

PVLMSC Meeting Minutes
Kennedy/Shriver Aquatic Center, North Bethesda, MD
March 16, 2013, 12:45pm

I. Introductions

II. Approval of Last Meeting's Minutes

III. Reports:

Chair - Jeff Strahota

- Asking us to recruit volunteers
- USMS's insurance is charging an additional fee of \$1800 for open water events this year. USMS is absorbing \$800 and is asking individual swimmers to pay \$1,000.

Vice Chair - John Carlson

- no report

Registrar - Jeff Roddin

- PV Registration counts (as of March 1):

2013 - 2216

2012 - 2107

2011 - 2195

- PV lost 6 registered clubs (clubs that didn't renew for 2013), and gained 4. But some of the lost clubs merged with other existing clubs so they truly weren't "lost"

- The new clubs are:

Herndon Aquatic Club

Life Time Mid Atlantic Swim Club

Team Swim Spray

Tollefson Swimming

- USMS gave notice that all coaches have to be USMS registered. Being a USA Swimming certified coach is no longer acceptable.

Top Ten - Jeff Roddin

- 2012 USMS SCM Top Ten results just came out.

Sanctions - Deb Morrin-Nordlund

- Evaluators solicited:

Albatross - Jeff Strahota

Colonies - John Carlson

Terrapin 1650 - TBD

Reston Lake Swim - Mollie Grover

DCRP meet - TBD

- recommended that PV subsidize Reston for the additional insurance

Treasurer - Tim Timmons- The treasury remains in great shape. Currently, we have a total of \$71,082.58 in our accounts (\$30,956.11 in the checking account and \$40,126.47 in the savings account). I've attached our 2012 statement to USMS and our expenses for 2010-2012.

The question now before the board involves the 2014 registration fees. Since we were about \$4,000 in the black for 2012 and USMS is taking a little more in 2013, I anticipate we will end up close to even for 2013, give or take a couple of thousand. The question I posed in October is how much money we want to keep in the accounts. If we want the treasury to stay around \$60,000, then I recommend we raise the registration fee to \$45 in 2014 and keep it there for a number of years. If we believe, we should keep our accounts around \$50,000 or below, then I recommend we delay the registration fee increase. All of this is based on the assumption that our expenditures will stay approximately the same.

- Motion that PV pay \$1,000 towards insurance fee for Reston open water swim and also allow Reston to donate \$1,000 from OEVT fees towards a charity. Motion was approved.

- Motion that PV donate \$1,000 towards DCAC Swim for Life to be used as the host sees fit (e.g. toward operating costs, toward charitable donations, etc.). Motion was approved.

Secretary - Cheryl Wagner

- no report

Newsletter - Cheryl Wagner

- no report

Awards - Jennifer Carlson

- Awards picnic will be on May 18, afternoon, at the Accotek Pavilion. Same caterer. Awards will be given out for SCY, SCM, LCM, top finishers in OW and postal swims, GTD, mentors, continuous registration. Same budget. Asked for help designing flyer and also historical record of who received awards in the past.

Coaches - Frank Marcinkowski

1. ASCA MASTERS CERTIFICATION COURSES

PV LMSC is sponsoring an ASCA Masters Certification Course Level 3 to be hosted by Alexandria Masters on June 1, 2013.

Prerequisites to take this training are ASCA Masters Levels 1 and 2 and also current membership in ASCA. See the latest schedule below for ASCA Level 1 and 2 training certifications dates and locations.

The cost for this training will most likely be \$225. Our LMSC will once again offer "scholarships" to Potomac Valley Masters Club Coaches which pay 1/2 of the registration fee. Frank Marcinkowski would like to make the following proposal for how these scholarships will be selected.

First Priority - One qualifying coach from every PV LMSC Club that applies

Second Priority - One additional coach from those clubs with over 50 swimmers and one third coach from those clubs with more than 100 swimmers. These second and third coaches will be on a first come, first serve basis until the class quota of 25 is met.

Additional details: Alexandria Masters is also planning a happy hour / dinner on Friday evening for coaches / trainers, beginning at 5:30 PM in Old Town Alexandria at:

Overwood
220 North Lee Street
Alexandria, VA 22314
www.theoverwood.com

Here is the latest schedule for ASCA Masters Certs training classes:

Level I & II

March 9, 2013 New York City - Online Registration
April 7, 2013 Grinnell, Iowa - Online Registration
April 20, 2013 Denver, Colo. - Online Registration
April 27, 2013 Indianapolis, Ind. - Online Registration
May 4, 2013 Boston, Mass. - Online Registration
Sept. 6, 2013 New Orleans, La.
Sept. 11, 2013 Anaheim, Calif.
Nov. 9, 2013 Chicago, Ill.

Level III (Level II a prerequisite)

Feb. 24, 2013 Houston, Texas - Online Registration
March 10, 2013 New York City - Online Registration
March 23, 2013 Pasadena, Calif. - Online Registration
April 21, 2013 Denver, Colo. - Online Registration
May 5, 2013 Boston, Mass. - Online Registration
June 1, 2013 Alexandria, Va.
Sept. 11, 2013 Anaheim, Calif.
Oct. 12, 2013 Indianapolis, Ind.
Nov. 10, 2013 Chicago, Ill.

2. HIGH PERFORMANCE CAMP 2013

Applications are now being accepted - and due by May 24 - for the 2013 High Performance Camp, scheduled August 24-29 at the Greensboro Aquatic Complex.

This is the highest end swimming performance camp exclusively for USMS swimmers. Topics include: Psychology, Physiology, Bio-mechanics, Nutrition, Swimming Technique, and Resistance and Flexibility Training. Time is split equally between classroom lectures, filming, training and feedback.

Cost is \$2,000 for this one of a kind personalized educational and training session. See more details at:

<http://www.trianglesportscommission.com/usms-high-performance-camp>

3. Biometric Testing w/ Dr. G

We haven't forgotten about Dr. G's (Genadijus Sokolovas, Ph.D. www.globsport.org) interest and offer to work with our team on a weekend sometime this year. Frank has spoken to Evan Stiles, Head Coach for the Arlington Aquatic Club, and Evan has confirmed his club's interest in co-hosting Dr. G to work with his team in addition to all PV LMSC Masters. Frank will work directly with Evan and Dr. G to schedule this session and provide proposed dates and anticipated costs back to the PV LMSC Club Reps.

- Motion that PV pay 1/2 of coaches' fees for ASCA Level III clinic. Motion approved.

Officials - Eric Nordlund

- no report

Fitness - Lisa Wolf

- Thinking about ways to encourage fitness.
- Go the Distance - advertisement.
- Working on team Check-off challenge.
- USMS check-off challenge - teams can do during practice.
- Will do articles for Swimmer's Ear.
- Will identify coaches as conduits of info for fitness events.
- Jeff Roddin suggested that we have booths in area fitness expos.

Long Distance/Open Water - Denis Crean

- no report.

IV. Old Business

- 2014 Nationals on August 13-17, volunteers are needed, put on by UM Campus Rec facility.

V. New Business

- Convention delegates are needed to represent PV LMSC in Anaheim, CA (near Disneyland). Good opportunity to learn more about USMS.
- Elections (for Secretary, Treasurer, and Chairman) during the Fall PV meeting.
- Teams are asked to check their websites to inform guests/new members how to join USMS.

VI. Next Meeting - ~~after DCRP meet in July~~ *July 21, 2-3:30pm at Jeff Strahota's house*

PVLMSC Meeting Agenda
March 16, 2013
12:45pm
Kennedy/Shriver Aquatic Center
North Bethesda, MD

I. Introductions

II. Approval of Last Meeting Minutes

III. Reports:

Chair - Jeff Strahota
Vice Chair - John Carlson
Registrar - Jeff Roddin
Top Ten - Jeff Roddin
Sanctions - Deb Morrin-Nordlund
Treasurer - Tim Timmons
Secretary - Cheryl Wagner
Newsletter - Cheryl Wagner
Awards - Jennifer Carlson
Coaches - Frank Marcinkowski
Officials - Eric Nordlund
Fitness - Lisa Wolf
Long Distance/Open Water - Denis Crean

IV. Old Business

LMSC Dinner/Awards Banquet
2014 Nationals

V. New Business

Convention delegates

VI. Schedule Next Meeting

POTOMAC VALLEY MASTERS SWIMMING COMMITTEE
 2012-2013 MEET SCHEDULE
 3/12/13

#102-S006 Nov. 18, 2012 Issued 9/10/12	PV Relay & Sprint Festival Short Course Meters Evaluator: Tim Timmons Refund: \$100/\$100 (warning re results)	Larry Paulson Laurence.paulson@gmail.com
#103-S001 Feb. 3, 2013 Issued 11/1/12	Alexandria Masters Tropical Splash Short Course Yards Evaluator: Mollie Grover Strahota Refund: \$85/\$100 (results issues)	Ray Novitske meet@alexandriamasters.com
#103-S003 3/16/13 Issued 1/24/13	21 st Annual Albatross Open Short Course Meters Evaluator: Jeff Strahota Refund:	Jeff Roddin jroddin@pvmasters.org
#103-S002 4/19-21/13 Issued 1/15/13	Colonies Zone Championship Short Course Yards Evaluator: John Carlson Refund:	Cheryl Ward cherylaward@yahoo.com
#103-S004 4/19/13 Issued 2/28/13	Backup Plan 1000/1650 Short Course Yards Evaluator: needed Refund:	Jeff Strahota jstrahota@usms.org
#103-W001 5/25-26/13 Issued 11/21/12	McDonnell Lake Swims Open Water Evaluator: Mollie Grover-Strahota Refund:	John Carlson jekcarlson@yahoo.com
Recognition		

United States Masters Swimming

POTOMAC VALLEY LMSC

**STATEMENT OF
REVENUES AND EXPENSES
FOR THE YEAR ENDING 12/31/12**

**STATEMENT OF
ASSETS, LIABILITIES AND
FUND BALANCE AS OF 12/31/12**

REVENUES

Individual and Club Registrations	\$ 29,064.00
Meet Income (Club Ass't, Dec 11)	\$ 110.14
Sanction fees	\$ 50.00
Other	\$ -
Interest	\$ 14.80
TOTAL REVENUE	\$ 29,238.94

EXPENSES

Registration to USMS (Ind. & Club)	\$ 2,267.50
Meet Expenses	\$ -
Publications	\$ 1,844.12
Postage	\$ 743.90
Registrar	\$ 7,675.00
National Convention	\$ 3,666.75
Refunds of Team Registrations	\$ 750.00
Awards and picnic	\$ 2,613.70
Office	\$ 317.99
Coaches' Clinics	\$ 1,115.00
Sanction Fees Refund	\$ 50.00
Miscellaneous	\$ 163.59
Club Meet Support	\$ 3,721.85
TOTAL EXPENSES	\$ 24,929.40

**NET EXCESS/(DEFICIENCY)
OR REVENUES OVER EXPENSES** **\$ 4,309.54**

ASSETS

Cash - Savings Account	\$ 39,496.19
Cash - Checking Account	\$ 22,803.82
TOTAL ASSETS	\$ 62,300.01

LIABILITIES AND FUND BALANCE

Fund Balance at 12/31/11	\$ 57,990.47
Net 2012 excess/(deficit)	\$ 4,309.54
Fund Balance at 12/31/12	\$ 62,300.01
TOTAL LIABILITIES AND FUND BALANCE	\$ 62,300.01

// SIGNED //

TIMOTHY T. TIMMONS
Treasurer, PVLMS

PVLMSC EXPENDITURES 2010-2012

<u>Category</u>	<u>2010</u>	<u>2011</u>	<u>2012</u>	<u>Total</u>	<u>Average</u>
National Convention	3985.75	2723.38	3666.75	10375.88	3458.63
Publications	7473.09	0.00	1844.12	9317.21	3105.74
Postage	4851.80	1943.57	743.90	7539.27	2513.09
Swim/Coaches Clinics	1496.31	1004.03	1115.00	3615.34	1205.11
Club Meet Support	1400.00	2645.78	3721.85	7767.63	2589.21
Awards & Picnic	175.05	179.98	2613.70	2968.73	989.58
Office	579.02	211.10	317.99	1108.11	369.37
Miscellaneous	33.56	100.00	163.59	297.15	99.05
					14329.77

Potomac Valley LMSC Board Meeting Sign-in Sheet

Date: 3/16/13

Location: KSAC

Club	Attendee(s)
Alexandria Masters Swimming (ALEX)	RAY NOVITSEK
All Star Aquatics (ASAM)	
Aquatic Stars (ASTA)	
Arlington Masters (ARMS)	Ellen Hill
Central Chesapeake Swimming (PEAK)	
DC Dept Of Rec & Parks (DCRP)	
DC Masters(DCM)	
DC Triathlon Club (DCTC)	
District Of Columbia Aquatics Club (DCAC)	ROBERT JETER
Fairfax County Masters (FXCM)	
Fort Belvoir Masters (FBST)	
Germantown Maryland Masters (GERM)	Mark Walters
Herndon Aquatic Club (HAC)	
Life Time Mid-Atlantic Swim Club (LMAC)	
Machine Aquatics (MACH)	
Marymount Masters Swim Team (MMTM)	
Masters Aquatics at Spring Hill (MASH)	
Montgomery Ancient Mariners (ANCM)	Lisaway Jebb Kott
National Capital YMCA (NCYM)	
North. VA Jewish Community Cen (JCCN)	
Patriot Masters Swim Team (GMUP)	
Reston Masters Swim Team (RMST)	Gordon Gerson; Len Carlson; John Carlson
Riptide Masters (RIPM)	
Sea Devil Swimming Masters (SDS)	Peter Dewese
Team FeXY (FEXY)	
Team Swim Spray (SPRY)	
Team Warrior (TWAR)	
Terrapin Masters (TERR)	Cheryl Wagner, Jeff Strahota, MOLLIE BROWER
Tollefson Swimming (TOLL)	
Wave One Swimming (WAV1)	
Other	

→

Swim Spray
Lisaway

Ryan McLabe