

ILMSA Board Meeting
November 7, 2022, 07:30 PM
Minutes

M, S, A = Motion, Second, Approved

1. Call to Order

The Chair called the meeting to order at 7:33pm

2. Roll Call

Attendees: Phil Dodson, Molly Hoover, Michael Weiss, Barb Delanois, Andrea Block Mike Hillegonds, Tom Holmberg, Andy Seibt, Guests: Susan Scanlan, Camille Van Ham. Absent: Marissa Filippo, Dan Reisner

3. Approval of October Meeting Minutes

M, S, A to approve the October 2022 ILMSA Board Meeting Minutes as presented.

4. Old business –

- a. Status and Reminder of Web site content development. Susan asked Board members to provide three short answers to: How long a Masters swimmer; your stroke and club with whom you train
- b. ILMSA News letter progress. Molly reviewed alternatives and pricing for email blasts – none cost effective for an ILMSA newsletter. It was decided to use the membership coordinator (Barb) USMS email blast capability to email members a web link to our pdf version newsletter. Molly, Phil and Barb to coordinate how to.

5. New business –

- a. Set up planning committee for inaugural ILMSA Hall of Fame induction ceremony. Mike Hillegond, Phil and Andy will plan. Ideas include: a zoom meeting followed by more intimate in person ceremony, at State Meet use display board for presentation, a special members social event in person ceremony
- b. Set up planning committee for ILMSA 2023 State Meet: Members are Andy, AJ, Phil Ed, and Mike H
- c. Brief remarks on bank and Schwab statements – Michael and Tom. Tom briefly discussed performance of the ILMSA portfolio through Sept and Oct. Slightly below the US – S&P market performance due to ILMSA small exposure to International slightly offset by small exposures in fixed income. ILMSA down 20.6% vr S&P down 19.4%
- d. ILMSA sent three reps to the USMS National Coaches Clinic – Andy, Camille and Molly. Each sent brief written comments to the Board in advance of meeting and followed up with verbal presentation in the Board meeting. In conclusion Molly agreed to coordinate with Camille and Andy to schedule two ILMSA coach clinics to share their ideas. Highlights of their presentations are below:

Molly's biggest moment was when Cyndi Gallagher asked us to ask ourselves every day: Would I have wanted to be coached by ME today? Their was a collective Ooooooo from the room when she flashed that slide. It was the only reminder needed that every day coaches need to bring our best to our swimmers.

NATIONAL COACHES CLINIC - LAS VEGAS 2022

- **Rowdy Gaines - Passion for the sport**

- They are depending on you and trust you, don't take it lightly.
- You are more important to your swimmers than you will ever know.
- What is your "why"?

- **Cyndi Gallagher - Be a better coach**

- Make swimming the best part of their day
- The coaches create the environment by showing up with enthusiasm and energy every day
- Connect with each swimmer every time you coach.
- Ask yourself this at the end of every practice:

Would I have wanted to be coached by ME today?

- **Dean Hutchinson - technique for shoulder health**

- Ultimately - it's all experiment
- Exaggerate to find out what works best
 - Go from narrow to wide on each stroke and feel where there is no pain, max catch
- Taking a break from swimming is about the worst thing a swimmer with a shoulder injury can do. We need to fix what is causing the pain, not avoid it
- There is no perfect stroke, everyone has room for improvement

- **Dr. G - Science behind performance and recovery**

- We need training in all energy systems to be successful
- Lactate
 - The faster we swim, the higher the peak lactate
 - Sprinters produce larger amounts of lactate
 - Maximum lactate is produced in shorter distances up to 400
 - We need to train fast so lactate production goes up, but then we need to make sure swimmers know how to prepare for it as well as clear it afterward to enhance ultimate performance
- Glycogen
 - Glycogen in the muscles is fuel for peak lactate
 - Lactate peak depends on muscle fatigue. If after multiple races or intense workouts, athletes don't replenish glycogen, peak lactate will be lower
 - Athlete performance may be affected by lower lactate (can't go as fast). It is super important to replenish muscle glycogen before the next race.
 - Increase carbohydrate intake=
 - Larger stores of muscle glycogen=
 - More fuel for anaerobic metabolism=
 - Greater production of lactate=
 - FASTER SWIMMING
- Total Time of Recovery

- Aerobic endurance plays a big role
 - If a swimmer recovers “quickly” between races, aerobic endurance is good and more training can be done in anaerobic zones and sprint sets
 - If a swimmer takes longer to recover (regardless of race time), they need to focus on aerobic work
 - When swimming several races in one session, swimmers don't have enough time to replenish muscle glycogen
 - Begin the replenishment process immediately after a race or high-intensity set in practice

NATIONAL COACHES CLINIC – Andy

- **Rowdy Gaines** gave his trademark "Rowdy Stories" and entertained the coaches' group Friday night and Saturday morning. A couple interesting tidbits were his mental preparations before the '84 games closing his eyes and running the stopwatch behind his back envisioning his swims and hitting the time that he wanted to go. We did this with Jack Nelson in Ft Lauderdale in the '70s and were ahead of our time. He told us how he was the best in '80, which is true, but he was just lucky in '84 by watching and timing the starter.
- **Cindi Gallagher** (UCLA coach) reminded us to bring enthusiasm and make swim practice the best part of the day. She also told us to ask ourselves if we would want to be coached by ourselves. Most good coaches do this and positively affect our swimmers. Good interaction and additional social opportunities add to our being able to connect with our groups.
- **Dean Hutchinson** showed video snippets of working with swimmers in an endless pool, which allows the swimmer to swim in place and the coach to stand in one spot while critiquing their strokes. Swimmers often struggle in private lessons understanding what you are trying to teach them to change. In the endless pool you can actually get the swimmers to perform the strokes in 3 different positions and they can feel the differences much more quickly.
 - Body roll/body position: positive to negative, look up reach up.
 - Crossover: wide to straight.
 - Hip roll vs non hip roll.
 - Paddles: high elbow pull
 - Backstroke: positive to negative, hip roll vs no hip roll.
 - Rainbow rule: dbl arm back, Thumb/90*/pinky, crossover/straight/wide. Catch finish deep.
 - Fly: finish and lift 1/2" head and chest.
 - Dolphins: push/drive knees down
 - Fly catch: wide/medium/narrow, high elbow catch.
 - Breast: high to low drill, wide to narrow, stab hard forward, early vs late kick.
 - Dean's good quote: Nobody cares how much you know, until they know how much you care

- **Dr G:** Anaerobic 30sec-3min.
 - Long Distance: decreased swimming efficiency.
 - Glycogen is fuel for Lactate, you need to figure out replenishment and storage. You have to increase carbohydrates. Your recovery is the removal of Lactate about 25-30min. Aerobic conditioning is the most important factor that you can increase for faster recovery.
 - Distances longer than 4min, need 20x100, 10x200, 7x300, 5x400 with 20-30sec rest.
 - Nutrition before practice, meal 1-2hr prior. 40gm carbo 10gm protein. no fat. Fluids:no energy drink, no sugar.
 - Carbohydrate supplementation during practice every 30-45min. High glycemic index drinks. 8-9hrs sleep to prevent injury.
 - 200/100=relative endurance.
 - There are no short cuts.
- We spent a couple hours in water practicing drills
- Positive reaffirmation that old school teaching technique is still most valid. Many many examples.

Chair reminded everyone that the semi-annual meeting will be held at 7:10 pm just before the 7:30 pm December Board meeting on 12/5/2022.

5. Adjournment at 8:45pm