

Potomac Valley LMSC  
Summer Board Meeting  
Saturday, July 14, 2018  
3pm  
Agenda

Mollie Grover and Jeff Strahota's Home  
11100 Schuylkill Road  
North Bethesda, MD 20852

Members Present:

ALEX: Stephanie Gauzens, Ray Novitske  
DCRP: Juliette-Marie deSousa  
DCM: Bill Braswell  
DCAC: Christina West  
GERM: David Robinson, Mark Walters  
L4: Debbie Malafsky  
ANCM: Jeff Roddin  
NCYM: Peter Lee  
GMUP: Tim T Timmons  
UMAC: Cheryl Wagner, Natalie Taylor, Mollie Grover and Jeff Strahota  
WAVA: Charlie Tupitza

**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**

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## Motions Passed At July Meeting:

- MSA (Dave R, Stephanie) to approve the April 2018 Meeting Minutes passed unanimously.
- MSA (Tm Timmons, Jeff S.) to reduce the PV registrar's stipend from \$2.50 to \$1 person. The motion passed unanimously.
- MSA (Tim Timmons, Dave R) to eliminate the \$5 swimmer transfer fee. The motion passed unanimously.
- MSA (Ray, Natalie) to approve the following delegates to convention: Jeff Strahota, Natalie Taylor, Dave Robinson, Peter Lee, Charlie Tupitza. Motion passed unanimously.

### **OLD BUSINESS:**

### **NEW BUSINESS**

- Approve April 2018 Meeting Minutes
- Discuss Registrar Stipend
- Schedule Next Meeting

# MINUTES/COMMITTEE REPORTS:

3:17pm call to order

## Chair – Jeff Strahota

Thanks for reading, and once again, Mollie and I are pleased to host our Summer 2018 LMSC meeting.

As my 2<sup>nd</sup> stint draws to a close, I want to challenge everyone to be proactive in recruiting for all aspects of masters: for our clubs, for our events, and for our board. We've discussed our aging, downward membership trends in our past meetings, and seen our meet entries start to dwindle off. There are a lot of challenges for us, and we need to start thinking outside the box a little more to continue to stay healthy – physically and as an LMSC.

Please continue to utilize our LMSC Board and USMS as resources to assist your clubs in staying healthy. At USMS, Bill Brenner's job is the viability of our clubs, and he is here for us if we need him.

Have a great summer!

-jeff

Meeting Notes:

My second term will end December 31, 2018 and I am not allowed to run for another term. If you are interested in running for this position, I would be more than happy to chat with you about the position and expectations.

## Treasurer – Tim Timmons

The financial health of the LMSC remains solid. As of July 7, 2018, we had a combined balance of \$62,053.37 in our savings and checking accounts. This is a net increase of \$9,648.48 for the calendar year, which was expected. Our income primarily consisted of monthly checks from USMS that cover our share of team and individual registrations minus payments we are responsible for such as sanction fees for our meets. Our primary expenditures so far this year have been for coach clinic and ALTS scholarships, Club Assistant rebates to clubs that host meets, and a payment to USMS for OEVT registrations we collected.

Based on our current status and our normal projected expenditures in the foreseeable future, I recommend to the board that we do not increase the annual team and individual registration fees for next year. We are in good shape.

// SIGNED //  
TIMOTHY T. TIMMONS  
PVLMSC Treasurer

Meeting Notes:

We are following our typical pattern. We incur fewer expenses during the first six months because the latter six months include convention expenses. To date we have made payments for 5 people to attend the ALTS clinic and 4 people to attend the coach's clinics. We paid \$1000 sanction fees for Reston's open water event, and will receive the bill for the DCAC open water swim next month. We have also paid online entry rebates for clubs hosting meets (still need info from DCAC and UMAC for their events. We paid USMS \$3200 because of OEVT registrations. USMS is now using direct deposit for checks rather than mailing them. We do not need to raise our LMSC dues or team dues.

## Secretary – Debbie Malafsky

- No report.

- Jeff S. will absorb secretary duties for the remainder of the year; we'll elect a new secretary at our October meeting.
- Thank you Debbie for your work the last several years, and have fun in Texas!

## Registrar – Jeff Roddin

- Since our last board meeting we have one new club: NextWave Masters (NXWV). Please continue to review your club listings on the PV website and let Ray or I know if anything needs updating. You'll also want to add your club to the USMS Club Finder and keep it updated if you haven't done so already. Here is the direct link to add a location to Club Finder:  
[https://docs.google.com/forms/d/e/1FAIpQLSfbgRUvadXQVa3fkPdAMiPiYDpaD0WPkLFSpBcY2JRQe6mL5Q/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfbgRUvadXQVa3fkPdAMiPiYDpaD0WPkLFSpBcY2JRQe6mL5Q/viewform?usp=sf_link)
- Membership totals as of July 1:  
July 1, 2014 – 2760  
July 1, 2015 - 2653  
July 1, 2016 – 2509  
July 1, 2017 – 2441  
July 1, 2018 – 2247 (down 8% from last year, 19% from 2014)
- We have 34 registered clubs vs 33 last year.
- RMST had 170 OEVT members this year vs 144 last year. Two converted to full memberships after the event, so the final tally to USMS was 168. DCAC had 35 OEVTs for their event.
- Below is a breakdown of the PV membership by age, which was requested at the last board meeting:

Age Group	Members	Percent
18-24	91	4%
25-29	142	6%
30-34	197	9%
35-39	233	10%
40-44	270	12%
45-49	297	13%
50-54	330	15%
55-59	288	13%
60-64	180	8%
65-69	106	5%
70-74	53	2%
75-79	38	2%
80-84	8	0%
85-89	3	0%
90-94	0	0%
95-99	0	0%
100-104	0	0%
Total:	2236	(as of 6/25/2018)

- Our transfer fee is \$5. The National Office no longer assesses a fee for transfers, so PV now collects 100% of the fee (previously a portion went to USMS). The transfer fee is up to each LMSC. Many don't charge a fee at all; they just process the transfer after getting a scan of the transfer form (the 60-day rule still applies regardless if there is a fee or not, so the form is still relevant). I would be amendable to waiving the fee because we only get a couple dozen per year at most. The negative is loss of revenue, but the positive is we appear more swimmer friendly. This eliminates the use of snail mail because there's no paper form and no check, which also means the transfers can be executed more quickly.
  - We also don't have many transfers. On average we receive 12 transfers per year. As of July 14, we had seven (7) transfers in 2018.
  - MSA Tim/Dave R – waive the \$5 transfer fee, effective July 15. The form still needed for processing; 7 processed so far this year. (Unanimously)
- The PV registrar stipend was first instituted in 1996 when Joann Leilich retired. She suggested paying her successor on a per swimmer basis. A nominal fee was first approved and a couple years later the rate was adjusted to match other similar sized LMSCs. Since the National Office is handling more of the registration process including a formerly time consuming procedure to produce renewal invoices and since most swimmers are no longer requesting a printed card, I suggest we re-evaluate the stipend to ensure it is comparable with other large LMSCs and the present workload.
  - MSA Tim/Jeff S. – reduce registrar stipend from \$2.50/person to \$1/person. (Unanimously)

#### Meeting Notes

- The new USMS website was discussed with everyone present agreeing the website needs to be more user friendly and intuitive. Website has been an issue with registration – from the PV link on the map, individual club links and the club finder JOIN NOW button. USMS has fixed the map; is working on the others.

- Jeff would like everyone to be sure their respective location is covered. Please click “club finder” to be sure your location(s) are listed.
- USMS is offering a discount if you pre-pay for 2019. The discount will depend upon when you renew. It will range from \$5-25 dollars.

## Top Ten – Mollie Grover

- The 2018 SCY results have been submitted for USMS Top Ten. There were 2342 individual swims and 226 relays submitted. The preliminary lists should be released around 12 July for proofreading.
- The Top Ten Whitepaper that has been in progress for quite some time will hopefully be uploaded to the PV website by the time we meet on 14 July. This document includes the type of information Meet Directors should provide to Mollie for Top Ten purposes. I would be happy to answer any questions at the meeting if meet directors have seen it and have questions.
- LCM results are due for 2018 Top Ten submission by 20 October. If anyone knows of swimmers who have participated in USA Swimming LCM meets this summer and want to have their results included, please have them contact me at PVTopTen (at) usms (dot) org.
- There were a total of 10 USMS records set during the 2017-2018 SCY season. Of the 10, 4 were individual events, and 6 were relays. Nine of the ten were set at the 2018 Colonies Zone SCY meet.

## Rules – Dave Robinson

- Dave thanked everyone for their enthusiasm for the rules change. Mollie reported that regarding our rule proposal: the rules committee voted 6-8 not in favor of recommending the proposal. (Rationale provided by rules’ dissenting members: we like it, we’ve always done it this way and its too hard to make new records.) The procedure, at convention, is that we need to get a 2/3 majority of the HOD to vote to overturn the Rules Committee’s recommendation. We can also suggest that the rules committee re-opens discussion on this topic by attending one of their first three meetings.

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## Sanctions – Stephanie Gauzens

- Pool events:
  - 1 recognized event - MD Senior Olympics swim meet, 9/15/2018
  - 1 event sanctioned - Sprint Classic, 10/28/2018
- We need someone not on the host team to volunteer to be an evaluator for the Sprint Classic. (Natalie will evaluate)
- GERM Solstice meet is December 1.

## Officials – Natalie Taylor

- Natalie has held off on ordering mini rulebooks, as we have had most of our meets and most of the officials are Masters regulars.
- Natalie has submitted a list of officials to Ray to manage on the website.
- Cristina is our new official! Congratulations!

- Discussed paying officials. Dave suggested we pay officials depending upon size of meet and if a meet needs help they should ask the LMSC for assistance. We presently offer to make a team whole if they run a deficit, so no motion was made.

## Governance – Stephanie Gauzens

- No report

## Newsletter – Cheryl Wagner

- The next newsletter will be out July 2018.
- Has content ready to go from most of the spring, and ready to go.
- Mollie: can send call for zone championship meet bids and zone dot awards.

## Awards – Angela Fu

- No Report
- Need to solicit nominations for the LMSC Deb Morrin-Nordlund Volunteer of the Year Award, and other peer-nominate awards.
- Thinking shooting for October 20/21, and we liked the idea of Cabin John's location. Maybe with more planning/notice, we can make this happen more successfully this year???

## Fitness – Christina West

- USMS is sponsoring a Fitness Series Challenge this year.
- The summer challenge is a 2K swim that takes place between July 15-31 and is the second event in the SmartyPants Vitamins USMS Fitness Series. This event is designed for anyone who is looking to get in shape for their summer vacation. The Summer Fitness Challenge can be done in any manner desired: straight through; as a member of a relay; or even with fins. If you need help preparing for this swim, USMS has six-week training plans for all types of swimmers. Clubs can sign up to host the Fitness Series. Information for clubs on how to host the series is available here: <https://www.usms.org/events/fitness-events/fitness-series/summer-fitness-challenge>.
- The fall Fitness Challenge is a 1-mile swim and will be held November 15-30. Registration opens Sept. 1. More information on the fall challenge is here: <https://www.usms.org/events/fitness-events/fitness-series/fall-fitness-challenge>.
- Funds raised through the Fitness Challenges support the USMS Swimming Saves Lives Foundation.
- We would like to see if there are any results, and statistics on participation and/or funding.
- DCAC's 2018 Swim for Life was another great success. This open water event, held in the Chester River, featured a 1, 2, 2.4, 3, 4, and 5 mile out-and-back course. A month earlier than in recent years, the event was June 23 and saw over 100 swimmers participate. This year's event raised \$20,000 for three charities - Heart to Hand, Quality of Life Retreats, and Shore Rivers. Next year's Swim for Life is tentatively scheduled for June 29. More highlights from this year's event are available here:

[https://swimforlife.swimdcac.org/swimforlife/Past\\_Events/Entries/2018/6/23\\_27th\\_Annual\\_Swim\\_for\\_Life\\_Highlights.html](https://swimforlife.swimdcac.org/swimforlife/Past_Events/Entries/2018/6/23_27th_Annual_Swim_for_Life_Highlights.html).

## Long Distance/Open Water – Peter Lee

- We've had two sanctioned open water swims: the 2018 Jim McDonnell Lake Swim (JMLS) (Reston Masters) and the 2018 Maryland Swim for Life (DCAC).
- We'll discuss the JMLS in the fall.
- Swim for Life went well with roughly 100 swimmers completing the various swims and raising approximately \$20,000 for local and other charities.

## Coaches – Frank Marcinkowski

- No report

## Webmaster – Ray Novitske

- Web site continues to be updated and old materials taken down. To date, only Cheryl from the Colonies Zone SCY Championship meet has sent in results to be posted. Meet directors should be reminded to send in results after local meets when available. (Mollie can add to the White Paper). Ray would like to get the PDFs so that once the link breaks, we've still got something.
- Similarly, would like to make sure that meet entry forms are also sent to Ray to post when they are sanctioned and ready for publishing.
- No suggestions for the Coach's resources page have been received. An article was written for the January newsletter requesting suggestions, so the announcement has not yet gone out.
- Since the last report, club counts have been posted, and a local officials listing was posted.

### Meeting Notes:

- DCAC results for swim for life will be added
- PV will post non-sanctioned events on our website if requested. We will not seek them out. We will also note that the event isn't sanctioned.

## Communications – vacant

- No report.
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## New Business

### Awards Picnic (FU)

See notes in Awards Chair section

### Registrar Stipend (Roddin)

See notes in Registrar section

### Other Business

- Delegates for Convention: Natalie, Jeff, Dave, Charlie, Peter. Need to finalize a 6<sup>th</sup>.
  - MSA Ray, Natalie to approve delegates.
  - Ray, Mollie and Jeff R. are automatic delegates and will also be attending
- MSA, Dave, Stephanie to approve April Minutes as long as Mollie's name is spelled correctly.
- 2018 National Coaches Clinic, Oct 19-21 - <https://www.usms.org/content/coachclinic>
- Per our existing policy, PV will reimburse PV coaches 50% of the cost – please contact Frank ([PVCoaches@usms.org](mailto:PVCoaches@usms.org)) for approval.
- 50<sup>th</sup> anniversary celebration of USMS will be 2020.
- Sun Aug 26 8-10am – “Swim for Engie” in Waynewood Pool, Alexandria. The Swim for Engie event is a fundraiser for metastatic breast cancer research, this year raising money for METAvivor.
- LC Meet timing – UMAC, DCRP Summer Meet – when is the best timing?
- Does USMS have any data on members' swimming background – swim in hs, college?

### Next Meeting (October):

- October 28 at George Mason (Verify with Tim/Cheryl), to be held after the meet.

MSA Adjourn (Mollie, Dave) at 5:25pm.