

Potomac Valley LMSC  
 2023 Annual (fall) Meeting  
 Sunday, November 19, 2023 3:00pm eastern

## Minutes

Called to order 3:04

I. INTRODUCTIONS

II. COMMITTEE REPORTS:

- [Chair](#) – Brett Laplante
- [Treasurer](#) – Tim Timmons
- [Secretary](#) – Jeff Strahota
- [Membership Coordinator](#) – Jeff Roddin
- [Top Ten](#) – Mollie Grover
- [Vice Chair/Rules](#) – Dave Robinson
- [Sanctions](#) – Stephanie Gauzens
- [Officials](#) – Vacant
- [Communications](#) – Courtney Randolph
- [Awards](#) – Vacant
- [Fitness](#) – Christina West
- [Long Distance/Open Water](#) – Paul Grecco
- [Coaches](#) – Vacant
- [Webmaster](#) – Ray Novitske

III. OTHER AND NEW BUSINESS

- Other New Business
- Schedule Next Meeting?

Attendees:

<u>ALEX</u>	<u>DCAC</u>	<u>DCRP</u>	<u>DCWW</u>	<u>GERM</u>	<u>L4</u>	<u>ANCM</u>	<u>GMUP</u>	<u>TERR</u>	<u>XXX</u>
Stephanie Gauzens	Christina West	Juliette-Marie deSousa	Luis Salazar	Mark Walters	Tom Black (NXWV)	Jeff Roddin	Tim Timmons	Jeff Strahota	Chris Lages (MASH)
Ray Novitske							Paul Grecco	Mollie Grover	Anise Foreman (ERSC)
								Brett Laplante	Anne Duffy (DUFF)

## COMMITTEE REPORTS:

### Chair – Brett Laplante

I wish to begin the meeting by thanking my fellow members of the 2023 PV LMSC board - Jeff Roddin, Jeff Strahota, Stephanie Gauzens, Dave Robinson, Tim Timmons, Frank Marcinkowski, Christina West, Paul Grecco, Mollie Grover, Courtney Randolph and Ray Novitske, current, and Natalie Taylor for the first half of the year. I'd like to recognize on the record the work that each and every one of you have done this year, and for years prior, to make masters swimming in our LMSC such a success. Thank you for volunteering, for taking time away from your families, your career, your personal hobbies and activities to make your contributions to our community.

I would like to further recognize Charles Cockrell, Stephanie Gauzens, Mollie Grover, Ray Novitske, Jeff Roddin, and Jeff Strahota for serving on your respective National Committees, representing PV's interests and further enhancing our sport. Your work both local and nationally is a significant commitment and is truly appreciated.

To our members of the LMSC; those named are our local experts who we rely upon for advice and knowledge. Please remember that they ARE volunteers with many commitments beyond this board, so I ask that we all take a moment to appreciate the work they do. I also ask for patience, should replies to inquiries or requests for action take a little longer to happen. Their work is not paid and should never be prioritized over work, family, and life in general. When contacting them, please give some allowance should responses be delayed - they will follow up with you when they have capacity to do so. If your inquiries need immediate support and our volunteers are not able to assist immediately, please reach out to me and we can work through your needs.

I also want to make a plug for volunteering opportunities on our board. We have vacancies in our Officials Coordinator and Awards Coordinator roles. Natalie Taylor, a long serving board member and recent recipient of the Dorothy 'Dot' Donnelly National Service Award, stepped down from her role as Official Coordinator over the summer and we are looking for someone to take on those duties. I have her data on currently available officials in our region. Also, Tim Timmons our long serving Treasurer announced last year that this current term will be his last. We are looking for a potential replacement to take the reigns next year when his term is over. Our hope is that we can identify the future treasurer sooner rather than later, which will allow for overlap time and knowledge transfer of the duties.

### Treasurer – Tim Timmons

As of 1 November 2023, we had a total of \$105,827.53 in our checking and savings accounts combined. For this calendar year, we have taken in \$22,682.04, primarily through individual swimmer registrations. For the same timeframe, we have spent \$6,331.25, mostly on meet support, USMS Annual Meeting and coaching clinics. This results in a positive net for the year of \$16,350.79. Our finances remain very solid.

Anticipated expenses the remainder of the year include paying all of our teams' 2024 USMS memberships, paying stipends to our top ten and membership coordinators, forwarding the donations we received this year to our two teams that sponsor charities and supporting the two remaining swim meets of 2023. Anticipated income will mostly be our portion of individual memberships for those swimmers who register in November. We'll see December swimmer registration money in January 2024.

Looking forward, I recommend that we cease accepting donations to our LMSC and instead urge our members to donate to the other USMS charities. I also recommend that we formalize giving host teams a stipend of \$100 per official per day for their meets.

Finally, I will put out an email to the board and all teams about the treasurer vacancy that will open up next November and encourage folks to call me if they are interested.

**// SIGNED //**  
**TIMOTHY T. TIMMONS**  
Treasurer, PVLMS

## Secretary – Jeff Strahota

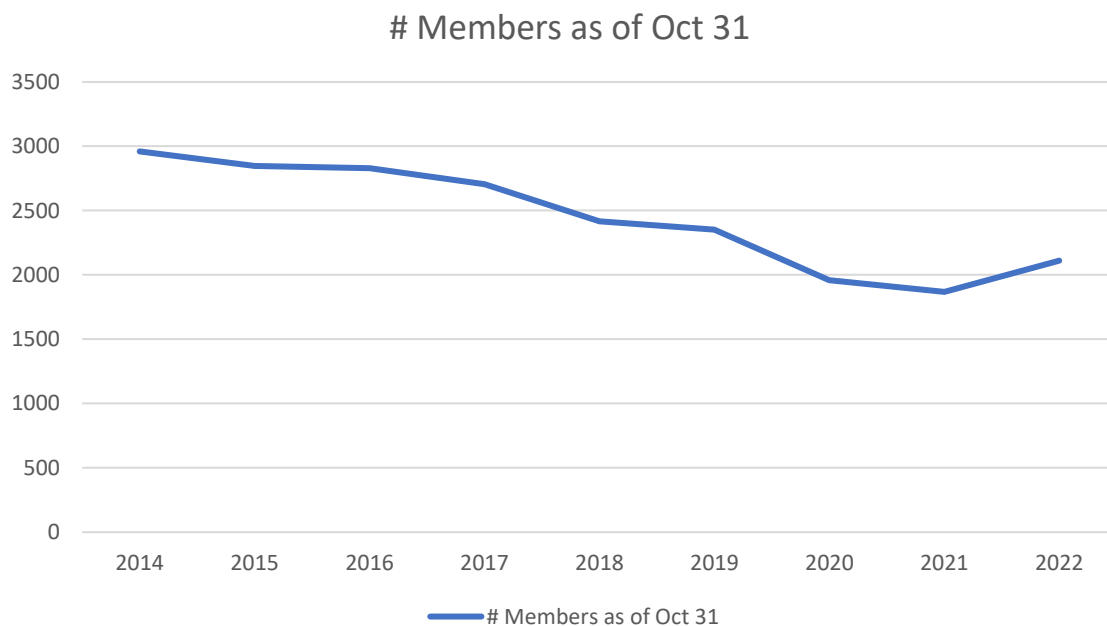
Our last meeting was the 2022 annual meeting, and minutes were approved electronically in April and sent to the National Office in a timely manner.

## 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.

Attached are the final club membership statistics for 2023. Here are the final individual Membership totals (see graph below):

- October 31, 2014 – 2960
- October 31, 2015 - 2847
- October 31, 2016 – 2830
- October 31, 2017 – 2704
- October 31, 2018 – 2417
- October 31, 2019 – 2351
- October 31, 2020 – 1958
- October 31, 2021 – 1868
- October 31, 2022 – 2110
- October 31, 2023 – 2060



We have 29 registered 2024 clubs (vs 30 2023 clubs). The following clubs did not renew for 2024 as of 11/17/2023: Centreville Swim Club (2 members in 2023 – they did not respond to inquiries about their program but according to their website they still offer two practices per week) Tollefson Swimming (0 members in 2023 – they no longer offer masters workouts)

The Herndon Aquatic Club (HACCM) is a new club for 2024. They were last registered as HAC in 2017.

Both individual and club registration fees for 2024 are \$70. The PV board agreed to continue the offer to cover the renewal costs for those clubs who submitted a renewal request directly to us last month (as opposed to renewing

online). Twenty-seven clubs took advantage of the scholarship offer during the month of October. Lane 4 Swimming renewed directly with USMS and Herndon registered directly with USMS.

This past registration year Potomac Valley swimmers donated \$3,925 to the USA Swimming Foundation and \$545 to the International Swimming Hall of Fame (ISHOF), which is \$4,470 in total donations vs \$4,570 in 2022. In addition to those donations, Potomac Valley swimmers donated \$1,532 directly back to the Potomac Valley LMSC vs \$1,593 in 2022. Thus far we have not allocated the PV donations toward anything but our general operating expenses. Starting in 2024 we will no longer solicit PV LMSC donations (i.e. there will no longer be an option for PV members in the online registration process). When PV members donated to the LMSC this year they received an automated email from USMS thanking them for the donation (i.e. up through last year that was something I did manually). We are only legally required to send confirmation letters to those who donate \$250 or more (which hasn't happened yet).

Geographical breakdown of our 2023 membership by state:

- Virginia: 46%
- Maryland: 30%
- District of Columbia: 21%
- Other: 3%

MSA (Roddin/Timmons) Potomac Valley no longer accept donations directly to the LMSC through USMS membership renewals. (no objections)

- Note: Organizations like ours typically will receive a form from "the state" to fill out for donations like this. We have no record of having received such form nor do we have record of what state is the appropriate state.

## Top Ten – Mollie Grover

There were 102 individual swims and 37 relay swims submitted for the 2023 LCM season. There were no potential national records.

Just a reminder for meet hosts: when you're hosting a meet in a pool that has a bulkhead, please make sure that you send the Pool Measurement Form with the meet results. Also, please reach out to the TTR if you are unsure if your pool/course is included in the Pool Length Database. We're using some new pools/courses these days, so assume that your pool's initial measurements are not yet on file and reach out so we're playing it safe! The LMSC has a laser to aid in the measurement and will be happy to get that to you (or do it for you) if needed.

## Rules – Dave Robinson

The USMS House of Delegates met in September. Of note:

- Relay leadoff splits may now count if the relay is DQ'd after the first swimmer has completed a legal swim. In the past, the entire relay needed to be completed legally, so if your 2<sup>nd</sup>, 3<sup>rd</sup> or 4<sup>th</sup> swimmer happens to DQ, the first swimmer's split (if requested) can still count as an official split time. This goes into effect 1/1/2024.
  - Related: Meet directors: If you would like any leadoff splits to be submitted automatically, this must be in the meet announcement specifying which events will be split off. We have had a few requests from meet directors to do this for the benefit of swimmers, so something to consider! Reach out to Mollie with more information.

Legislative changes included:

- Updated USMS Mission, Vision, and Values.

For more information, please see: <https://www.usms.org/volunteer-central/annual-meeting/2023-annual-meeting>

## Sanctions – Stephanie Gauzens

2023 has been a little busier than the previous years. Upcoming sanctions include:

- Nov 18 – Solstice (Germantown Masters)
- Dec 16 – Sweater Weather (The St James)
- Jan 13, 2024 – Tropical Splash (TSJ/ALEX @ The St James)

Per Jeff Atteberry (DCAC), tentative IGLA 2025 dates are Sat May 31 – Fri Jun 6 2025. This would include evens in swimming, open water, water polo, diving, and artistic swimming. Venue: Long Bridge; Format: SCM.

Meeting notes: Event directors, please make sure you have a meet marshall to make sure your events run smoothly, especially if you have a large meet (or are reaching capacity). We want to ensure safety of all involved!

I am putting together a document about hosting a meet. Please send me tips/tricks about hosting a meet!

Following up April's minutes, the Long Haul meet for June 2023 was pursued, but did not manage to come to fruition due to lack of venue response.

Lu reports the DCWW Juneteenth Relay Meet is slated for June 22 2024.

## Officials – Vacant

Who wants to be me? Contact Brett.

Primary duties include keeping tabs on the official community, trainings, and helping meet hosts find officials for events.

## Communications – Courtney Randolph

Please find us on Facebook and Instagram. Please subscribe to the pages:

- <https://www.facebook.com/potomacvalleylmsc/>
- <https://www.instagram.com/potomacvalleylmsc/>

I'd like to explore an end-of-year newsletter to be published in Jan/Feb and covering the prior year once SCM top-10s, etc. come out. It would be pretty straightforward:

- Letter from the chair
- Results summary - 2023 All Americans and Top 10s for PV LMSC (can run reports on this)
- Team shoutouts - I'd send a call for optional team write ups via Roddin/the listserv and the social channels
- 2024 meet notices (save the dates for national meets, any known PV or Colonies meets, etc.)

If you have any event news, team news, anything you would like to be included, please let me know!

[PVCommunications@usms.org](mailto:PVCommunications@usms.org).

## Awards – Vacant

This position is currently vacant and duties being conducted by the Chair and Vice Chair. If anyone is interested, please contact the current chair and chair elect.

Natalie Taylor received a USMS Dorothy "DOT" Donnelly award this year!

Primary responsibility is calculating the annual SCY, SCM, LCM male and female swimmers of the year; as well as identifying and coordinating nominations of individuals for local, zone, and/or national awards.

## Fitness – Christina West

Information on USMS Fitness events is here: <https://www.usms.org/events/fitness-events>. 2024 events are included in the USMS+ membership; if you have not registered for 2024 already and participate in these events, this is a great way to save some money and get a few added bonuses.

USMS has not yet posted the 2024 schedule for Adult Learn to Swim instructor courses (see: <https://www.usms.org/alts-central/alts-instructor-certification/alts-instructor-course-schedule>).

## Long Distance/Open Water – Paul Grecco

Reston and DCAC both ran open water events in the area (DCAC's sanctioned by Maryland LMSC) this year.

The 2024 USMS Open Water National Championships have been selected and information is available online [via this link: https://www.usms.org/events/national-championships/open-water-national-championships/2024-open-water-national-championships](https://www.usms.org/events/national-championships/open-water-national-championships/2024-open-water-national-championships).

- Middle Distance Nationals is June 1 at Lake Berryessa CA
- Sprint Distance Nationals is July 20 in Stillwater MN
- Long Distance Nationals is July 21 in Stillwater MN
- Marathon Distance Nationals is June 8 at Lake del Valle CA

## Coaches – Vacant

USMS has restructured coach certification a bit. Level 1 class is entirely online. Level 2 and 3 are still offered via in person instruction.

We had a certification in person in Richmond earlier this year. Several people did take advantage of attending not only coach certification but also ALTS certification.

Information on coach certification is available here: <https://www.usms.org/coach-central/coach-certification>.

## Webmaster – Ray Novitske

The website calendar is being updated with local meets as they become available. Club contacts and workout times have been updated from coordination with Jeff Roddin. Minor tweaks and improvements continue to be made.

Listserv Emails will be updated pending elections and new appointments as a result of this meeting.

Event Directors: Please make sure to send results in PDF format (or links to results) to [PVWebmaster@usms.org](mailto:PVWebmaster@usms.org).

The website has an email subscription where Ray is able to send out something when updates are made. Please encourage swimmers and team admin to subscribe.

## New Business

### New & old Business

OEVT for Pool Meets – A discussion was had about this. There was an informal request in 2023 about using this, but it was determined that this was better served for open water events in our area.

April/Spring Meeting Minutes MSA (Roddin, Timmons) to approve minutes from this meeting. (no objections)

### Old Business

- First Time Swimmers proposal: We were able to get data from the National office regarding the number of net new swimmers – it was 184 swimmers for 2022. Will continue to flush this out.
- Proposals to provide stipends for officials: Not much more had been flushed out since last meeting.
  - MSA (Timmons,Gauzens) Provide pool event hosts a stipend of \$100 per paid official per day, effective 11/17/2023. (majority rules)(Amended to be retroactive to yesterday – Timmons/Gauzens)
  - Officials for USA Swimming is nearly all volunteers.
  - USMS – this kind of stuff is becoming the norm, but \$ is not typically very high.
  - Brett's Back of Napkin Math puts this at about \$5k hit to the budget.

### New Business

- MSA (Gauzens/Strahota) – Potomac Valley extend a stipend to Colonies Zones 2024 not to exceed \$2500. (Motion carries by majority)
  - Given the location of this event, PV is being relied upon (partially) for event success! Virginia LMSC is hosting this event.
  - This started as a motion to cover officials but settled upon a more generic statement of support.
- Ray Novitske pursuing summer meets at Long Bridge, following a relationship started last summer during Long Haul. LC we'd do 7 lanes + 1 empty for w/d. Could possibly do 1 or 2 meets. Fee for 2023 is \$1000/hr, and includes fees for some extras (equipment, rooms, etc.); fees for 2024 not set yet. Arlington residents pay 50%.
  - Would be a great way to get ARMS involved in running events.

Meeting adjourned at 5:08. MSA (Roddin, Duffy)