

## IOWA SWIMMING E-NEWSLETTER

#10 – 2009

**2008-2009 SCHOLASTIC ALL-AMERICAN TEAM** information and applications are available on the ISI website ([www.isiswim.org](http://www.isiswim.org)) or USA Swimming website ([www.usaswimming.org](http://www.usaswimming.org)). **Application Deadline – August 1, 2009.** The Scholastic All-America Team is comprised of high school (10<sup>th</sup>, 11<sup>th</sup> or 12<sup>th</sup> grade) student-athletes, who have a grade point average of 3.5 or higher, a USA Swimming member athlete, Individual qualifying time in the USA Times database achieved-Achieved qualifying time between July 1, 2008 and June 30, 2009 OR competed in an individual event at 2009 Spring CanAm Swimming Champs in Gresha, OR or the Summer CanAm Para Swimming Championship in Edmonton AB or Competed in 2008 or 2009 Open Water Championships in Ft Myers, FL.

**2009 CENTRAL ZONES** information is now available on the ISI website on the meet schedule. Please be sure and note the new entry deadline for any swimmer holding a 'AAA' or faster time prior to LC Championship meet is Monday, July 27<sup>th</sup> (Monday prior to LC Champs). Any questions on zones can be directed to Eric Follmuth, ISI Age Group Chair 641-425-5357 or [isientries@gmail.com](mailto:isientries@gmail.com).

**USA SWIMMING AMENDS RULES REGARDING SWIMSUITS 6/1/09** – Effective June 1, 2009, swimmers competing in USA Swimming-sanctioned or approved competitions will be governed by the following rules:

- Only swimwear approved by FINA, as reflected on its published list of approved swimwear, may be worn in any USA Swimming sanctioned or approved competition.
- Additionally, since the FINA-approved list only addresses 'new model' swimsuits submitted by swimsuit manufacturers, swimmers will, until otherwise directed by FINA, also be able to wear traditional swimsuits provided the suits meet the following criteria:
  1. For female swimmers, the swimsuit shall not cover the neck, extend past the shoulders or past the pelvis, and
  2. For male swimmers, the swimsuit shall not extend above the navel or below the knees.

There are currently 202 suits on the FINA-approved list ([www.fina.org](http://www.fina.org)) If and when FINA approves additional suits, those suits will also be allowed in USA Swimming competition.

At the 2009 ConocoPhillips USA Swimming National Championships and World Championship Trials, the following rules apply, in addition to the above.

Only those permitted swimsuit models that are available to all competitors may be used. To avoid confusion, availability is defined as follows:

1. The swimsuit manufacturer is present at the event with its approved swimsuits available for all competitors on a purchase, loan, give-away or other basis, or
2. the swimsuit manufacturer has provided to USA Swimming a written representation in the form requested by USA Swimming, that its approved swimsuit will be made available before July 7, 2009 to all World Championship Trials competitors and before June 14, 2009 to all Open Water World Championship Trials competitors on a purchase, loan, or giveaway basis through retail stores, the internet, or other means.

USA Swimming will publish a list of swimsuit manufacturers who have made this representation once they are received. Competitors may rely on this list as approval to wear a particular swimsuit model at either event.

Any questions or comments regarding this amendment should be sent to [comments@usaswimming.org](mailto:comments@usaswimming.org).

Iowa Swimming members may contact Eric Follmuth, ISI Age Group Chair for additional questions.

**COACH REMINDER** – As of May 1<sup>st</sup>, all athletes need to be signed off & kept on file as being able to dive in shallow water. Details have been sent to all coaches and is available on the USA Swimming website ([www.usaswimming.org](http://www.usaswimming.org) under coaches tab)

**2009 REGISTRATIONS** – Registrations as of 5/31/2009 – Clubs – 20; Seasonal Club – 1; Athlete – 1657; Individual Season – 42; Season I – 161; Non-Athletes - 254

**PLEASE NOTE** – The July 16-19, Iowa Summer Sizzler Invitational meet hosted by Black Hawk Area Swim Team in Cedar Falls, is full & not accepting any more entries.

**The History of Olympic Swimming** is the first book in a volume of detailed accounts of swimming at the Olympic Games. Written by two-time Olympic coach, Peter Daland, this book includes a detailed description of every Olympic swimming event from 1896-1936, including a lead-up to the event, the preliminaries, semifinals and finals. Volume I focuses on the first 10 modern Olympic Games, complete with photos, race analysis and summaries of some of the stars of the early Olympic Games. Mr. Daland, who was the head women's Olympic coach in 1964, and the men's head coach in 1972, was assisted in the editing of the book by Dr. Phil Whitten, the longtime editor-in-chief of Swimming World's magazine and web site. Available on the USA Swimming website under Shopping/Publications (for orders of ten or more, call 719-866-4578). Available in soft cover (\$19.95) or hard cover (\$29.95)!

**CALENDAR – JUNE**

June 6-7 – CRAA LC Kickoff (LCM) hosted by Cedar Rapids Aquatics at Mercer Aquatic Center, Iowa City

June 12,13&14 – DMSF/ACAC Birdland Invitational (LCM) hosted by Des Moines Swimming Federation & Ames Cyclone Aquatics at Birdland Pool, Des Moines

June 27 & 28 – Vinton Invitational (SCM) hosted by Vinton Aquatics at Vinton Community Pool, Vinton

June 27 & 28 – River City Splash (LCM) hosted by Mason City Swim Club at Mason City Municipal Pool, Mason City

*June 22-30 I will be out of the office. I will be checking internet & phone answering machine. If your matter needs immediate attention, please contact Dave Joensen, General Chair 515-231-3667. (If he is unable to answer your question, he will know how to get a hold of me.)*

Have a good day!

Any questions please contact: ISI Office / Elaine

E-mail: [ISISWIM@aol.com](mailto:ISISWIM@aol.com)

Phone & Fax: 563-391-5832 or 1-877-ISI-SWIM (IA toll free)

Address: 2715 Pioneer Court, Davenport, IA 52804-1099