

Potomac Valley LMSC
2019 Spring Meeting
Thursday March 21, 2019
7:00-8:30pm
Agenda

Location: Phone

- Dial-in Number: (605) 313-4427; Access Code: 503858

INTRODUCTIONS

COMMITTEE REPORTS:

Chair – Stephanie Gauzens

Treasurer – Tim Timmons

Secretary – Jeff Strahota

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

OLD BUSINESS:

- Approve July Meeting Minutes
- Approve Annual Meeting Minutes

NEW BUSINESS

- PV's support for DCAC's Maryland Swim for Life in July. (Christina)
- Discussion of what to do with LMSC donation money
- Schedule Next Meeting

MINUTES/COMMITTEE REPORTS:

Meeting came to order at _707pm_____

Attendees

Stephanie Gauzens, Ray Novitske, ALEX
Peter Lee, NCYM
Denise W, RMST
Christina West, DCAC
Mark Walters, Dave Robinson, GERM
Nancy Kirkendall, DCM
Will Farris, MASH
Cheryl Wagner, Mollie Grover, Jeff Strahota UMAC
Jeff Roddin, ANCM
Art Vera, NAMI

Chair – Stephanie Gauzens

Tim Timmons and I attended the 3rd biennial LMSC Leadership Summit in Phoenix, AZ over the first weekend in March. One of our biggest takeaways was in regard to succession planning. Since I am just beginning my term as Chair, I would like to take this moment to ask each of my fellow Board members to think on a couple of things and report back to me:

- How much longer do you see yourself staying in your current position? If you do not realistically see yourself staying in your current role for the next 3-4 years, let me know, so that we can work together to recruit and put a plan in place for the future.
- Is there anyone you know in our LMSC who would be good at your role or who you think would be interested in joining our Board in another position?
- Is there another role that you have filled in the past, in case an emergency arises, and someone needs to step away? I have been involved with this particular Board for less than 5 years, so I'd love to have a list of emergency fill-ins and fervently hope we don't ever need to use it.

Thanks, and I look forward to working with y'all over the next 2 years.

Also, I have rule books for anyone who needs them (excepting officials, Natalie has yours).

Stephanie congratulated Jeff Roddin on his Rulebook dedication!

Treasurer – Tim Timmons

As of late February, the LMSC finances continue on a steady footing. Presently, we have \$44,279.15 in our savings account and \$16,298.01 in our checking account, giving us a grand total of \$60,577.16. I have attached our 2018 annual financial report submitted to USMS. This report is in a brand-new format developed by USMS. In essence, it shows that PVLMSM had a profit of \$2,508.02 for calendar year 2018, that we began 2018 with \$52,404.89, and that we ended 2018 with \$54,912.91 in our accounts.

Looking ahead, since we did not increase membership fees and USMS is taking an additional \$2 for each membership, I believe we'll end up in the red for 2019, which is not a problem given our overall funds. This summer, we should access our status and discuss whether or not we need a membership fee increase for 2020.

Finally, I have filed our 2018 tax report with the IRS and have provided our registrar with his necessary tax documents for 2018.

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

Secretary – Jeff Strahota

We were so excited about getting a new chairperson at our October Annual Meeting that we forgot to approve July's minutes. Other than that, nothing to report.

MSA (Dave R, Roddin) Approve July and October Annual Meeting Minutes.

Registrar – Jeff Roddin

We now have 32 registered clubs vs 34 last year. We have two new clubs: C and O Aquatics (CANDO) and YMCA Reston Water Wolves (RWW). Four did not renew: ERSC (0 members), MACH (17 members), TA (2 members), WAVA (9 members). 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.

- **Machine has their own facility that does not require USMS membership, but members who participate in meets have found other homes**
- **WAVA disbanded**
- **TA is planning on renewing**

2019 Club Counts (as of 3/5) are listed in Appendix A.

We finished 2018 with 2415 members. This is down from 2704 in 2017 and continues the downward trend since 2014. See graph later in this report for our registration history since 1982. We are the smallest of the 52 LMSCs in the country from a geographic standpoint, however, I believe we are still the third largest in terms of registered swimmers (behind two of the California LMSCs).

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

March 1, 2014 – 2270

March 1, 2015 – 2259

March 1, 2016 – 2155

March 1, 2017 – 2115

March 1, 2018 – 2008

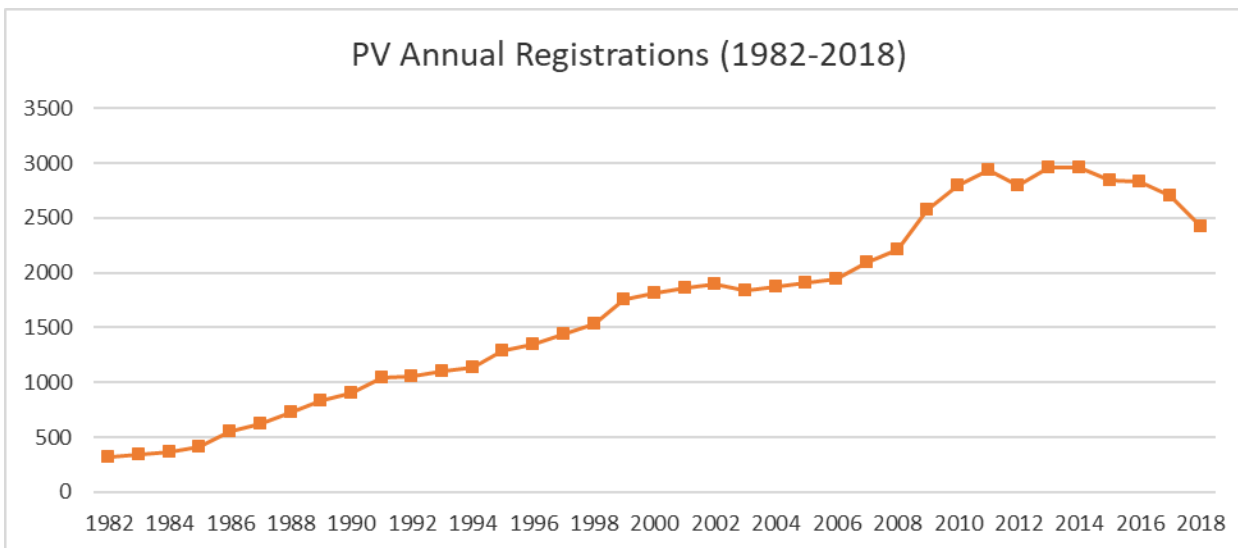
March 1, 2019 – 1845

This past registration year Potomac Valley swimmers donated \$5702 to the Swimming Saves Lives foundation and \$814 to the International Swimming Hall of Fame (\$6516 total donations vs \$6976 in 2017). Geographical breakdown of our 2018 membership by state:

- Virginia: 52%
- Maryland: 30%
- District of Columbia: 15%
- Other: 3%

The 2018 gender breakdown was 51% male and 49% female. See below for our demographics by age group and gender. Up through the 50s, the women are the majority. And for the typical childbearing years (30s), women are vastly in the majority. Which displaces a past theory about losing women members during childbearing and early motherhood years. In fact, one could argue that is when we lose men (during early fatherhood years).

Age Group	Members	Percent	Male	Female
18-24	96	4%	42%	58%
25-29	160	7%	53%	48%
30-34	215	9%	41%	59%
35-39	251	10%	36%	64%
40-44	286	12%	51%	49%
45-49	316	13%	52%	48%
50-54	357	15%	54%	46%
55-59	306	13%	57%	43%
60-64	204	8%	58%	42%
65-69	117	5%	60%	40%
70-74	55	2%	64%	36%
75-79	39	2%	72%	28%
80-84	12	0%	92%	8%
85-89	3	0%	67%	33%
Total:	2417		51%	49%



Top Ten – Mollie Grover

- Fina Top Ten for 2018 has been published for a few weeks, with plenty of Potomac Valley representation.
- 978 individual swims and 98 relays submitted for SCM season, and 2 individual national records.

Rules – Dave Robinson

- No report

Sanctions – Stephanie Gauzens

- Since our last meeting, the Tropical Splash and Albatross meets have been sanctioned.
- We need an evaluator for the Albatross meet on 3/30 – **Dave Robinson will volunteer!**

Officials – Natalie Taylor

- New USMS Referee Program is up and running. <https://www.usms.org/admin/lmschb/content/officialscert>
- I have new rule books for officials who want them. Reach out to me and I will get them to you.
- Applications are open to officiate at USMS Spring and Summer National Championships. Reach out to Teri White officials@usms.org if interested.

Governance – Stephanie Gauzens

- Since I am concurrently Chair AND Vice-Chair, I recommend changing this position to one for the immediate past Chair, if they are not already serving on the Board in some fashion.

Newsletter – Cheryl Wagner

- The latest PV Newsletter was published in early March.
- The next newsletter is scheduled to go out in May. Please send Cheryl content by April 15.

Awards – Angela Fu

- No report

Fitness – Christina West

- The next Adult Learn to Swim clinic in our area is May 5 in Herndon, VA. Registration is available at [this link](#). To be considered for a scholarship of up to 50 percent of the cost of the course, please complete the attached application (Appendix B) and return it to the Potomac Valley Fitness Chair (pvfitness@usms.org) at least one month before the ALTS course. You will be notified prior to the course if your application has been approved. The scholarship is provided as a reimbursement following the successful completion of the ALTS certification course. To receive the reimbursement, you must provide a copy of your certificate to the Potomac Valley Fitness Chair (pvfitness@usms.org) within 30 days of completion.
- USMS is again encouraging fitness swimmers to participate in the Winter Fitness Challenge, a 30 minute swim that took place in February. Information on that event is here: <https://www.usms.org/events/fitness-events/fitness-series/winter-fitness-challenge>. The next in the 3-part series will be Summer challenge, a 2,000 yard swim. Information is here: <https://www.usms.org/events/fitness-events/fitness-series/summer-fitness-challenge>. Proceeds raised benefit the Swimming Saves Lives Foundation.
- Fitness swimmers may also be interested in the USMS Go the Distance program to track your yardage. More information is here: <https://www.usms.org/events/fitness-events/go-the-distance>.

Long Distance/Open Water – Peter Lee

- Last meeting, we discussed the Reston Association's (RA) hesitance to conduct events in their water the in the past couple years. It was decided that we draft a letter to send to show the Potomac Valley LMSC's (and USMS') support of the Jim McDonnell Lake Swims. Letter was drafted and signed by our Chair, past Chair and Open Water Chair, and sent to the RA in January.

- Reston Masters Swim Team has just announced 2019's Jim McDonnell Lake Swims will be held Sunday May 26, 2019. There is a new trapezoid-shaped swim course this year, and registration will be open as soon as sanctioned.
- The JMLS's sanction application is with USMS' Open Water Safety Coordinator for review.
- Peter has requested a few follow-ups for the DCAC Swim for Life sanction.
- RAY reports that USMS has a new award for excellence in Long Distance swims! Consider nominating!

Coaches – Frank Marcinkowski

- No report

Webmaster – Ray Novitske

- Ray has been keeping the website updated
- Ray will put dates for Reston, Swim for Life and the USMS Clinics.
- Ray would like meet results in PDF format for our website.

Communications – vacant

- No report.
-

New Business

Swim for Life Support (West)

Discuss PV's support for DCAC's Maryland Swim for Life in July. Secretary's note: We've had this on the agenda for the last few spring meetings, and while we still have our sanction policy in place that will cover their sanction fee, if there is anything else we need to discuss for this event, we can do so.

Scheduled for July 13 2019, with same 1, 2, 2.4, 3, 4, and 5 mile swims as always!

LMSC Donations (Roddin)

When swimmers register they have an opportunity to make a few donations (e.g. SSL and ISHOF are mentioned above). There is also a new option to donate to the LMSC. Thus far this registration year (since 11/1/2018) we have received \$615 in LMSC donations. We don't advertise for this – we've collected this simply by having it on the registration page. Do we want to do anything unique with this money? I would like to discuss this since it is new.

Natalie suggested possibly investing in Marketing Materials (stickers, water bottles, etc.), or some socials promoting ALTS, etc. Christina asked about setting up a grant program. Stephanie brought up offering scholarships for swimmers. Mark asked about creating a marketing brochure to hand out at non-swim events.

Put on agenda for July Meeting.

UMAC's Summer meet (Natalie) – ideas/requests

Cheryl will like to have the 1500.

Ray was hoping to have the meet at zones.

Mollie mentioned that we are targeting a one-day.

Jeff talked about idea of a 200IM Pentathlon. Ray liked it.

Next Meeting:

- Summer Meeting: Sunday July 21 2019 @ the Strahota-Grover household

Meeting Adjourned at _7:53_(Jeff S., Nancy)___

Appendix A

Club Counts

2019 PV Club Counts				
Last updated: 3/5/2019				
Club #	Club	Full Club Name	Total	Rank
000	UC10	UC10	178	N/A
021	ALEX	Alexandria Masters Swimming	107	5
004	ARMS	Arlington Masters	82	8
068	YBCC	Bethesda Chevy Case YMCA	1	31
070	CANDO	C and O Aquatics	2	23
003	DCRP	DC Dept of Recreation & Parks	89	5
001	DCM	DC Masters	19	12
035	DCTC	DC Triathlon Club	9	18
017	DCAC	District of Columbia Aquatics Club	137	4
028	FBST	Fort Belvoir Masters	18	13
027	GERM	Germantown Maryland Masters	140	3
005	L4S	Lane 4 Swimming	555	1
052	LMAC	Life Time Mid-Atlantic Swim Club	3	25
019	MSSC	Maryland Suburban Swim Club	5	24
030	MASH	Masters Aquatics at Spring Hill	18	14
012	ANCM	Montgomery Ancient Mariners	181	2
007	NCYM	National Capital Masters	2	28
069	NXWV	NextWave Masters	12	17
020	JCCN	Northern VA Jewish Comm. Center	5	24
002	GMUP	Patriot Masters	44	9
029	PMM	Potomac Marlin Masters	15	16
009	RMST	Reston Masters Swim Team	89	6
064	DUFF	Right Duff	3	26
008	RIPM	Riptide Masters	8	21
026	SDS	Sea Devil Swimming Masters	9	19
054	NAMI	Sport & Health Tsunami Masters	30	11
059	TR13	Sportfit Lab	23	12
067	SFAF	Swim Fun and Fitness	10	18
053	TOLL	Tollefson Swimming	2	28
006	UMAC	UMAC-Terrapin Masters	44	9
043	WAV1	Wave One Swimming	6	22
071	RWW	YMCA Reston Water Wolves	6	21
062	YSS	YMCA Silver Spring	0	32
		Full Members:	1852	
	OEVT	One Event Members:	0	
		Grand total:	1852	
		Total Clubs (excluding UC10):	32	
		Male (excludes OEVTs):	972	52%
		Female (excludes OEVTs):	880	48%

Appendix B

ALTS Scholarship Application

**Potomac Valley Local Masters Swimming Committee
Adult Learn to Swim
Scholarship Application**

Potomac Valley LMSC ("Potomac Valley") is committed to helping adults in our community learn how to swim and encouraging adults to join U.S. Masters Swimming. To support this effort, Potomac Valley is able to support a limited number of our members who successfully complete the U.S. Masters Swimming Adult Learn to Swim ("ALTS") certification course, based on availability of funds.

To be considered for a scholarship of up to 50 percent of the cost of the course, please complete the following application and return it to the Potomac Valley Fitness Chair (pvfitness@usms.org) at least one month before the ALTS course. You will be notified prior to the course if your application has been approved. The scholarship is provided as a reimbursement following the successful completion of the ALTS certification course. To receive the reimbursement, you must provide a copy of your certificate to the Potomac Valley Fitness Chair (pvfitness@usms.org) within 30 days of completion.

Name: _____

Address: _____

Email address: _____ Phone: _____

Are you a current USMS member? Yes No

Are you a current member of Potomac Valley? Yes No

USMS Number: _____ Club: _____

What is your swimming background?

Why are you interested in taking the ALTS certification course?

How do you plan to use your certification?

Do you plan to use your certification for commercial purposes? If so, please describe.

For more information or if you have questions, contact the Potomac Valley fitness chair at pvfitness@usms.org.