

## Lake Erie Swimming, Inc.

June 10, 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](mailto: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)**

**SAVE the DATE – LESI Swimposium, Saturday, Sept. 17, Hawken School, Gates Mills campus** More info to follow. Tracks/sessions for athletes, parents, coaches, clubs

**Welcome to 2022 New Clubs in LE –**

- CLEV - Cleveland State University (Hannah Burandt)
- DYP - David YMCA Phantoms (Doug Nist)
- HTS - Heights Tigersharks (Dan Budin)
- MRAY - Macedonia Manta Rays (Lori May)
- NCY - North Canton YMCA (Denette Dearnbarger)

**Congratulations to Piranha Aquatic (PA) on achieving Safe Sport Club Recognition!**

**[Summer Sectionals – July 14-17 at CSU](#)**

**Attention Zone Qualifiers:** 2022 Zones will be held in Elkhart, IN. Meet info and registration to follow, once it is available from the Central Zone and Elkhart location.

**[2022 Central Zone Multi Cultural Meet Information](#) [Landing Page](#)**

**LESI eNewsletter –** The email distribution list for the LESI eNewsletter has been updated to 2020 and 2021 non athlete members. If there are members of your club or anyone else who wants to be on the email distribution list, email me ([pamswim@aol.com](mailto: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 June 6, 2022**

- **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](mailto:membership@usaswimming.org).

- **SWIMS 3.0 Questions:**
  - <https://www.usaswimming.org/about-usas/resources/swims-database>
  - Email: [Swims3.0@usaswimming.org](mailto: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 Select Camp** Here is the link to apply to host a camp: [Online Survey Software | Qualtrics Survey Solutions](#)  
Additionally, here is the link to the webpage for more information: [USA SWIMMING](#)
- **Annual Business Meeting September 22-24, 2022**
  - <https://www.usaswimming.org/event/2022/09/22/default-calendar/annual-business-meeting>
  - <https://www.usaswimming.org/event/2022/09/23/default-calendar/house-of-delegates-meeting>
- **Safe Sport Trainings**
  - Parents: Wednesday, July 13 at 3 p.m. ET  
<https://usaswimming.zoom.us/meeting/register/tJ0scOuvrzkHdITAUH2eSR0D1GzeOvWHjje>
  - Athletes: Thurs, July 14 at 3 p.m. ET  
<https://usaswimming.zoom.us/meeting/register/tJAuceivqjIvHNAy11QT6vpn3ASjEEvBxZMV>
  - Coaches: Friday, July 15 at 3 p.m. ET  
<https://usaswimming.zoom.us/meeting/register/tJIodO6hrzIjGtyUGMUXu7ZoPdm19J22>  
[oGOO](#)
- **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>
- **2022 National Team and Sport Development Manager Application.**
  - [https://www.usaswimming.org/utility/landing-pages/club-dev-camps/nt-sd-manager-app?mkt\\_tok=MjM2LUtDWi00OTUAAAGB8319y\\_nPq-M5gEIes6xuRbW7dQ70qgxIVGFBi9knb\\_VFmZ8uu2yoF72YYllKecNN2HqUzchvy2pBc\\_JpPdbZ3llKh-fsGRKXi6jC8](https://www.usaswimming.org/utility/landing-pages/club-dev-camps/nt-sd-manager-app?mkt_tok=MjM2LUtDWi00OTUAAAGB8319y_nPq-M5gEIes6xuRbW7dQ70qgxIVGFBi9knb_VFmZ8uu2yoF72YYllKecNN2HqUzchvy2pBc_JpPdbZ3llKh-fsGRKXi6jC8)
  - **Applications will be available in February for the following programs:**
    - Women's Leadership Summit (Application opens February 3)
    - Coach Leadership Summit (Application opens February 10)

- **Board Sanctioning Guidelines**
  - With the upcoming amendments to articles 202.4 and 202.6 of the USA Swimming Rules set to expire, the USA Swimming Board of Directors has reconvened and voted to extend the previous extension of April 2020 to **August 31, 2022**.  
The Board of Directors had previously voted to amend the articles to require certain COVID-related precautions in order to issue meet sanctions and approvals, assumption of risk, and release of liability. As always, USA Swimming, Local Swimming Committees (LSC) and club activities must also follow state and local health guidelines. The amended rules regarding requirements for sanction and approval are listed below and posted [here](#) on the website.
  - [https://www.usaswimming.org/docs/default-source/coronavirus-resources---updated/returntocompetitionlscsanctionreqsv6.pdf?mkt\\_tok=MjM2LUtDWi00OTUAAAGBVFfsK0Pfa3FKzj4cQWStMYrM735ooYfn3NEZ\\_DRXd23-GcBkGSoEJpb81Lc7I5Rlw-yISH\\_z-zOvKag-hCcOKQYtJS7bCmOwlz-PfPtg](https://www.usaswimming.org/docs/default-source/coronavirus-resources---updated/returntocompetitionlscsanctionreqsv6.pdf?mkt_tok=MjM2LUtDWi00OTUAAAGBVFfsK0Pfa3FKzj4cQWStMYrM735ooYfn3NEZ_DRXd23-GcBkGSoEJpb81Lc7I5Rlw-yISH_z-zOvKag-hCcOKQYtJS7bCmOwlz-PfPtg)
- **New Membership Category**
  - <https://www.usaswimming.org/news/2021/12/10/new-categories-of-individuals-required-to-be-non-athlete-members>
- **Speedo Summer Junior Championships Time Standards:**
  - <https://www.usaswimming.org/docs/default-source/timesdocuments/time-standards/2022/speedojrnationalchamps2022timestandards.pdf> ;
- **Summer Phillips 66 National Championship Time Standards:**
  - <https://www.usaswimming.org/docs/default-source/timesdocuments/time-standards/2022/p66nationalchamps2022timestandards.pdf>
- **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](mailto: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 –

- Coaches can verify current membership at meets with the Deck Pass app. If a coach cannot show current membership, the coach will sit in the stands. There is no longer a Coach Verification form at meets. Please plan ahead to make sure your certs and membership is current.
- When you update your CPR and STSC (both parts – pool and online test) certifications, email link or cert to Permanent Office so the certs can be updated in SWIMS. Emails, telephone calls or blank letterhead letters that you took a course are **not accepted**. Do not assume that you can send certifications on Friday night or Saturday and be on the pool deck that weekend. Please plan ahead.
- You **cannot** either register as a non-athlete/coach or present updated certifications to the meet referee at a meet. All registrations and updated certifications are handled by the Registration Coordinator and must be completed one day prior to when you want to be on the pool deck. Check to make sure that certifications are acceptable to USA Swimming by going to the USA Swimming website and clicking on Member Resources - Coach.