

## Age Group Report – USAS Convention – Chicago – September, 2009

The following topics were the biggest of importance this year at the convention.

### **IM Xtreme Challenge**

- The IMX challenge, with its 2 components, IM Ready and IM Xtreme, is a motivational program where swimmers are scored on their performances in a combination of 5 or 6 events. The purpose of the program is to promote versatility in age group swimming while advocating greater participation and development across a range of events that are integral to long term success in swimming. By encouraging swimmers to swim a variety of events, we hope to avoid any tendency to specialize in narrow selection of events at a young age.

Coaches and clubs were mailed information on the program AND it is posted on the South TX website. We are a host to one of the 6 regional locations of the meet. The meet will be 12/11-12/13 at Palo Alto in San Antonio.

Scores for meeting the minimum standards to go to this meet is figured by going on the USA Swimming website and accessing the power point process and figuring each athletes score. Each swimmer can create a *My USA Swimming* page. The only place to access an overall score, as well as the swimmer's current best score for each event, is on the swimmer's personal page. Each swimmer MUST prove their score by using power points to get into the meet in San Antonio.

See the attached information forms for FAQ's.

Events... 10 and under 200 free, 100's of stroke and 200 IM; 11-12 year olds 400 free or 500 free, 100's of stroke and 200 IM; 13 and up 400 free or 500 free, 200's of stroke and 400 IM. \*\*\*IM Ready program is half the distance of each above.

### **Swim Suit Legislation**

- Swimwear shall include only a swimsuit, cap and goggles. Armbands or leg bands shall not be regarded as parts of the swimsuit and are not allowed.
- In swimming competitions, the competitor must wear only one swimsuit in 1 or 2 pieces. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the naval nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.
- Only swimsuits complying with the FINA specifications may be worn in any USA Swimming sanctioned or approved competition.
- Effective 10/1/09.
- No zippers or other fastening system is allowed.
- Swimsuits worn for competition must be non-transparent and conform to current concepts of FINA regulations.

## **Racing Starts**

- Don't forget to certify your swimmers with their racing starts. Form is available on our website. One should be filled out for each swimmer and kept on file.
- Minimum water depth for teaching racing starts in any setting from any height starting blocks or the deck shall be 6 feet measured for a distance of 3 feet 3 ½ inches (1 meter) to 16 feet 5 inches (5 meters) from the end wall. Teaching racing starts shall only take place under the direct supervision of a USA Swimming member coach and shall include:

All racing start instruction until a swimmer has been certified by his or her coach as proficient in performing a racing start and subsequent to certification, instruction which seeks to alter a swimmer's basic technique in performing a racing start. Changes to the dive after certification may take place in 4 feet or deeper water.