



Athlete Newsletter

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Is it legal?

Suits have been a pretty debatable topic these past few months and there is a lot of controversy over whether or not the times and records set by the people who wear the suits are actually "fair." Just a few weeks ago it was pretty much assumed that suits like the blue seventy would no longer be permitted to be worn. However, the blue seventy along with many other "air trapping" and "buoyant" suits have in fact been "legalized." The FINA Bureau released a set of regulations a couple of weeks ago to serve as a guideline for future suits. Along with the rules, a list of suits that would be ALLOWED was released. However, a list of suits that are NOT permitted has yet to be released.

Ironically, some of the suits on the list do not meet the regulations. It should be noted that these rules are only valid until January 1, 2010 at which time further revisions to the rules and list of permitted suits will be made by FINA. Here's the basic gist of the rules but if you are want to see the actual full, detailed set of regulations they can be found at this link.

http://www.swimnetwork.com/blogs/blog/20090315/fina_announces_new_swimsuit_regulations-2144.html

- No air trapping suits are allowed
- A swimmer is not permitted to wear more than one suit when racing.
- The suit can't be more than one mm thick
- The suit can't float more than one Newton
- non-permeable material is not allowed to be used
- Can't cover the neck, or extend past the ankles or shoulders

The list of approved models can be found at this link:

<http://www.swimmingworldmagazine.com/ane9/news/21182.asp>

-Bailey Dowe, Athlete Secretary

Welcome

Last year's Senior Rep, Christine Hughes, had the vision of creating an Athlete Newsletter to keep all of the athletes informed about what was going on in SC Swimming. Who deserves to know what's happening more than the swimmers? We're going to do our best this year to get out a seasonal newsletter with information about what happened during LSC meetings, exceptional athlete accomplishments (great swims, records, signings, etc.) and anything else you might need to know. Team Reps are definitely invited to contact us with anything they think is newsletter-worthy or even contribute articles of their own. We're looking forward to hearing from you!

-Yuko, Chrissy and Bailey

Upcoming Select Camp

South Carolina Swimming is very excited to hold the second annual Select Camp on September 26-27 in Myrtle Beach. Like last year, up to 60 athletes, Zone coaches and both the Age-Group and Senior Coach of the Year have been invited to meet to learn from an exceptional athlete and coach. This year's speakers will be two-time Olympic coach Joe Bernal and two-time Olympian Kaitlin Sandeno. Joe Bernal is currently the head coach of Bernal's Gators of Boston, MA, and has also held the head coaching position at Harvard University. He has coached six Olympians, including former world record holder David Berkoff. Kaitlin Sandeno was a star at the 2004 Olympic Games, anchoring the gold-medal 800m freestyle relay and medaling in both the 400m free and 400m IM. She also performed well in Sydney in 2000, earning a bronze medal in the 800m free. The Selection Process for the camp did not change from last year, and the roster has been finalized. Have fun participants, we're sure you'll learn a lot.

-Yuko Gruber, Senior Athlete Rep

All State 2010

For the 2009-10 All State this year we are so excited to have Olympic Gold Medalist Natalie Coughlin as the mentor for the swimmer clinic! The banquet and clinic will take place in Hilton Head the weekend of April 17-18, 2010. Athletes who have achieved their two AAA time standards are eligible to attend the clinic, and should all take advantage of the opportunity to meet such an incredible swimmer.

As always there will be a banquet honoring outstanding achievements of the season as well as the presentation of the Jennifer Smith Award and Scholarship. Swimmers who have achieved the motivation times of AAA in any two events will be presented with gifts, following the five-year cycle established at last spring. This year's gift will be Nalgene-type water bottles. Immediately afterwards there will be a dance for athletes 13 and over that will last until 11 pm. The venue for the banquet is yet to be determined.

The morning after the banquet and dance there will be an Athletes' Meeting for anyone who wants to attend. At it we will vote for the following year's Senior rep, Junior rep, and Secretary. We will also vote on Zone gifts.

-Chrissy Oberg, Junior Athlete Rep