

PVLMSC Meeting Minutes  
11100 Schuylkill Rd, North Bethesda, MD 20852  
July 25, 2015, 2:00pm

I - Introductions

MSA - March meeting minutes approved.

II - Officer Reports

Chair - John Carlson

lot of things to cover today  
will talk about by-laws update  
discuss getting a booth for Fitness Expo  
getting web designer for website  
recruiting millennial communications chair  
putting PV awards on webpage  
recruiting delegates for convention  
PV is due for elections - need candidates and someone to run elections. (Chair can't do it.)  
bylaws - pushing to get Google docs updates - want to get it done by October

Vice Chair - Jeff Strahota

update on LMSC Development Committee  
good focus on peer-to-peer workshops: top ten, chairs & vice chairs  
awarded 2014 Dot Donnelly award to Cheryl Wagner

Treasurer - Tim Timmons

doing well - July 23, 2014 - July 22, 2015 (365 day snapshot) handout  
\$72,616 in our two accounts (savings and checking)  
previously raised registration fee \$5 - one time shot that is still working  
recommends not raising dues in 2016  
Having this much money in our accounts gives us flexibility.  
recommends no changes  
Bank of America easy to work with

Secretary - Cheryl Wagner

no report

Registrar - Jeff Roddin

club registration counts - (down 87 swimmers from last year)  
registration figures for June 30 - 2599 (2015), 2686 (2014), 2682 (2013)  
4 checks mailed to Bank of America (\$100) - lost in mail, PV absorbed loss  
MSA - remove choice of "getting paper newsletter" from PV registration form  
MSA - PV will no longer produce a printed newsletter. (Electronic version will still be produced.)  
Mary Latham - June 28 - turned 100 - Jeff notified ISHOF  
MSA - donate \$100 in Mary's honor to ISHOF

Top Ten - Mollie Grover

SCY - submitted 2,278 swims & 197 relays

4 national records at Zones (by one swimmer)

Note to swimmers registering for meets: Rule as of Jan 1, must register for meets, with whatever name is on your USMS card. (If you're a meet director it's helpful if you fix it before you submit the meet results.)

Note to meet directors when measuring pools: Form requires measurement to nearest quarter inch (or 2 decimal places if using digital measurement).

Sanctions - Peter Lee

Meet must be recognized or sanctioned in order for top ten times to be recognized.

currently one open sanction request - Solstice Meet

USMS rules: We cannot sanction events with "olympic" in the title (e.g. Senior Olympics).

USAS swimmers who want to swim in USMS meets must register with USMS.

Officials - Eric Nordlund

no report

Newsletter - Cheryl Wagner

no more printed newsletter (electronic/web version only)

Wyatt suggested that we have 4 newsletters/year.

Concept of 3 newsletters/year was: one for each season.

Communications are broadcast to swimmers (by Jeff Roddin) with meet information.

suggestion to have a content management system - set up by new web designer

In content management - people sign up to receive specific (topics) content.

Awards - Jennifer Carlson

PV awards picnic end of May - went well.

Lot of compliments on food.

suggestion that we provide wine next year

where to host next event? - had it 2 years in VA, 2 years in MD

60 people came this year - up from last year.

suggestions: Fort Hunt or Maryland side of Great Falls - place to rent? (canal house?)

rooftop rental of restaurant?

budget is \$5K

past couple of years spent under \$2k

Fitness - Christina West

DCAC Swim for Life - approx 150 swimmers

raised more than \$26,000 for Heart to Hand, Chester River Association

tentative date - July 9, 2016 - 25th anniversary Swim for Life

Oct 12 - Wilson pool - SCY meet- annual Columbus Day Classic

30 DCAC swimmers leaving for Stockholm to participate in IGLA

Will send updates, photos for newsletter.

Long Distance/Open Water - Charlie Tupitza

looking for venues to have open water swims

Lake Arrowhead in Shenandoah - possible venue

has camping, could do hikes and events

identified meet director

Please get in touch with him if you know of other venues.

People are having trouble getting qualifying times for National meets.

See FAQs on USMS "nationals" page. Swimmers can qualify in practice.

Charlie will provide info for newsletter.

Frank Marcinkowski said Lane4 has use of a 50 meter pool M-F and Sunday until Labor Day.

With USMS card, drop-in fee of \$7 for swimming in Eppley Rec Center (UM).

Having postal long distance event - "butterfly is not a crime" - 400+ - no free style.

One of Lane4 members is on Prince William planning board; another on Loudoun County board.

Both areas have bodies of water (e.g. Silver Lake).

Wyatt Bradbury (UMAC) can certify open water lifeguards for \$30.

Coaches - Frank Marcinkowski

Had first Coaches Committee sponsored clinic - Nashville.

only \$150 to register

had 19 attendees

a lot of it was classroom instruction

one day was advanced technique

optional level I & level II taught in a day (one day training on a Friday)

Masters level I, II, III curriculum - very structured - no add-ons.

In high-performance camp and this camp - instructors have a lot of flexibility.

Level I, II, III is advertised every year in Streamlines.

if you pay the fee to be a USMS coach, you get a different version of Streamlines.

There is a coaches' section on USMS website.

level III clinic - Nov 21 - Philadelphia

LMSC pays scholarship (1/2 registration fee).

also encouraging this training for non-coaches.

USA Swimming adult performance camp - (\$2500) Oct 16-18

USMS high performance camp is for-profit - hard time filling slots.

Need on-deck coaches for LC nationals

Need on-deck coaches for convention (morning workouts)

Suggesting Swimfest - our area - coaching/swimming clinic - high end advanced stuff (Dr. G?)

Dr. G can bring testing equipment

Merrifield Endurance sport rehab center - possible venue.

Frank will survey coaches and bring info to next meeting.

convention question- transportation from convention hotel to level III hotel? (Ask Tracy.)

Webmaster - Luke Shaheen

no report

III - Old Business

By-laws Workshop (Please review and comment.)

[https://docs.google.com/document/d/1wThXwQb0Zk6BoizK5oJ8G9G4-DkjueNjtJ0SqB2M\\_M/edit](https://docs.google.com/document/d/1wThXwQb0Zk6BoizK5oJ8G9G4-DkjueNjtJ0SqB2M_M/edit)

something wrong with group emails - asked Jeff Roddin to check on it.

comfortable sending bylaw rewrites to LMSC for comment

A couple of comments need to be cleaned up.

non-profit status - discussion point

duties fine

Registered club members at PV meeting - entitled to what number of voting delegates at PV meetings?

1 for every team (2 for > 100) ?

committee chairs also get vote?

Come up with something that sounds logical.

34 teams in PV

Quorum is 2/3 of board.

MSA Comments will be open until Labor Day 2015.

MSA will vote 2 weeks after Labor Day by electronic vote

(Bylaws may be amended by board of directors at any meeting.)

Who attends convention as a delegate - defined in bylaws, hierarchy of who gets to go if more people interested in going than are slots. (Must attend majority of meetings, certain officers have more weight, etc.)

meal money reimbursement for convention - not in bylaws

Swimming Saves Lives (Debbie Malafsky)

SSL - last day to accept applications

62 applications

Last year only received 57.

In 2015, approved 28 grants for total of \$60,000.

Have taught 763 adults to swim.

SSL is affiliated with USMS - individual grants up to \$5k.

National Office is doing Learn to Swim clinic in October in Gaithersburg - 1 day session.

Debbie will report on why National Capitol YMCA grant application was turned down.

Debbie spoke with Peter Lee about the reason the YMCA was denied a grant and will communicate with SSLF about the feedback process.

SSL - volunteer instructors at various levels.

At the end of the year grant recipients must report how the grant money was used and how many adults were taught to swim.

#### IV - New Business:

Procuring and paying for a booth at the Washington Fitness Expo & soliciting volunteers

NBC4 expo Jan 9 & 10, 2016

MSA - to get a booth at Fitness Expo and all it entails

booths that orgs can reserve - non-profit fee is \$1500

10x10' draped and carpeted booth

sign with org's name, 1 skirted table, 2 chairs

application form online - straightforward (needs credit card)

hours of expo (8AM-4PM)

National office could send advice and information.

DCAC draws new members by having booth at Pride festival.

could put up banners (from national office)

need to have "give-aways"

Christy - chair committee for expo booth

Hiring a professional web designer to create a PV web design

2 proposals received - \$2400 and \$3200 to configure Wordpress website

The 2 bids looked at our current website and talked about what we could do.

After redesign - PV webmaster should be maintaining site.  
could distribute roles - can divide up work of maintaining website.  
RSS feeds from each one of content pages - possible.  
We need a statement of work - what do we want the "end state" to be?  
Committee: Dave Harmon, Charlie Tupitza and Peter Lee will write specs.  
MSA - finish website redesign requirements - mid August, SOW to be shared in October meeting.  
In October PV meeting, everyone will vote, after that get pricing,

Soliciting a millennial social media committee chair for PV  
Jeff Roddin had suggestion - PV Communications chair already exists  
PV Chair appointed Wyatt Bradbury as PV Communications chair.

Discussion of how to make PV registration affordable to individuals with financial need  
Some LMSCs have senior citizen or young person "financial need" rate.  
DCAC has a "financial need" policy - should commit to volunteering.  
Will look at statistics of how many "seniors" and "young people" register for PV.

Placing PV award winners on a web page on the PV website  
Jen is working on that.  
New web design will enable.

Delegate selection for 2015 Convention - Sep 28 - Oct 4 - Kansas City  
[https://docs.google.com/document/d/1cwE7\\_j-spTtKPXG9cZ\\_t8VbGb0eOzqrotmZOj\\_YJLXA/edit](https://docs.google.com/document/d/1cwE7_j-spTtKPXG9cZ_t8VbGb0eOzqrotmZOj_YJLXA/edit)  
automatic delegates: Jeff Roddin, Jeff Strahota, Mollie Grover, Lynn Hazlewood, Ray Novitske  
additional delegates: Charlie Tupitza, Frank Marcinkowski, Natalie Ferdinand, Debbie Malafsky (at large), Peter Lee, Wyatt Bradbury, John Carlson, Jen Carlson.  
MSA - PV will pay for Debbie Malafsky (at-large delegate) to go to convention - same rate

Preparation for officer elections in October meeting  
positions open - chair (nomination John Carlson), secretary (nomination Debbie Malafsky),  
treasurer (nomination Tim Timmons),  
Vice-chair will conduct election.

Information for Learn-to-Swim - scholarships are available from LMSC  
In October - USMS all day "learn to swim" clinic - \$300 - Gaithersburg  
LMSC will pay for scholarships.  
MSA - PV will pay scholarships for USMS learn-to-swim clinic in October - 1/2 of \$300

V - Next Meeting October 25, 2015 - after Sprint Classic meet at GMU.

MSA to adjourn

The next Potomac Valley LMSC meeting will occur at 3pm on July 25 at the Strahota/Grover residence at 11100 Schuylkill Rd, North Bethesda, MD, 20852.

#### MEETING AGENDA:

##### I - Introductions

##### II - Officer Reports

- . Chair - John Carlson
- . Vice Chair - Jeff Strahota
- . Treasurer - Tim Timmons
- . Secretary - Cheryl Wagner
- . Registrar - Jeff Roddin
- . Top Ten - Mollie Grover
- . Sanctions - Peter Lee
- . Officials - Eric Nordlund
- . Newsletter - Cheryl Wagner
- . Awards - Jennifer Carlson
- . Fitness - Christina West
- . Long Distance/Open Water - Charlie Tupitza
- . Coaches - Frank Marcinkowski
- . Webmaster - Luke Shaheen

##### III - Old Business

- . By-laws Workshop (Please review and comment) -

[https://docs.google.com/document/d/1wThXwQb0Zk6BoizK5oJ8G9G4-DkjueNjtJJ0SqB2M\\_M/edit](https://docs.google.com/document/d/1wThXwQb0Zk6BoizK5oJ8G9G4-DkjueNjtJJ0SqB2M_M/edit)

##### IV - New Business:

. Procuring and paying for a booth at the Washington Fitness Expo & soliciting volunteers

- . Hiring a professional web designer to create a PV web design
- . Soliciting a millennial social media committee chair for PV
- . Placing PV award winners on a web page on the PV website
- . Delegate selection for 2015 Convention - Sep 28 - Oct 4 - Kansas

City [https://docs.google.com/document/d/1cwE7\\_j-spTtKPXG9cZ\\_t8VbGb0eOzqrotmZOj\\_YJLXA/edit](https://docs.google.com/document/d/1cwE7_j-spTtKPXG9cZ_t8VbGb0eOzqrotmZOj_YJLXA/edit)

- . Preparation for officer elections in October

##### V - Schedule next Meeting

**Cash Flow Report**

7/23/14 Through 7/22/15

Category Description	7/23/14- 7/22/15
<b>INFLOWS</b>	
Ind & Club Reg	31,163.00
Interest Inc	8.97
Other Inc	150.00
<b>TOTAL INFLOWS</b>	<b>31,321.97</b>
<b>OUTFLOWS</b>	
2014 Picnic Expenses	62.78
2014 Team Fee Rebate	750.00
2015 Open Water Sanctions	2,000.00
2015 Picnic Expenses	1,532.35
Charity	1,000.00
Club Assistant Meet Support	4,142.90
Coaches Clinic Scholarship	627.50
Convention Expensese, 2015	198.00
Convention Expenses, 2014	5,001.29
Ind & Clubs	4,317.00
Misc	1,250.00
Postage	642.25
Registrar Pay	8,000.00
Travel	876.31
Uncategorized Outflows	0.00
<b>TOTAL OUTFLOWS</b>	<b>30,400.38</b>
<b>OVERALL TOTAL</b>	<b>921.59</b>

Checking — 29,673.36

Savings — 42,942.64

TOTAL — 72,616.00

<b>2015 PV Club Counts</b>				
<i>Last updated: 7/21/2015</i>				
<b>Club #</b>	<b>Club</b>	<b>Full Club Name</b>	<b>Total</b>	<b>Rank</b>
000	UC10	UC10	231	N/A
021	ALEX	Alexandria Masters Swimming	143	4
057	ABSC	Anthony Bowen YMCA Masters Swim Club	0	33
004	ARMS	Arlington Masters	141	5
003	DCRP	DC Dept of Recreation & Parks	107	8
001	DCM	DC Masters	30	14
035	DCTC	DC Triathlon Club	35	13
017	DCAC	District of Columbia Aquatics Club	172	3
060	ERSC	Elite Rays Swim Club	2	30
028	FBST	Fort Belvoir Masters	51	11
027	GERM	Germantown Maryland Masters	141	5
051	HAC	Herndon Aquatic Club	2	30
005	L4S	Lane 4 Swimming	842	1
052	LMAC	Life Time Mid-Atlantic Swim Club	9	24
038	MACH	Machine Aquatics	24	17
019	MSSC	Maryland Suburban Swim Club	7	25
030	MASH	Masters Aquatics at Spring Hill	25	16
012	ANCM	Montgomery Ancient Mariners	240	2
007	NCYM	National Capital YMCA	11	23
056	NCAP	Nation's Capital Swimming	6	27
020	JCCN	Northern VA Jewish Comm. Center	7	25
002	GMUP	Patriot Masters	50	12
029	PMM	Potomac Marlin Masters	5	28
009	RMST	Reston Masters Swim Team	117	7
008	RIPM	Riptide Masters	18	19
026	SDS	Sea Devil Swimming Masters	20	18
054	NAMI	Sport & Health Tsunami Masters	57	10
059	TRI3	Sportfit Lab	26	15
055	TA	Team America Commandos	2	30
050	SPRY	Team Swim Spray	15	21
006	TERR	Terrapin Masters	69	9
053	TOLL	Tollefson Swimming	4	29
061	WAVA	Warrenton Masters Swim Team	13	22
043	WAV1	Wave One Swimming	17	20
			Full Members:	2639
	OEVT		One Event Members:	183
			Grand total:	2822
			Total Clubs (excluding UC10):	33
			Male (excludes OEVTs):	1382
			Female (excludes OEVTs):	1257
				52%
				48%



Potomac Valley LMSC Board Meeting Sign-in Sheet

Date: 7/25/15

Location: Strahota/Grover Residence  
North Bethesda, MD

Club	Attendee(s)
Alexandria Masters Swimming (ALEX)	
Anthony Bowen YMCA Masters (ABSC)	
Arlington Masters (ARMS)	
DC Dept Of Rec & Parks (DCRP)	
DC Masters( DCM)	
DC Triathlon Club (DCTC)	
District Of Columbia Aquatics Club (DCAC)	Christina West
Elite Rays Swim Club (ERSC)	
Fort Belvoir Masters (FBST)	
Germantown Maryland Masters (GERM)	David Robinson
Herndon Aquatic Club (HAC)	
Lane 4 Swimming (L4S)	3 Mainkavski
Life Time Mid-Atlantic Swim Club (LMAC)	
Machine Aquatics (MACH)	
Masters Aquatics at Spring Hill (MASH)	
Montgomery Ancient Mariners (ANCM)	Jeff Padden David Harmon
National Capital YMCA (NCYM)	Peter Lee
Nation's Capital Swimming (NCAP)	
North. VA Jewish Community Cen (JCCN)	
Patriot Masters Swim Team (GMUP)	TIM TIMMONS
Potomac Marlin Masters (PMM)	
Reston Masters Swim Team (RMST)	Jen Carlson, John Carlson
Riptide Masters (RIPM)	
Sea Devil Swimming Masters (SDS)	
Sport & Health Tsunami Masters (NAMI)	
SportFit Lab (TR13)	
Team America Commandos (TA)	
Team Swim Spray (SPRY)	
Terrapin Masters (TERR)	Mother Greaver, Jeff Strahota, Natalie Taylor, Cheryl <sup>Walt</sup> <sup>Burdberg</sup> <sup>Wagner</sup>
Tollefson Swimming (TOLL)	
Warrenton Masters Swim Team (WAVA)	Charlie Turf
Wave One Swimming (WAV1)	
Other	Debbie Malefsky

Walt Burdberg  
Cheryl Wagner  
Eric Nordlund