

82nd NISCA National Clinic

Greensboro, NC, March 18-21, 2015

The clinic opened on Wednesday with a President's Welcome Reception in the evening.

General Business Meetings:

All American General Meeting

- Academic All American is an online form only. No paper form will be available. Once the online form is completed, follow the instructions for printing, attaching appropriate documentation, and mailing.
- Discussion of adding 7th and 8th grade swimmers and divers for those states that allow them to compete with their high school teams. Discussion was tabled until further data is presented.
- Discussion of adding an All American Consideration certificate for those that make the consideration cut but do not make the top 100. This will be worked on and will be a PDF available for download for a fee from the All American page of the website.

NISCA General Meeting #1

Mel Roberts opened the meeting and welcomed members and new attendees to NISCA's 82nd National Clinic.

Minutes from 2014 General Meetings were approved as recorded.

Mel Roberts gave the present State of NISCA report.

- There have been some changes to Letterhead positions to better serve NISCA.
- Mel updated on the SafeKids program and sponsors
- The HS track at the ASCA World Clinic continues to develop

Committee reports:

1. **Audit Committee:** (Onstott) Finances and books are in good shape. The Audit and Review process are being modified to allow for less expensive options.
2. **Treasurer:** (Wojslawowicz) Finances are sound. NISCA is losing money for the 4th year in a row. There are no wasteful or unjustified expenses. The best way to level the finances is to increase membership.
3. **Marketing:** (McElroy) Eve and Arvel are taking this position over from Chris VanSlooten who has decided it is not a good fit for him. They are working hard and would like any suggestions or volunteers to help with the marketing of NISCA.
4. **Power Point, All America Archives, Journal:** (Paul Torno)
 - a. **Journal:** Paul would love to have more articles and team submissions than he can use. Positive Strokes is a new column that could use coach's submissions. All photos need to be high resolution.
 - b. **Power Points:** Power points participation should be an automatic for all high school coaches. Updated Power Points table for the 2014-2015 season.
 - c. **All America Archives:** If you need any info on former All Americans contact Paul. For NISCA coaches there is no fee. For coaches that are not members there is a fee for the service.
5. **Diving:** (Mason) Discussed proposed diving rules changes/additions as well as the new judging scale. There were and will be some growing pains with the new scale but it is a step in the right direction.

6. **Zone Directors:** (McElroy) Redefining the role of the Zone Directors. It's possible to get the Zone Directors to submit items from each zone to the Torno for the journal.
7. **Professional Awards:** (Stetson) No new updates. Stetson was unable to attend the clinic this year due to health concerns. Please keep him in your thoughts and prayers.
8. **Coaches Education:** (Anderson) The NFHS along with NISCA (Arvel) created an online course for coaches that is available on the NFHS website. Any articles that might be positive to share with other coaches should be sent to Torno for inclusion in the journal.
9. **NISCA Store:** (Anderson) This is where you go to buy your certificates, etc. Also have a selection of NISCA apparel that can be purchased.
9. **Records:** (Schuelke) New records will be listed in the Journal as they come in. 8 new records so far this year with 2 pending. Discussion was had on the process of certifying a pool for a national record. Information is on the NISCA website.
10. **Nominations for Treasurer:** Tom Wojslawowicz was voted in by acclamation.
11. **Nominations for President-Elect:** Diane Hicks-Hughes and Mark Onstott were nominated.
12. **Vendor:** Mel introduced Tim Elson of FINIS. Information is available at <https://www.finisinc.com/>

NISCA General Meeting #2

Committee Reports:

1. **Journal** (Torno): Needs someone for photos for the awards banquet.
2. **All American:** (Onstott) Took care of a lot of business in the AA chairs meeting and in the AA General Meeting. Academic applications are due the end of March. Some edits are taking place for the online application.
3. **Water Polo:** (Bryan Weaver) Water Polo rule changes were discussed. All rule changes are not very significant. Lots of discussion on the All American selection process and developing the quotas for each region. Change from 130 to 100 Water Polo All Americans.
4. **Membership:** (Hugo) 1,070 Paying members, MI and IN coaches associations are submitting memberships through their organizations. Registering through ASCA continues to cause delays in getting info in the NISCA system. Always looking for ways to increase membership numbers.
5. **Webmaster:** (Julian) Possibility of a website redesign. A redesign has the potential to be very expensive. Eve is looking into the possibility of someone having a current or former swimmer that has the ability and desire to help. Also looking for a new webmaster.
6. Constitutional Amendments: Allowing non-state sanctioned meets such as the California CIF to count towards the David H. Robertson Coaching Excellence award - Failed unanimously
7. Speeches by the candidates for President-Elect

NISCA General Meeting #3

- President-Elect vote - Winner was Mark Onstott
- Mark Onstott presented on the Hour of Power fundraiser. This would be a great opportunity for our high school teams in Michigan to support a great cause.
- Next year will be in Atlanta, GA for the men's meet, March 23-26, 2016
- Meeting adjourned

NISCA Rules Meeting:

Mel Roberts called the meeting to order

Mike Slagle ran through proposed rule changes. NISCA participates in the rules revision process and gives it's input in the NFHS rules meeting. Please see Rules Committee Meeting Proposed Rules/Editorial Changes. Votes during the Rules Meeting are for Support, No Support, or No Action. For specifics on any of the votes or the rule change proposals please contact Denny Hill or Eric Talsma.

1. No Support
 2. Support
 3. No Support
 4. No Support
 5. Support
 6. No Support
 7. No Action
 8. No Support
 9. Support w/ amended
 10. No Support
 11. No Support
 12. Support
 13. No Support
 14. No Support
 15. No Action
- Editorial Changes

NISCA Clinics

Dave Barney - The History of Women's Swimming - Dave shared insights, stories, and facts about the birth of women's competitive swimming in the United States leading up to and including the 1920 Olympic Games.

Mark Onstott - Developing Assistant Coaches - Mark shared his process of recruiting and developing assistant coaches for New Trier HS in Winnetka, IL. Mark's teams trained at two different sites in three or more practice times each day. His use of coaches meetings and clear guidelines for each coach helped him manage a large staff with upwards of 120 swimmers.

Kevin Graner, Speedo - The New LZR X from Speedo - Kevin shared the design features and improvements that were made with the latest edition of the Speedo fastsuit.

Clinic Socials

Wednesday was the welcome reception. Thursday was a pizza and beer social provided by NISCA. Friday was an ice cream social.

Michigan High School Coaches at the Clinic

Gregg Brace, Dennis Hill, Liz Hill, Eve Julian, Don Mason, Eric Talsma, and Mike Torrey

Banquet

This is the highlight of the Convention. The live videos of 10 awards are posted on the Swimming World Magazine Site, under Event Coverage and Video Streaming, then click on 2015 NISCA Convention, March 21, 2015; <http://www.swiminfo.com/>

2015 NISCA Hall of Fame

Richard E Hood, Harry A Burke High School, Omaha, Nebraska - presenter Marney T Shirley

2015 Collegiate and Scholastic Swimming Trophy Recipient

Arthur J Downey, Edina High School, Edina, Minnesota - presenter Paul Torno

2014 NISCA Outstanding Service Award

1. Kathleen Cahill, Brewer High School, Brewer, Maine - presenter Phil Emery
2. Liz Hill, Pioneer High School, Ann Arbor, Michigan - presenter Dennis Hill
3. Jeffrey F Johnson, Acton-Boxborough Reg High School, Acton, Massachusetts - presenter Jessica Crowley
4. Kent Kirchner, The Woodlands High School, The Woodlands, Texas - presenter Kris Kirchner
5. Richard Marcussen, Cedar Falls High School, Cedar Falls, Iowa - presenter Mark P Onstott

2015 NISCA Honorary Membership Award

Becky Oakes, NFHS, Indianapolis, Indiana

2015 NISCA Special Service Awards

1. CJ "Trey" Collins, Diving Chair, Corpus Christi, Tx
2. Chris VanSlooten, Marketing Chair, Fork Union, VA

2015 NISCA Completion of Service Award

Richard Marcussen, Cedar Falls High School, Cedar Falls, IA

2014 Power Point (National Dual Meet Team Champions) from Michigan

Class 3 - Boys Public School (1401-1900) - 5587 pts - Pioneer, Ann Arbor, MI - Coach Denny Hill

Next Year- Men's NCAA at Georgia Tech, Atlanta, GA

March 24-26, 2016!!

NCAA Swimming and Diving Championships

Results of State of Michigan swimmers

Courtney Bartholomew JR Virginia(5th 229 pts)

200 FR	14th	1:28.74	P 22.16	100 Back	1st	P 24.88, 50.67
200 IM	6th	P 24.99, 52.31, 1:27.40, 1:55.29			2nd	F 24.91, 50.51
	5th	F 25.20, 53.28, 1:27.93, 1:55.71		200 Back	5th	P 26.00, 54.04, 1:22.42, 1:51.16
400 MR	1st	3:28.27	P Back 25.05, 50.88		2nd	F 25.84, 53.51, 1:21.30, 1:49.35
	2nd	3:26.42	F Back 24.45, 50.19	400 FR	12nd	3:16.00 P 23.36, 49.00
200 MR	4th	1:36.59	P Back 24.32		14th	3:16.13 F 23.60, 49.18
	4th	1:36.84	F Back 23.91			

Cheyenne Cousineau SR Miami of Florida (25th 42 pts)

1 M Dive	25th	283.05 pts	Platform Dive	8th	P 282.75 pts
3M Dive	15th	P 324.20 pts		3rd	F 318.05 pts
	11th	F 357.50 pts			

Anna Demonte, JR Tennessee (11th 125 pts)

200 IM	20th	24.81, 54.34, 1:29.21, 1:57.28	100 Back	35th	26.10, 53.48	
200 MR	5th	1:36.84	P Back 25.37	200 Back	40th	27.27, 56.25, 1:25.36, 1:55.49

Taylor Ford SR The Ohio State (40th 5 pts)

3 M Dive	42nd	270.80 pts	Platform Dive	32nd	223.10 pts
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Annie Lazor JR Auburn (18th 66 pts)

400 MR	11th	3:33.09	P Breast 27.97, 59.58	200 Breast	9th	P 29.31, 1:01.83, 1:35.07, 2:08.86
	14th	3:33.92	F Breast 28.15, 1:00.15		10th	F 29.37, 1:01.95, 1:34.96, 2:08.41
100 Breast	20th	P 28.21, 1:00.14				

Emily Stalmack SR Louisville (6th 197 pts)

Platform Divw	36th	217.70 pts
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Anne Tambllyn JR Wisconsin (13th 103 pts)

200 FR	1st 1:26.86	P 21.90	200 MR	15th 1:37.57	P Back 25.25
	4th 1:26.98	F 22.07		15th 1:38.00	F Back 25.56
400 MR	15th 3:33.81	P Back 26.25, 53.83	400 FR	4th 3:13.00	P 23.30, 48.80
	16th 3:34.92	F Back 25.73, 53.95		6th 3:13.84	F 23.35, 49.31

University of Michigan (22nd 49 pts)

Carey Chen SR

1 M Dive	27th	281.65 pts	Platform Dive	7th	P 282.80 pts
				8th	F 251.05

Kelsey Cummings SR

500 Free 36th 54.53, 1:52.25, 2:49.69, 3:48.45, 4:45.23
1650 Free 13th 51.54, 1:46.15, 2:40.13, 3:34.01, 4:27.81, 5:22.10, 6:16.69, 7:11.58, 8:06.14, 9:00.74, 9:55.21, 10:49.74, 11:43.92, 13:49.83, 14:49.99, 15:49.19, 16:16.60

Ali Deloof SR

50 Free	25th	22.27	100 Free	27th	23.15, 48.81
100 Back	31st	25.69, 53.16			

Gabrielle Deloof FR

Madeline Frost SO

Claudia Goswell SO

200 Free	52nd	24.88, 52.16, 1:20.16, 1:48.19	100 Free	61st	24.55, 50.76
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Emily Kopas FR

100 Breast	22nd	28.45, 1:00.16	200 Breast	11th	P 29.70, 1:02.23, 1:35.37, 2:08.99
				9th	F 29.32, 1:02.13, 1:35.01, 2:07.88

Zoe Mattingly JR

Hannah Moore FR

500 Free	25th	53.73, 1:50.16, 2:47.19, 3:45.11, 4:42.68	200 Back	39th	27.45, 56.33, 1:26.09, 1:55.36
400 IM	27th	57.90, 1:59.60, 3:15.57, 4:12.06			

Gillian Ryan FR

500 Free	31st	54.04, 1:50.92, 2:48.62, 3:47.17, 4:44.02	200 Free	28th	25.42, 52.34, 1:19.50, 1:46.20
1650 Free	10th	56.05, 1:54.42, 2:53.19, 3:52.28, <u>4:51.63</u> , 5:50.89, 6:49.88, 7:48.43, 8:47.32, <u>9:45.92</u> , 10:44.32, 11:42.53, 12:41.08, 13:39.09, <u>14:37.18</u> , 15:33.62, 15:59.31			

Clara Smiddy FR

200 IM	15th	P 25.40, 52.68, 1:27.94, 1:56.90	200 Back	14th	P 27.00, 55.29, 1:24.01, 1:53.30
	14th	F 26.03, 53.82, 1:28.77, 1:56.95		9th	F 26.47, 54.45, 1:23.25, 1:51.88
100 Back	14th	P 25.42, 52.17			
	13th	F 25.53, 52.10			

University of Michigan's Relays

200 Free Relay

23rd	1:29.78	Madeline Frost SO	22.66
		Ali Deloof SR	21.89
		Zoe Mattingly JR	22.78
		Clara Smiddy FR	22.45

400 Medley Relay

17th	33:34.22	Clara Smiddy FR	25.53, 52.16
		Emily Kopas FR	28.23, 1:00.50
		Zoe Mattingly JR	24.68, 53.79
		Ali Deloof SR	22.47, 47.77

200 Medley Relay

27th	1:39.12	Ali Deloof SR	12.15, 24.49
		Emily Kopas FR	12.98, 28.17
		Zoe Mattingly JR	10.67, 24.11
		Madeline Frost SO	10.55, 22.35

800 Free Relay

14th	7:06.73	Gillian Ryan FR	25.09, 52.16, 1:19.28, 1:45.56
		Clara Smiddy FR	24.37, 51.03, 1:18.72, 1:46.12
		Claudia Goswell SO	24.29, 51.21, 1:19.00, 1:46.90
		Gabrielle Deloof FR	24.30, 50.88, 1:19.08, 1:48.15

400 Free Relay

21st	3:17.38	Ali Deloof SR	23.33, 49.11
		Gillian Ryan FR	23.87, 49.41
		Clara Smiddy FR	23.61, 49.42
		Madeline Frost SO	23.27, 49.44

