

ASCA-MN Coaches Meeting Minutes
January 12, 2005
U Garden Restaurant

Coaches Present: Denise Carlson, Billy Howard, Lloyd Larsen, Kate Lundsten, Paul Lundsten, Kim Olson, Eric Seversen, Gary Taylor

Guests Present: Dave Goble

Meet Scheduling:

- No meet scheduling draft to review
 - Scheduling committee did not meet; no preliminary schedule to discuss...
- Discussion of A-only vs. ABC meets in the calendar
 - Concern about dilution of competition for A & faster kids at ABC meets
 - Large team sizes makes meet easy to become intersquad
 - Potential to overschedule meet calendar can exacerbate above concerns
 - Look at feasibility of AB format
 - Consider placing Foxjet AB/B+ meet on schedule (invitational this year)
- Committee to assess value/success of 2 week gap between scheduled meets
- Summer ABC Finals—only 2 hosts at present
 - Discussed options including asking teams to host, checking pool availability, and contingency plan if meet is held at only 2 locations

ASCA Spring Clinic Update:

- John Walker from USA Swimming will not be available
- Guy Edson is "up in the air"
- Speedo keynote speakers—No Jack Nelson, waiting on Bob Bowman and Dave Salo

Zones 2005

- To be held August 12-14 (pool) and 15 (Open water) at Ann Arbor, MI
- Pat Anderson has accepted position as Head Coach, in contact with Al Ness as Team Director
- Pat will hire assistants this spring

Club Development Division request from USA Swimming

- Request LSC's reward elected "Age Group Coach of the Year" with trip to ASCA World Clinic
 - ASCA agrees to recommend for LSC funding the following rewards:
 - MN Age Group Coach of Year receive round trip airfare to ASCA World Clinic
 - MN Senior Coach of Year receive honorarium of \$200
- Lloyd Larsen proposed secondary incentive:
 - Create new reward to developing Age Group Coach
 - Trip to ASCA World Clinic—Reimbursement from ASCA (\$500) & MSI (\$1000) for travel, lodging, participation in clinic
 - Set criteria at next ASCA meeting to limit candidates to "up & coming" coaches who will gain the most from ASCA clinic
 - Selection of winner to be done by ASCA, also based on criteria to be determined

Workout Exchange

- 2 Age Group AEROBIC workouts, 1 Senior AEROBIC workout, 1 Age Group ANAEROBIC workout, & 3 Senior ANAEROBIC workouts were brought by various coaches. Copies were passed and questions only discussion of workouts occurred.
- Coaches are asked to bring an ANAEROBIC workout to the next meeting.