



**Gulf Swimming, Inc.
Gulf Swimming House of Delegates Meeting
September 22, 2010**

Reminder Next **Board of Directors** Meeting
Wednesday November 3, 2010 7:30 PM

Reminder Next **House of Delegates** Meeting
Wednesday January 26, 2011 8:00 PM

Herb Schwab, General Chairman, called the Gulf Swimming House of Delegates meeting to order at 8:00 PM at the University of Houston Athletic Alumni Building, Carl Lewis Auditorium.

The following board members were present:

Herb Schwab	Henry Clark	Linda Brenneke	Tom Hasz
Clayton Cagle	Allison Beebe	Rick Tobin	Annette Leach
Chris Day	Mark Taylor	Tim Bauer	Gary Baker
Robert Kelly	Gilbert Legaspi	Ron Lusk	Greg Orphanides

Coaches and or team reps from the following teams were present: AGS, AQUA, BTA, CFSC, COOG, ESA, FCST, HCAP, HSC, KATY, LSST, MAC, NOCH, PACK, PFL, SPA, TWST, UH, and WHAT.

It was moved, seconded, and passed to approve the May 19, 2010 House of Delegates Meeting minutes as posted.

OFFICER REPORTS

GENERAL CHAIRMAN

Herb Schwab

A moment of silence was observed in memory of Coach Allen Salinas.

Gulf Swimming has achieved LEAP Level 1 status. Thanks to Annette for the hours of work on this. Gulf Swimming is only

one of thirteen LSC's applying for Level 2. Gulf will receive \$0.50 per athlete up to \$2,500.00 for achieving Level 2 status. A motion was made seconded and passed to approve a new team SWAT (Southwest Aquatic Team). The head coach is Jose Demetrio and the team will practice at FBISD Don Cook Natatorium.

Legislation passed at the 2010 Convention will require all non-athlete members of USA Swimming to pass a background check and Athlete protection education course on-line starting 1-1-2011. See attached.

Clubs will be required to comply with USAS pre-employment screening procedures for all new employees who are required to be members under 502.3 or 502.4.3 as of 8-31-2011. Articles 305 (Athlete Protection Policies) and 306 (Sexual Misconduct Reporting Requirements) are in effect immediately. Coach members must be a minimum of 18 years old. All persons coaching must be registered as a coach and pass the background check.

**ADMINISTRATIVE
VICE CHAIRMAN**

Henry Clark

Long course proof of times are due October 15, 2010. After that date, proofs will be considered un-provable and the fine is doubled.

SECRETARY

Linda Brenneke

No report

TREASURER

Tom Hasz

Tom was re-elected as the Treasurer for USA Swimming. Not as many athlete reimbursements were received for Jr and Sr. Nationals as anticipated. See attached financial reports.

**SENIOR VICE
CHAIRMAN**

Clayton Cagle

Thank you for the many expressions of condolences for Allen Salinas. A memorial fund will be set up for Allen. Clayton is working on the Gulf Olympic development camp with Mark Taylor and Troy Emmons.

**AGE GROUP
VICE CHAIRMAN**

Allison Beebe

It is recommended that the 2010 All Star team select alternates using the power point system. Alternates will be notified on Monday, the day after the meet. A motion was made seconded and passed to modify the selection procedure. The Gulf Swimming team placed 7th overall at the

2010 Southern Zone meet. The SZ Task Force recommends selecting ten 15-18 year old athletes and up to eight 11-14 year old athletes. The Task Force will report back at the November Board of Directors meeting. See Allison's complete report attached.

**TECHNICAL COMMITTEE
CHAIRMAN**

Rick Tobin

The Technical Planning Committee has approved the following changes to the 2010-11 short course schedule:
UH 8 & Under change from Sat. Oct. 23 to Sun. Oct. 24 and Sat. Nov 13 to Sun. Nov 14.
ESA 8 & Un change from Sat. Dec. 11 to Sun Dec. 12.
KATY 8 & Un from Sat. Jan. 8 to sun. Jan. 9.
BTA Oct Jr. meet move location to Kingwood Park HS BTA Nov Jr. meet at Kingwood HS change start time on Sat. to 12:30 pm warm up and 2:00 pm meet start time.
CFSC Fall Champs Dec. 3-5, Fri. warm up 5:45 pm meet start 7:15 pm Sat. warm up 11:45 am meet start 1:15 pm. No changes on Sunday.

**ATHLETE REGISTRATION
COORDINATOR**

Annette Leach

There are currently 1480 year round athletes with 24 Outreach and 14 individual seasonal for a total of 1518 athletes. \$9,197.25 for 1326 events was reimbursed to Outreach swimmers for 2010 Long Course season. One club has registered for 2011.

**NON-ATHLETE REGISTRATION
COORDINATOR**

Chris Day

Two non-athletes have registered for 2011. Members of club boards do not have to be registered but it is strongly recommended.

OFFICIALS CHAIRMAN

Rick Kehlenbach

Not present, Herb reported that three Officials clinics will be held Tuesday Oct. 12. Complete information is posted on the Gulf website.

SAFETY COORDINATOR

Mark Taylor

Phill Hansel passed away this summer.

**PAST GENERAL
CHAIRMAN**

Jay Cookingham

Not present, no report

ATHLETE REPRESENTATIVES

Jessica Rodriguez
Natalie Nation

Not present
Not present
Both athletes sent a note thanking the Gulf Board for sending them to the 2010 US Aquatic Sports National Convention. See attached.

COACH REPRESENTATIVE

Tim Bauer

The morning session of the Gold Medal clinic for 12 & under is full, there are 2 places in the afternoon 13 & over session. Coaches are needed to help with the clinic 2-3 per session, contact Tim if interested.
The next coaches meeting will be Sept. 27 at DADS Club and they will discuss TSA, the All Star meet and the Southern Zones meet.
The Sr. National Youth Team is picked off the National meet. There is not a second tier trip for 3-6th place and no B Team trip.
The TSA Convention is Oct 2 with the Sr. Circuit meeting Friday night, information is on the Gulf website.

SANCTION COORDINATOR

Linda Brenneke

No report

NTV COORDINATOR

Rick Kehlenbach

Not present, no report

**ADAPTED SWIMMING
COORDINATOR**

Gary Baker

A Special Olympics meet was held Sept 11 at Don Cook Natatorium. The Area 4 meet is Oct 2 at UH and the State meet will be held at the new Pearland Natatorium Oct 15-16.

**TOP 10 RECORDS
COORDINATOR**

Rick Kehlenbach

Not present, no report

**COMPUTER INFORMATION
COORDINATOR**

Sharon Bourne

Not present, no report

**MATERIAL AND EQUIPMENT
COORDINATOR**

Gary Baker

An equipment work day was held Sat. Sept 18. The USB ports on the CTS 6 have been activated. PACK is taking over as trailer C host. Thanks to TWST for hosting trailer C for the past several years. Gary is holding a CTS 6 training class for

CFSC and if there is interest he will have a class open to all clubs in the Gulf at a later date.

**CLUB DEVELOPMENT
LIAISON**

Chris Day

Groups in Mont Belvieu and Spring have expressed interest in forming teams.

PUBLICITY COORDINATOR

Robert Kelly

No report

DIVERSITY COORDINATOR

Gilbert Legaspi

No report

OPEN WATER COORDINATOR

Seth Huston

Not present, no report

CAMP COORDINATOR

Mark Taylor

Mark will be working on the Gulf Olympic development camp with Clayton.

OLD BUSINESS

None

NEW BUSINESS

A 1 year term for an at large position on the Gulf Board of Directors has opened up with Kevin Milak's resignation. Nominations from the floor for Travis Sandifer of AQUA and Eddie Adams of LSST were made. A motion was made seconded and passed to close nominations. Travis Sandifer was elected to fill the open position. A motion was made seconded and passed to destroy the ballots.

ANNOUNCEMENTS

573 people have registered for the Gulf Swimming Awards Banquet Sunday.

A motion was made seconded and passed to adjourn at 9:12 PM.

Respectfully Submitted,

Linda Brenneke

Linda Brenneke
Board of Directors, Secretary
Gulf Swimming, Inc.



1 Olympic Plaza
Colorado Springs, CO
80909-5770

o 719.866.4578
f 719.866.4669

usaswimming.org

Daniel W. McAllen III
2127 Summer Bloom Lane
Fallbrook, CA 92028

h 760-723.2540
c 214-316.9215
f 760-723.2540

d.mcalleniii@sbcglobal.net

September 22, 2010

To: LSC Permanent Offices
LSC General Chairs
LSC Officials Chairs

Re: 2010 Convention Legislation

The final form of the legislation passed by the House of Delegates at the 2010 USA Swimming Convention during its meeting on September 18, 2010 has been posted to the website for your review. The enactment of legislation in support of athlete protection was a major focus of the Rules & Regulations session.

Your attention is directed to some of the more significant rules changes adopted by the House of Delegates.

1. All non-athlete members of USA Swimming must have satisfactorily completed criminal background checks and athlete protection education as required by USA Swimming.
2. Clubs are required to comply with USA Swimming pre-employment screening procedures for all new employees who are required to be members under 502.3 or 502.4.3
3. The creation of a new Article 305 Athlete Protection Policies which are mandatory components of the USA Swimming Code of Conduct.
4. The creation of a new Article 306 Sexual Misconduct Reporting Requirements requiring members to report incidents of sexual misconduct by a member to USA Swimming's Athlete Protection Officer.
5. A coach member of USA Swimming must be at least 18 years old

Again, your attention is directed and invited to the USA Swimming website to read the entirety of the rules changes made by the House of Delegates.

Should you have questions regarding any of the legislation please do not hesitate to contact me.

Sincerely,

A handwritten signature in black ink that reads "Daniel W. McAllen III". The signature is written in a cursive, flowing style.

Dan McAllen
Chair, Rules and Regulations Committee

Gulf Swimming Inc
Profit & Loss Budget Performance
January through August 2010

	Jan - Aug 10	Budget	Annual Budget
ATHLETE TRAVEL FUND			
Age Group Camps	0.00	0.00	-5,000.00
All Star Meet	-200.00	0.00	-22,040.00
Athlete Apparel	0.00	-500.00	-1,000.00
Fines	5,500.00	5,320.00	8,000.00
Gold Medal Clinic	0.00	0.00	1,600.00
LC Juniors	0.00	0.00	-82,377.20
National Team Expense	-1,500.00	-1,500.00	-1,500.00
NCSA Juniors	-23,884.00	-45,302.08	-45,302.08
Open Water	0.00	-2,517.38	-2,517.38
Sanctions	5,575.00	6,000.00	9,000.00
SCY Jr Championships	-17,310.00	-40,672.00	-40,672.00
SCY National Championships	-8,088.24	-9,462.12	-9,462.12
Select Camps	-2,250.00	-1,000.00	-1,000.00
Senior Nationals - Summer	0.00	-66,178.03	-66,178.03
Southern Zone Team	-37,346.34	-40,900.00	-43,200.00
Splash Fees	160,946.14	165,696.00	248,551.00
TSA Convention	0.00	0.00	-400.00
USAS Convention	-709.30	0.00	-1,600.00
Total ATHLETE TRAVEL FUND	80,733.26	-31,015.61	-55,097.81
Donations	0.00	-250.00	-2,750.00
EQUIPMENT FUND			
Equipment Purchase	-5,424.75	-6,600.00	-10,000.00
Equipment Rental	3,075.00	1,975.00	4,000.00
Equipment Repair	-2,410.64	-100.00	-1,000.00
Equipment Shipping	-270.10	-1,000.00	-1,000.00
Registration	-103.05	0.00	-200.00
Storage	-1,560.00	-3,000.00	-3,000.00
System Training Exp	0.00	0.00	-850.00
Total EQUIPMENT FUND	-6,693.54	-8,725.00	-12,050.00
GENERAL FUND			
ADMIN VICE CHAIR			
Meeting Expenses	0.00	-240.00	-350.00
Misc Expenses	0.00	-175.00	-250.00
Postage	-14.04	-26.00	-40.00
Software	0.00	-75.00	-75.00
Supplies	0.00	-300.00	-450.00
Travel Expenses	0.00	0.00	-250.00
Workshop Travel	0.00	0.00	-150.00
Total ADMIN VICE CHAIR	-14.04	-816.00	-1,565.00
AGE GROUP VICE CHAIR			
Ladder of Success	-1,495.00	-1,600.00	-3,200.00
Total AGE GROUP VICE CHAIR	-1,495.00	-1,600.00	-3,200.00
ATHLETE REGISTRATION			
Athlete Registration			
Ath Reg Expense	-82,202.00	-75,150.00	-243,800.00
Ath Reg Income	80,457.00	82,500.00	349,800.00
Outreach Reg Exp	-785.00	-640.00	-1,250.00
Outreach Reg Income	370.00	850.00	1,250.00
Sea'al Ath Reg Expense	-7,228.00	-2,225.00	-3,900.00
Sea'al Reg Income	10,460.00	2,700.00	5,400.00
Transfer Fee	172.00		
Total Athlete Registration	1,244.00	8,035.00	107,500.00
Computer Expenses	-1,030.63		
Internet	-514.71	-400.00	-720.00
Outreach Payments	-16,131.75	-8,000.00	-12,000.00
Postage	-391.57	-1,000.00	-2,000.00
Supplies	-525.03	-350.00	-1,000.00
Team Registration Expense	-910.00	-560.00	-2,730.00
Team Registration Income	1,500.00	1,750.00	9,750.00
Telephone & Fax	0.00	-32.00	-50.00
Total ATHLETE REGISTRATION	-16,759.69	-557.00	98,750.00

Gulf Swimming Inc
Profit & Loss Budget Performance
January through August 2010

	<u>Jan - Aug 10</u>	<u>Budget</u>	<u>Annual Budget</u>
BANQUET			
Awards	-9,792.00	-8,500.00	-15,000.00
Banquet Attendee Fee	0.00	0.00	12,500.00
Equipment Charge-Hotel	0.00	0.00	-150.00
Meal Expense (Hotel Charges)	0.00	0.00	-16,165.00
Meeting Expenses	0.00	-75.00	-75.00
Non Athlete Awards	0.00	0.00	-200.00
Speaker	0.00	-9,000.00	-18,000.00
Supplies	140.51	-450.00	-900.00
Total BANQUET	-9,651.49	-18,025.00	-37,990.00
BOARD OF REVIEW			
Copy Expenses	0.00	0.00	-100.00
Postage	0.00	0.00	-100.00
Travel - Workshop	-116.00	0.00	-300.00
Total BOARD OF REVIEW	-116.00	0.00	-500.00
COACH CHAIR			
Coach of Year Award	0.00	0.00	-800.00
Coach Reimbusm't - Travel Fund	-1,493.50	-600.00	-1,700.00
Coach Travel	0.00	0.00	-500.00
Meeting Expenses	0.00	0.00	-600.00
Total COACH CHAIR	-1,493.50	-600.00	-3,600.00
COMMUNICATION			
Software Expense	0.00	-200.00	-200.00
Website Expenses	-469.51	-230.00	-230.00
Total COMMUNICATION	-469.51	-430.00	-430.00
DIVERSITY COORDINATOR			
Other Expenses	0.00	0.00	-30.00
Travel	0.00	-450.00	-450.00
Total DIVERSITY COORDINATOR	0.00	-450.00	-480.00
GENERAL CHAIRMAN			
Annual Dues	-50.00		
Computer Software	-353.62		
Internet	-520.00		
Meeting Expenses	-411.50	-440.00	-600.00
Other Expenses	-108.24	-1,350.00	-2,000.00
Postage	0.00	-600.00	-1,000.00
Supplies	-310.56	-400.00	-600.00
Travel	-1,130.88	0.00	-300.00
Travel Expenses - USA Swimming	0.00	0.00	-300.00
Total GENERAL CHAIRMAN	-2,884.80	-2,790.00	-4,800.00
NON ATH REGISTRATION			
Copy Expenses	0.00	-110.00	-170.00
Internet Expenses	0.00	-240.00	-360.00
Non Athlete Registration			
Non Ath Reg Expense	-6,700.00	-5,280.00	-25,300.00
Non Ath Reg Income	8,135.00	7,740.00	33,550.00
Total Non Athlete Registration	1,435.00	2,460.00	8,250.00
Postage	0.00	-209.36	-314.00
Travel	0.00	0.00	-400.00
Total NON ATH REGISTRATION	1,435.00	1,900.64	7,006.00
NTV/Records Coordinator			
Internet Expenses	-622.60	-464.00	-700.00
Observations	200.00	100.00	250.00
Total NTV/Records Coordinator	-422.60	-364.00	-450.00
OFFICIALS VICE CHAIR			
Disqualification Slips	0.00	0.00	-200.00
Internet	0.00	-464.00	-700.00

Gulf Swimming Inc
Profit & Loss Budget Performance
January through August 2010

	Jan - Aug 10	Budget	Annual Budget
Official Certification Training	-906.28	-800.00	-800.00
Officials Apparel	0.00	0.00	-500.00
Officials Badges	-302.50	-200.00	-300.00
Officials Clinic	0.00	0.00	-2,000.00
Officials Travel - Meets	-1,256.00	-3,000.00	-6,000.00
Officials Workshop	-496.16	-1,000.00	-1,000.00
Postage	0.00	-50.00	-100.00
Printing	0.00	0.00	-400.00
Supplies	-269.75	-250.00	-500.00
Total OFFICIALS VICE CHAIR	-3,230.69	-5,764.00	-12,500.00
OTHER			
Banking Expenses	-28.38	-150.00	-225.00
Banking Interest	1.28	9.97	15.00
Fees	-126.00		
Fines & Penalties	0.00	36.00	36.00
Money Market Interest	57.64	16.00	25.00
NSF Fees	0.00	90.00	120.00
Refunds and Rebates	0.00	25.00	25.00
Southern Zone Dues	0.00	-50.00	-50.00
Special Gifts	-126.32		
Special Non-Ath Awards	0.00	0.00	-50.00
Total OTHER	-221.78	-23.03	-104.00
SAFETY CHAIR			
LSC Safety Chair Meeting	0.00	0.00	-400.00
Total SAFETY CHAIR	0.00	0.00	-400.00
TECHNICAL VICE CHAIR			
Copy Expense	0.00	-70.00	-100.00
Meet Director Clinic	-1,035.28	-580.00	-1,200.00
Total TECHNICAL VICE CHAIR	-1,035.28	-650.00	-1,300.00
TREASURER			
Computer Software	0.00	0.00	-300.00
Copy Expenses	0.00	0.00	-25.00
Internet Expense	-426.72	-600.00	-900.00
Meeting Expenses	0.00	-160.00	-250.00
Postage	-94.27	-52.80	-65.00
Records Storage	-1,620.00	-1,404.00	-1,404.00
Supplies	-348.58	-200.00	-200.00
Training	-350.00	-350.00	-350.00
Travel Expenses	-1,412.01	-500.00	-500.00
Total TREASURER	-4,251.58	-3,266.80	-3,994.00
TSA	0.00	0.00	-1,000.00
USAS CONVENTION	-2,251.80	-2,100.00	-22,000.00
Total GENERAL FUND	-42,862.76	-35,535.19	11,443.00
Investments			
Unrealized gain(loss)	-8,354.00		
Total Investments	-8,354.00		
Unclassified	0.00	0.00	0.00
TOTAL	22,822.96	-75,525.80	-58,454.81

Gulf Swimming Inc
Balance Sheet Prev Year Comparison
As of August 31, 2010

	<u>Aug 31, 10</u>	<u>Aug 31, 09</u>	<u>\$ Change</u>	<u>% Change</u>
ASSETS				
Current Assets				
Checking/Savings				
1000 - Bank and Investment Balances				
1005 - CHASE BUSINESS CHECKING	41,582.61	111,867.27	-70,284.66	-62.83%
1015 - CHASE BUSINESS MONEY MARKET ACC	125,125.77	25,055.82	100,069.95	399.39%
1025 - Chase OutReach Account	4,969.00	7,585.25	-2,616.25	-34.49%
1030 - Edward Jones Investments	<u>293,666.14</u>	<u>50,000.00</u>	<u>243,666.14</u>	<u>487.33%</u>
Total 1000 - Bank and Investment Balances	<u>465,343.52</u>	<u>194,508.34</u>	<u>270,835.18</u>	<u>139.24%</u>
Total Checking/Savings	465,343.52	194,508.34	270,835.18	139.24%
Other Current Assets				
1580 - Investments - other	0.00	198,972.38	-198,972.38	-100.0%
Total Other Current Assets	<u>0.00</u>	<u>198,972.38</u>	<u>-198,972.38</u>	<u>-100.0%</u>
Total Current Assets	465,343.52	393,480.72	71,862.80	18.26%
Other Assets				
1800 - Other long-term assets	510,692.96	495,000.00	15,692.96	3.17%
Total Other Assets	<u>510,692.96</u>	<u>495,000.00</u>	<u>15,692.96</u>	<u>3.17%</u>
TOTAL ASSETS	<u>976,036.48</u>	<u>888,480.72</u>	<u>87,555.76</u>	<u>9.86%</u>
LIABILITIES & EQUITY				
Equity				
3001 - Opening Bal Equity	513,056.68	513,056.68	0.00	0.0%
3010 - Unrestrict (retained earnings)	440,156.84	322,724.03	117,432.81	36.39%
Net Income	<u>22,822.96</u>	<u>52,700.01</u>	<u>-29,877.05</u>	<u>-56.69%</u>
Total Equity	<u>976,036.48</u>	<u>888,480.72</u>	<u>87,555.76</u>	<u>9.86%</u>
TOTAL LIABILITIES & EQUITY	<u>976,036.48</u>	<u>888,480.72</u>	<u>87,555.76</u>	<u>9.86%</u>

Gulf Swimming Inc
Profit & Loss Prev Year Comparison
January through August 2010

	<u>Jan - Aug 10</u>	<u>Jan - Aug 09</u>	<u>\$ Change</u>	<u>% Change</u>
Ordinary Income/Expense				
Income				
5100 · Earned revenues	294,678.93	280,985.81	13,693.12	4.87%
Total Income	<u>294,678.93</u>	<u>280,985.81</u>	<u>13,693.12</u>	<u>4.87%</u>
Expense				
6560 · Payroll Expenses	200.00	0.00	200.00	100.0%
7000 · Grant & contract expense	0.00	250.00	-250.00	-100.0%
8100 · Non-personnel expenses	30,725.24	13,129.19	17,596.05	134.02%
8200 · Occupancy expenses	3,180.00	2,964.00	216.00	7.29%
8300 · Travel & meetings expenses	117,283.05	114,460.74	2,822.31	2.47%
8500 · Misc expenses	112,113.68	97,481.87	14,631.81	15.01%
Total Expense	<u>263,501.97</u>	<u>228,285.80</u>	<u>35,216.17</u>	<u>15.43%</u>
Net Ordinary Income	31,176.96	52,700.01	-21,523.05	-40.84%
Other Income/Expense				
Other Income				
6800 · Unrealized gain (loss)	-8,354.00	0.00	-8,354.00	-100.0%
Total Other Income	<u>-8,354.00</u>	<u>0.00</u>	<u>-8,354.00</u>	<u>-100.0%</u>
Net Other Income	<u>-8,354.00</u>	<u>0.00</u>	<u>-8,354.00</u>	<u>-100.0%</u>
Net Income	<u><u>22,822.96</u></u>	<u><u>52,700.01</u></u>	<u><u>-29,877.05</u></u>	<u><u>-56.69%</u></u>

Gulf House of Delegates Meeting
September 22, 2010
Age Group Chair Report

Ladder of Success/ Ladder of Success Shirts

- The long course ladder of success shirts will be distributed at the coaches meeting next week.

2010 Southern Zone Meet

Recap:

- Head Coach Henry Clark did an outstanding job organizing and orchestrating the 2010 Gulf Zone team. He and manager Shannon Clark communicated very well with the home coaches and Zone Team coaches.
- The team placed 7th overall.
- High Point Winners- Alicia Finnigan (11-12 girls runner up).
- Event Winners (2)
 - Jordan Clark (KATY)- 11-12 girls 100 back (1:09.03)
 - Alicia Finnigan (FCST)- 11-12 girls 100 fly (1:05.15)

2010 All Star Meet

- Shana Trabona will be the 2010 Gulf All Star Head Coach. Applications for assistant coaches and managers are due to Shana by October 15. Copies have been distributed to every team via email.
- Application fee- \$400.
- Recommended Selection Procedure (to be voted on at House Meeting):
 - The top 4 finishers in each event 200 yards or less in the All Star Qualifying Meet automatically qualify for the team. In the event of a tie for 4th place, a swim-off will be held.
 - The top 3 finishers in the 400 IM and 500 free in the All Star Qualifying Meet automatically qualify for the team. In the event of a tie for 3rd, a swim-off will be held.
 - In the event that a swimmer qualifies in more than 2 events for a session of the All Star Meet, the Gulf All Star Coaching Staff will decide which events the swimmer will scratch based on the best competitive interest of the Gulf All Star Team.
 - Because this trip involves the purchase of plane tickets, we will guarantee a minimum of 8 spots per age/gender. If the above qualification procedures do not place 8 swimmers per age/ gender on the team, we will fill the remaining spots by the following method:
 - Using the Hy-Tek power point system, the swimmer with the highest combined power point total for his or her top two swims from the remaining applicants will be selected.
 - We will continue this process until 8 swimmers have been named.
 - In the event of a tie for the 8th spot, the swimmer with the highest point total for his or her 3rd best event will be selected. Additional events will be considered, until the tie for the 8th spot is broken

USA Swimming Convention Report

- All of the age group talks were on leadership. Speakers were John Leonard, Todd Schmitz, and John Dussliere.

- There was nothing discussed on strategic planning, committee projects, etc... for age group swimming.
- Age Group Info learned from other meetings at USAS:
 - IMX Games will be in San Antonio on November 19-21.
 - Top Times/ Top 10 Report- anyone USAS registered can be listed on Top 10 report. NAG record must be American citizen. There were examples of foreigners on Top 10 list who lived in US for 2-3 weeks and swam a local meet that are listed #1 in Top 10 list. They were USAS registered, so it counts.
 - USA Swimming will be sending a free video to all clubs that focuses on coaching the developmental swimmer. It was made in conjunction with ASCA, and it covers simple drills with novice swimmer demonstrations.
 - The Southern Zone committee has altered the format for Zones to allow 8 swimmers per age group/ gender for all three age groups. The 2011 Zone Meet will be in North Carolina on July 26- 30.

2011 Zone Team Task Force: Henry Clark (2010 Head Zones Coach), Tim Bauer (Coaches Rep), Clayton Cagle (Senior Chair), Jessica Rodriguez (Athlete Rep), and Allison Beebe (Age Group Chair).

USA Swimming Regional Coaches Clinic: USA Swimming will host a Regional Coaches clinic in Houston on November 19-21. The cost will be \$60 for one coach or \$120 for the entire staff. Topics at the clinics have ranged from “Gold Medal Starts” to “Growth and Development of the Age Group Swimmer- Coaching the Early/ Late Maturer” to “Dryland Strength and Conditioning from Age Group to Senior.” Both a USA Swimming sports performance consultant and an ASCA staff member will run the presentations.

Senior Athlete Representative Report 9-22-10

USAS Convention Dallas, Texas September 2010

- Thank you to the Gulf Board for allowing me to attend the convention again this year. It was another great experience. I have learned so much about how the swimming governing body works and I am very grateful for these opportunities.
- I attended Athlete, Southern Zone and House of Delegate meetings at the convention. Here are a few highlights.

1. Athlete Meetings-

- a. We covered the Splash program and its benefits. Nine drownings occur daily in the United States. We learned how most drownings are preventable and we as swimmers and coaches should use our talents to promote water safety.
- b. We also covered the problems of cross contamination in supplements and vitamins for athletes. Athletes need to be very aware of this and understand the negative effects using tainted products can have on them. They also discussed how eating the right foods provide the proper nutrition without the need for supplements and vitamins.
- c. We again covered the rules and etiquette for House of Delegates meetings.

2. House of Delegates

- a. We covered several topics in this meeting. A highlight of HOD this year is new legislation which will be implemented to further protect athletes and other USA swimming members.

Respectfully submitted,

Jessica Rodriguez
Senior Athlete Representative

Gulf Board,

I'd like to thank you immensely for allowing me to attend the USAS convention 2010, I had a blast! I cannot explain to you how excited I am to be a part of the Gulf board this year and to learn so much about USA swimming, it baffles me how much time and effort goes into our sport. I loved being able to hang out with board and meet so many important people in the world of USAS. I am so looking forward to next years convention and meeting more people in order to gain more knowledge. At the athlete's meeting i was honored to meet so many fast swimmers from across the nation and learn about the history of swimming. The Southern Zone meetings excited me to be informed on when and where upcoming meets will be held for this season, I can't wait to attend a few myself! The intricate House of Delegates meetings were thorough and to the point, to ensure that sexual abuse does not occur again in USA swimming, and I'm glad I can kind of consider myself a part of that decision. I enjoyed helping Jessica vote for some of this years' swimming board members as well. I also was given the opportunity to attend the college swimming 101 class this year and was so excited to hear that i have so many opportunities to get into a great college for swimming and i was honored to meet and hear the sides of a few college coaches. I cannot wait to swim in college and hopefully further extend my time with USAS swimming. So i thank the Gulf board for giving me this amazing opportunity and look forward to the rest of the season.

Thank you,

Natalie Nation
Jr. Athlete Representative