

Potomac Valley LMSC
2019 Summer Meeting
Sunday July 21, 2019
3:00pm
Agenda

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

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 Spring Meeting Minutes
- LMSC Donations

NEW BUSINESS

- Long Haul Meet Report
- 2020 fees (introduction; to be finalized at annual meeting)
- Schedule Next (Annual) Meeting

MINUTES/COMMITTEE REPORTS:

Meeting came to order at 3:25pm

Attendees

ALEX – Amelia Kays, Stephanie Gauzens, Drew Killian

UMAC – Cheryl Wagner, Mollie Grover, Natalie Taylor, Jeff Strahota

ANCM – Jeff Roddin

NCYM – Peter Lee

DUFF – Anne Duffy

GERM – Mark Walters

DCRP – Juliette DeSousa

Chair – Stephanie Gauzens

Thank you all for attending this meeting. A few things have happened since our last meeting. In early June, we got the results of our LMSC 2019 Standards Survey, which Tim and I filled out as LMSC Treasurer and Chair. Our LMSC passed with flying colors, so thank you for all the work that you do to make that possible. Ray also began working on our first ever Long Haul meet, which will be hosted by the LMSC on August 17 at the brand new St. James facility in Springfield. I hope that everyone will spread the word to the distance swimmers on their teams and volunteer to help out (and catch a peak at the venue). In September, we will be sending delegates to the USMS Convention in St. Louis. There are still two delegate slots available. If you would be interested in attending, please let me know by the end of the meeting.

Delegates: Jeff R, Ray, Natalie, Peter – PV delegates;
(Automatic/USMS delegates: Stephanie, Mollie, Jeff S)

Treasurer – Tim Timmons

As of July 1, 2019, we had a total of \$59,324.61 in our financial accounts; \$18,376.49 in checking and \$40,948.12 in savings. At the same time last year, we had a total of \$64,294.34 in our accounts. This means that we had a loss of \$4969.73 for the twelve-month period, Jul 18 – Jul 19, which we expected.

It should be noted that our account balances will always be higher in July than in January...we most always have a net profit the first half of a calendar year and a net loss in the second half. This is primarily due to the large majority of our members registering near the beginning of the annual registration period.

This brings us to the question of what to do about membership fees for 2020 and beyond. Under normal circumstances, I would recommend that we raise our fees to \$55 for next year. However, if we are fairly certain that USMS will go to a \$60 fee for all LMSCs starting in 2021, I see two options: we either leave our fee at \$50 or raise it to \$60 right now. It has always been our policy to not raise fees year after year.

If we keep our fee at \$50, our account balances are likely to reduce to the high \$40K to low \$50K range. If we raise our fee to \$60 for 2020, then our account balances will increase significantly and we should come with a plan to spend the new profit. Either way our finances are in good shape...we are doing very well.

My vote goes to raise the fee to \$60 in 2020 and then be prepared to spend a good portion of our October meeting time discussing how to spend our new monies. Again, this is all predicated on USMS going to \$60 for all LMSCs in 2021.

Finally, with regard to money that is donated to the LMSC. This money comes to us without any stipulation on how to spend it and I feel it should continue to go into our general funds.

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

Secretary – Jeff Strahota

Draft minutes of the Spring report were sent with meeting reminders for this meeting. Will need to approve.

MSA (Gauzens, Lee) to approve Spring minutes

Registrar – Jeff Roddin

Since our last board meeting we have two new clubs: DC Water Wizards (DCWW, Takoma and Rumsey pools, age 50+) and Masters Morning Swim Program (MMSP, coach John Flanagan). 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 make sure your club details are up to date on the USMS Club Finder page: <https://www.usms.org/clubs>

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

July 1, 2014 – 2760

July 1, 2015 - 2653

July 1, 2016 – 2509

July 1, 2017 – 2441

July 1, 2018 – 2247

July 1, 2019 – 2137 (down 5% from last year, 23% from 2014)

We have 35 registered clubs (vs 34 last year).

RMST had 121 OEVT members this year (vs 170 last year and 144 in 2017). One converted to full memberships after the event, so the final tally to USMS was 120. The DCAC Swim For Life is July 13, so as of this writing I don't have a count for this year's event (DCAC had 35 OEVTs for their 2018 event).

Just like last year, USMS has instituted a "Year-Plus" membership option for members who join/renew starting July 1. If the prospective member prepays for 2020, they receive a \$5 discount for this year's fees during the month of July. If they join in August, September or October they receive a \$10, \$15 or \$20 discount, respectively. Starting on November 1 members may join for 2020 and the registration becomes effective immediately (i.e. no need to pay for any portion of 2019 beginning November 1).

(2019 Club Counts will be presented at the meeting)

Swim for Life – had 57 OEVT

Top Ten – Mollie Grover

- 2284 individual swims, 167 relay swims, and 1 national record were submitted for 2019 SCY top ten.

Rules – Dave Robinson

- No report

Sanctions – Stephanie Gauzens

Since our last meeting, we have had the following events:

- Albatross Open (ANCM) 3/30
- Colonies Zone SCY Championships (GMUP) 4/5-7
- UMAC Summer Challenge Meet (UMAC) 6/21

Next up is the Long Haul Distance Meet on 8/17 (evaluator needed)

- A brief discussion on the perception of evaluating our own meet; will evaluate ourselves if we need to but will look to find a non-PV swimmer to evaluate.

Officials – Natalie Taylor

- New USMS Referee Program is up and running. <https://www.usms.org/admin/lmschb/content/officialscert>
- The USMS Official's committee has updated their website to include a list of all currently certified USMS officials.
- Please note any issues that should be raised at the National Level as we get ready for Convention in a few months. There will be an Officials workshop at convention this year!
- Applications are open to officiate at USMS Summer National Championships in Mission Viejo. Reach out to Teri White officials@usms.org if interested.

Newsletter – Cheryl Wagner

- The latest PV Newsletter is expected to be ready in time for the summer meeting.
- Newsletter was emailed to folks last week!

Awards – Angela Fu

Potomac Valley LMSC Awards 2017/2018

Swimmers of the Year and Top Performers

Swimmer of the Year is awarded to the individual with the highest number of points when calculated from the top ten lists for each course. Top performers are the individuals with the 2nd and 3rd place number of points for each course.

2017	Swimmer of the Year		Top Performers	
SCY	Men	Women	Men	Women
	Hugh Roddin (ANCM)	Margot Pettijohn (ANCM)	James Zenyuh (RIPM) Jeffrey Roddin (ANCM)	Courtney Randolph (UMAC) Mollie Grover (UMAC)
	Swimmer of the Year		Top Performers	
SCM	Men	Women	Men	Women

	Hugh Roddin (ANCM)	Margot Pettijohn (ANCM)	Jeffrey Roddin (ANCM) Michael Goodison (UMAC)	Courtney Randolph (UMAC) Mollie Grover (UMAC)
	Swimmer of the Year		Top Performers	
LCM	Men	Women	Men	Women
	James Zenyuh (RIPM)	Margot Pettijohn (ANCM)	Frederick Zamon (GMUP) Clay Britt (ANCM)	Mollie Grover (UMAC) Kim Brightwell (RMST)

2018	Swimmer of the Year		Top Performers	
SCY	Men	Women	Men	Women
	James Zenyuh (RIPM)	Margot Pettijohn (ANCM)	Neill Williams (DCAC) Clay Britt (ANCM)	Dale Barnhard (DCAC) Courtney Randolph (UMAC)
	Swimmer of the Year		Top Performers	
SCM	Men	Women	Men	Women
	Neill Williams (DCAC)	Courtney Randolph (UMAC)	Jerome Frentsos (DCAC) Jeffrey Roddin (ANCM)	Mollie Grover (UMAC) Margot Pettijohn (ANCM)
	Swimmer of the Year		Top Performers	
LCM	Men	Women	Men	Women
	Neill Williams (DCAC)	Margot Pettijohn (ANCM)	Michael Doane (tie) (UMAC) Clay Britt (tie) (ANCM)	Mollie Grover (UMAC) Courtney Randolph (UMAC)

Distance Swimmers of the Year

Distance Swimmer of the Year is calculated in the same manner as the Swimmer of the Year.

2017	Men	Women
	Andrew Geiszler (tie) (L4S) Alexander Chororos (tie) (DCRP)	N/A
2018	Men	Women
	N/A	N/A

Postal Swimmer Award

This award goes to the male & female swimmer who participated in the highest number of postal swims in a given year. The requirement is that the swimmers must to participate in 2 or more postal events.

2017	Men	Women
	N/A	Jane Woo
2018	Men	Women
	N/A	Andrea Meyerhoff (UC10)

Go the Distance Award

Award goes to the male & female swimmer with the most number of miles recorded in their Go the Distance Blog.

2017	Men	Women
	Paul A Grecco (584.84) (GMUP)	Dana Page (630.24) (UC10)

2018	Men	Women
	Michael F. Boyle (568.07) (GERM)	Dana Page (739.30) (UC10)

Awards banquet

- Look to do something somewhere (in DC – maybe near Nats park; Bardo Brewery?) where we can get a room and not have to worry about cooking or anything.

Fitness – Christina West

We had two (2) completed applications for the May 5 USMS Adult Learn to Swim scholarship. Both completed applications were approved and reimbursement provided. There are no additional ALTS courses in our area this year.

The Summer Fitness Challenge is going on this month. The summer challenge is a 2k swim. More information is available here: <https://www.usms.org/events/fitness-events/fitness-series/summer-fitness-challenge>.

The Fall Fitness Challenge takes place in November and is a 1-mile swim. More information is available here: <https://www.usms.org/events/fitness-events/fitness-series/fall-fitness-challenge>.

Long Distance/Open Water – Peter Lee

- RMST Jim McDonnell Lake Swim – ~430 swimmers
 - Event run as smooth as ever.
- DCAC Swim for Life – 128 in/128 out.
 - 57 OEVT
 - Due to the weather (84° water temps) and currents, 4 and 5 mile swims were reduced to 3 miles.
- L4 has resumed open water practices, which have hit some hurdles b/c of insurance in the recent past. These hurdles have been lifted/clarified, and have held/will hold swims on 8 June, 27 July and 7 September.

Peter is working on a one-paper on event crisis management.

Coaches – Frank Marcinkowski

- No report

Webmaster – Ray Novitske

- Ray has been keeping the website updated

2. I have been working on a "coaches" page with some past suggestions from Natalie. It will mostly consist of links - (adding specific coaching articles is difficult because there too many and I cannot decide on which ones should be included.) Please send along any suggestions. Thus far I have planned:

- Coach certification information
- Clinic classes for coaches
- USMS Coach Mentor Program
- Training Workouts

How about list of PV certified coaches? Is this useful or needed?

What is the perspective use for this? Doesn't seem like it would be worth the effort.

I can also link to YouTube videos from USMS:

- Triathlon Swim Training with Ironman Champion Ben Hoffman
- SWIMMER Magazine Common Freestyle Breathing Mistakes
- SWIMMER Magazine Extreme Stroke Makeover
- SWIMMER Magazine Backstroke Starts
- SWIMMER Magazine Open Water Drafting with Sara McLarty

I could include coaches contacts info within Potomac Valley, but it would probably need frequent updating, and some coaches may not want their info displayed? Thoughts?

3. Thank you UMAC for sending meet results for posting. I requested them from Reston and received them. I think I got Albatross from their web site.

4. I can always use ideas or local news items for the home page announcements.

5. My policy for including events is: if they are in PV, Virginia, or Maryland they automatically get included. Or, if someone specifically sends something outside these areas. And, if the events are sanctioned or recognized.

Communications – vacant

- No report.

Other (and New) Business

(see next page)

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 \$675 in LMSC donations (incl July). 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.

Ideas from the Spring meeting include:

- Marketing materials
- Socials
- Alts
- Grants/Scholarships

(covered with Tim's report)

Long Haul Report (Novitske)

1. Sanctioned and online entry is up. We allow deck entries. Flat fee entry. Swimmers can enter both events if desired. Deck entries are allowed for \$5 higher entry fee. Planned meet will last 3 hours, based on 30 swimmers. To date 7/10: 5 swimmers. 3 in 800 Free, 4 in 1500 (2 swimmers entered both events)
2. Pool contract was signed and sent in. We are waiting for a copy.
3. Check has been sent by Tim, along with a small \$150 for using a hospitality room. I am awaiting a list of foods and prices for St. James supplying the hospitality for meet workers and officials. If too expensive, I will purchase independently (suggested by pool manager). **Let's try to do as much as we can via Costco (or other similar).**
4. Mike Rubin has agreed to be referee and can get other officials. We discussed using 3 more for the pool deck, but no final decision was made because he suggested 4 total in addition to the computer administrator.
5. Natalie has agreed to be the 5th official running the computer and will bring her laptop. Jeff will send the entries file after the deadline. Jeff states that he has a registered PV copy of Meet Manager so that there would be no need to purchase one. Natalie can use her Meet Manager copy on her computer which should be OK since we have a PV license to run the meet.
6. Natalie will supply stopwatches for timers, and counter cards. The St. James will provide clipboards for timers. St. James will provide the starting system. Ray will provide paper and printer. Are some cables needed to tie the system into our (Natalie's) computer? **YES (does TSJ have them or do we have them and need to bring?)**
7. PV clubs were sent notice of the meet and were asked to publicize it to their members. They were also asked later to place it on their club calendars (online web site.) Few clubs have done this -- most have not. This could be one explanation why meet attendance has dropped - clubs are not interested in notifying their members of meets.
8. Jeff S. has the PV laser and will handle confirmation of pool measurement before/after the meet.
9. Final needs:

Backup timers

With 8 lanes, we need 16 backup timers. (I have been recruiting people and have 2 friends volunteering that are not even swimmers.) I have not yet begun asking for these volunteers but plan to send a notice out in about a week. I am hoping to get 10 commitments, and then end up recruiting people from the meet - asking if they

bring a friend or family member to help backup time for a heat or two. Anyone from Potomac Valley willing to step up and help for breakfast?

Check-in / Registration

I could use 2 people to help with check-in and deck entries. It's possible Natalie and I could take care of it, but I expect that I will have my hands full with hospitality and timers/equipment, and Natalie will be entering swimmers, seeding, and we will be posting lane assignments. **Can use existing people to do double duty.**

Public Address System

The facility has no public address system. I was told that some meets were held with a large boom box and microphone tied into it. I was wondering if the starting system will work since there are not a lot of swimmers at the meet, but it is a large space. I would hate to rent a speaker system just to make announcements for two events. Suggestions are welcome. **Probably not needed.**

10. Suggestions for tying up the final loose ends and getting timers would be appreciated

- contacting local clubs personally asking to provide a few people each? L4S, Alexandria, Patriot, Arlington, St James, DC Masters, Wave One?
- PV representatives recruiting?
- Any PV club representatives interested?
- PV Fitness or Open Water/Long Distance board members help?
- **Anyone who has held a meet, especially with distance events, can we send to their participants?**

- Ray Novitske

Club Assistant (Mollie)

If you have entered a meet through Club Assistant and received a random PetSmart charge, please reach out to Anna Lea Matysek.

Summer Meets (Juliette)

Can we have some sort of series of meets? How can we not cannibalize participation for our LC meets?

- **A June meet will help with getting people excited about qualifying for nationals**
- **Can UMD/DCRP swap doing a LC meet each year? If both clubs want to do meets, can we split events between weekends?**
- **Soft opening meet? Ie, offer to do a test event prior to official opening**

Coaching/Staffing challenges (Drew)

Wants to put some effort into finding out why we can't get more coaches to coach masters. How can we develop some non-traditional coaching skills – such as communication and leadership?

- **Pay doesn't seem to be a motivator or a main factor.**
- **Can we ask more questions (of teams, coaches)? – Why are you leaving? What are the qualities of the best coaches you've had?**
- **The USMS Mentoring program is a good tool that can be used; also need to have some within-team mentoring to help new-to-masters coaches. Discussion that there's a hole in training. USA-Swimming is focused on safety (starts, turns, MAAPP); USMS L1, L2, L3 training are the basics of swimming – skills that people should have had coming in as a coach. There are other skills that need to be learned.**

Classified Policies (Roddin)

Do we have a policy for any classified ads in the newsletter? No, we don't. But we should talk about this (Stephanie, Cheryl; and Ray for website).

Relatedly, it is our policy to not advertise non-USMS-sanctioned events on our LMSC website.

Next Meeting:

Annual Meeting typically takes place after the Sprint Classic.

Meeting Adjourned at _5:23pm__ (Roddin/Lee).