

# Potomac Valley LMSC - Board Meeting Minutes

## July 23, 2016, 3pm

### 11100 Schuylkill Rd, North Bethesda, MD 20852

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#### Motions Passed:

1. Motion was made to approve the March minutes by David Robinson and seconded by Cheryl Wagner. The motion passed unanimously.
2. Motion passed to maintain our registration fee for FY 2016-2017 and increase fees \$5 for FY2017-2018.
3. Motion passed to participate in the January 2017 NBC Channel 4 Fitness Expo and the budget will remain at \$3,000.
4. Approved USMS' *year plus membership* which will begin in August rather than September to capitalize on increased interest in swimming because of the Olympics.
5. Mollie Grover made a motion to adjourn and Natalie Taylor seconded it. Meeting adjourned at 5:25

#### Attendees:

- ALEX – Stephanie Gauzens, Ray Novitske
- DCRP – Garret Sern, Juliette-Marie deSousa
- DCM – Bill Braswell
- GERM – David Robinson
- L4S – Frank Marcinkowski, Debbie Malafsky
- NCYM – Peter Lee
- UMAC – Cheryl Wagner, Mollie Grover, Jeff Strahota, Angela Fu, Natalie Taylor
- WAVA – Charlie Tupitza

#### Meeting Minute Approvals

MSA March teleconference minutes were unanimously approved.

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## Committee Reports

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#### Chair – Jeff Strahota

Thank you to those who either joined us or read through the minutes from our call in March. I thought it went pretty well. It was still a 2-hour meeting, and that is telling me two big things: 1) we always seem have a lot to talk about, and 2) we need to come up with better ways to get the most meeting for our buck.

I think one of those ways is to continue to submit reports ahead of meetings. It occurred to me that 90% of our meetings are spent talking about the past – things we can't change. Thus, if we can spend 30 minutes talking about what we did yesterday, if we're going to talk for two hours, we can talk about stuff we're going to do to make Masters Swimming in the Potomac Valley LMSC really awesome.

Anyways, Mollie, Zoe and I would like to welcome you all to our home; and for those of you reading at home, thank you also for reading.

## **Vice-Chair – John Carlson**

John is living in WA, now working for a company based in Reston. Jen is registered with PNA. They hope you have registered for LC Nationals to visit them.

## **Treasurer – Tim Timmons**

I've attached the latest financial report that covers the period 11 Jul 15 to 10 Jul 16. As you can see, we have slightly under \$60K in our accounts. The report is somewhat misleading in that we have paid USMS for the Reston Lake Swim Entries but have not received about \$4300 from Reston for the event. If you take that into account, then the cash flow is about \$ -8500 for the past 12 months. This is about where we figured we'd be since we haven't raised our individual registration fee for a couple of years. I still recommend that we maintain the current registration fee for 2017 and then next spring look closely as raising it by \$5 for 2018.

Overall, our finances are solid and I believe our policies are working well. I ask that any team that has run a meet in 2016 and has not been reimbursed for their Club Assistant Fees to please let me know the amount of the fees and the address to send the check to. I will not be at the next meeting as I'll be out of town at a family reunion.

All the best,

Tim Timmons

(Cash Flow report on next page)

## Cash Flow Report

7/11/15 through 7/10/16

### INFLOWS

Individual and Club Registrations	\$ 13,039.00
Interest	\$ <u>8.64</u>

**TOTAL Inflows** \$ 13,047.64

### OUTFLOWS

2015 Team Fee Rebate	\$ 850.00
2016 H&F Expo	\$ 3,064.74
Awards & Picnic	\$ 132.71
Club Assistant Meet Support	\$ 2,653.00
Coaches Clinic Scholarship	\$ 570.00
Convention Expense, 2015	\$ 5,516.20
Ind & Clubs	\$ 3,130.00
Meet Support	\$ 304.08
Misc	\$ 482.25
Postage	\$ 648.00
Registrar Pay	\$ 7,575.00
Sanction Refund	\$ 1,000.00

**TOTAL OUTFLOWS** \$ 25,925.98

**Overall Total** \$-12,878.34

### Accounts:

Checking – \$19,434.38

Savings – \$40,403.28

Total - \$59,837.66

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### MEETING NOTES:

In addition to the monies here and the \$4300 Reston money, there is also a USMS Registration check of about \$5000 from January that seems to be missing. USMS will be issuing a stop-payment on that original check and a reissued check will be sent to Tim later this month. That puts cash flow back in the black.

The LMSC agrees with Tim that we should keep dues the same for 2017 and investigate a dues increase for 2018.

## Secretary – Debbie Malafsky

Once again, thank you to Cheryl Wagner for monitoring the minutes from last meeting.

## Newsletter – Cheryl Wagner

No report

## Registrar – Jeff Roddin

### Club Counts as of July 7, 2016

Club #	Club	Full Name	Total	Rank
000	UC10	UC10	232	N/A
021	ALEX	Alexandria Masters Swimming	138	5
057	ABSC	Anthony Bowen YMCA Masters Swim Club	0	34
004	ARMS	Arlington Masters	135	6
063	CPMS	Central Park Masters Swimming	0	34
003	DCRP	DC Dept of Recreation & Parks	98	8
001	DCM	DC Masters	26	15
035	DCTC	DC Triathlon Club	34	13
017	DCAC	District of Columbia Aquatics Club	177	3
028	FBST	Fort Belvoir Masters	49	11
027	GERM	Germantown Maryland Masters	149	4
051	HAC	Herndon Aquatic Club	2	30
005	L4S	Lane 4 Swimming	798	1
052	LMAC	Life Time Mid-Atlantic Swim Club	7	23
038	MACH	Machine Aquatics	23	16
019	MSSC	Maryland Suburban Swim Club	19	19
030	MASH	Masters Aquatics at Spring Hill	23	16
065	MAS	Megan ALTS	1	32
012	ANCM	Montgomery Ancient Mariners	225	2
007	NCYM	National Capital YMCA	4	26
020	JCCN	Northern VA Jewish Comm. Center	6	24
002	GMUP	Patriot Masters	43	12
029	PMM	Potomac Marlin Masters	3	28
009	RMST	Reston Masters Swim Team	103	7
064	DUFF	Right Duff	1	32
008	RIPM	Riptide Masters	15	20
026	SDS	Sea Devil Swimming Masters	23	16
054	NAMI	Sport & Health Tsunami Masters	54	10
059	TRI	Sportfit Lab	31	14
062	SWSP	Swimspire	5	25
055	TA	Team America Commandos	3	28
050	SPRY	Team Swim Spray	4	26
006	UMAC	Terrapin Masters	65	9
053	TOLL	Tollefson Swimming	2	30
061	WAVA	Warrenton Masters Swim Team	11	22
043	WAV1	Wave One Swimming	13	21

Since our last board meeting we have added four new clubs: **Central Park Masters Swimming** (CPMS; Manassas, VA), **Right Duff** (DUFF; Arlington, VA), **Megan ALTS** (MAS; Washington, DC) and **DT Pool Masters Swim Program** (DT; Alexandria, VA). DT Club has withdrawn. Please continue to review your club listings on the PV website ([www.pvmasters.org/clubs.htm](http://www.pvmasters.org/clubs.htm)) and let me know if anything needs updating.

Membership totals for this time of year (as of July 1):

- July 1, 2014 – 2760
- July 1, 2015 – 2653
- July 1, 2016 – 2509 (down 5% from last year, 9% from two years ago)

Full Members: 2522 (as of July 8)

OEVT One Event Members: 172

Grand total: 2694

Total Clubs (excluding UC10): 36

Male (excludes OEVTs): 1312 52%

Female (excludes OEVTs): 1210 48%

Of note, we have 25 registered clubs (vs 33 last year).

RMST had 176 OEVT members this year (vs 183 last year).

## Top Ten – Mollie Grover

For SCY, there were 2276 individual swims and 191 relay swims.

Two national records were set (1 individual and 1 relay). Both records have been submitted and ratified.

LC Season is ready to be submitted!

Also, am still working on a “White Paper” which details what meet directors need to do after a meet when it comes to submitting results for Top Ten consideration.

## Sanctions – Peter Lee

### APPROVED REQUESTS

- Sanction #106-S007 06/26/16 DCRP US Masters Team Long Course Swim Meet  
[submitted 04/19/16, approved 04/30/16]
- Recognition #106-R001 09/17/16 2016 Maryland Senior Olympics Swim Meet  
[submitted 05/23/16, approved 05/24/16]
- Sanction #106-S008 10/30/16 Patriot Masters Sprint Classic  
[submitted 06/24/16, approved 07/04/16]

### DENIED REQUESTS

N/A

### CANCELED REQUESTS

- Sanction #106-S005 04/23/16 UMAC Intersquad Meet  
[submitted 12/18/15, approved 01/20/16, canceled, 04/24/16]

Other USMS Resources for meet directors:

Memo regarding the use of therapeutic tape:

[http://www.usms.org/rules/20160626\\_therapeutictape.pdf](http://www.usms.org/rules/20160626_therapeutictape.pdf)

Memo regarding warmups in dual-sanctioned swim meets:

[http://www.usms.org/rules/20160626\\_dualsanctionwarmup.pdf](http://www.usms.org/rules/20160626_dualsanctionwarmup.pdf)

## Officials – Eric Nordlund

### **MEETING NOTES:**

Natalie and Jeff discussed the new USMS Officials Certification that was announced earlier this summer. Details are online: <http://www.usms.org/admin/lmschb/content/officialscert>

It does not appear to be a cost to take the tests.

## Awards – Position Open

### 1. LMSC Summer Picnic

- taking place in Rock Creek 10 September 2016
- Picnic Area 13 (just off Military and Oregon Avenues)
- Time: 3:30 until dark!
- Jeff has secured the location, will be the chef. Mollie and Christina have indicated willingness to help.

### 2. LMSC Awards (SCY, LCM, SCM, Long Distance Swimmers of the year, and nomination awards)

We may have a candidate to take over this position; Jeff/Mollie and Jen will assist with the awards piece for the Picnic.

## Fitness – Christina West

The PV Board needs to decide if we want to participate in the 2017 NBC 4 Health & Fitness Expo again this year. There has been some discussion on the list-serv as to whether to participate again this year but no conclusion. If we want to participate, the Board needs to make a decision at the July 23 meeting so that we can submit our registration as soon as possible.

I can confirm the cost for a non-profit to secure a booth at the Expo is \$1500. I would recommend that we approve the same budget as 2016 - \$3000 total. This would include the booth rental fee as well as cover expenses for other materials needed for the booth - electricity at the booth, printing materials, t-shirts for volunteers, etc. Based on what we learned in 2016, I believe that our expenses may come in below budget and we already have some materials that can be used again in 2017.

Participating in the booth brought Potomac Valley Masters Swimming plenty of visibility at the Expo - and, specifically, visibility among many who were unfamiliar with masters swimming. Volunteers spoke with scores of visitors during the course of the 2-day event. However, it's difficult to measure the exact, tangible, impact of participating in terms of new registered PV Masters swimmers. Many of the visitors to the booth were interested in youth swimming or adult learn-to-swim. If we were to participate this year we might want to reach out to local USA Swimming to see if they are interested in participating with us. We should also have information on adult learn to swim lessons and, potentially, more information on swimming in Prince George's County.

If anyone has contact information for USA Swimming or another group who might be interested in partnering with us, I'm happy to reach out to them to see if there is interest.

I should also note that, if we proceed with participating in 2017, I will be out of town at a work conference Saturday evening and Sunday during the Expo weekend. I will be able to organize the booth and participate most of the day on Saturday but will need someone else to be responsible for overseeing things on Sunday, including breaking down the booth.

If there is reluctance to sign up again for next year, one option might be to participate on an every-other year basis. If this is the decision of the Board, I'm happy to look into other options for activities to be organized by the Fitness Chair for the years when we don't participate.

I'm happy to answer any additional questions Board members might have.

Thanks,

Christina West

**MEETING NOTES:** The board voted to participate again, but will need someone to assist Christina since she will be away. Frank will try to enlist someone from L4S for that role. Jeff will reach out to PVS and find out their interest in partnering with us on 2017.

## Long Distance/Open Water – Charlie Tupitza

We were speaking with the party that runs the Triathlon at Lake Arrowhead in VA about running an open water swim together. The Warrenton Masters Swim Team is the closest team to that location and we had trouble with interest in supporting it internally and could not respond to this organization in a timely manner. They are running it on their own but have expressed interest in working with USMS for next summer.

We also contacted a local Stone Quarry about using their swimming area for open water practice. They are in discussion with an insurance company to see if they can open it up for swimming. This could not be a USMS Sponsored event as open water swim practices must conform to the Safety standards of races but, this would be of interest for people looking for open water to practice.

I have reached out to several state parks in MD and VA to no avail and am open for suggestions about what this committee should do in the future.

## Coaches – Frank Marcinkowski

### April 2 Injury Prevention and Rehabilitation Clinic

On April 2, 2016, a free 90 minute clinic was held at Fast Track Sports Medicine and Performance Center in Merrifield, VA for Masters Swimmers. The clinic agenda is shown below. The clinic was attended by about 30 swimmers and coaches throughout the PV LMSC and was highly successful. Fast Track is willing to so another such clinic, or periodically do these for our LMSC every six months or so.

- I. **Top Strategies to Swim Fast & Injury Free**
  - I. Intro to Fast Track Sports Medicine & Performance Center
  - II. Common swimming injuries & causes
  - III. Self tests to determine performance limiters & prevent injury
    - Dry land exercises to address deficits
  - III. Medical Swim Analysis - The true solution for swimmers
    - Swim tips & drills to correct common mistakes
  - IV. Beyond physical therapy- What to do if conservative treatment has failed
  - V. Q&A

### PV LMSC Swim Fest (aka mega coaches clinic)

I made some contacts for a keynote speaker (Ned Overend, 60 year old extreme mountain bike world open division champion), stroke expertise, strength, conditioning, injury prevention and rehab, and nutrition in anticipation of a future Swim Fest hosted by the PV LMSC. The key note speaker was originally on-board, but has since dropped out....I have interested experts for the other slots which I can brief at our meeting.

### On-Deck Coaching at Nationals

We had some discussions in our prior meetings about the potential need for additional coaching for our LMSC swimmers at Nationals competitions. USMS has an active program to organize and bring in coaches from around the country as on-deck coaches for any and all Nationals Meet participants. My recommendation is that we rely on the National

program to provide on-deck coaches in addition to whichever coaches our own teams may wish to send: Refer to:

<http://www.usms.org/content/ondeckcoach>

The deadline for participating in the August Summer Nationals in Oregon is July 18. The website is:

<http://www.usms.org/comp/lcnats16/>

## USMS Coaches Certification

The upcoming schedule is online at: <http://www.usms.org/coach/certified/futurecourses.php>

### Coach Certification Course Schedule

Course Date	Location	Levels Offered	
Aug 27, 2016	San Jose, Calif.	<a href="#">Level 1</a> , <a href="#">Level 2</a>	<a href="#">Register Now</a>
Sep 10, 2016	Anchorage , Alaska	<a href="#">Level 1</a> , <a href="#">Level 2</a>	<a href="#">Register Now</a>
Sep 17, 2016	Juneau, Alaska	<a href="#">Level 1</a> , <a href="#">Level 2</a>	<a href="#">Register Now</a>
Sep 21, 2016	Atlanta, Ga.	<a href="#">Level 1</a> , <a href="#">Level 2</a>	<a href="#">Register Now</a>
<i>* This class is on a Wednesday</i>			
Sep 21, 2016	Atlanta, Ga.	<a href="#">Level 3</a>	<a href="#">Register Now</a>
<i>* This class is on a Wednesday</i>			
Oct 8, 2016	Irvine, Calif.	<a href="#">Level 1</a> , <a href="#">Level 2</a>	<a href="#">Register Now</a>
Oct 15, 2016	Denver, Colo.	<a href="#">Level 1</a> , <a href="#">Level 2</a>	<a href="#">Register Now</a>
Oct 22, 2016	Seattle, Wash.	<a href="#">Level 1</a> , <a href="#">Level 2</a>	<a href="#">Register Now</a>
Oct 23, 2016	San Jose, Calif.	<a href="#">Level 3</a>	<a href="#">Register Now</a>
<i>* This class is on a Sunday</i>			
Oct 28, 2016	Ft. Lauderdale, Fla.	<a href="#">Level 1</a> , <a href="#">Level 2</a>	<a href="#">Register Now</a>
<i>* This class is on a Friday</i>			
Oct 29, 2016	New York, N.Y.	<a href="#">Level 3</a>	<a href="#">Register Now</a>
Nov 5, 2016	Columbus, Ohio	<a href="#">Level 3</a>	
Nov 6, 2016	Baltimore, Md.	<a href="#">Level 1</a> , <a href="#">Level 2</a>	
<i>* This class is on a Sunday</i>			
Nov 19, 2016	Las Vegas, Nev.	<a href="#">Level 3</a>	
Dec 3, 2016	Dallas, Texas	<a href="#">Level 3</a>	<a href="#">Register Now</a>
Dec 4, 2016	Ft. Lauderdale, Fla.	<a href="#">Level 3</a>	
<i>* This class is on a Sunday</i>			
Dec 10, 2016	San Diego , Calif.	<a href="#">Level 3</a>	<a href="#">Register Now</a>

## USMS National Coaching Seminar

USMS is sponsoring a National Coaching Seminar Nov 11-13 San Mateo, CA. All of the information, including the schedule, hotel information and presenter bios, is located at: <http://www.usms.org/content/coachclinic>

### Presenters:

- Steve Munatones, President & Co-founder of KAATSU Global, Inc.
- Ron Marcikic, Director/Head Coach, University of California, San Diego Masters Sports
- Cokie Lepinski, Founder, Head Coach Swymnut Masters, USMS Coach of the Year 2014
- Dr. John Mullen, DPT, CSCS, World renowned expert in sports training and rehabilitation
- Sheila Taormina, Olympian in swimming, triathlon and pentathlon
- Dr. Ernie Maglischo, NCAA Division II Coach of the year, Author
- Dr. Rod Havriluck, President, Swimming Technology Research



## PV LMSC Board Member Workout Options

Reminder, any board member can always attend any L4S workout at any location (except BRSC) at no cost. Contact L4S Registrar Lindsay Viellieu at [lindsay.viellieu@gmail.com](mailto:lindsay.viellieu@gmail.com) if interested.

## Webmaster – Luke Shaheen

### **MEETING NOTES:**

Jeff displayed Luke's redesign for the crowd on a few devices. The crowd liked it, and wanted to make sure we included the same content as before, namely:

- Membership information
- Club Information
- Meet information (entry forms, results)
- Newsletter (swimmers ear)
- Administrative information.

Luke has indicated that with the Wordpress redesign, anyone with administrative access will be able to access and update specific areas (ie Mollie with Top Ten, Cheryl with newsletter, etc.)

Ray asked to make sure the PVLMSC logo is included in the pages.

Cheryl wanted to make sure things would be easy for her to upload the newsletter.

## Communications – Wyatt Bradbury

I would like to find a way for teams to send flyers or promos to me for distribution to the Board and LMSC.

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## Old Business

- PV Financial Aid - tabled from March. Wyatt has enlisted Jeff to help in getting data for this and would like to present some proposals with some data.

*Meeting Notes:* We are not ready with this information and a formal proposal, but will continue working on this and see if there is a way to help our younger and older swimmers. There is also apparently some national office discussion about younger swimmers in the works as well.

## New Business

### DCRP Meet (Garret & Juliette)

**MEETING NOTES:** Garret & Juliette spoke to DCRP's low-attended 34<sup>th</sup> annual meet. Solicited ideas about where to have it, when to have it and how to market it. Suggestions included moving the meet back to July; emailing all past attendees as far out as possible; facebook event; USMS forum meet/event announcement.

### 10k OW @ Point Lookout (Cheryl)

Questions about sponsoring a 10K open water swim (if at Point Lookout State Park, would it qualify for PV subsidy, what are costs of online registration and automated timing, etc.).

### Swim for Life (Christina)

The 25th Annual Swim for Life, held July 9 on the Chester River, attracted over 240 swimmers and raised approximately \$30,000 for our partner charities - Chester River Association, Heart to Hand and Quality of Life Retreats. Thank you to Potomac Valley for your assistance again this year.

## USMS Registration/ Year+ Membership (Jeff R)

With the Olympic Trials and Olympics going on this year, USMS' website typically sees a boost in hits. USMS wanted to offer a year+ membership starting in August. We typically have a reduced rate starting in September. USMS wants to know what to do for our LMSC.

**MEETING NOTES:** The board voted to approve the Year plus membership that USMS is offering.

## CPR (Wyatt)

How can we assist our coaches in getting CPR/FA/AED Certified? I am an instructor and we (UMAC) would be able to host a course for our coaches and team leaders. I think PV could benefit from paying for a portion of the course for a set number of individuals per team (it HAS to be more than one since not everyone is on deck at all times). However, the individual should be required to pay a portion as well.

**MEETING NOTES:** Natalie will investigate the opportunity to do something at UMD.

## Dual Meets (Wyatt)

Is there any interest in setting up a dual swim league? UMAC hosted DCAC for an extremely successful event this spring and it could be really fun to set up a PV league where all host smaller, more inclusive meets. Maybe something for only the novice swimmers?

**MEETING NOTES:** team reps indicated they are interested in possibly doing these, as UMAC was a good example of how to bring in new blood both from a meet director standpoint as well as a meet participant standpoint. Attendees were ok with continuing to have PV pay the \$50 sanction fee even for these "closed" events.

## "How to Host a Meet" Clinic (Wyatt)

Do we have any teams looking to host their first meet? Any new meet directors for upcoming events? I'd like to bring new/small teams in and teach them all we know. Then, we bring them to a meet hosted by one of our larger and more established teams and have them be padawans to the masters (Cheryl Ward, Jeff Strahota, Natalie Taylor, etc.).

**MEETING NOTES:** The topic centered on the resources needed to hold this, namely any presentations and handouts that might be made available. Let's develop these first, and then figure out what to do about in-person.

## Monthly Calls (Wyatt)

Hold monthly calls where anyone in the LMSC can voice their opinions and we have a brief discussion surrounding a certain subject. These would be established in advance and could be opportunities for all to share their knowledge. Examples would be hosting a meet, starts and turns, technique, open forum, rules questions, open water swimming, most common ways to be DQ'd Etc. This gives our membership a say in the process and is a way for all of us to share our knowledge. An in person meeting might be difficult to attend but phone calls have a much lower barrier.

**MEETING NOTES:** The March phone call was well attended, and even just trying to breeze through our normal committee reports seems to take at least an hour. Jeff to continue to pursue phone call meetings as an option, and given the number of action items taken at this meeting, is considering a follow-up call for October, sometime before our annual meeting.

## Regular Clinics (Wyatt)

Supporting a quarterly clinic for all swimmers. Different teams could host and different coaches/swimmers could be leaders of the event. PV supporting the effort would go a much longer way than any one team (I had 5 folks at mine).

## Coach Support (Wyatt)

Reaching out as an LMSC in support of coaches. USMS does not understand the time and effort they put into the sport and how little (if any!) they get in return. USMS needs to better support these coaches as they are the front line ambassadors for USMS. Ultimately, they make or break a team.

## **USMS Convention**

The following board members were selected to represent Potomac Valley at the 2016 USMS Convention: Jeff Strahota, Mollie Grover, Debbie Malafsky, Frank Marcinkowski and Charlie Tupitza. Jeff Roddin and Natalie Taylor will represent USMS.

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### **Tasks for the Next Board Meeting**

1. Discuss if PV should assist our coaches in obtaining CPR Certification by offering classes
  2. Date for next Board Meeting
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**Potomac Valley LMSC  
Board Meeting  
July 23rd  
3pm  
Revised Agenda**

Mollie and Jeff's House:  
11100 Schuylkill Rd  
North Bethesda, MD 20852

**INTRODUCTIONS**

**MEETING MINUTES APPROVAL**

**COMMITTEE REPORTS:**

**Chair-Jeff Strahota**

**Treasurer's Report-Jeff Strahota presenting for Tim**

**Secretary-Debbie Malafsky-**

**Registrar-Jeff Roddin- Jeff Strahota presenting**

**Top Ten-Molly Grover**

**Sanctions-Peter Lee**

**Officials - Eric Nordlund**

**Newsletter - Cheryl Wagner**

**Awards – Vacant**

**Fitness - Christina West- Jeff for Christina**

**Long Distance/Open Water - Charlie Tupitza**

**Coaches - Frank Marcinkowski**

**Webmaster - Luke Shaheen**

**Communications - Wyatt Bradbury- Jeff Strahota for Wyatt**

**OLD BUSINESS:**

- Approve March Minutes
- PV Financial Aid - tabled from March. Wyatt and Jeff will get data and present some proposals
- Website – Jeff

**AWARDS:**

- Working on capturing past awards
- Suggestions for next year's award ceremony
- Need ideas to show we appreciate our volunteers
- Trinkets – to hand out

## **OPEN WATER:**

- Will PV sponsor an open water swim?

## **COMMUNICATIONS**

- please refer to the meeting minutes

## **WEBSITE:**

- Pay someone to do website?
- Luke Shaheen did a WordPress preview of website; available for board to preview
- Jeff S considering "So you want to host a meet?" webpage

## **PV COACHING AT NATIONAL EVENTS**

- Please refer to the meeting minutes

## **PV FINANCIAL AID –**

- Individuals with financial need tabled

## **NEW BUSINESS:**

### **Registration**

- Discuss Year Plus Membership

### **10k OW @ Point Lookout (Cheryl)**

- Questions about sponsoring a 10K open water swim (if at Point Lookout State Park, would it qualify for PV subsidy, what are costs of online registration and automated timing, etc.)

### **Swim for Life (Christina)**

- The 25th Annual Swim for Life, held July 9 on the Chester River, attracted over 240 swimmers and raised approximately \$30,000 for our partner charities - Chester River Association, Heart to Hand and Quality of Life Retreats. Thank you to Potomac Valley for your assistance again this year.

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**SCHEDLUE NEXT MEETING:**

**ADJOURN**