

MOVY MINUTE

A Newsletter of Missouri Valley Local Masters Swimming Clubs

Upcoming Events

***9/15-11/15** – 2020 USMS 3000/6000 ePostal National Champs - individuals and relays

***10/1-11/30** - 12th Annual Ross Yancher Brute Squad/ Brute Squad Lite ePostal

11/7 - Gladstone USMS Postal Challenge 4-6pm, \$5 drop in fee plus your registration for one or more of the USMS Postal events above. Come swim with your teammates at Gladstone Community Center. Watch your email for more details!

***12/1-31** - 9th Annual 400 Kick for Time Postal event
Rules and registration at usms.org

Fast Fitness 3x thru

- 15 squats
- 10 windmills
- 5 burpees
- 30 seconds rest

- 15 pushups
- 10 flutter kicks
- 5 Supermans
- 30 seconds rest



Thompson, Delegate to USMS Virtual Convention

Anthony Thompson from KC Blazers Masters, served as this year’s delegate to the annual

USMS Convention in September. Due to risks of the novel corona virus pandemic, all sessions were presented virtually. Below are excerpts from Anthony’s report:

“The USMS national office staff had set-up Zoom calls, provided two training sessions before the convention started and were present on critical calls & forums.

All of the standing committees met. Minutes are posted on the USMS website.

One key agenda item was the election of an At-Large Director on the Board of Directors (BOD). Qualified candidates are nominated by a member and recommended via letter by another member. 249 members were present on the Zoom call. The Breadbasket Zone At-Large Director, Carrie Stolar, was elected to her second term on the Board. Other directors are listed on the USMS website.

Proposals to change USMS Rules, Policies and Bylaws of the USMS Rulebook come to the floor at each Convention. LMSC Development committee received requests to change boundaries of LMSCs, which in 2020 impacted Missouri Valley. The county encompassing Joplin, MO became part of the Arkansas LMSC as proximity better served their swimmers.

The Unified Fee system was adopted for all of USMS. Missouri Valley was among the early adopters of this option. The biggest change to USMS was from legislation that has removed all but the immediate past president from the BOD. Before this passed, the Presidents were non-voting members of the board. This brings USMS into similar governance to other sports bodies. There was a legislative proposal that just failed 51% to 49% to change the number of days between transferring between clubs, so it is critical that Missouri Valley sends delegates to convention to vote on critical changes to USMS.

Anthony will provide a more detailed report of convention to the Missouri Valley officers at an upcoming meeting. Feel Free to contact him if you have questions about USMS Convention or any of the above items.”





Good to Go - Post Workout Nutrition

Tart cherry juice, whole eggs, ricotta cheese, smoked salmon, cottage cheese, sweet potato, herbal tea, or whole grain bread are all great for recovery after a solid workout.

Try stirring together 1/2 C of ricotta cheese with 1/2 tsp vanilla extract. Top with 1/3 C granola and 1/2 C fresh berries for a tasty morning treat.

Prefer savory? Spread 2 Tbs cream cheese on a small whole grain wrap and top with 3 oz. sliced smoked salmon, 1/4 C sliced pickled beets and a handful of arugula. Yum!

Wanted: Submittals

What's happening in your neck of the woods? Do you have an event or a person we could feature? Please submit your ideas to heather.huettner@yahoo.com

Let the Competitions Begin!

Beginning November 1, 2020 USMS is giving the green light to sanctioned, in-person swimming events provided federal, state, and local Covid-19 guidelines are followed ensuring the health and safety of all participants. Below are some of the Phase 1 implementation restrictions and/or guidelines:

- * 50 or fewer swimmers per session
- * Entrants must travel less than 100 miles to venue or keep within the boundaries of the LMSC if less than 100 mile radius
- * Meet Directors submit Covid-19 safety plan to LMSC sanctions chair for review and to be filed with USMS national
- * Directors communicate safety plans in published event information
- * Covid Participant Screening Questionnaire and USMS Liability release form, filled out
- * Temperature checks, hand sanitizing stations, and masks to be provided (bring your own mask and expect to wear it when not swimming)
- * Physical distancing practices observed
- * No relays
- * No spectators or non-essential attendees
- * Limited bathroom/locker room usage - be prepared to arrive and leave in your swimsuits

Be on the lookout for all the details you need found on the event information sheet at usms.org.

Information for sanctioning Open Water Swimming events occurring in late 2020, early 2021 can be obtained at openwateradvisor@usmastersswimming.org.

We Need Some Help!

Missouri Valley is comprised of many teams in the region. We want to have representatives from each team who would join an occasional video conference call to share what's happening with their team and gather information to take back to the team. This promotes enthusiasm within the LMSC which helps attract others and grow our programs. Also, we are in search of additional board members to serve as the steering forces behind Missouri Valley Masters. If you have a passion for Masters swimming and have been looking for a place to plug in, or you know of someone who fits that description, please let it be known! Contact Doug Hayden at dhaydent41@gmail.com



