

PVLMSC "Annual" Meeting Minutes – October 27, 2013  
George Mason University – Fairfax, VA  
Recorded by Cheryl Wagner

I. Introductions

II. Approval of Last Meeting's Minutes

III. Reports:

Chair - Jeff Strahota

- Last meeting as chair.
- During time as chair, have tried to make meets easier to host, especially for new hosts (financial, Hytek, etc.) and also supported coaches' education.

Vice Chair - John Carlson

- Thank you to chair for serving.

Registrar - Jeff Roddin

- Thank you to chair for serving.
- Suggestion that PV make a matching donation to donations that members make when renewing registrations and checking box to donate to USMS foundation.
- PV registrations for this date:
  - 2011 – 2944
  - 2012 – 2804
  - 2013 – 2964

Top Ten - Jeff Roddin

- Mollie Grover will be taking over as Top Ten committee chair.
- Maryland Senior Games submitted data for TOP TEN.
- Reston Lake Swim results were reported and correct.
- DCAC reported their meet results.

Sanctions - Deb Morrin-Nordlund

- Results issues can affect sanction fee refund.
- If meet results are posted on web in incorrect order, they are not cleared for sanctions since they need to follow USMS rules.
- Jeff Strahota volunteered to be evaluator for Germantown meet.

Officials - Deb Morrin-Nordlund for Eric Nordlund

- Thank you to chair.
- USMS Officials Committee is soliciting applications for 2014 LC Nationals meet officials. Some officials have expressed an interest. Jim Carey will be meet referee. He attended a national meet and met the prerequisite for a Nationals official.

Treasurer - Tim Timmons

- USMS adding \$2/yr to individual registration fee for foreseeable future.
- Much of USMS dues increase was used to pay insurance increase.
- Looking at goal of putting money back into LMSC.
- Asked for list of teams who get \$50 rebate (for attending meeting or hosting meet).
- Approved - motion to donate matching amount to PV member donations, to USMS foundation.

Secretary - Cheryl Wagner

- Thank you to chair.

Newsletter - Cheryl Wagner

- no report

Awards - Jennifer Carlson

- Planning starting soon for 2014 awards picnic in MD.
- Recommendation was made for "decimal place" matching race award.
- Jeff Roddin thanked Jen for awards banquet.

Fitness - Lisa Wolf

- no report

Coaches - Frank Marcinkowski

- High performance camp was successful. One of our coaches, Dominic Latella, attended. If anyone is interested, they should apply.
- Olympic training camp is available to Masters. Dr G does performance testing. Peter Lee went this year. It featured diet, dryland, swimming.
- USMS wants to do Swimfest again. PV has an interest in organizing that.
- Streamlines for Coaches ran an ad for FINA Worlds meet coaches. Meet is in Montreal, Sunday before 2014 LC Nationals.

Long Distance/Open Water - Denis Crean

- Trying to get families involved.
- Insurance situation for 2014 still unknown.

IV. Old Business

- Discussion of 2014 Nationals PV unified team. When Nationals is local, everyone may want to join one team for relays. Could let people join PV team and select workout group to designate former team. Or swimmers could switch teams before the meet. After discussion, it was decided to not pursue an LMSC wide Regional Club, however, anybody may organize their own "unified" club and have swimmers join for the purpose of doing relays at Nationals.

- Approved - motion to change newsletter default (when registering) to opt-out (with email notification of web newsletter). Swimmers must designate opt-in in order to get printed newsletter.

V. New Business

- Elections: New chair is John Carlson, New vice-chair is Jeff Strahota. Treasurer is Tim Timmons. Secretary is Cheryl Wagner.

VI. Next Meeting

- Before Albatross Open in North Bethesda on March 15, 12:30PM.



Potomac Valley LMSC – Annual Meeting  
October 27, 2013, George Mason University

## AGENDA

### I. Introductions

### II. Approval of Last Meeting Minutes

### III. Reports:

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

### IV. Old Business

2014 LC Nationals (PV Unified Team)

### V. New Business

Opt-In Policy for Newsletter  
Elections

### VI. Schedule Next Meeting



Potomac Valley LMSC Board Meeting Sign-in Sheet

Date: 10/27/2013 Location: GMU Fairfax

| Club                                      | Attendee(s)   |
|---|---|
| Alexandria Masters Swimming (ALEX)        |   |
| All Star Aquatics (ASAM)                  |   |
| Aquatic Stars (ASTA)                      |   |
| Arlington Masters (ARMS)                  | Ellen Hufford   |
| Central Chesapeake Swimming (PEAK)        |   |
| DC Dept Of Rec & Parks (DCRP)             |   |
| DC Masters( DCM)                          |   |
| DC Triathlon Club (DTC)                   |   |
| District Of Columbia Aquatics Club (DCAC) |   |
| Fairfax County Masters (FXCM)             |   |
| Fort Belvoir Masters (FBST)               |   |
| Germantown Maryland Masters (GERM)        | ROBINSON <i>[Signature]</i>                               |
| Herndon Aquatic Club (HAC)                | BRUCE ANDERSEN  |
| 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)        | Debbie Ruffin   |
| National Capital YMCA (NCYM)              | PETER LEE   |
| North. VA Jewish Community Cen (JCCN)     |   |
| Patriot Masters Swim Team (GMUP)          | Tina Thompson   |
| Reston Masters Swim Team (RMST)           | John Carlson, Jen Carlson, F. Kovul, Gordon Gersa         |
| Riptide Masters (RIPM)                    | Janet Day   |
| Sea Devil Swimming Masters (SDS)          |   |
| Team FeXY (FEXY)                          |   |
| Team Swim Spray (SPRY)                    |   |
| Team Warrior (TWAR)                       |   |
| Terrapin Masters (TERR)                   | Deb Monahan, Les Mollie Groves, Jeff Strachota, P. Wagner |
| Tollefson Swimming (TOLL)                 |   |
| Tsunami (NAMI)                            |   |
| Wave One Swimming (WAV1)                  | Tom (Red)   |
| Other                                     |   |

PVLMSL

Cash Flow Report  
10/25/12 Through 10/24/13

| Category Description        | 10/25/12-<br>10/24/13 |
|-----------------------------|-----------------------|
| <b>INFLOWS</b>              |                       |
| Ind & Club Reg              | 25,037.00             |
| Interest Inc                | 8.00                  |
| Sanction Fee                | 370.00                |
| <b>TOTAL INFLOWS</b>        | <b>25,415.00</b>      |
| <b>OUTFLOWS</b>             |                       |
| 2012 Team Fee Rebate        | 750.00                |
| 2013 Open Water Donation    | 1,000.00              |
| 2014 UMD Nationals Support  | 750.00                |
| Awards And Picnic           | 2,382.82              |
| Club Assistant Meet Support | 2,750.00              |
| Coaches Clinic Scholarship  | 2,162.50              |
| Coaches Clinic, Oct 12      | 360.00                |
| Convention Expenses, 2012   | 105.00                |
| Convention Expenses, 2013   | 6,665.22              |
| HY-TEK Support              | 174.00                |
| Ind & Clubs                 | 2,580.00              |
| Meet Support                | 850.00                |
| Misc                        | 238.59                |
| Postage                     | 569.60                |
| Postage for Newsletters     | 200.00                |
| Publications                | 4,709.27              |
| Registrar Pay               | 7,675.00              |
| <b>TOTAL OUTFLOWS</b>       | <b>33,922.00</b>      |
| <b>OVERALL TOTAL</b>        | <b>-8,507.00</b>      |

Checking — 15,041.16

Savings — 41,946.29

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TOTAL — 56,987.45

POTOMAC VALLEY MASTERS SWIMMING COMMITTEE  
2013 MEET SCHEDULE  
10/22/13

|   |  |  |
|---|--|--|
| #103-S001<br>Feb. 3, 2013<br>Issued 11/1/12   | Alexandria Masters Tropical Splash<br>Short Course Yards<br>Evaluator: Mollie Grover Strahota<br>Refund: \$85/\$100 (results issues) | Ray Novitske<br>meet@alexandriamasters.com   |
| #103-S003<br>3/16/13<br>Issued 1/24/13        | 21 <sup>st</sup> Annual Albatross Open<br>Short Course Meters<br>Evaluator: Jeff Strahota<br>Refund: \$100                           | Jeff Roddin<br>jroddin@pvmasters.org   |
| #103-S002<br>4/19-21/13<br>Issued 1/15/13     | Colonies Zone Championship<br>Short Course Yards<br>Evaluator: John Carlson<br>Refund: \$100   | Cheryl Ward<br>cherylward@yahoo.com  |
| #103-S004<br>4/19/13<br>Issued 2/28/13        | Backup Plan 1000/1650<br>Short Course Yards<br>Evaluator: Debbie Morrin-Nordlund<br>Refund: \$100                                    | Jeff Strahota<br>jstrahota@usms.org  |
| #103-W001<br>5/25-26/13<br>Issued<br>11/21/12 | McDonnell Lake Swims<br>Open Water<br>Evaluator: Mollie Grover-Strahota<br>Refund: \$70/\$100 (results issue)                        | John Carlson<br>jekcarlson@yahoo.com   |
| #103-S007<br>10/12/13<br>Issued: 9/3/13       | DCAC Columbus Day Classic<br>Short Course Yards<br>Evaluator: Dave Robinson<br>Refund:   | Neill Williams<br><a href="mailto:competition@swimdca.org">competition@swimdca.org</a> |
| #103-S006<br>10/27/13<br>Issued: 7/30/13      | Patriot Masters Sprint Classis<br>Short Course Yards<br>Evaluator:<br>Refund:  | Cheryl Ward<br>Cherylward3@yahoo.com   |
| #103-S005<br>12/7/13<br>Issued: 7/2/13        | Germantown Solstice Meet<br>Short Course Meters<br>Evaluator:<br>Refund:   | Tim Brockway<br>Brockway12545@verizon.net  |
| Recognition                                   |  |  |
| #103-R001<br>9/7/13<br>Issued: 9/3/13         | Maryland Senior Games<br>Short Course Yards<br>Refund: \$50/\$50   | Ted Wroth<br>Ted.wroth@mdseniorolympics.org  |



Greetings, and thank you for reading our 2013 USAS Convention Notes. These are a few recaps of committee meetings attended at Convention compiled from reports provided by several of our delegates. Many of us will also serve on several national committees throughout the year and are great resources for many things. Please reach out to any of us if there for additional information.

### **New Delegate Orientation**

For the new delegates to the Convention process, the meeting provided an explanation of the USMS organizational structures as well as an overview of the schedule of meetings during Convention.

(Jen Carlson)

### **Legislation**

Much of this year's legislation items involved Part 4 of the Rule Book which covers the National Board of Review. As there is now a policy and procedures document for this, much of the detailed material has been removed from the Rule Book.

Other legislation items of note are:

1. Effecting all pool meet sanctions - meet information must include the status of pool length certification for the competition course
2. Creation of a USMS "club" under which all unattached swimmers will be listed for FINA requirements.

(Deb Morrin-Nordlund)

### **Recognition and Awards Committee**

The committee meeting first presented Patty Miller, 2013 Ramson Arthur Award recipient, with her pin. After reviewing the awards the committee presents each year, a revision to the Dorothy Donnelly review criteria was approved that essentially requires any service listed on nomination forms be highlighted if compensation was received. The committee also reviewed methods to encourage more nominations for all awards in the future.

(Ray Novitske)

### **International Masters Swimming Hall of Fame Reception & Induction**

This ceremony and reception honored the inductees. This year, the list included water polo, diving, synchronized swimming, in addition to the swimmers. What impressed me were the riveting and extremely entertaining acceptance speeches given by the inductees. It proved that these individuals were not just exceptional at their sport, but were truly outstanding, well-rounded individuals that continue to be active in giving back to their sport.

(Ray Novitske)

### **Open Water**

The Open Water Committee used their meetings to host a Safety Directors Clinic. It was informative in terms of perspective of safety for the lake swim some of the things shared were new and helpful, specifically making sure boaters have their own insurance. Second safety meeting which got into more in-depth perspectives on safety. I enjoyed the deeper analysis of the meeting in terms of looking at what and how safety needed to be focused on.

(John Carlson)

### **Long Distance Committee**

This was the most interesting committee in the sense of what they are trying to accomplish. The task of creating an open water championship on par with the championship committee makes sense the challenge of how to do it brought things home. I offered opinions and thoughts on how to handle a festival, for the event and have brought it back home as an opportunity for our team to attempt to create one.

(John Carlson)

### **Registration**

A new online registration system is about to go live. It should be transparent to swimmers when they register/renew but Registrars have been asked to be a little patient with using the new system. USMS decided to bring the online registration system in-house instead of using Club Assistant, but the new system will be modeled much like the Club Assistant format.



There will be a new option for coaches to officially register as a USMS Coach (and pay a fee), however, it will not be required that your coach be recognized as a USMS coach to preserve your insurance coverage. For the insurance coverage, your coach on deck must still be a (regular) USMS member in good standing. But if the coach registers and pays the coaches registration fee, they will receive more benefits. This new coaches certification is intended to replace the ASCA Masters coaching certification (including no longer being a requirement to attend USMS Coaching Certification courses going forward).

Lastly, membership fees are expected to increase by \$2 each year for the next 5 years.  
(Jeff Roddin)

### **Championship**

Updates were given for both Spring (Santa Clara, CA) and Summer (Univ. of Maryland, College Park) Nationals for 2014. There was also a review of the 2013 meets by reps from each meet. Due to the size of the Mission Viejo meet and the same anticipated size of the Maryland meet, there was discussion of requiring NQTs for the distance events and a proposed emergency rule change to allow NQTs for both events.

There was discussion regarding requiring EMTs being present for the warm up day of both spring and summer nationals and the merits of doing so. The decision was made to keep EMTs for warm up day. There was also discussion about changing the available warm up time on the first day of the meet (distance day) to allow meet directors to close the facility earlier if needed.  
(Natalie Ferdinand)

### **Fitness**

Discussed how we can encourage more swimmers to get involved in the various events hosted by USMS such as the go the distance or the check off challenge. Thoughts were to advertise more or give people more options for prizes besides the t-shirt. There was also discussion on getting more information out to the membership about awards that are available for teams and swimmers related to fitness. Several people were unaware of the requirements for entry or even the basics of the awards.  
(Natalie Ferdinand)

### **Coaches**

The Coaches committee continues to work on quite a few projects and has an incredible amount of volunteers leading subcommittees. Coaching certification continues to be a big project with 1100+ coaches certified through Level 3 to date, with Levels 4 and 5 to come in 2014. The committee has also worked on quite a few outreach projects, including finding new ways to educate coaches and reach out to the fitness swimming community, as well as better utilizing publications and online tools to reach out to swimmers. Coaches are contributing quite a few articles to Streamlines and USMS Swimmer, and the online workouts continue to be one of the most popular places to visit on USMS.org.  
(Jeff Strahota)

### **LMSC Development**

The bulk of the meeting was devoted to LMSC Scorecard review, where the committee reviewed each LMSC's adoption of 44 "high-risk" standards, and the progress that LMSCs made from 2012 to 2013. Results from these scorecards have prompted action items for both the Mentoring and Practices & Standards subcommittees, who have acted as liaisons from the committee to reach out to LMSCs to provide guidance and assistance as the LMSCs adopt the standards.

The LMSC Development Committee also sponsored several workshops at Convention:

*Marketing Resources* – showcased the resources available online and from the National Office

*Dual Sanctioning* – gave an overview of how to run a dual-sanctioned meet (USA-S and USMS)

*Working with Your Aquatic Facility* – help clubs and facilities work together to create a win-win situation for all groups involved, including how to handle difficult situations, facilitating relationships and promoting the "big picture"

*Club Development* – successful strategies to recruit, retain and engage swimmers to your team

(Jeff Strahota, John Carlson, Jen Carlson)