

Lake Erie Swimming, Inc.

August 4, 2022

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)

SAVE the DATE – LESI Swimposium, Saturday, Sept. 17, Hawken School, Gates Mills campus More info to follow. Tracks/sessions for athletes, parents, coaches, clubs

Information for Proposed Changes to LESI Policy and Procedure and/or Bylaws

People wanting to propose changes to Lake Erie Swimming’s Policy and Procedures and/or Bylaws should submit their proposals to jbare@roadrunner.com by August 20, 2022. Current versions of the Policy & Procedures and Bylaws can be found on the LE website under Governance/Board of Directors. Proposed changes should be in this format: deleted language should be shown by strikethrough and new language shown with underlining. A brief rationale explaining the reason for the proposal should be included as well. The legislation packet will be posted on the website no later than 30 days prior to HOD where the House members will vote to adopt, amend and adopt, or reject.

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. The newsletter is also posted on the LESI website.

USA Swimming Updates
Week of July 25, 2022

- **Links for Proposed Legislation:**

<https://www.usaswimming.org/event/2022/09/23/default-calendar/house-of-delegates-meeting>

<https://www.usaswimming.org/officials/rules-regulations>

<https://www.usaswimming.org/about-usas/governance/annual-business-meeting>

- **Dates for USA Swimming Domestic Events**

<i>Date</i>	<i>Competition</i>	<i>Location</i>
Jan 11-14	TYR Pro Swim Series	Knoxville, Tenn.
Mar 1-4	TYR Pro Swim Series	Ft Lauderdale,

		Fla.
Apr 12-15	TYR Pro Swim Series	Westmont, Ill.
Apr 21-23	Open Water Nationals	Sarasota, Fla.
May 17-20	TYR Pro Swim Series	Mission Viejo, Calif.
Jun 27-July 1	International Team Trials	Indianapolis, Ind.
Jul 25-29	Speedo Junior National Championships	Irvine, Calif.
Aug 1-5	Phillips 66 National Championships	Irvine, Calif.
Nov 29-Dec 2	Toyota U.S. Open	TBD
Dec 6-9	Speedo Winter Junior Championships (East)	TBD
Dec 6-9	Speedo Winter Junior Championships (West)	TBD

- **Coaches' Leadership Summit**

- o For coaches 3+ years experience
- o [Programs & Services \(usaswimming.org\)](https://usaswimming.org)
- o Application deadline Aug 21, 2022

- **Safe Sport Trainings**

- o Parents: Wednesday, Sept 7 at 8 p.m. ET

<https://usaswimming.zoom.us/meeting/register/tJIsdeqqrjssH9BjCNIH7UPFqGTHmeIU0jG>

- o Athletes: Thurs, Sept 8 at 8 p.m. ET

https://usaswimming.zoom.us/meeting/register/tJ0rcu6hrDorE9UNG5KTEYV8W9MAP2Cnv_vX

- o Coaches: Friday, Sept 9 at 3 p.m. ET

https://usaswimming.zoom.us/meeting/register/tJEpfuqhrTkpHtRWBUkV_4RUGl5RciALN3a

- **Flex Membership**

The USA Swimming Board of Directors has approved two changes to the USA Swimming Flex Membership category. Both changes are effective September 1, 2022, for the 2023 membership year.

In January of 2020, the USA Swimming Board of Directors approved changes to the Flex Membership for the 2021 Membership Year, which included restrictions by age and tiered increases in price. That action was delayed until the 2023 Membership Year due to COVID-19. Since then, the Board of Directors has simplified the changes to Flex for the 2023 Membership Year, to begin September 1, 2022.

First, the Flex Membership category will be available only for athletes ages 12 and younger. This is intended to maximize the benefit of the Flex Membership, given current membership trends and projections.

Additionally, the Board approved changing the Flex Membership fee to \$30, with \$20 of

the fee going to USA Swimming and \$10 going to the Local Swimming Committee (LSC) [Note: the LSC may not charge more than the \$10 fee]. The previous fee for this category of membership has not kept pace with fee increases to the Premium Membership, and this change is intended to keep this fee in line with other membership increases.

For questions, please contact membership@usaswimming.org.

- **SWIMS 3.0 Questions:**
 - <https://www.usaswimming.org/about-usas/resources/swims-database>
 - Email: Swims3.0@usaswimming.org

- **LSC Leaders Resources folder:** Access information on the Governance Series, notes from LSC Leaders meetings, and leading practices from LSCs for ideas and shared services moving forward
<https://drive.google.com/drive/folders/1eh0WugGdopgAovEi8x9UHL1AcTrXTDjj?usp=sharing>

- **Annual Business Meeting September 22-24, 2022**
 - <https://www.usaswimming.org/event/2022/09/22/default-calendar/annual-business-meeting>
 - <https://www.usaswimming.org/event/2022/09/23/default-calendar/house-of-delegates-meeting>

- **[LSC Board and Staff Change Form](#)** please use this form moving forward to update USA Swimming on LSC leadership positions. This form is also available on the website under about/LSC Governance.
<https://fs22.formsite.com/usaswimming/qbaao4q5ry/index.html>

- **Board Sanctioning Guidelines**
 - With the upcoming amendments to articles 202.4 and 202.6 of the USA Swimming Rules set to expire, the USA Swimming Board of Directors has reconvened and voted to extend the previous extension of April 2020 to **August 31, 2022**.
The Board of Directors had previously voted to amend the articles to require certain COVID-related precautions in order to issue meet sanctions and approvals, assumption of risk, and release of liability. As always, USA Swimming, Local Swimming Committees (LSC) and club activities must also follow state and local health guidelines. The amended rules regarding requirements for sanction and approval are listed below and posted [here](#) on the website.
 - https://www.usaswimming.org/docs/default-source/coronavirus-resources---updated/returntocompetitionlscsanctionreqsv6.pdf?mkt_tok=MjM2LUtDWi00OTUAAAGBVFfsK0Pfa3FKzj4cQWStMYrM735ooYfN3NEZ_DRXd23-GcBkGSoEJpb81Lc7I5Rlw-yISH_z-zOvKag-hCcOKQYtJS7bCmOw1z-PfPtg___;

- **New Membership Category**

- o <https://www.usaswimming.org/news/2021/12/10/new-categories-of-individuals-required-to-be-non-athlete-members> ;
- **Speedo Summer Junior Championships** Time Standards:
 - o <https://www.usaswimming.org/docs/default-source/timesdocuments/time-standards/2022/speedojrnationalchamps2022timestandards.pdf> ;
- **Summer Phillips 66 National Championship** Time Standards:
 - o <https://www.usaswimming.org/docs/default-source/timesdocuments/time-standards/2022/p66nationalchamps2022timestandards.pdf>
- **Webinars & Clinics** (upcoming & previously recorded):
<https://www.usaswimming.org/coaches-leaders/team-leaders/programs-services#webinars---presentations>
- **12 and Under 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>

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.