

**2007 USAS CONVENTION REPORT**  
**B. Roffer**

**Zone Technical Planning**-Summer Sectionals will be at Penn State University outdoors. Entry goal between 2400-2500 entries.  
Bonus-Entry bonus-1 event 1 bonus, 2 events, 2 bonus max events 7.  
Summer Zones-they will adjust the cuts according to the 2007 Summer Zone Meet.  
Yard cuts for Spring Sectionals shall remain the same.

**Registration Meeting**-USA Swimming will now do times from the NCAA meets. E.lesson will be available to clubs on how to register their athletes from Team Manager. Put together by Hy-tek and Bob Matlack.

**Safety**-As of September 2008 for the new registration year Lifesaving will no longer be accepted for Coaches Safety. If you have lifesaving you can take the Safety test on line. If you pass bring that card to the Red Cross which will allow you to take the Safety Course abridged version.

**Russell Mark Backstroke Technique**-There is more than one way to swim fast. 2 Common points-Deep catch, s shaped pull. Hip rotation assists power and velocity. Only a slight head tilt and the body must remain relaxed. Mistakes-head held too high, too much of a chin tuck, pushing head too far back. Kicking is crucial timing of kick flow like a whip.  
Pull depth-8 to 12 inches below surface. Not much of an s pull.