

GEORGE RHEIN

2010 USAS CONVENTION REPORT FROM DALLAS TEXAS

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Highlights from Eastern Zone Meeting

IMX Games meet to be held Feb 4-6, 2011 by Potomac Valley
Eastern Zone Diversity Select Camp will be in Philadelphia Mar 27, 2011 at LaSalle University – 2athletes,
1 coach and 1 liaison per LSC
Technical Planning recommends to crossing over for Sectional Meets
August Sectionals will be in Pittsburgh
August Zone had not yet been bid upon; zone coordinator has been voted power to award the meet if a bid
comes in

Observations of Freestyle Techniques

National team staff member Russell Mark presented a study performed on freestyle techniques of some of
the world's fastest swimmers. Highlights of the presentation are as follows:

The “Big Stuff” – Kicking, Catch, Breathing, Being Connected

Kicking

There should be a defined knee bend (like kicking a ball on land); kick needs to be finished with a full
extension before the next kick.

Feet should go slightly below the body line – this will give more propulsion as compared to the water
resistance

Catch

The catch is most efficient with a high elbow pull using the forearms and palms pushing water towards the
feet.

The width of the stroke affects the degree of the catch. The closer to the shoulder the harder to perform, the
further away the easier to perform but its less efficient. Keep shoulders slightly outside, next to cheek and
not extended out in front too much. Too much extension leads to increased difficulty in bending the elbow
and getting an efficient catch. Hand path should trace the outside of the body. Push as much water back
for as long and as fast as possible.

Breathing

Keys to fast freestyle, take a quick breath, keep head low and have correct timing of the breath.
Get the head back as fast as possible after a breath. On the national team they teach swimmers to keep one
goggle in the water when breathing to practice this. The head should be able to turn independent of the
body. The head starts to turn before the arm entry then get the head back in line so that it does not affect
the underwater element of the stroke.

The most common mistake is bringing the head back too late.

Being connected

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Putting it all together. Body line / head position / core strength.
Movements in harmony with the body pivot Rotate and drive forward of the pulling arm.
“Secondary stuff” but still important – rotation, finish, recovery

Amount of rotation – about 30 degrees give or take, too much makes it difficult to get a great catch and kick

Finish but don't hyper extend, too much risk of injury.

High elbows on recovery.

LSC and Club Financial Management

This conference focused on tax and reporting issues and requirements for LSC's and not for profit clubs.

If you fail to file for 3 years your tax exempt status can be lost. If you are behind currently, there is a grace period to 10/15/2010. There is a voluntary compliance fee to get caught up.

There is much more disclosure and policy questions on the new forms. Questions asked include conflict of interest, whistleblower, records retention, compensation committee policies. All of these are not required but are strongly suggested.

Compensation includes benefits, deferred compensation, and insurance for disclosure purposes.

Schedule L- interested persons – all direct relationships must be disclosed and any indirect relationships less than 35% ownership in another entity. Any family member relationships whether direct or indirect as well as key employees.

UBIT – unrelated business income tax. If the not for profit earns revenue from an activity which is not the activity for which it was granted tax exempt status for then it must report and pay tax on this revenue. An exception applies if this activity is provided for the convenience of the members, such as a snack bar at the premises. Expenses can be deducted from this revenue so that the taxable income is net of the related expenses.

1099- Reporting – make it accountable. \$600 and over.

Age Group Development Committee Workshop

The question can be asked to coaches and swimmers – Are you spending time making yourself better or making others better?

Take a competitive analysis:
What are the top clubs doing?
Where are we being beaten?

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Training actual age vs. training age – periodization. Do it right in the beginning = less to fix later.

Detours = injury, non-performance, burnout

Successful programs are athlete centered and coach driven.

(nutrition, medical, coaching, bio-mechanics, skills, fitness, strength, power, movement)

The leader of the group or club needs to be: organized, a listener, user of consistent words, display consistent behavior.

Assistants of the group need to be: loyal, not “yes” people, filter the info to the leader, resilient.

Meetings between leaders and assistants are necessary in successful programs, establish and maintain productive communication.

Volunteers of the group need to: embrace their roles, pay attention to detail. Most volunteer jobs are thankless – recognize them.

Standards must be developed – hold them up, personal behavior, professional behavior. On the club there should be role identification and a process to improve (advance to the next group) or win spot (how do I get on that relay).