

COACHES COMMITTEE
UNITED STATES MASTERS SWIMMING

MINUTES--SEPTEMBER 23, 1993

Committee Members:

Present Don Mehl (Chairman), John Zell, Judy Bonning, Michael Collins, Tori Trees Smith, Marilyn Early, Todd Samland, Paul Fortoul, Carl Chittim, Leslie Ronacher

Absent Nancy Brown, Carolyn Kent, Bob Krotee, Clay Evans, Bill Tingley

Sub-Committee Reports:

Video Library (Tori Smith) Recommended that LMSC's advertise this service in their Newsletters. Postage fees have been reduced from \$6.00 to \$4.00. This is a aid to USMS members and not intended to produce income. Response for tapes continues to increase, and more tapes are expected to be purchased next year. A returnable deposit of \$50.00 (payable to USMS) and a copy of your USMS card is required.

On Deck Coaching (John Zell) The program ran well at Nationals this year. John will obtain copies of the morning workouts from the respective coaches and make copies for the delegates. Coaches who participate in the morning workouts at the USAS Convention need to coordinate the lane assignments based on swimming ability (speed).

Ex.: If you can swim repeat 100's on 2:00, swim in lane 1
" " " " " " " 1:50, " " " 2
" " " " " " " 1:40, " " " 3, etc.

Coach of the Year (Michael Collins) This year, a cover sheet and press release form were distributed to SWIM magazine and LMSC's explaining the nominating and selection process. This procedure made the selection (by 3 previous Honorees) more uniform and fair. The 6 nominations this year are all excellent choices. There are 5 categories in which the nominees are judged: publications and articles written, contributions to USMS and LMSC, club and individual accomplishments, letters of support (4 max.), and long term contributions. As in the past, these 5 items will continue to be given equal weight, based on the perception of the participating judge.

There was discussion on whether we should contact the winning coach immediately on his/her selection, so that we could insure their attendance at the USAS Convention. We decided that we would burn that bridge when we get to it.

SPEEDO and KAST-A-WAY Swimwear continue to sponsor this award.

Stroke Drill Manual (Marilyn Early) The Marketing Committee is working with SPEEDO to put have this manual as an insert in SWIM magazine. It will be an on-going project with 9 drills (3 per page) explained and illustrated in each issue. Coaches and swimmers are encouraged to send an explanation of the drill, the purpose of the drill, and a simple illustration (or stick figure drawing) of the drill. Marilyn is coordinating with interested people to determine the best layout for the manual.

Lecture Series (Judy Bonning) Judy was reporting for Clay Evans, who reported for Judy last year. Clay was in the delivery room with his wife during our meeting. There is always someone on this committee who is pregnant, or soon will be. Anyway, it was decided to drop the lecture series at Nationals due to lack of participation among the swimmers. We will consider having a lecture during the USAS Convention so the information can be taken back to the local level with the delegates.

New Business:

The Coaches Committee voted unanimously to approve the Fitness Committee as a Standing Committee. The large majority of USMS members swim purely for fitness, and the Fitness Committee has worked very diligently to assist those members in their progress.

Scott Rabalais will be editing a brochure entitled "Ten Great Workouts for the February Challenge," printed by SPEEDO. Scott is requesting that delegates fill out a submission form for consideration in this brochure.

Respectfully Submitted,



Don Mehl
Chairman, Coaches Committee

**1993 USMS CONVENTION WORKOUT
SEPTEMBER 23, 1993
USC POOL, LOS ANGELES, CA**

**COACHES: Michael Collins, Emmett Hines,
& Gerry Rodrigues**

Freestyle Open Water Emphasis

Swim - 6 x 150/125/100/75 @ 2:15
1st length breath control. Last length non-free.
Descend 1-3 & 4-6.

Drill - 4/3 x 100 Free @ :20 RI
Switch sides every 8-6-4-2 by 25's.
Kicking on side holding freestyle body position
between strokes. Last length should be perfect form
emphasizing hip rotation.

Main Set:

Swim - 4 x 5:00 @ 1:00 RI
Leave 2 seconds apart. Switch leaders every 50 or 75.
Leader pulls off to the right - remaining swimmers
pull through. Each person leads twice. Work HARD
when leading! Relax! but stay on feet when not
leading. Leader pulls off to the right, following swimmers
move over to left to turn.

Swim - 10 x 50 Free @ :10 RI
Odd's - Free. No breath 1st 25.
Even's - Breast w/ Free-Kick
FAST turnover on breast!
Take heart rate for 6 seconds after each 50.
SHOUT out count before starting next repeat.

Swim - 4 x 25 Free @ 1:00 RI
3 at time leave :02 apart.

Total yards: 3,300

**1993 USMS CONVENTION WORKOUT
SEPTEMBER 23, 1993
USC POOL, LOS ANGELES, CA**

COACHES: TODD SAMLAND / JOHN ZELL

WARM-UP:

200 SWIM + 200 KICK + 200 STROKE

THEN....

SWIM - 8/6 X 100 @ 1:30 / 1:40 / 1:50 / 2:00 / 2:10 / 2:20

DRILL SET:

10 / 8 / 6 X 50 @ 1:00 / 1:15 / 1:30

25 SCULL DRILL + 25 SWIM (FREE)

On stomach: hands press out and squeeze in past the waist;
focus on stroke length....kicking permitted.

MAIN SET:

8 / 6 X 200 ON GROUP REST OF 5 SECONDS AFTER

LAST PERSON

2 SETS

#1 SET 50 FREE + 100 STROKE + 50 FREE

#2 SET DESCEND (CHOICE)

SPRINT SET

8 X 25 @ COACHES SENDOFF

#1-4 FLY KICK ON BACK - HANDS OVERHEAD

#5-9 FAST (CHOICE)

WARMDOWN

SWIM - 100 - 200 EZ

Total Distance: 3,900 - 3,200

1993 USMS Convention Workout

Coaches: Leslie Cooper, Don Mehl, Jim Miller, Krista Phillips

WARM-UP

1 x 200 FREESTYLE (25 Drill - 25 Swim)
4 x 50 FREESTYLE @ 1:00 (25 Fist - 25 Long Stroke)
1 x 200 IM (25 Drill - 25 Swim)

MAIN SET

3 x 100 @ 1:30.....FREESTYLE
4 x 75 @ 1:15.....FLY/BACK/BREAST (25 each)
Drill 1 arm fly breathing forward. Swim Back and Breast.

3 x 100 @ 1:25.....FREESTYLE
4 x 75 @ 1:15.....FLY/BACK/BREAST (25 each)
Drill Back with 4-6 kicks on one side with head kept still, looking straight up. Bring shoulder up toward chin for shoulder lift as you roll onto back to opposite side. 4 to 6 kicks on one side, then roll to the opposite side. Swim Fly and Breast.

3 x 100 @ 1:20.....FREESTYLE
4 x 75 @ 1:30.....FLY/BACK/BREAST (25 each)
Drill Breast as "Smiley" face; No kick. Sweep arms up and apart leading with little finger - Sweep arms down, crossing hands underneath with fairly straight arms. Feel for the "lift effect" that enables you to breathe at that time. Swim Fly and Back.

3 x 100 @ 1:15.....FREESTYLE
4 X 75 @ 1:15.....FLY/BACK/BREAST (25 each)
Swim keeping in mind the object of the drills just completed.

2 x 100.....IM KICK with arms at your side throughout the set. Thoughts include the following:
Dolphin: Whole body movement with smooth, small kicks.
(Kick originating at chest.)
Back: Small kicks on side with periodic roll - head held very still; shoulders may roll.
Breast: Attention to knee position as felt through arms.
Free: Small kicks from thigh and hips. Roll to breathe with whole body, not just head.

8 x 25.....CHOICE OF STROKE
One each at.....60 sec, 55 sec, 50 sec, 45 sec, 40 sec,
35 sec, 30 sec, 25 sec, 20 sec.

WARM DOWN

300 revisiting drills learned above and stretch out.

UNITED STATES MASTERS SWIMMING CONVENTION
 COMMITTEE ATTENDANCE
 September 22- 26 1993

COMMITTEE COACHES CHAIRMAN DON MEHL

NAME	LMSC	Y OR N VOTING
Catei Cooper	FLA	NO
Lil Hancock	FGC	NO
Rocky Mottu		
Mary Kuskowski	Central	Yes
Joe Blouck	Imperial	NO
Eric Guest	OMS	No
Kathy Casey	PNA	No
Hugh Moore	PNA	NO
Steve Schofield	SPMA	NO
PAT WILSON	SOUTHEASTERN	NO
DICK BOWER	SOUTHERN	NO
JAN Karadas	PNA	NO
Don MARCIC	SDI	X
David DUM	POTOMAC VALLEY	N
David Morrow	KY	N
Carol Brandon	ARIZONA	N
BILL REID	MICHIGAN	N
Krista Phillips	NC	X
Joe Tesmer	NMM-S	N
Jennifer Parks	michigan	N
MO CHAMBERS	PACIFIC	N
CRIS ALLEN	PACIFIC	NO
Jim Miller md	Virginia	NO
KEVIN POLANSKY	Rocky Mtn.	No
George McVey	NIAGARA	NO

Please attach a copy of the Minutes of your meeting to this form and return it as soon as possible to Mel Goldstein, USMS Secretary, It must be handed in **BEFORE** you leave the convention.

All committee actions require approval of the House of Delegates. Any such actions **MUST** be handed to USMS Secretary, Mel Goldstein, **PRIOR** to the House of Delegates meeting