

**Potomac Valley LMSC
2018 Annual Meeting
Monday, April 16, 2018
8:00-9:30pm
Agenda**

Location: Phone

- Dial-in Number: (515) 604-9549; Access Code: 946164
- join.freeconferencecall.com/jeffstrahota

INTRODUCTIONS

Christina West, Mark Walters, Nancy Kirkendall, Jeff Roddin, Valerie Prue and Pam Gulley (from new club SFAF), Cheryl Wagner, Tim Timmons, Jeff, Mollie, Frank Marcinkowski, Stephanie Gauzens, Ray Novitske, Anne Duffy, Art Vera, Peter Lee, Juliette deSousa, Angela Fu, Natalie Taylor

COMMITTEE REPORTS:

**Chair - Jeff Strahota
Treasurer's Report - Tim Timmons
Secretary - Debbie Malafsky
Registrar - Jeff Roddin
Top Ten - Mollie Grover
Vice Chair/Rules - Dave Robinson
Sanctions – Stephanie Gauzens
Officials – Natalie Taylor
Vice Chair/Governance - Stephanie Gauzens
Newsletter - Cheryl Wagner
Awards - Angela Fu
Fitness - Christina West
Long Distance/Open Water – Peter Lee
Coaches - Frank Marcinkowski
Webmaster - Ray Novitske
Communications - Vacant**

Motions Passed:

- Motion to approve the October 2017 Meeting Minutes were approved unanimously
- Motion to Submit Rule Change was approved unanimously.

OLD BUSINESS:

- Approve Annual Meeting Minutes (MSA - Ray, Tim)

NEW BUSINESS

- PV's support for DCAC's Maryland Swim for Life in July. (Christina)
- Rule Change Submission (Robinson)
- Select Date for Picnic
- Schedule Next Meeting

MINUTES/COMMITTEE REPORTS:

The meeting was called to order by Chair Jeff Strahota at 8:02pm

Chair – Jeff Strahota

Thank you all for attending this meeting, and there are a lot of thanks in order! It's been a busy few months since our last meeting. In January, after spending a lot of blood, sweat, and tears, Ray unveiled our new Potomac Valley website www.pvmasters.org. It looks great - certainly a much more modern look and feel- and at least from my perspective, a lot more user friendly. After a few years of relative dormancy, we are back with a robust online presence. Thank you very much, **Ray Novitske**, for making this happen, with an assist to **Jeff Roddin**! We must be setting a trend, as USMS just re-launched their website this month too!

This winter, the LMSC Development Committee sent out its annual LMSC Standards survey. We did pretty well. Our one grey area was a grey area for a lot of USMS - getting meet results submitted in a timely manner. In her Top Ten role, Mollie has been working on a white paper on this very topic, and as this seems to be an issue nation-wide, plans on sending this to all meet hosts in advance of their meet going forward so that everyone is aware of what is needed to meet this standard. The LMSC Development Committee sent out surveys to some of our board members to assist in evaluating our state, so thank you to **David** and **Tim** for filling out their portions of this!

We also had a Volunteer Engagement Survey sent out this winter, and I am pleased to say that Potomac Valley was in the top three of LMSCs in terms of numbers of respondents. These surveys were sent to anyone with a board position, and based on the numbers, I think we had 100% participation. THANK YOU to everyone for filling this out. This is being used by the Volunteer Task Force to evaluate the state of volunteers in our organization, to find out what is and isn't working for us volunteers as well as how to improve the volunteer experience.

In short, thank you, all of you, for serving your clubs, your LMSC and USMS. I've said before, our LMSC is full of rock stars, and you all are the eccentric frontmen/women and virtuoso musicians that make our LMSC roll. For those not presently on the board, please let me know if you have an interest in a particular area because we are always looking for new ideas and additional hands, especially with our communications (newsletter, website, social media). Also, this fall means the end of my term as your band leader-bylaws indicate I'm done- so if you are considering running for our LMSC Chair position, please let me know if there is anything I can do to help get you familiar with the role in advance.

Happy Laps!

Treasurer – Tim Timmons

The Financial Statement below was sent to USMS. Additionally, I have filed IRS Form 990-N ePostcard with the IRS for our LMSC for 2017.

STATEMENT OF REVENUES AND EXPENSES FOR THE YEAR ENDING 12/31/17

REVENUES	
Individual and Club Registrations	\$ 19,641.02
Other	\$ 1,095.47
Interest	\$ 9.11
TOTAL REVENUE	\$ 20,745.60

EXPENSES	
Registrations to USMS (Ind & Club)	\$ 2,881.00
DC Health & Fitness Expo	\$ 150.00
Pay & Stipends	\$ 7,622.50
National Convention	\$ 7,343.30
Refund of Team Registrations	\$ 800.00
Club Assistant Meet Support	\$ 2,746.55
Coach & ALTS Clinic Support	\$ 1,520.00
Miscellaneous	\$ 1,658.45
Sanctions	\$ 2,600.00
SSLF Support	\$ 2,500.00
TOTAL EXPENSES	\$ 29,821.80

TOTAL NET FOR 2017 **\$(9,076.20)**

STATEMENT OF ASSETS, LIABILITIES AND FUND BALANCE AS OF 12/31/17

ASSETS	
Cash - Savings Account	\$ 46,324.36
Cash - Checking Account	\$ 6,080.53
TOTAL ASSETS	\$ 52,404.89

LIABILITIES AND FUND BALANCE	
Liabilities	None
Fund balance on 12/31/16	\$ 61,481.09
Net 2017 excess/(deficit)	\$(9,076.20)
Fund Balance on 12/31/17	\$ 52,404.89
TOTAL LIABILITIES AND FUND BALANCE	\$ 52,404.89

// SIGNED //
TIMOTHY T. TIMMONS
Treasurer,
PVLMSC

\$59,000 – so far in 2018 took in 9300 and spent in 2100

Tim participated in a Treasurers Conference call in March, we seem to be on the target standards

Secretary – Debbie Malafsky

No report and sporadic cell phone connectivity in Marfa, Texas.

Registrar – Jeff Roddin

We now have 33 registered clubs vs 33 last year. We have three new clubs: YMCA Silver Spring (YSS), Bethesda Chevy Chase YMCA (YBCC) and Swim Fun and Fitness (SFAF). Four did not renew: ABSC (4 members), HAC (2 members), MWRA (0 members), SPRY (0 members) and one is returning from 2015 (ERSC). Please review your club listings on the PV website (<http://pvmasters.org/newsite/index.php/clubs/>) and let Ray know if anything is out of date.

We finished 2017 with 2704 members (down from 2830 in 2016). The gender breakdown was 51% male and 49% female. See graph below for long time historical registration trends.

This past registration year Potomac Valley swimmers donated \$6045 to the Swimming Saves Lives foundation and \$931 to the International Swimming Hall of Fame (\$6976 total donations vs \$5179 in 2016).

Geographical breakdown of our 2017 membership by state:

- Virginia: 51%
- Maryland: 29%
- District of Columbia: 17%
- Other: 3%

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

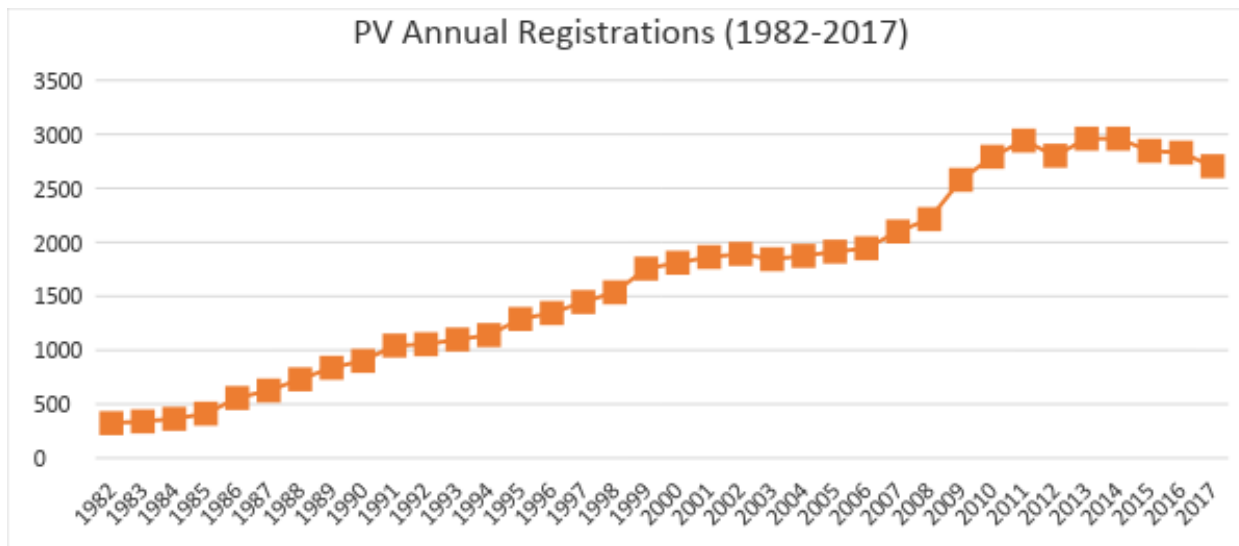
April 1, 2014 – 2406

April 1, 2015 - 2364

April 1, 2016 – 2243

April 1, 2017 – 2205

April 1, 2018 – 2071



Christina – any thoughts on member retention? There was a bump with the year plus folks, but they are not renewing. There seems to be a lack of younger members, as our organization is trending older, and a lack of backfill. Mark Walters: Could we do some sort of first-year introductory rate? Look at number of swimmers 25 and under; and number of older swimmers. Pam pointed out that for her swimmers, they have to pay to join the facility, and the team and USMS, so having a break somewhere would be nice. Jeff S. asked Jeff R. to gather some statistics on the number of members in the 19-24 age group and the average age of our general membership over the years.

Top Ten – Mollie Grover

- For the 2017 SCM season, there were 958 individual swims and 98 relays submitted for top ten consideration. There was 1 national record submitted.

- All meet hosts need to remember that there is a requirement for them to send me (the Top Ten Recorder) preliminary meet results within 14 days of the end of the meet. This is both in the rule book (article 103.5), and part of the LMSC Standards that are checked annually. Results must then be finalized within 4 weeks (28 days) from the end of the meet. This is not a new requirement, but it is being more strictly enforced by USMS within the last few years. I will be submitting a white paper for posting on the PV website that details what is needed to post results to the USMS database (and stay compliant with LMSC Standards). I will be sending that to Ray for posting within the next week.

Ray asked if we can encourage teams to submit both the pdf meet results AND USMS file meet results. YES, we can do this; Ray is trying to make sure our meet participants that swim in meets outside our LMSC continue to have access to results even when those neighboring LMSCs disappear off their websites.

Rules – Dave Robinson

- **Please See New Business**

Sanctions – Stephanie Gauzens

- Since July, we have one new sanctioned meet, the UMAC-Terrapins Terrapin Cup on June 9th at the UMD natatorium, and one new calendar event, the National Coaches Clinic is being held October 19-21 at the College Park Marriott and UMD natatorium. DCRP is taking this summer off from hosting their summer LC meet.
- Meets since last Meeting: Meet evaluators tell Stephanie that the meets are on point!
 - Sprint Classic
 - Solstice
 - Tropical Splash
 - Albatross
 - Colonies Zone Championships – still TBD

Officials – Natalie Taylor

- I am very excited to begin my journey as the PVLMSC Official's Chair. I am currently working on compiling a list of officials with experience officiating Masters meets in the area. If anyone knows officials who routinely work Masters' meets, enjoy, or would enjoy working Masters' meets, please send me their information, or have them complete this [google form](#) or reach out to me at nferdi85@gmail.com. This will be available for meet directors on our website in the future.
- I would like to request that this board permit me to purchase a set (8-10) of mini USMS rulebooks, using LMSC funds, for officials who may be new to working Masters meets, and are not as comfortable with the differences between USA-S and USMS. The mini rule books are \$6 each, so the total expense would be \$48 - \$60.
- If any club reps, swimmers, members, coaches etc. would like to see specific information coming from the Official's Chair, please do not hesitate to reach out to me.

Governance – Stephanie Gauzens

- Jeff (Chair) and Tim (Treasurer) filled out our LMSC standards evaluation survey and we are in full compliance with mandatory standards; 1 target standard missed. Jeff S. will send Ray the updated bylaws for posting on our website.
- There are plenty of LMSCs still not compliant with several mandatory and target standards, so that we had only one is great.

Newsletter – Cheryl Wagner

- The January 2018 newsletter was delayed due to work commitments by the editor (specifically work on the Tax Cuts and Jobs Act). The newsletter will be available this spring, shooting for a May newsletter as our first of the year. Please submit articles ASAP!

Awards – Angela Fu

- Attendance at the fall 2017 picnic was lower than previous years when it was held during Spring/Summer. Ample notice was given for the 2017 picnic. 50 people RSVP'd "yes", but only 25 attended. **See new business to discuss when to hold the picnic.**

Fitness – Christina West

- **Adult Learn to Swim** USMS hosted another Adult Learn to Swim (ALTS) course in our area in late February. Eight individuals attended that course. We had 4 individuals submit completed applications for the PVLMSC ALTS scholarship for that course; all 4 completed applications were approved. Several individuals requested information about the scholarship but either did not submit a completed application or were not PVLMSC members. **Recommendation:** Prior to the next ALTS course in our area, the Fitness Chair should proactively inform club reps of the available scholarship funds. Reimbursements should be held until after the course to ensure scholarship recipients actually attend the ALTS course.
- **Peer-to-Peer Fitness Call** USMS hosted a call for Fitness Chairs on March 22, primarily as a follow-up to the first Fitness series, the 30 minute fitness challenge. This is a new event for USMS; see http://www.usms.org/content/fitness_series for more information. There were 1,273 participants who entered, representing 65 clubs. The breakdown was 848 women and 425 men. There does not appear to be any Potomac Valley clubs participating at this time. This series serves as the primary fundraising vehicle for the Swimming Saves Lives foundation; \$8,700 was donated to SSL foundation from the first event. Funds raised can also go to local organizations (up to local clubs to determine and arrange).
- The upcoming fitness events are the 2k (July 15-31) and 1 mile (Nov 15-30) swims.
- Coaches are encouraged to organize their clubs' participation in the series.

Recommendation: If this is something PVLMSC wants to support, the Fitness Chair and Coaches Chair may want to distribute information to PV coaches and club reps to encourage participation in the 2 remaining events in the series.

Had 4 individuals complete the ALTS scholarship applications from the February ALTS course. Would request that we not release the funds until we can confirm that folks have taken the class.

Long Distance/Open Water – Peter Lee

- Peter has asked the USMS Open Water Committee Chairman for additional information about the new 2018 requirement of having a certified Open Water Referee. There has been some website issues, but it is online.
- Swim for Life coming in to PV for sanctioning;
- Discussion about devices used for pacing – how can we police pacing devices? This is a larger and ongoing discussion for the national open water committee.

Coaches – Frank Marcinkowski

- **The USMS Website's module for Coaching** (<https://www.usms.org/coach/>) continues to grow and improve, and has many resources and links to assist Masters coaches, including:
 - descriptions and schedules for the coaching certification and education clinics offered by USMS
 - on-line coaching workouts for seven different specialties
 - archives of all the "Streamlines for Coaching" monthly newsletters
 - coaching positions available, and sought, via a link to the USMS *Discussion Forum*
- Also of note on the USMS website link for Coaches, there is a brief announcement that **the 2018 USMS Coaches Clinic will be held October 19-21, 2018, in College Park, Maryland**. This 2.5 day clinic should be a good learning and networking experience and is being "designed to meet the needs of today's Masters' Coach and includes presentations in the classroom and on the pool deck." Registration for the clinic should be out later this month.
- The USMS website link for Coaches also has a link for **the 2018 High Performance Camp for Masters Swimmers, which is scheduled for August 25 - 30 at the Greensboro Aquatic Center**. Cost is \$2,200 and applications are due by May 18, 2018.
- The USMS website has a great link for coaches and swimmers called **Drills and Techniques** that provides both articles and video: [link here](#)
- Last February, USMS sponsored a Level 1 and 2 Coaching Certification clinic, a Stroke Technique Clinic, and an Adult Learn to Swim Instructors Clinic in our area in and these sessions were widely attended by PVLMS C Coaches and Swimmers. For anyone still awaiting PV LMSC 50% reimbursement, please contact Frank Marcinkowski (Frank@L4Swimming.org).
- The 18th FINA Masters Swimming World Championship Meet has been announced and is scheduled for Gwangju, South Korea. The USMS Coaches Committee is revamping the criteria and application for coaches for this meet. Meet details are sparse at this point; here is the website:
- <http://www.fina.org/event/18th-fina-world-championships>
- In addition to next year's FINA World's Championships, here are this year and next year's Masters championship events:
 - POOL Championship Events:**
 - USMS 2018 Spring Nationals May 10 - 13, Indianapolis, IN
 - PAN AMS 2018 Masters Championships July 28 - Aug 4, Orlando, FL
 - USMS 2019 Spring Nationals April 25 - 28, Mesa, AZ
 - USMS 2019 Summer Nationals Aug 7 - 11, Mission Viejo, CA
- For more details on these meets, see: <https://www.usms.org/events/national-championships/pool-national-championships>
- **Open Water Championships:** <https://www.usms.org/events/national-championships/open-water-national-championships>
- **EPostal Championships:** <https://www.usms.org/events/national-championships/epostal-national-championships>

Frank pointed out the recent changes to the USMS website made his lookup for this report a lot easier!

Webmaster – Ray Novitske

- The new web site was put online in November last year. There were some glitches to keeping the past site files in place and bringing the new site online. A temporary fix is in place and working well. There are a handful of data that remain to be incorporated into the site. These include a coaches' resources page, an awards section, and historical club counts. There are also a few years of meet results that have yet to be included on the results page.
- I ask that clubs review their information for workouts schedule, contact information, and website links and send corrections to me so that this information is current.

Communications – vacant

- No report.
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New Business

“Swim for Life” Support (West)

Discuss PV’s support for DCAC's Maryland Swim for Life – June 23. Since our LMSC policy is to pay for our open water sanction fees, we do not need to write DCAC a check as has been done the last few years. They (DCAC) will not see a bill for the sanction fee.

Rule Change (Robinson/Walters)

Discuss the following rule change proposal to make the creation of competitive yards relay teams substantially easier, and encouraging more entries as well as serious competition. **(Mark Walters GERM will represent Dave)**

Proposal as submitted to the Rules Committee looks like so:

102.3 Age Groups

102.3.2 Relay Events

~~A Short course (25) yards—18+, 25+, 35+, 45+, 55+, 65+, 75+, 85+, 95+... (10-year increments as high as is necessary).~~

~~The age of the youngest relay team member shall determine the age group. Relay teams must swim in the oldest age group for which they are eligible.~~

B A Short course (25) yards, Short course (25) meters, and long course (50) meters—72–99, 100–119, 120–159, 160–199, 200–239, 240–279, 280–319, 320–359, 360–399 ... (40-year increments as high as is necessary). The aggregate age of the four relay team members shall determine the age group.

Rationale: For relay teams where swimmers' ages vary a great deal, assigning relay age based on the youngest swimmer's age puts many of these relays at a competitive disadvantage, effectively penalizing teams for having a diverse set of swimmers and swimmers for being old. Using the same relay age calculation as meters enables more yards relay teams to be competitive in a more appropriate age-based evaluation.

Note that the proposal pertains solely to 102.3.2 (in other words, we are NOT proposing anything with Age Determining date (102.2 i.e., SCY is age at the meet, SCM and LCM are age at the end of the year.) For SCY relays, that point stays as is - age at the day of the meet. These two have been submitted together in the past, and we wish not to do so, in order that this has a better chance to pass on its own than with a change to the individual age.

MSA (Tim, Mark) to present proposal to national Rules committee.

Awards Picnic (FU)

Discuss when to hold the Awards Picnic. It’s hard to determine without a date, so it seems like we just go with a date that is convenient for the hosts and run with it. Could do in conjunction with a meet (UMAC meet? Sprint Classic?).

Next Meeting:

- Summer Meeting: July 14 or 21 @ the Strahota-Grover household

- Topics for next meeting:
 - For Registrar Report: PV age group breakdown
 - New Business 1: Coaches Classes Reimbursement Policy
 - New Business 2: Revisit Registrar Stipend Policy
 - New Business 3: Discuss Date for Picnic

Meeting Adjourned at 9:35 pm (MSA Tim, Cheryl)