

**Southern California Swimming  
Open Water Committee  
Meeting Minutes and Discussion Notes**

Date of Meeting: Wednesday, February 12, 2020

Attendees: Robin Smith (Chair), John Abrami (Coastal OW Rep), Mark Johnson (Metro OW Rep), Iman Khadembashi (Pacific OW Rep), Paige Kuwata (Athlete Rep – Desert), Annaliese Litton (Athlete Rep – Pacific), Alex Nieto (Orange OW Rep)

Absent: Colin Geer (Athlete Rep – Metro), Paul Szuszkiewicz (Eastern Officials Rep and OW Liaison)

Meeting Called to Order: 8:01 PM

1. Welcome and Introductions

2. Review of SCS Open Water (OW) Schedule of Events (as of February 11, 2020) – attached on Page 3

- Date and Venue of SCS Age Group Open Water Camp discussed
- Location of SCS Open Water JOs pending (? Lake Mission Viejo or other venue)
- Need to Identify LSC/Host of 2020 Western Zone Open Water Championship (San Diego-Imperial LSC – Coronado hosted last year)
- Possible Pool Open Water Event at Riverside Aquatics Center
- Possible new sanctioned Open Water swim in November – Turkey Brine Pier Swim in Huntington Beach

**Action Item(s):**

- **Robin Smith to follow-up with Mission Viejo Nadadores and Western Zone Chair**

3. Discussion of posting Open Water calendar and other information to SCS Website.

- Currently Open Water is a selection located underneath the “Meets” tab. Preference is to have an Open Water tab created on main page to be able to find everything easily in one place.

**Action Item(s):**

- **Robin Smith to follow-up with SCS Office**

4. SCS Age Group OW Camp/Clinic

- Date – initially June 20<sup>th</sup> was discussed, then decided that perhaps earlier (? May) was better to allow athletes to enter Seal Beach RWS and SCS OW JOs
- Ages from 10&U up to 15-18; current 2020 USA-S membership; novice through experienced open water swimmers
- Discussion about in-water vs on-beach clinic; practicing skills vs observing others
- Buddy system can be used to pair experienced athletes with novice athletes
- Possible Venues – Seal Beach is 1<sup>st</sup> choice, other possibilities include Long Beach and South Bay beaches
- Coaches to teach open water skills with appearance by OW Olympian or OW National Team member to give motivational talk
- Need to consider event permit and lifeguards/safety

**Action Item(s):**

- **Mark Johnson to contact Seal Beach regarding Age Group OW Camp**
- **Iman Khadembashi to contact local OW Olympians and National OW Team members regarding schedule and availability**

5. Pool Open Water Events and Pool Clinics

- Discussion about teaching open water skills in pool initially – with progression to bay or lake and then to ocean. Using the Buddy system is helpful – peer to peer teaching.
- NOVA is planning a clinic with Age Group swimmers starting with a Pool OW Clinic in March and then progressing to the Back Bay and then to Newport Beach. SBSC has also run a similar clinic format.
- Discussed additional venues for open water clinics or open water events– Back Bay in Newport Beach, Naples Island (Marine Stadium) in Long Beach Alamitos Bay
- May need to have more Pool Open Water Events as ocean and lake venues are not always available.

**Southern California Swimming  
Open Water Committee  
Meeting Minutes and Discussion Notes**

6. Training/Certification of SCS OW Officials

- Paul Szuszkiewicz is our SCS Officials Committee Liaison to the OW Committee.
- He is compiling a list of all certified OW Officials. We may see some officials at our clinics and events for training purposes.

7. Support Opportunities

- Discussion regarding identifying local kayaking and paddling groups to help support OW swimmers during longer events

8. Priorities of Attendees

- Upcoming Age Group Open Water Camp; Clinics for all levels of open water skill
- How to identify potential open water swimmers – good at long distance practices and events, participate in Junior Lifeguard and Lifeguard Youth Programs, enjoy competing in local Open Water swims/races
- Locations of weekly open water swims for training purposes – Santa Barbara (SBSC), Santa Monica (Tower-26), Newport Beach (NOVA)

9. Swim to Tokyo 2020 – Ideas

- In this Olympic Year, want to bring attention to Open Water Swimming as an Olympic Event and that the entire 2020 US Olympic Team for Open Water Swimming including the Head Coach has a connection to SCS. Also important to recognize the rich legacy and history of open water swimming in Southern California and representation on Olympic Open Water Teams from initial event in 2008 Olympics to present.
- Every SCS GEO Committee hosts an event related to OW – this can be an open water clinic, open water swim, pool open water clinic, or pool open water swim
- Designate some open water swims in the pool/ocean as “Swim to Tokyo Events” – maybe a 1K and 620yd swims to honor the 10K Olympic Event
- Designate some LCM pool meet events as “Swim to Tokyo Events” – can be a 400m for Age Group, and 800m or 1500m for Seniors
- Literally “Swim to Tokyo” – the distance from Los Angeles to Tokyo is 5479 miles. Pick a timeframe and challenge Clubs, GEO committees, the entire LSC to “Swim to Tokyo” (virtual event)
- Timeframe June 29<sup>th</sup> to July 24<sup>th</sup> (after end of US Olympic Team Trials for Swimming to Tokyo Opening Ceremonies) – 26 days is ~210.7 miles/day
- Timeframe April 24<sup>th</sup> to July 24<sup>th</sup> (3 months to Opening ceremonies) – 92 days is ~59.6 miles/day
- Timeframe March 24<sup>th</sup> to July 24<sup>th</sup> (4 months to Opening ceremonies) – 123 days is ~44.5 miles/day

**Action Item(s):**

- **All attendees to bring this event up at their GEO Committee meetings, and with Clubs, Coaches, Athletes, to get feedback on these ideas and brainstorm new ideas.**

10. LA2028

- The Legacy Triathlon course is the proposed LA2028 Triathlon Event Course. This Triathlon started last year to champion the future Olympic Course.
- Currently the Marine Stadium (Naples Island/Long Beach) and Redondo Beach are possible contenders for the LA2028 Open Water Olympic event. Think about creating a future Open Water Event when a proposed 10K Open Water course for LA2028 has been identified.

11. OW Committee Meetings

- Standing Meeting or Schedule Month to Month?
- Decision to try to find a day that would work for a standing meeting – easier to plan if scheduled in advance. Currently looks like Mondays and Wednesdays might be available. Wednesday is probably best.

**Action Item(s):**

- **Robin Smith to identify a potential monthly standing meeting pattern and get back to Committee.**

Meeting adjourned: 9:01 PM

**Southern California Swimming  
Open Water Committee  
Meeting Minutes and Discussion Notes**

**Southern California Swimming  
2020 Open Water Calendar of Events  
(As of February 11, 2020)**

Here are the open water events that I am currently aware of for planning purposes. Events not already listed will be added to the SCS Website and Calendar along with links for registration and information when available. There are several additional open water events in planning stages that may be added in the future.

<b>DATE</b>	<b>RACE/EVENT</b>	<b>LOCATION</b>	<b>DISTANCE(S)</b>
Fri April 24 <sup>th</sup> to Sun April 26 <sup>th</sup>	Combined Open Water Nationals and Open Water Junior Nationals	Fort Myers, FL	10K / 5K (Nationals) 5K / 7.5K (Jr Nationals)
<i>TBD</i>	<i>SCS Age Group Open Water Camp Lead – Mark Johnson (CERR) Metro OW Rep</i>	<i>TBD</i>	<i>TBD</i>
Sat June 20 <sup>th</sup>	51 <sup>st</sup> Annual Seal Beach Rough Water Swim (dual-sanction USA-S/USMS)	Seal Beach, CA	200yd / 400yd / 800yd / 1200yd / One Mile / and Three Mile
?Sat June 27 <sup>th</sup>	<i>Firecracker Swim Meet – Pool Open Water Swim Event (dual sanction USA-S/USMS)</i>	<i>San Luis Obispo, CA</i>	<i>125m / 250m / 500m / 750m / and 1000m</i>
Sun June 28 <sup>th</sup>	SCS Open Water JOs Host – Mission Viejo	TBD	TBD
<i>TBD</i>	<i>Western Zone Open Water Championships</i>	<i>TBD</i>	<i>TBD</i>
Fri July 17 <sup>th</sup>	Legacy Triathlon Open Water Swims (USAT sanctioned Event)	Long Beach, CA	750m / 1500m
Sun Sep 20 <sup>th</sup>	Mission Mile (Lake Mission Viejo) (dual-sanction USA-S/USMS)	Mission Viejo, CA	One Mile / Two Mile (Additional distances <i>TBD</i> )

Questions? – Please contact Robin Smith, SCS Open Water Chair ([coachrobinsmith@gmail.com](mailto:coachrobinsmith@gmail.com))