

Potomac Valley LMSC Meeting Minutes
Kennedy Shriver Aquatic Center - North Bethesda, MD
3/17/12

- 1) Introductions
 - 2) Approval of last meeting's minutes (with amendment)
 - 3) Reports:
 - Chairman (Jeff Strahota)
 - Welcome
 - Exciting year ahead
 - SCY Nationals is drivable distance (Greensboro NC)
 - Any USMS member automatically qualifies for 3 events (plus 4 relays)
 - Entry deadline: March 23

 - Registrar (Jeff Roddin)
 - PV lost 4 teams: Trinity, Team Athalon, Potomac Marlins, Ward Swim Club
 - PV gained 2 teams:
 - PEAK (for Chesapeake) - practices at PG Sports & Learning
 - FINZ - practices at Georgetown Prep
 - Member Counts:
 - Mar 1 2010 - 2008 members
 - Mar 1 2011 - 2195 members
 - Mar 1 2012 - 2107 members

 - Top 10 (Jeff Roddin)
 - 2011 SCM season complete and official on USMS
 - Tropical Splash 2012 director will be making an optional submission to the Event
- Rankings Database in SD3 file format.
- Sanctions (Jeff S. for Deb Morrin-Nordlund)
 - DC Rec LCM meet evaluator - Ray Novitske
 - Colonies Zone meet evaluator - Dave Robinson (Mollie Grover, backup)
 - Reston Lake swim evaluator - Mollie Grover
 - Wave One Swims are requesting OEVT registration
 - Tropical Splash 2013 meet will be on Feb 3
- Treasurer (Tim Timmons)
 - Doing well
 - Treasury is at high point in year
 - Dues will be ok as set, for long time
 - Funds kept in two accounts, with Jeff R as secondary access
- Secretary (Cheryl Wagner)
 - No report
- Newsletter (Cheryl Wagner)
 - Cheryl Wagner will again be editing newsletter.
- Awards (John Carlson for Jen)
 - Awards for swimmers of the year will be given out at PV LMSC Awards Banquet. For more information, see "Old Business".
- Coaches (Frank Marcinkowski)
 - Hosting Masters Level 1 & 2 Coaching Certification Clinics Mar 31, 2012
 - 24 coaches have signed up (hoping for 35-40)

- Masters ASCA certification (tailored for masters, heavy on stroke technique)
- PV is willing to pick up 1/2 of cost of coaches' tuition
- If 15 swimmers on team, PV subsidizes 1 coach
- If 25 swimmers on team, PV subsidizes 2 coaches
- If 75 swimmers on team, PV subsidizes 3 coaches
- Join them for dinner at Pizza Paradiso on 5:30PM, Friday
- Instructing: Mel Goldstein & Scott Bay
- Call for "on deck" coaches at SCY nationals
- If you want "Streamlines for Coaches" check "I coach" on USMS registration
- USMS holding "high performance" camp in Greensboro (Check Facebook.)
- FINA worlds being held in Italy on June 3-17 (Gordon Gerson has list of hotels.)
- Hoping to host PV Swimfest in Fall

Officials (Eric Nordlund)
 -no report

Fitness (Diana Corbin)
 -Diana is retiring.
 -Recommends that swimmers consider: Go the Distance, Check-Off Challenge, and Postal Swims.

Long Distance/Open Water (Denis Crean)
 -Attended National Park meeting about upper Georgetown waterfront.
 -Advocated for public access.
 -Non-powerboat zone was discussed.
 -More open water events coming.

4) Old Business

- Hosting Swimfest in Fall - will discuss at July PV meeting.
- PV LMSC Dinner/Awards Banquet
 Lake Accotink Park, May 20, 1-5PM, (awards at 2PM)
 All PV members are invited to picnic (no charge) and welcome to bring family members
 Event will be catered with vegetarian options
 Close to GMU, can rent volleyball courts, no alcohol
 Can have quiet music, flyer going out
 Frank Marcinkowski offered to let banquet attendees work out at their pool on Old Keene Mill Rd from 10AM-12PM
 300 people max
 Possible awards include inspirational, volunteer of year, mentors, team awards, continuous registration

5) New Business

- Convention delegates needed (5 slots):
 Sep 12-16 - Greensboro NC (most travel expenses reimbursed by PV)

6) Next Meeting

- After DCRP meet, Hains Point, July ??

PVLMSC Meeting Agenda
March 17, 2012
1pm
Kennedy/Shriver Aquatic Center
North Bethesda, MD

I. Introductions

II. Approval of Last Meeting Minutes

III. Reports:

Chair - Jeff Strahota
Registrar - Jeff Roddin
Top Ten - Jeff Roddin
Sanctions - Deb Morrin-Nordlund
Treasurer - Tim Timmons
Secretary - Cheryl Wagner
Newsletter - Jayme
Deerwester/Cheryl Wagner
Awards - Jen Carlson
Coaches - Frank Marcinkowski
Officials - Eric Nordlund
Fitness - Diana Corbin
Long Distance/Open Water - Denis Crean

IV. Old Business

Hosting Swimfest
LMSC Dinner/Awards Banquet

V. New Business

Convention delegates

VI. Schedule Next Meeting

Potomac Valley LMSC Board Meeting Sign-in Sheet

Date: 3/17/2012 Location: KSAC, North Bethesda, MD

Club	Attendee(s)
Alexandria Aquatic Rec. Group (AARG)	
Alexandria Masters Swimming (ALEX)	RAY NOVITSKE
All Star Aquatics (ASAM)	
Aquatic Stars (ASTA)	
Arlington Masters (ARMS)	Ellen Hufford
Central Chesapeake Swimming (PEAK)	
Curl-Burke Masters (CUBU)	Frank Macindowski
DC Dept Of Rec & Parks (DCRP)	
DC Masters(DCM)	
DC Triathlon Club (DCTC)	
District Of Columbia Aquatics Club (DCAC)	
Fairfax County Masters (FXCM)	Jim Donahue
Fort Belvoir Masters (FBST)	
Germantown Maryland Masters (GERM)	Mark Walters, Doug Robinson
Machine Aquatics (MACH)	
Marymount Masters Swim Team (MMTM)	
Masters Aquatics at Spring Hill (MASH)	
Montgomery Ancient Mariners (ANCM)	Jeff Porter
Moon's Swim Club & Team (MSCT)	
National Capital YMCA (NCYM)	
North. VA Jewish Community Cen (JCCN)	
Patriot Masters Swim Team (GMUP)	Tim Timmonds
Potomac Open Water Swim (POWS)	
Reston Masters Swim Team (RMST)	"El Presidente" "Goidubson" John Carlson
Riptide Masters (RIPM)	
Sea Devil Swimming Masters (SDS)	
Team Warrior (TWAR)	
Terrapin Masters (TERR)	Jeff Mallic Grovchota, Cheryl Wagner
Wave One Swimming (WAV1)	DENIS CREAM
FINIS Swimming (FINZ)	
Other	

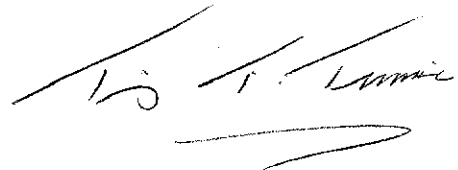
Cash Flow Report
3/11/11 Through 3/10/12

Category Description	3/11/11- 3/10/12
INFLOWS	
2011 SCM Last Meet Entry Fees	2,147.68
Ind & Club Reg	29,428.50
Interest Inc	16.56
TOTAL INFLOWS	31,592.74
OUTFLOWS	
2011 Swimfest	1,004.03
2011 Team Fee Rebate	900.00
Awards	179.98
Club Assistant Meet Support	2,314.15
Convention Expenses, 2011	2,723.38
Ind & Clubs	2,159.50
Meet Support	331.63
Misc	100.00
Office	211.10
Postage	539.50
Postage for Newsletters	1,200.00
Registrar Pay	8,010.00
SCM Meet 2011 Expenses	2,203.10
TOTAL OUTFLOWS	21,876.37
OVERALL TOTAL	9,716.37

Checking - 30967.65
 Savings - 38885.53

 Total - 69853.18

- 2011 Tax Forms have been filed with the IRS


 TREASURER



Masters Level 1&2 Coach Certification

The USMS Coaches Committee and Club and Coach Services have developed new curricula for Level 1 and Level 2 USMS Masters Coach Certification.

Coaches who achieved Masters coach certification through ASCA prior to December 31, 2010 will continue to have their certification recognized. However, these certified coaches are invited to participate in the improved Level 1 and Level 2 USMS Masters Coach Certification courses.

*Scholarships available to PV coaches

Date Saturday, March 31, 2012
Time 8:00 AM - 5:00 PM
Place Alexandria, VA

Instructors Scott Bay
Mel Goldstein

Cost \$120 for Levels 1 and 2
Lunch is included

Social 3/30/21 Friday
Happy Hour 5:30 pm &
Informal Dinner 7:00 pm

Ride Alexandria Masters will provide transportation to/from training for participants staying at Alexandria hotels or traveling by Metro (subway.)

Register <http://www.usms.org/content/coachcertsched>