

Convention Report 2007
Anaheim, California
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General Chair

Make A Splash

The first meeting I attended was the USA Swimming Make a Splash Meeting where speakers from USA Swimming addressed the fact that drowning kills 9 people per day in the US. ¼ of those are children and drowning in ethnic communities is 3 times higher. 1 in 3 children are overweight. There is a cure – swimming.

This new venture is posted on the USA Swimming web site – and it's focus is learn to swim programs and is partially funded through the USA Swimming Foundation (yes – those Golden Goggle dollars at work!)

The program has made many public service announcements from Jim Ellis and Terrence Howard – working round the movie Pride.

There are many opportunities for clubs to get involved. Please check out the USA Swimming web site for details and stayed tuned to the Metro site for upcoming opportunities!

LSC Board of Review Workshop

Boards of Review are mandated by the Amateur Sports Act of 1978 to provide independent and impartial judiciary for the LSC to hear and decide such disputes. This Board does not report to the General Chair – it is independent of the LSC Board.

Discussion followed about the review process – which is outlined in the LSC By-laws. The procedures were reviewed – timeliness, mediation, investigation, hearings. This was a review of information previously obtained at previous workshops.

Sports Medicine Workshop

Presentation on shoulder exercises and injury. Recommend all coaches check the USA Swimming workshop – under coaches, then sports medicine, then injury prevention – the power point presentation and exercises are available – The main point of this workshop was to let us know that most coaches are giving shoulder stretches that they shouldn't be using.

General Chairs Luncheon

The General Chairs luncheon is hosted by the president of USA Swimming, Jim Wood, and all the General Chairs or their representatives attend. This year we had a guest speaker who gave a motivating speech on positive thinking and gave many quotes (which he threw around the room on his cards!) He had a book to sell at the end!

Burning Issues for Officials

Did not spend too much time here – it was a question and answer time – and many of the questions were already addressed!

Eastern Zone Meetings

Our first of 2 meetings with the Eastern Zone was on Thursday, the second was on Friday. Elections were held for Non Coach Member, Age Group and Tech planning. Dates for future meets were discussed, as well as how we can bring long course zones under control. Future dates and locations will be posted on the web site. Meeting of the Eastern Zone in May will be at the Hyatt Regency in Reston, VA – hosted by Potomac Valley.

LSC Leadership Workshop

If you and your club have not attended Sue Anderson's workshop – it is highly recommended – anything you want to know about running a club/lsc is available - from governance to having a functioning board. We looked at how well our LSC is run and what needs work. I can't say enough that everyone should take this workshop when offered.

LSC General Chair Meeting

This meeting also had a speaker that discussed "Effective Meeting Strategies" and "Conflict Resolution". The meeting had discussion on agendas, pre-meeting distribution of certain agenda items, leadership qualities and conflict resolution through communication. We then broke into groups for more discussion!

House of Delegate Meeting

The culmination of the week of meetings, meetings, meetings. Here everyone gets together for the annual House of Delegates meeting of United States Swimming. On Friday night we heard the President's report, the presentation of Life Memberships, the presentations to outgoing board members. They also presented 11 different awards to various people for great performances in 2007.

On Saturday, the meeting was called to order and began with the memorial presentation, with Metro having lost 2 members this year. Various other reports were given, elections were held. Chuck Wielgus gave his State of Swimming report – with a great video of the highlights of 2007. More reports were given – membership in the country was up, budget was presented and approved. Rules and regulation once again consumed most of the time – a recap of those that passed or failed is available on the USA Swimming web site. Most notable was the change in meet marshals – they no longer must be registered to be meet marshals!!!! This is good news for most LSC's and clubs.

Aquatic Sports Banquet

A fancy dinner attended by all 5 aquatic sports, highlighted by the Masters skit once again. Awards were given by each of the 5 groups, good food, good conversation – early flight the next day!!!