

Lake Erie Swimming, Inc.

November 17, 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)

LESI Strategic PlaFeedback/Input <https://forms.gle/FL63hJmwQyTvAb8v5>

SWIMS 3.0 – 2023 Club Renewals - Clubs need to do the following to renew their club for 2023:

- Go online to renew the club with USA Swimming – USA Swimming fee of \$70
- Email pamswim@aol.com the LE 2023 Club Application and the club will be billed for the LSC club fee (\$30 if done by 12/1/22; \$55 if done by 1/1/23; \$80 if done after 12/31/22)

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 November 3, 2022

- **Coach Webinars 10&Unders:**
 - o Nov 15: <https://usaswimming.zoom.us/meeting/register/tJlufu-gpzMiGtBG2io9WHAfFU37iJSxcCyD>
 - o Nov 16: <https://usaswimming.zoom.us/meeting/register/tJMqfuCgpzgjHt2zFVtCwdV2D8mPfrPLn9I6>
 - o **Same zooms different days**
- **Deadline for Rulebook requests is Dec 15, 2022**
- **The updated 2023 national events calendar is listed below:**

<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	Phillips 66 National Championships	Indianapolis, Ind.
Jul 26-29	TYR Pro Championships	Irvine, Calif.
Jul 31-Aug 4	Speedo Junior National Championships	Irvine, Calif.
Nov 29-Dec 2	Toyota U.S. Open	TBD
Dec 6-9	Speedo Winter Junior Championships (East)	Ohio State University
Dec 6-9	Speedo Winter Junior Championships (West)	TBD

For more details on USA Swimming national events, visit

www.usaswimming.org/events.

- **Club Marketing Toolkit:**
 - <https://www.usaswimming.org/coaches-leaders/team-leaders/marketing-toolkit> ;
- **Futures 2023:** 5 Sites, New Map
 - <https://www.usaswimming.org/event/2023/07/26/default-calendar/2023-futures-championships> ;
- **SWIMS 3.0 Questions:**
 - <https://www.usaswimming.org/about-usas/resources/swims-database>
 - Email: Swims3.0@usaswimming.org
- **Coach Certification Resources**
 - [Coach Certification Program \(usaswimming.org\)](http://usaswimming.org)
- **2023 Tyr Pro Series:** Time Standards will be Winter Junior times.
- 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 meetings, and links for all specifics discussed on all calls can be found here:
 - <https://drive.google.com/drive/u/1/folders/1eh0WugGdopgAovEi8x9UhL1AcTrXTDjj>
- *Safe Sport Trainings*
- **Athletes: Thurs, Dec 8 at 8 p.m. ET**

- <https://usaswimming.zoom.us/meeting/register/tJEod-Ggpz0tEtPsasFaFVyDXXnx7a0jV8bJ>
- Parents: Wed, Dec 7 at 8 p.m. ET
- <https://usaswimming.zoom.us/meeting/register/tJAucuqprj8sE9Wzf64fKrDTWYQWHahV6tfU>
- o Coaches: Friday, Dec 9 at 3 p.m. ET
<https://usaswimming.zoom.us/meeting/register/tJMode2grzMvGtTAbIatL17xX6FRDsoIpkVp>
- o Reminder that USA Swimming member clubs cannot submit for SSRP approval between September 1-October 31. During this period, clubs can continue their advancement towards their recognition status by completing necessary requirements, such as completing trainings, but will not be able to submit until November 1. Due to not being able to submit for two months, the Safe Sport team has extended recognition status of all clubs set to expire between September 1-December 31, 2022 to January 31, 2023. For more information, please review the email communication sent out on August 3, 2022, located on the [SWIMS 3.0 Resource Hub](#).

- **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.

- **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