

2011 USAS Convention  
Jacksonville, Florida

### Age Group Development Workshop #1

#### Swim Meets

- Many still using feet first entry
- Some LSC's beginning to use 3 point entry
- Pre-meet warm-up is not the issue; warm-down pools while meet is going on are sometimes not supervised by coaches. Thus, kids are playing around and safety is an issue.
- Some LSC's do not require lifeguards at meets; others do.
- 12 & Unders: 15 kids per lane in warm-up is general opinion of this group.
- 13 & Overs: 12 kids per lane.
- Starts: Some LSC's allow for all lanes one way starts before competition begins. Others dive Odd lanes and swim back to starting end Even lanes.
- Small clubs are definitely using swim meets as fund raising activities.
- Low attendance at meets; lowers club annual budget.
- "A" meets including 650-800 swimmers (includes two 8 lane pools with continuous warm-up/warm-down pool
- 6 lane facilities are using 300 swimmers as a maximum; some LSC's using 2000 splashes as a gauge.
- Some LSC's with one 8 lane pool are using 1 & 8 for continuous warm-up/warm-down and 2-7 for racing.
- Warm-up have been split sometimes into two sessions; sometimes into three sessions with less warm-up time.
- Some LSC's have Elite Meets ages 9-14 in which an athlete must have 3 "A" times. If someone tries to get in with out the 3 times they are fined \$50.00.
- Other LSC's have junior meets 9-14 with 2 or less than "A" times. If someone tries to get in with out the standards they are fined \$50.00.
- Volunteer hours are required by man teams throughout this region.
- Some teams require 15-40 hours mandatory depending on the level of swimmer in the family. If they do not fulfill the requirement the family is charged \$35.00 per hour. Board members and the Volunteer Coordinator are not required to fulfill these obligations.
- 13 & Over swimmers may work off family hours if not competing in "said" meet.
- Small teams charge \$25.00 per season for fundraising fee.
- Other teams charge a one time up front fee of \$70.00 per swimmers so no fundraising goes on during the season.