

5/9/2023

USA Swimming Workshop
Coach Rep. Tyler Long (TOC)
Pacific Swimming – Zone 3

The USA Swimming Workshop was an opportunity for me to get to learn more about the inner structure of USA Swimming and a lot of the protocol and procedures behind the organization. During the Zone Meetings we mostly discussed the updates to the by-laws and why the changes were made. Many of these changes were made with intention to create more race/meet opportunities within the Western Zone as well as trying to expand Age Group Open Water Swimming. In the Coaches Technical Committees meetings I learned about each of the committees, what they do and some of the goals that each committee has for the sport. The biggest concern they had was the lack of voter turnout for the last House Delegates meeting and they asked us to go back to our LSC and encourage them to make sure to vote in the next House of Delegates election.

Another session talked about mental health and the presenter mostly showed us how to find different mental health professionals that can help and work with our athletes. I think there needs to be more resources provided to coaches to help them navigate these situations better. Meanwhile the need that I was hearing and a need coming from myself is that coaches and teams need resources to help kids who are already in a more extreme situation (i.e. suicidal thoughts, kicked out of their home).

The legislative review session also primarily focused on any by-laws that have been changed that are applicable to the NGB as opposed to just the Western Zone. All the changes they made seemed logical and I believe will help to create some stability through the governance and development of our sport.

The National Team and Sport Development Panel Discussion mostly talked about 2024 OT and the reasoning behind the move to Indianapolis and Lucas Oil Stadium. They believe that this move will attract a larger audience as well as provide more entertainment and racing opportunities around the meet being in a greater metropolitan area. They are elevating the “entertainment” factor!

The last session I attended talked about a few different ways coaches have had success engaging with parents for 12 & Under and 13 & Over levels. Some of the biggest take aways from this session were the activities they showed us as examples for how to engage your parents and teach them how to be positive swim parents and contribute to a positive team culture.