

## Lake Erie Swimming, Inc.

September 21, 2021

### STAY SAFE

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)

**2022 Spring and Summer Zone Sectional 2 Information** is attached and posted on the LE website.

**Clubs** – Board members listed on the USA Swimming club application form **must** be non athlete members (with background check and athlete protection training completed) before the club can be renewed. USA Swimming required implemented in Summer, 2020.

**APT / CAT** - As many of you know, the Learn platform is experiencing some issues:

#### APT

- Refresher Courses not available – anyone who expired in August or September 2021 has been extended to September 30 in hopes that the platform will be fixed by the end of September. Refresher courses are available for most users. There are still some functions in development, so people who cannot access them should contact [learn@usaswimming.org](mailto:learn@usaswimming.org) Additionally, the “download certificate” feature is still in development.
- Anyone who expired prior to August 1, or if taking it for the first time, the Core course is available.

#### CAT

- Coaches complete the course, some more than once, and it isn't showing on Deck Pass. Please email [learn@usaswimming.org](mailto:learn@usaswimming.org) and they can get it pushed through

**Clubs – MAAPP 2.0 – Implementation Date – Extended to 1/1/2022 - [Update MAAPP Resources](#)**

**[Coach Requirements Revised \(3/1/21\)](#) – See LE website.**

**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 September 20, 2021

- USA Swimming Announces 2021-22 National Events Calendar (Corrected)

<https://www.usaswimming.org/news/2021/08/26/usa-swimming-announces-2021-22-national-events-calendar>

- **Rules and Policies Page:** On the web site:  
[https://www.usaswimming.org/docs/default-source/governance/governance-lsc-website/rules\\_policies/2021-proposed-legislation---september-hod.pdf?sfvrsn=d8693132\\_2](https://www.usaswimming.org/docs/default-source/governance/governance-lsc-website/rules_policies/2021-proposed-legislation---september-hod.pdf?sfvrsn=d8693132_2)
- **Winter Championships**
  - **2021 Toyota U.S. Open (LCM)** Greensboro, NC / Dec 1-4
    - <https://www.usaswimming.org/docs/default-source/default-document-library/2021-toyota-us-open-8-30-21.pdf> ;
  - **2021 Speedo Winter Junior Championships (SCY)** Greensboro, NC & Austin, TX
    - Dec 8-11
    - <https://www.usaswimming.org/docs/default-source/default-document-library/2021-winter-jrs-meet-info-8-25-21b4d85cfa6cbc6a0a9b57ff00009030c2.pdf>
- Reminder that **Board Sanctioning Guidelines** have not changed since October
  - <https://www.usaswimming.org/docs/default-source/coronavirus-resources---updated/2020-return-to-competitionv3.pdf> ;
- **LEAP:** <https://www.usaswimming.org/about/lsc-governance#leap> ;
- **Webinars & Clinics** (upcoming & previously recorded): <https://www.usaswimming.org/coaches/clinics-workshops#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> ;
- **Golden Goggles** rescheduled to December 7

### COACHING REQUIREMENTS INFORMATION

#### Coaching Advantage Tutorial (CAT)

Starting September 1, all coach members will be required to complete an annual USADA Coaching Advantage Tutorial (CAT) course by January 1, 2020. This 20-minute video course (presented in four modules) was added following discussions with the Age Group Anti-Doping Task Force and will be available on the LEARN platform, covering WADA code, checking medications, the testing process and a coach's role in the clean sport movement. The latter is an incredibly significant element of the training that is crucial at all age levels. Renewal date for this course will be one year from completion date. Please direct questions about the USADA Coaching Advantage Tutorial to [learn@usaswimming.org](mailto:learn@usaswimming.org).

**Concussion Protocol Training** This requirement is new for all coaches and officials in 2020. Though several states have previously passed concussion education requirements, USA Swimming will now require all coaches and officials complete by January 1, 2020.

- Courses from the [Center for Disease Control and Prevention \(CDC\)](#) or the [National Federation of State High School Associations \(NFHS\)](#), as well as individual states' required courses will satisfy the USA Swimming requirement. (For example, if a coach lives/coaches in a state with a concussion education requirement, he/she must

only complete this requirement and will not need to complete an additional course). Many high school coaches will have already completed the NFHS training.

- For USA Swimming membership, coaches and officials must successfully complete concussion and head injury education at least once. Individual states may require annual or continuing education and coaches/officials must abide by the requirements of their home state or states in which they coach or officiate.
- This requirement is necessary to avoid personal liability for concussion/head strike incidents, ensuring our insurers will continue to provide liability insurance protection to USA Swimming, coaches, officials and clubs.

**Jobs** – Be sure and check for swimming job opportunities on LE website – Member Resources – Coaches – Job Openings.

**Camps** – Check for any summer camps at Meets/Events – Camps/Swimposiums for those interested.

**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.