

Midwestern Notes November 2009

All Star 2010: Application forms are posted on the MW Website and are due **December 1, 2009** – YES, December 1! We request that any swimmer with a BB or better time who thinks he/she will be in the Top 5 after December 20 and wishes to be considered for the team submit the application by December 1 (no money at this time). This will be a **BUS TRIP**. All swimmers will travel by bus to Lawrence and stay with the team while in Lawrence. Cost to swimmer will be \$175.00. Only those who have submitted an application by December 1 will be considered for the 2010 All Star Team.

2009 Convention: Several MW officers attended the USAS Convention in Chicago in September. All attended the usual meetings for officials, volunteers, registrars, committee members, etc. Betty Kooy was honored by MW with a Lifetime Membership in USA Swimming. Betty's comments: A heartfelt thank you to MW Swimming for honoring me with a USA Swimming Lifetime Membership. It was made very special by the presence of my daughter and grandsons at the presentation at convention. It has been my honor and privilege to serve MW for 23 plus years. The USA swimming community is the best amateur sports group in the world!

2009 Registrations: Athlete Registration numbers for 2009 definitely showed an influence of the activities in Omaha in June and July of 2008. A bump in swimmer registration is usually predictable in a year following the Olympics, but Midwestern's increase was unprecedented – a whopping 17% increase in athlete registrations! The challenge now is to retain those new athletes while still continually adding new swimmers.

Club Registrations: Swimmer registrations and club registrations for 2010 are about half completed. Clubs are asked this year to list the facilities (with addresses) in which they practice/host meets. This information, when put into SWIMS, will become part of the Find a Club project of USA Swimming. Each facility will be locatable on a map indicating the club(s) using the facility and the level of achievement of that club. Club registrations are due by December 31, 2009. After that date a monetary penalty will be assessed the late-registering club.

Meets: The Winter 2010 meets will be posted when everything is completed by the hosting clubs – club registered for 2010 and all specific personnel registered for 2010. MW thanks LSS and GNST for their willingness to step in and host two major meets in Lincoln this fall. Our athletes need competition opportunities and these two meets support those opportunities.

Summer and Fall Schedule: The Sanction Committee is still working on next summer's (2010) schedule. It should be posted shortly. The Fall/Winter 2010-2011 schedule will be posted when finalized by the committee. The Summer meet flyers and sanction applications are due on January 15, 2010.

Scholastic All America Honorees: Andre Wilt, Ellie McGinn and Anna Kokensparger were honored as members of the 2009 Scholastic All America team. Anna is a 3-time member. Applications for 2010 will be available on the USA Swimming website (or from the MW Office) in mid-spring. Qualifications for the team include: 10th, 11th or 12th grade status, 3.5 GPA (in academic subjects) and at least one qualifying time (Junior Bonus time is the standard).

HS Season: The 2009-2010 High School season is fast approaching. There have been some changes in rulings regarding eligibility for outside competition. Please check with your HS coach, administration, and association before you enter any competition outside of your high school competitions.

Zone Meet: Lincoln, NE will be host to the 14 & U Zone Meet that MW will attend. Dates are August 6-8 at Woods Pool with Open Water on August 9 at Branched Oak Lake. Entries for this meet will be done at the LSC level by MW coaches and staff. The Senior meet will be held in Bismarck, ND in a great new facility August 5-8. The senior meet must be entered at the club level. AAA qualifying times are required for both 14 & U and Senior level meets. We are delighted to host one of the meets and will ask that all Midwestern members be willing volunteers to help staff this massive event.

Coaches: Again – we reiterate! It is imperative that you have your coaching credentials current at all times. That means you have current CPR, First Aid, and Coach Safety Training certifications as well as a current background check (must be done every two years). If you are using Lifeguard Training in lieu of Coach Safety Training, you will have to take an online Coach Safety Training test on the USA Swimming website. If you are a new coach and need to renew your coach registration for the second year, you will have to take the Foundations of Coaching test on the USA Swimming website. The registration chair will receive automatic notification when you complete your background screen and when you pass the Foundations of Coaching test, but currently we do not get notification of the Coach Safety Training test and you must send confirmation of that testing to the MW Office.

Comments Regarding Midwestern Swimming? Please direct any comments regarding Midwestern Swimming to the General Chair, Mary Losee – generalchair@mwsim.org .

Questions? If you are ever unsure of anything, PLEASE contact the MW Office – mwoffice@mwsim.org. If we don't have the answers, we will find someone who does.