

Lake Erie Swimming, Inc.

May 22, 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 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)

SC and LC Records for 2020-2021 have been updated for 50's and 100 IM in the 13 & O age groups. The records were retrieved from SWIMS database which goes back to 1994. Please send any updates or corrections with proof to pamswim@aol.com.

LESI 2021 Awards Program and Swimmer of the Year have been posted to the LE website.

USA Swimming News (updated weekly) is posted in this newsletter – scroll down.

LESI 2021 Long Course Schedule is posted on the LE website

Limited Waiver for Article 203.3 (120 Day Rule) has been posted to the LE website.

Lake Erie Open Water Team

Interested in Open Water swimming? You can practice with your own team, or join us for practices in Lake Erie once the weather warms up. Practices will follow current COVID and open water safety guidelines. Senior Swimmers - Open Water Nationals are April 16-18 2021 in Ft. Myers, FL. Meet information can be found here: ****link to pdf on Lake Erie Swimming website**** Sign up today! For more information or to sign up for a meet, contact Lake Erie Open Water Coordinator Jen Butler at jbutler@case.edu [Open Water Information](#)

[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) to be added to the list – anyone can be on this list and receive the weekly eNewsletter.

USA Swimming - Week of 5/17/21

- **DCI Information**
 - Return to Pool Info E-mail from Jaime on 5/11/2021
- **Safe Sport**
 - [Team Talk](#)
 - Coaching Boys into Men

- Athletes as Leaders
- Safe Sport Recognition
 - <https://www.usaswimming.org/safe-sport/safe-sport-recognition-program>
 - Additional user access [document](#)
 - 25% of member clubs in the geographic territory achieve recognition by May 1, 2021: \$1,500 and \$200 Match-Up coupon code.
 - 50% of member clubs in the geographic territory achieve recognition by June 15, 2021: \$2,000 and \$300 Match-Up coupon code.
 - 75% of member clubs in the geographic territory achieve recognition by July 15, 2021: \$2,500 and \$400 Match-Up coupon code.
 - 100% of member clubs in the geographic territory achieve recognition by September 1, 2021: \$3,000 and \$500 Match-Up coupon code.
- **Assistant Coach & Manager Application for National Select Camp**
 - Click [HERE](#) to apply!
- **Olympic Trials:**
 - Email trials@usaswimming.org
 - Coach Experience
 - Article: <https://www.usaswimming.org/news/2021/05/03/a-coach's-guide-to-trials-with-billy-doughty-catherine-kase-and-chris-plumb>
 - <https://www.usaswimming.org/news/2021/05/12/a-coach's-guide-to-trials-with-bob-platt-kate-lundsten-and-jamie-bloom>
- **USA Swimming Virtual Distance Challenge: May 1-31, 2021**
 - <https://www.usaswimming.org/times/virtual-offerings/virtual-distance-challenge>
- **DCI Video:**
 - <https://vimeo.com/user6274310/review/517711164/d6fbed6d52>
- **Speedo Summer Championships- LCM**
 - August 3-7, 2021
 - Sites- Irvine and Greensboro
 - Qualification window- July 1, 2019 through entry deadline
 - Time standards
 - 19 & Over- 2019 US Nationals time standards
 - 18 & Under- 2019 Summer Junior National time standards
 - More information will be posted on the USA Swimming Events page
- **Futures- LCM**
 - Richmond VA (July 29- August 1, 2021): <https://www.usaswimming.org/event/2021/07/29/default-calendar/futures-championships--eastern>
 - Santa Clarita CA (July 28- July 31, 2021): <https://www.usaswimming.org/event/2021/07/28/default-calendar/futures-championships--western>
 - Fargo ND (July 28- July 31, 2021): <https://www.usaswimming.org/event/2021/07/28/default-calendar/futures-championships--central>
 - Huntsville AL (July 28- July 31, 2021) : <https://www.usaswimming.org/event/2021/07/28/default-calendar/futures-championships--southern>
 - Qualification window- July 1, 2019 through entry deadline
 - Time standards- 2020 Futures Time Standards
 - **Meets capped at 800 (or less if needed for COVID based on site)**
 - OME: Opens May 24th 11am MT; Closes July 20 11:59pm MT
 - More information will be posted on the USA Swimming Events page- see page for specific site

- Winter Championship Dates- time standards are being worked on this month
 - 2021 Toyota U.S. Open (LCM)
 - Dec 1-4
 - 2021 Speedo Winter Junior Championships (SCY)
 - Dec 8-11
- Updated lists for certifications
 - USA Swimming is granting an extension until September 1, 2021 for coaches whose Lifeguard Training, In-Water Safety Training or CPR/AED certifications expired on March 31, 2021.
 - The updated list of approved CPR/AED providers can be located: <https://www.usaswimming.org/docs/default-source/coaching-resourcesdocuments/coach-membership-requirements/coach-requirements-3-9-20.pdf>.
 - The updated skills checklist for In-water Safety Training for Swim Coaches providers can be located: <https://www.usaswimming.org/docs/default-source/coaching-resourcesdocuments/coach-membership-requirements/safety-training-for-swim-coaches-skill-sheet534c59fa6cbc6a0a9b57ff00009030c2.pdf>
- Unsanctioned meet- email results file to virtualmeets@usaswimming.org
 - <https://www.usaswimming.org/times/virtual-offerings/non-sanctioned-top-times-search>
- Governance Committee Working Groups
 - Questions directed to compliance@usaswimming.org
- LSC Leaders

Resources: <https://drive.google.com/drive/folders/1eh0WugGdopgAovEi8x9UhL1AcTrXTDjj?usp=sharing>

- **Stories from the Road**
 - News Tips Link: <https://www.usaswimming.org/news>
 - Can take pic, use [waiver](#) if under 18
- Rights fee breakdowns for 2021:
 - Sectionals: \$5,000.00
 - Futures: \$6,000.00
 - Zones (pool): \$6,000.00
 - Zones (OW): \$2,500.00
- Multistate Policy

Tracker: <https://www.multistate.us/research/covid/public>

- USA Swimming Supporters Club- [CLICK HERE](#)
- 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>
- New Federal Assistance: <https://www.uschamber.com/report/guide-small-business-covid-19-emergency-loans>
- Webinars & Clinics (upcoming & previously recorded): <https://www.usaswimming.org/coaches/clinics-workshops#webinars---presentations>
- Coach Insurance Enrollment Schedule/Process Through July 2021
 - 3rd Enrollment – April 3rd to June 1st, Coverage begins July 1st

- o Complete details
here: <https://www.usaswimming.org/coaches/popular-resources/health-insurance-for-coaches>
- 12 and Under Suit Banned/Approved Suit list – Including the FINA Numbers
 - o Doc: <https://www.usaswimming.org/docs/default-source/rules-regulations/tech-suit-restrictions/12-under-approved-suits-2-18-21.pdf>
 - o Article: <https://www.usaswimming.org/news/2020/08/24/tech-suit-restriction-for-12-and-under-swimmers>
 - o FAQ: <https://www.usaswimming.org/news/2021/03/15/12-under-tech-suit-restrictions---frequently-asked-questions>
- Golden Goggles: November 22, 2021, Miami, FL

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.

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.

APT Requirement for Adult Athletes – After July 23, 2019 all adult athletes (18 & O) who have not completed APT will be considered as not holding a current registration. **This means they cannot compete in USA Swimming meets and should not be at USA Swimming practices.** A list of 18 & O athlete status with respect to completion of APT has been sent to the club registrars. If you have any questions, about this, email Pam Cook (pamswim@aol.com)

Athlete Protection Instructions

If one course shows 100% but not done with the check mark, it is not completed. To complete this course: You will need to click on the course, then select “2” from the navigation and complete the course evaluation. Once you have fulfilled the requirement there will be a check mark on the course and you will receive an email congratulating you for completing the requirement.

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 : 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.