit-restrictions/12-under-approved-suits-2-18-21.pdf>
- Article: <https://www.usaswimming.org/news/2020/08/24/tech-suit-restriction-for-12-and-under-swimmers>

FAQ: <https://www.usaswimming.org/news/2021/03/15/12-under-tech-suit-restrictions---frequently-asked-questions>

Recognition of Athletes on LE Website – LE uses their opening web page to recognize athletes, coaches, clubs and volunteers. For posting send pamswim@aol.com : recognition words, picture and parent release form if athlete is a minor. These forms are available on LE website – opening page. Recognition can be for sportsmanship and other criteria as well as performance. All who submit will be recognized, there is no selection criteria.

Coaches and Swimmers: Warm-up Procedure Reminder - 3-Point Feet First Entry
IT IS IMPORTANT TO REMEMBER TO ALWAYS ENTER THE POOL DURING WARM-UP WITH A 3-POINT FEET FIRST ENTRY!! This 3-point entry is for the safety of all swimmers. NEVER dive or jump into the warm-up pool. A 3-point feet first entry is when you enter the pool with both feet while keeping one hand on the wall/deck. During the pre-meet warm-up there will be lanes available for dives from the starting blocks/deck, ONLY then can you dive off the deck or blocks while under the direct supervision of your coach

Coaches Info – Certs that need to be emailed to the LSC registrar are the following:

- CPR
- STSC – both parts
- Concussion cert

All other required certs (listed below) go automatically in the SWIMS record. If there any problems, contact learn@usaswimming.org

- Background Check
- Athlete Protection Training
- Coach Advantage Tutorial
- Coach ED 101
- Coach ED 201
- Rules and Regulations