

Potomac Valley LMSC
2020 Spring Meeting
Sunday March 15, 2019, 6:00pm

Dial-in number: (515) 604-9549

Access code: 946164

Agenda

I. INTRODUCTIONS

II. APPROVE ANNUAL MINUTES

III. COMMITTEE REPORTS:

- Chair – Stephanie Gauzens
- Treasurer – Tim Timmons
- Secretary – Jeff Strahota
- Registrar/Membership Coordinator – 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 – Courtney Randolph

IV. OTHER AND NEW BUSINESS

- Remove phone numbers from website (Gauzens)
- Relay Age Groups for Yards (Robinson)
- Schedule Next (Summer) Meeting

COMMITTEE REPORTS:

Chair – Stephanie Gauzens

As you know, the Communications role has been vacant since Wyatt left us in July 2017. I'm pleased to announce that I have appointed Courtney Randolph to fill this position.

I have been in contact with Cheryl Ward and USMS regarding the possible impact of coronavirus on our Colonies Zones championship meet. I will have a detailed update for everyone during our call and would like the Board to vote on covering any costs incurred by Cheryl/GMUP in the event of a cancellation. I know our policy is to cover costs for meets that go into the red, but since that is usually to discharge debts remaining after a meet has been held, I just want to make sure the Board is in agreement on this matter.

Treasurer – Tim Timmons

As of 1 March 20, we had a total of \$71,998.60 in our checking and savings accounts combined. This is a significant increase over our 1 January 2020 balance of \$54,107.65. I've attached our annual financial report from 2019 as a reference (*please see Appendix*). With our increased individual fee of \$60 this year and USMS holding their fee at \$45, we are making \$15 per swimmer, as opposed to \$5 last year. This additional \$10 per swimmer should give us well over \$20,000 in extra income this year when compared to last year. Bottom line: financially we are doing very well.

One primary question this year should be how to best spend this additional money. A few ideas to continue discussions from last fall:

- Fully fund scholarships for coaches' clinics and ALTS classes.
- Fully fund rooms for conventions and other national meetings.
- Increase the limit on our Club Assistant Fee reimbursements to clubs sponsoring meets.
- At the end of the year, take all the money donated to us by swimmers and donate that amount to a USMS charity.
- Continue to sponsor and run the Long Haul meet, maybe expand the meet in the future; a second LMSC-sponsored meet

I'll give any updates to these numbers on the conference call.

// SIGNED //

TIMOTHY T. TIMMONS
Treasurer, PVLMS

Note: Please see Appendix for 2019 Financial Statement

Secretary – Jeff Strahota

Draft minutes of the Annual Meeting were sent with meeting reminders for this meeting. These will be sent by the secretary to the National Office.

Membership Coordinator – Jeff Roddin

Please continue to review your club listings on the PV website (<http://pvmasters.org/newsite/index.php/clubs/>) and let Ray or I know if anything needs updating.

Club updates:

- Currently have 34 registered clubs vs 35 last year
- Two new clubs:
 - STARS: Piney Branch (MD) – rejoined us. They were last registered in 2013
 - SH: SSLF grant program club through the National Office at Sport & Health in McLean
- Three clubs did not renew:
 - The St. James (2 members last year)
 - Masters Morning Swim (3 members last year)
 - Silver Spring YMCA (0 members last year)
- Club updates:
 - UMAC-Terrapin Masters (UMAC) is now back to Terrapin Masters (TERR).
 - The Northern VA Jewish Community Center (JCCN) club is now J Master Swim Team (JCCN).

We finished 2019 with 2351 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 and we are now the fifth largest in terms of registered swimmers (we used to be the third largest). We are behind Pacific, Southern Pacific, New England and Florida.

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

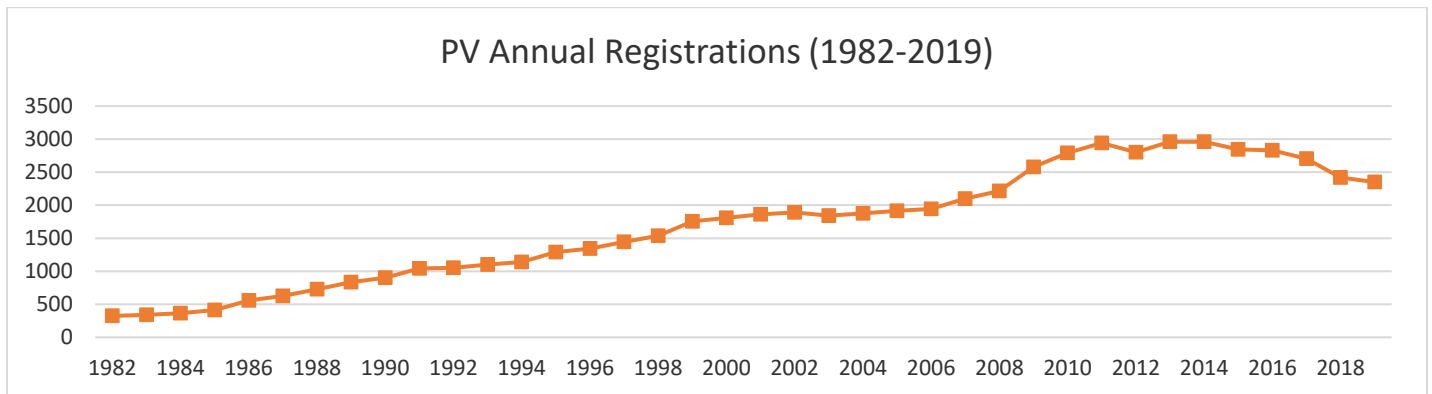
- March 1, 2014 – 2270
- March 1, 2015 – 2259
- March 1, 2016 – 2155
- March 1, 2017 – 2115
- March 1, 2018 – 2008
- March 1, 2019 – 1845
- March 1, 2020 – 1780

This past registration year Potomac Valley swimmers donated \$3440 to the Swimming Saves Lives Foundation (SSLF) and \$597 to the International Swimming Hall of Fame (ISHOF), which is \$4037 in total donations vs \$6516 in 2018. In addition to those donations, Potomac Valley swimmers donated \$695 directly back to the Potomac Valley LMSC. Thus far we have not allocated the PV donations toward anything but our general operating expenses.

For SSLF and ISHOF donations, the USMS National Office takes care of the donation confirmation letters per IRS guidelines. They email all donors, and in addition they snail mail a printed letter to all donations \$15 and above. The emailed confirmations are automated from the registration system – they include all of the necessary data for IRS compliance (e.g. date of donation, amount of donation, etc.). The IRS recommends emailed letters when possible. For the PV donations I send a printed letter with the necessary IRS information for all donations \$15 and above. At present time there is no easy way to send an official letter with the IRS items via email, though. So what I've done is send a generic email to all donors asking if they would like an official confirmation letter via email and/or snail mail and then I accommodate their request (note if they donated \$15 or more they already got a printed letter). Out of about 60 donors this year, only 1 requested the official letter. Lastly, per IRS guidelines we are only required to send an official confirmation letter to those who donate \$250 or more (which nobody has thus far). But if you do notify them, there are requirements. Please let me know if you have any suggested changes to what we have been doing. In the meantime, I have initiated an inquiry with the USMS National Office to consider building into the registration system the ability to automatically kick out a confirmation emails to LMSC donors at the time of their registrations (e.g. just like they do for SSLF and ISHOF donations). I think there are valid reasons why this may not be implemented quickly, including the possibility that every state may have their own charitable donation regulations.

Geographical breakdown of our 2019 membership by state:

- Virginia: 52%
- Maryland: 29%
- District of Columbia: 16%
- Other: 3%



Top Ten – Mollie Grover

For 2019 SCM season, there were 737 individual and 66 relays submitted for top ten consideration. There were 2 national records accepted (Women's 200-239 200 Medley Relay- Club Tribe and Women's 280-319 400 Free Relay - VMST).

And a friendly reminder to anyone who is or knows a meet director - preliminary results need to be to me for posting no later than 2 weeks after a meet. It is fine to make corrections on my end up to 4 weeks after the meet, so please don't let the perfect be the enemy of the good enough when it comes to meet results!

Rules – Dave Robinson

I am considering re-submitting our rule change regarding the SCY relay age groups (currently based off youngest swimmer, and change to the sum of ages, similar to SCM/LCM meets). See new business for details.

Sanctions – Stephanie Gauzens

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

- GERM Solstice – Sat December 7, 2019
- Tropical Splash – Sun January 26, 2020
- Albatross – Sat February 29, 2020

Next up:

- GMUP Colonies Zone Championships – Fri April 4 – Sun April 6, 2020
- RMST Jim McDonnell Lake Swims – Sun May 24, 2020
 - this will be observed by a USMS-appointed observer
- DCAC Swim 4 Life – Sat June 6, 2020
- TERR – Sun June 27, 2020
- Long Haul – Sat July 11, 2020

Just so everyone is aware, SwimRVA is planning on hosting a long course meet the weekend of May 8-9. Kyle Ahlgren (VA Sanctions) and I are keeping in touch regarding upcoming LCM meets because we would like to host as many meets as possible between our two LMSCs before Summer Nationals without stepping on each other's weekends.

Officials – Natalie Taylor

Our big push to certify new/more officials in the LMSC is going very well so far. Launched new PV LMSC requirements last month and hosted Stroke & Turn (ST) and Timing Operator clinics on 23 February as part of the process. So far we have 7 new officials from those clinics. 8 people attended the ST and 2 attended the Timing Operator.

Hosting another ST clinic today (7 March) in Alexandria and have # registered [NT: will update on the call].

Thanks to Ray for updating the officials information on our PV website
<http://pvmasters.org/newsite/index.php/event-directors/>

Will need to purchase and distribute rule books to all the new officials.

I have recommended 2 officials who have worked several meets in our area to become USMS Referees (Amy Hsu, Steed Edwards). If there are any officials that you think should be recommended for this certification, please let me know.

Application to officiate for USMS Summer Nationals in Richmond, VA is currently open.

<https://docs.google.com/forms/d/e/1FAIpQLSemkAOmi5K4GTkRc0C-H7ztn8oAgO7q17FBI9fdSsvWH3UVBg/viewform?vc=0&c=0&w=1>

A few questions for the board:

- Can we pay clinic instructors for their time and expertise? If yes, how much. I suggest \$50 as clinics are usually 2 hours but there is set up and prep that happens beforehand.
- Can we reimburse clinic instructors for printing of handouts used at clinics? Total of \$11.24 from the clinic on the 23rd.
- Thoughts on getting name tags for officials? Approximately \$7 per tag. Current expense based on number of PV officials would be about \$125. <https://nametagcountry.com/Product/Smooth-Plastic-Name-Tag-Celadon-Green-with-White---LM922-972>
- Thoughts on getting USMS Official polos for our officials? Approximate cost is \$20-30 (higher cost is with personalization), and suggesting we get one and officials purchase additional polos if they want more. https://www.swimoutlet.com/affiliate_storedetail_cst.asp?sid=76748&sc=SOE97D4F09FA1C4D&search=
- Officials requirements for clubs? A straw poll of board members returned a general "NO" as several clubs do not host meets so would have no need. I am open to any and all suggestions.

The USMS Officials Certification: <https://www.usms.org/admin/lmschb/content/officialscert>

Newsletter – Cheryl Wagner

I am planning to publish the newsletter this week (in time for the meeting March 15).

Awards – Angela Fu

- No report

Fitness – Christina West

USMS is again holding the SmartyPants Vitamins U.S. Masters Swimming Fitness Series which contains three challenges: 30-minute, 2K, and 1-mile swims. Entry net proceeds from all three challenges in the Fitness Series support the USMS Swimming Saves Lives Foundation. You can complete these challenges with your local USMS club or swim on your own. The winter challenge was the 30-minute swim and was held Feb. 15-29. The summer challenge is the 2K swim and will be held July 15-31; entries open May 1. More information can be found here: <https://www.usms.org/events/fitness-events/fitness-series/summer-fitness-challenge>.

April is Adult Learn to Swim Month. The next ALTS clinic in the Washington, DC area is Sept. 19-20 (potential date change forthcoming). More information on ALTS is here: <https://www.usms.org/alts-central>.

In DCAC team news:

The IGLA 2020 Championships were held in Melbourne, Australia on February 20-25, 2020. 24 DCAC swimmers participated. DCAC finished 4th overall (and 2nd in the Pink Flamingo competition). Coach Jerry Frentsos set a masters world record in the 200 IM. Congratulations DCAC!!!

Swim for Life - Save the date. DCAC will host Swim for Life on Saturday, June 6, 2020, at Rholf's Wharf in Maryland. Stay tuned for details.

Long Distance/Open Water – Peter Lee

Peter continues to work on the suggested Emergency Management Action Plan as suggested at previous meetings.

Coaches – Frank Marcinkowski

Coaching Certification dates have been posted on the USMS website @ Coach Central (<https://www.usms.org/coach-central>). For now, the weekend of September 19/20, 2020 is on the calendar, pending a date change due to holiday conflicts.

- Day 1: Level 1,2,3; Stroke Clinic Course for Coaches
- Day 2: ALTS Certification; Stroke Clinic

Looks like there will be a similar weekend in Philadelphia May 30-31 (though no Level 3 being offered). An ALTS Certification class will also be held in Charlottesville VA on March 28.

Coaches Committee is reviewing the Level 4 criteria.

National Coaches Clinic – October 16-19, 2020 Las Vegas

Webmaster – Ray Novitske

Most updates on the calendar continue to be made.

The email notification system of web site updates instituted in October has 10 subscribers as of February 19. An additional 3 people have signed up but never verified their address in the automated verification email sent. I send these people a second notice and if not responding after that, they are removed from this "pending" list. It is hoped that the update notifications that will be mentioned in the next PV newsletter will encourage others to sign up.

Communications – Courtney Randolph

- Introduction

Other (and New) Business

Remove phone numbers from website (Gauzens)

The LMSC standards require us to list the contact information for one or more members of the LMSC board on our website but does not specify further. Due to privacy concerns, I would like to remove the phone numbers from the website and only list contact emails that are tied to the USMS aliases. This would match the contact info currently provided through the USMS page for our LMSC officers (with the exception of the membership coordinator).

SCY Relay Age Groups Rule Change Proposal (Robinson)

CURRENT RULE

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 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.

PROPOSAL

102.3.2 Relay Events

Strike section A;

Strike "Short course (25) meters and long course (50) meters—" from B.

And create a single 102.3.2 rule that reads:

"102.3.2 Relay Events - For all courses, relay age groups are 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."

Next Meeting

Discussion

Appendix

2019 PV LMSC Financial Statement

STATEMENT OF REVENUES AND EXPENSES FOR THE YEAR ENDING 12/31/19

REVENUES

Individual and Club Registrations	\$ 18,880.00
Interest	\$ 8.48
Donations	\$ 725.00
Miscellaneous	\$ 200.00
TOTAL REVENUE	\$ 19,813.48

EXPENSES

Leadership Summit	\$ 1,799.63
Sanction Fees	\$ 2,240.00
Registrar Pay	\$ 2,528.00
National Convention	\$ 4,958.99
Refund of Team Registrations	\$ 900.00
Club Assistant Meet Support	\$ 4,111.60
Coach & ALTS Clinic Support	\$ 542.50
Miscellaneous	\$ 1,239.48
Long Haul Distance Meet	\$ 2,298.54

TOTAL EXPENSES **\$ 20,618.74**

TOTAL NET FOR 2019 **\$ (805.26)**

STATEMENT OF ASSETS, LIABILITIES AND FUND BALANCE AS OF 12/31/19

ASSETS

Cash - Savings Account	\$ 41,332.27
Cash - Checking Account	\$ 12,775.38
TOTAL ASSETS	\$ 54,107.65

LIABILITIES AND FUND BALANCE

Liabilities	None
Fund balance on 12/31/18	\$ 54,912.91
Net 2019 excess/(deficit)	\$ (805.26)
Fund Balance on 12/31/19	\$ 54,107.65

TOTAL LIABILITIES AND FUND BALANCE **\$ 54,107.65**

// SIGNED //

TIMOTHY T. TIMMONS
Treasurer, PVLMS