

**USMS Convention September 2014  
Hospitality Report by Marianne Bradley  
Florida LMSC Awards and Social Chair**

The Florida LMSC hosted the Hospitality Suite in Jacksonville at the USMS Convention, once again, as we did in 2011 at the same Hyatt Riverfront. As before, we made it a place where the 300 USMS delegates could come for breakfast snacks, lunch and afternoon and late evening refreshments, and network with one another in great comfort. This year, our 4<sup>th</sup> floor suite was the best ever. It was a very large room with TV and sitting area, large round tables for 8-10, many chairs around the room and a wonderful large kitchen with plenty of space to store and prepare our daily offerings, spread onto buffet tables overlooking the patio!! The best was our huge open-air patio overlooking the St. Johns River, offering gorgeous views from sun-up when the dolphins were rolling, until late night when the lights of downtown Jacksonville drew everyone outside to enjoy the balmy nights.

On Thursday night, our LMSC hosted a Sonny's Bar-B-Que dinner, complete with pork, chicken, turkey, baked beans, coleslaw, macaroni and cheese and more. Again, a huge success and the leftover BarBQue made fabulous mini-sandwiches the next day!!

USMS sponsored the rest of our daily food and the nightly spirits. Breakfast was bagels and cream cheese, fruit juice, breakfast bars and fruit and Joan Campbell worked tirelessly keeping the coffee urns full for everyone.

USMS supplemented the daily lunch meat sandwiches and black bean/corn salads with some incredible pizzas baked by the Hyatt. Connie was a whiz at arranging our lunch sandwich trays and Marianne brought 10 pounds of homemade hummus for dipping – a huge success. Many thanks to the wonderful and organized Tracy Grill with USMS for her superior guidance and help throughout the week.

The Hospitality Staff included myself and Joan Campbell from the FACT team, our LMSC Chair Bob Jennings and Connie and Ken Greb from the Villages. Once again as in 2011, Pete Nickodem from Holmes Lumber Jax in Jacksonville, worked tirelessly in the suite and behind the scenes to stock the suite with supplies and most importantly, he recruited many volunteers from the teams in Jacksonville to supplement our staff. Connie & Ken Greb spent late nights hosting and closing the suite for those of us who retired early so we could prepare to open up at 6:30 for the breakfast crowd. Bob Jennings and company spent evenings stuffing the 80+ brown bag breakfasts for the early morning swimmers being bused out at O'dark thirty to get in their daily swim at the local pool. Kudos to all from our LMSC who gave so much of their time and effort to provide this important function of hosting the Hospitality at the USMS convention.

It is a lot of hard work, but the compliments were constant, kind and appreciative. That makes it all worthwhile.

Our Florida LMSC will again be hosting the Hospitality Suite in 2018. Hopefully in suite 4104!

**Connie Greb - Fitness Chair – Florida LMSC  
Report US Aquatic Sports Convention Sept 16-21, 2014**

Sports Medicine and Science

Presenters Dr. Jim Miller and Alicia Kendig

So, it all about preparation in keeping our bodies healthy and how to consistently manage our bodies, minds and spirit while continuing the physically demanding training of swimming because with the sport of swimming there is no off season. Prevention in injury is key is managing health because swimming is more challenging than other elite athletes.

Key awareness of inflammation is body is key and maintaining proper sleep and controlling stress are critical. Be aware of supplements because up to 25% contain contaminants. Balance is key by maintaining a low fat high carbohydrate diet is best and monitoring Vitamin D levels are important. The recommendation for Vitamin D level is greater than 60. In doing so, swimmers have a better immune system which results in lower injury rate.

Prevention is Key!! Train Smarter, Not Harder!

Not sure what that message was about the beer?!!

Masters Take Away – Nutrition is part of the training plan. Supplements are not magical, reach for the proper foods first. Alcohol decreases the immune system so moderation is key. It is NEVER too late to incorporate those lifestyle changes!

I now follow @nutr4teamusa in Twitter

A New Paradigm in Volunteering

The BEST workshop for me! What could be better than Swimming Saves Lives Foundation? Some of the benefits include:

1. To teach is to learn
2. Creates friendships
3. Community leadership
4. Learned empathy
5. Volunteer is a gift

Team Building

1. Team becomes a community resource
2. Comraderies that it provides to hold the team together

Benefits USMS

1. Giving back generates more giving
2. The focus broadens

By and large swimmers are “self-focused” so this program provides an opportunity to “help community”

Will continue to research program, focus as a priority to implement in Florida LMSC as a fitness chair.

**LMSC Development Workshop**

Loved this concept to bring to the table our specific concerns and provide an opportunity for others in similar position to assist. In addition, it is a great resource for the National Office to additionally gain ideas. I would love to have my paper returned and/or see a combined report of the TEAM effort. There were much discussion and great ideas shared.

**Roundtable Lunch**

The participants shared ideas that were used by their teams. Awaiting a combined list of those ideas. Some included the following:

USMS Rules Jeopardy

Jingle Bells – Sing – Xmas

Halloween Scream Springs – 25's

Swimming Diplomas

Toy Day

Check Off Challenge – Group

Thank you for the opportunity to learn from other professionals in the art of swimming. Great value in sharing ideas in social environment and early morning swims.

**2014 USMS Convention**  
**Jack Groselle**  
**Championship Report**

Two big items happened in The Championship Committee in Jacksonville, Florida September 17-21. The National meets for 2016 were approved. 2016 Spring Nationals will be held at the Greensboro Aquatic Center, Greensboro, North Carolina April 28<sup>th</sup>-May 1<sup>st</sup>, and 2016 Summer Nationals will be held at Mount Hood Community College, Gresham, Oregon preliminary August 18<sup>th</sup>-21<sup>st</sup>. Both sites have held our Nationals before with great success. We also voted down having 25's as events in the rule book. They can be in meets and they have been added to the Event Rankings list on the USMS Web Site.

Other items of interest: Nationals entry deadline will move from 35 days to 30-31 days before the meet to close entries to capture the weekend. All 200's and above will be deck seeded at Nationals. Most of the time you will still swim 200's with your age group but this will help with no shows and save time. The meet rooster will be almost live as you enter. You can see who will be at the meet, age, gender, club, but not the events they will swim. This should help coaches to know who is going to the meet for things like relays.

Jack Groselle

# Masters Convention in Jacksonville, FL

## September 17-20, 2014

I appreciated the opportunity to be selected as a Florida LMSC At Large delegate to participate at the Masters Convention. This was my thirteenth year as a delegate and it's always refreshing, interesting and fascinating to mingle with the positive and energetic delegates beyond our LMSC. They are more than willing to share their ideas and support the efforts and talents of others on a more personal basis, at hospitality and before and after meetings. Some of the topics that came up included having happy members, enhancing values, inclusivity, "does it make sense?," diversity and communication.

Many suggestions have merit to our LMSC and should be presented to the membership throughout the year. As LMSC members and delegates, we need to continue to search for reasons why an idea can and will work, not excuses for why it won't. Our prime focus should be, "Will it be good for Masters swimming in our FL LMSC and how will our members benefit, not just those with a computer?"

After an absence of two years, this convention was especially meaningful. Two months earlier, I lost my spouse of 21 years to squamous cell carcinoma of the ethmoid bone. Paul was my dearest friend, my traveling companion and my swimming partner and coach. I was comforted with hugs, handshakes and kind words by the numerous delegates who expressed their condolences for my loss. They expressed how much he has meant to the Masters swimming program since it began in 1970, as he wrote and published articles on training, health and fitness through the years. Their personal accolades were filled with much love as Paul was respected and admired by so many, no matter what team they were on or their skill level.



### COMMITTEE MEETINGS & FUNCTIONS I ATTENDED

#### WELCOME RECEPTION

This was the first function for the five aquatic sports convention, with the theme Jimmy Buffet/Margaritaville. Delegates were encouraged to dress up to compete for the prize for the most "Buffeted." Pictured is my 3rd place outfit (I didn't have a parrot) and my prize, Jeff Farrell's book, "My Olympic Story: Rome 1960." Paul had known Jeff for many years and Jeff continues to be a friend of mine.

#### DIXIE ZONE (FL LMSC IS A MEMBER)

Debbie Cavanaugh, previous DZ Chair, ran the meeting in the absence of Matt Hooper, who had a work conflict. Sean Fitzgerald was approved as the DZ at-large candidate to the Board of Directors and was subsequently one of the eight members elected to the BOD. The calendar of meets for 2015 will be posted

on the DZ web site and the following DZ championships meets were selected, which we are encouraged to support.

**SCY - Clearwater, FL - Feb 14 & 15; LCM - Greenville, July 24-26; SCM - Orlando, FL, Oct 19-11; Open Water - Chattanooga, TN - June 13**

#### FITNESS EDUCATION

Only one bid was received for the Check-Off Challenge. It was from GKMS, TN, entitled Big Orange Check-Off Challenge, and your entry fee includes both a t-shirt and swim cap. For this event, you enter before you swim and as you finish an event at a meet or practice and/or long distance events you check it off on your shirt. It is meant as a non-threatening event to bring people into USMS. The object is to encourage swimmers to try new events, even if it's only in practice.

With less than 50% of USMS involved in competition, we need to actively reach the greater majority of our members. Swimming is an excellent lifetime sport/activity and can be an integral part of a personal fitness program. FMM uses their swimmer's miles as an extension of their awards program. Nike is discontinuing sponsorship of this program and USMS is looking for a new sponsor.

### **HISTORY & ARCHIVES**

Paul Hutinger had been a member. John Bauman continues to digitize the USMS registration files. He's finished with the current year, and all the way down to 1987. LMSCs were asked to provide scans of any LMSC registration files or LMSC club files which contain registration numbers from 1986 and earlier who are missing permanent ID's and birthdays. This would be an excellent way for the FL LMSC members to assist in this ongoing project. They're continuing to look for swimmer stories to post. The status of the USMS archives at the International Swimming Hall of Fame (ISHOF) Henning Library was discussed. The building will be torn down (Feb) and its contents moved to another location, to be determined.

### **FL LMSC SOCIAL & HOSPITALITY**

It's a convention tradition that the host LMSC sponsors a social. Thursday night our hospitality room was filled with hungry delegates feasting on Sonny's Barbeque and fixin's. This year, our room was larger than any I can remember from past conventions and we could carry on conversations without being elbow to arm pit. We even had a large terrace that we could escape to, especially with pleasant night temps. It overlooked the St Johns River and some of the delegates from beyond our borders enjoyed watching the dolphins at play.

### **COACHES**

**FL's own Scott Bay is Chair of this committee.** Level 4 certification inaugural class awards were presented. One recipient was **Bill Brenner, SYSM**. Participating coaches expressed praise for their coaching experiences at the well-run High Performance Camp. A variety of workouts are posted on their web site. How do swimmers without computer access get them?

### **LMSC WORKSHOP**

I attended a communications workshop, where each of us all wrote down one local problem/question, passed around the paper and we all wrote down our solution (3 min time limit/answer). Mine was regarding the FL LMSC's e-mail only newsletter with no option for paper copy. ALL felt that members should have the OPTION to choose a paper or e-newsletter!

### **USMS NATIONAL & INTERNATIONAL MEETS**

#### **2015**

Spring USMS Nationals (SCY): San Antonio, TX; April 23-26  
Pan-American Masters Championship (LCM): Medellin, Columbia; June 17-27  
FINA World Masters Championship (LCM): Kazan, Russia; August 5-16  
Summer USMS Nationals (LCM): Spire Institute, Geneva, OH; August 6-9

#### **2016**

Spring USMS Nationals (SCY): Greenville, SC; April 28 - May 1  
Summer USMS Nationals (LCM): Mt Hood, OR; August 18-21, pending

### **2015 BUDGET**

All the countless hours the committee spent before the convention, led to a smooth and documented presentation, which was accepted by the HOD with little discussion. **Every USMS member will be affected by a \$2 increase in the USMS fees.** This will help to offset additional expenses.

### **RULES**

"Chapter" does not appear in the rulebook; "workout group" does. Competitors shall be allowed to swim only once per meet in each of the five men's/women's relays plus once in each of the five mixed relays (clarified). The biggest discussion was regarding including the 25's in the rule book as a separate event and for Top Ten recognition. Although this rule was not recommended (very close vote), **meets may still include 25's as events, as they can other non-conforming events (400 fly, 800 IM, etc).**

## INTERNATIONAL MASTERS SWIMMING HALL OF FAME INDUCTION

This reception and induction ceremony were FREE to all and well attended. **David Guthrie, Tim Shead** and the **Florida Maverick's Jean Troy** were the USMS inductees. All of the sashes of the previous IMSHOF inductees were on display or worn by honorees. Quite a colorful site! Although Troy's nerve's



were on edge since she was first notified of her induction, (Paul passed away a week before her notice) she came through like a real trooper and I overheard many comments that hers was the best speech. I concurred. Coach Paul always knew that Troy had the talent to receive this accolade, way before she did. Although he didn't hear it in person, I'm sure he had a front row seat up above and was wearing an ear to ear grin. At the end, Paul's passing was acknowledged by the showing of his 2004 induction video. Also in attendance were Troy's family; Mavericks Jean Allen and Margie Hutingger and Paul's Monarch butterfly spirit in the jar.

### LONG DISTANCE

Bids were announced for the ten 2015 USMS National Championships.

- ★ One Hour Postal - Chicago Smelts - 1/01-1/31
- ★ 5K/10K - COMA - 5/15-9/15
- ★ 3000/6000 Yards - Davis Aquatics Masters - 9/15/-11/15

- ★ 1 mile OW - Tri-Valley Masters, Livermore, CA 6/14
- ★ 6+ mile OW - Tri Valley Masters, Livermore, CA (10K) 6/14
- ★ >9 Mile Open Water: NASTI, Noblesville, IN (10 mile) 6/20
- ★ 2 mile cable - COMA, Foster Lake, OR 6/27
- ★ 1-3 mile OW - Green Leaf Racing, Lake George, NY (2.4-mile), 8/29
- ★ 3-6 mile OW - Chicago Masters, Chicago, IL (5K), 9/12

### OTHER COMMENTS & SUGGESTIONS

- ★ I attended the post-convention evaluation session. This discussion included three questions: **What did we do right? What did we do wrong? What did we miss?** I think this would be an excellent idea for a basic LMSC survey, to be included in a newsletter for **ALL** members to respond to, not just the clubs or those with a computer.
- ★ It is important that our LMSC maintain a focus on how to improve service and support to its members and clubs. What's our vision? Where are we going? To make our goals happen, we need to think outside the box.
- ★ How to we get new people involved? Term limits for our officers? Train officers (some successful LMSC's have a weekend retreat) and if possible, send them to convention.
- ★ Volunteers are important in a successful LMSC and we need to care about them. Our LMSC awards banquets is an important tool to recognize them.
- ★ **Page 4 includes my comments regarding the return to the paper or electronic OPTION for FLMSC swimmers for newsletters and meet entries.** I handed out copies at convention and had many favorable comments.

**The next USAS convention will be in Kansas City, MO- 9/30-10/4/2015**

Respectfully submitted,

Margie Hutingger, FL LMSC At Large Delegate

## **2014 USAS Convention Report (Bob Jennings)**

As the host LMSC, the Florida LMSC was given the task of running the hospitality suite for USMS and providing dinner for the delegates on Thursday night. USMS paid for all food, beverages, and supplies with the exception of the Thursday night Social which we paid for. The hospitality suite was open for breakfast, lunch and every evening. Hospitality also provided a bag breakfast for each delegate attending the 6AM swim practice. Marianne Bradley and Bob Jennings did the preconvention planning. Pete Nickodem coordinated volunteers from Jacksonville and was a “Jack of all Trades” for us. Connie and Ken Greb, Marianne Bradley, and Joannie Campbell spent long hours keeping the suite running smoothly. The Florida LMSC delegates all pitched in to help also. We received many compliments for our services.

### **Dixie Zone**

Each LMSC provided a short report on the states of their LMSC. Special recognition was given to Ed Saltzman, Barb Protzman and Andy Dyer for the services they have provided the Dixie Zone in 2014. Zone Championships were awarded to Clearwater, Florida (Valentine Meet) for SCY February 14 and 15, Greenville, South Carolina for LCM July 24 to 26, Orlando, Florida (Rowdy Gaines Meet) for SCM October 9 to 11, and Chattanooga, Tennessee (Rat Race) for the middle of July for Open Water. Next there was a discussion of standardizing the order of events for championship meets. It was decided this would not be to the benefit of swimmers and meet directors.

### **Fitness and Education Committee**

The Check –Off Challenge and ways to promote it were discussed. The committee felt the best way to promote this was through the coaches and Coaches committee. Bob Jennings will bring this up at the next Coaches committee meeting. The Big Orange Check – Off Challenge will be held in 2015. The cost will be \$25 and each individual registering will receive a shirt and cap. Nike will not be sponsoring Go the Distance in 2015. The National office is looking into alternatives. Marcia Anziano will be stepping down as chair of the committee. The committee hosted a brown bag lunch on Saturday where individuals were encouraged to share their ideas promoting fitness. A wide variety of ideas and practices were reported and a list of them will be sent out to those attending.



### Coaches Committee

The meeting began with a summary of items the committee has been working on in 2014. The High Performance Swim Camp was a success in August. The camp was lead by Sue Welker and four assistant coaches. It will be held next year the last week of August at the cost of \$2,000. The inaugural class of Level Four Coaching was recognized. Each individual that completed the qualifications received a certificate and shirt. They were also recognized at one of the House of Delegates meetings. Certification classes for levels One, Two, and Three were also very successful in 2014. Coki Lepinsi is always looking for swimming related articles for Streamlines. There were 8 nominations for Coach of the Year and 17 nominations for the Kerry O'Brien award in in2014. Dean Hawkes and his 3 assistant coaches did an outstanding job at the World Games in Montreal. In 2015 World Games will be held in Russia and the Pan Am Games will be in Columbia, South America.

Some of the goals for 2015 are to begin working on a Level Five Coaching Certificate, create an educational product for coaches and a Masters National Coaching Clinic.

Bob Jennings

## 2014 USAS Convention Report (Cheryl Kupan)

Thursday, September 18, 2014

### **8m-9am Attended the House of Delegates Meeting #1**

Listened to all the USMS Executive Committee reports, convention updates & special announcements.

### **10am-11am Dixie Zone Meeting**

Deb Cavanagh stepped in for Zone Chair Matt Hooper who could not make the meeting.

- 1) Introductions of all present in the room.
- 2) All Zone Chairs gave a summary of the past year.
- 3) Zone BOD election discussion. No one stepped forward to be nominated to run against Sean Fitzgerald as the Dixie Zone at large candidate to the Board of Directors.
- 4) 2014 Dixie Zone meets were summarized for SCY (Raleigh, NC had ~190 swimmers) & LCM (Tupelo, MS had ~50 swimmers). The SCM meet to be held in Atlanta, Dec. 13+14 Q@Georgia Tech. All relays will be offered, as well as the 1500. Also, announced a \$104 rate @Courtyard. The open water event reported ~100 participants in the Chattanooga Rat Race on June 14<sup>th</sup>.
- 5) The 2015 Dixie Zone meet bids were presented and awarded to:  
SCY: Clearwater won over Tennessee, to be held on Feb. 14+15, 2105 @Long Center.  
LCM: Greenville, SC was uncontested  
SCM: With no bids & having been 2 years since they last hosted, the Rowdy Gaines SCM meet in Orlando, FL will host again in Oct. 2015.  
OW: With no bids & having hosted a Nat'l championship (not Zone), Chattanooga, TN will run the 2015 Zone OW meet. Date tbd.
- 6) LMSC Standards reports were discussed.
- 7) Old Business: none
- 8) New Business:
  - Doug Holmes of MS, suggested that we come up with a standard Zone Champs Order of events; after discussion & too many variables, voted not to have a standard order of events.
  - Make sure your events are being passed along to the Dixie webmaster Dick Brewer for inclusion on the Dixie website.
  - OW Insurance issue: "hot topic" that will be discussed at the House of Delegates.

Meeting adjourned @10:22am.

### **Lunch until 12pm**

### **12pm-1:45pm House of Delegates Meeting #2**

Heard from those who were running for the At Large Directors positions followed by Q+A.

September 18, 2014 (continued)

**1:45pm-3:15pm Attended Championships Committee meeting**

- 1) Summary of both Championship meets from the respective meet directors
  - a. SCY by Santa Clara: 2,209 participants.
    - Overall, a very positive experience & would love to host again.
    - Great volunteer base made the meet run smoothly.
    - Meet liaisons were very helpful.
    - Decision to shorten Sunday's meet by requiring positive check in for 200's was a good decision.
    - If host again, will definitely offer a Social.
  - b. LCM by Maryland: 1,025 participants  
[Note: given Worlds & IGLA were held just prior to MD, great participant #'s]
    - Required NQTs for those who wanted to swim both LD events. 1650 was done early, so overall meet that day was over early. Gave swimmers arriving an opportunity to warm up in the meet pool even past the 1 hour post last heat.
    - Positive check in for all 200s was a good idea & the meet was over earlier as a result.
    - 140 Gold Medal sponsorships & included different dietary options.
    - Nationals baseball game social was very well attended.
- 2) Preparation for 2015 Nationals
  - a. SCY by San Antonio: April 23-26, 2015
    - Will use the outdoor 50 lcm x 25 scy pool = two 10 lane pools with the indoor LCM & outdoor 25scy x 25scm diving well = plenty of warm-up/warm-down lanes and 100 toilets.
    - Estimated timeline for meet is 8am-4pm every day.
    - Volunteers: High schools & Military
    - 3 Socials: Riverwalk & Alamo tours (shuttles from host hotels), SeaWorld pass (on your own) incl. dinner w/Shamu, and TX BBQ
    - Shuttles from 4 host hotels to/from pool (see brochure for list of hotels)
    - Proposed meet logo & awards were presented to & approved by the committee.
    - Relay/Event order: in a later discussion, the Committee suggested moving the relays around vs. the original pre-approved meet order in the rule book where all the Mixed relays will be moved to one day & possibly taking a break in between the 2 relays to present the Ramson Award.
    - LD events: to switch the order so the 1650 is first & the 1000 is second.
  - b. LCM by Spire Institute (Ohio): August 6-9, 2015
    - Will use the 10 lane 50 lcm pool w/6 lane, 25 scy pool for warm ups/downs
    - Socials: Shuttle to Wine Country for tour+dinner+wine, Tours of Spire Institute
    - Spire has an in-house Banquet operation, can also host a dinner at the facility for a 2<sup>nd</sup> social. They will provide food options for the meet.
    - Side trip: recommended B+B's at Geneva by the Lake
    - Location: 45 mins. east of Cleveland.
    - Proposed meet logo & awards were presented to & approved by the committee.

September 18, 2014 (Championship Committee notes continued)

- 3) Rules: (recommended changes for 2015 as they apply to the Championship Committee)
    - a. Moving Summer meet dates range to July 15-August 30.
    - b. R30: Do we eliminate the Set Order of Events? Will review every 4 years to see if any changes to the order of events needs to be made.
    - c. In connection w/R30; meet information must be issued 6 months prior to the event (i.e., SCY Nat's information is available in January).
    - d. 25s: Currently can offer them in a meet, but they do not count toward Top 10, not included in Nat's. Committee does not recommend adding 25s to Top 10 or Nationals.
    - e. LD Events: In order to swim both 1000+1650 in the meet, must make NQTs.
    - f. When seeding by time vs. age groups, for longer events where seeded by time, it was suggested that the fastest heat(s) for each age group be seeded with fastest in the age group. → Will not recommend as Committee feels its discriminatory for those who aren't the fastest in the age group and won't be able to swim vs. their age group competition in the same heat.
    - g. Team Awards: Committee recommends to reduce the # awards from Top 10 teams to only the Top 5 both Regional & Local
    - h. Coaches Hospitality: Change the "tiered" system. Currently, tiered system requires the coach has to be a registered USMS Coach (which is simply checking a box on the registration form as a USMS Swimmer).
 

# Swimmers	# Free Hospitality Passes
10-24	1 pass
25-49	2 passes
50+	3 passes
- Additional topic on NQTs if we change the formula. Tabled until 2015.

**3:30pm-4:45pm Attended Fitness Committee meeting** (was late as Championships ran OT)

- 1) Introductions
- 2) Bid for Check-Off Challenge
  - Only 1 received by Stuart Wylie, GKMS, Tennessee, entitled Big Orange Check-Off Challenge. With entry fee, participants receive both a shirt and a cap.
  - Motion to approve & did approve TN's bid for 2015.
- 3) 2014 Check-Off Challenge update from Susan Ingraham, Masters of South Texas .
  - Sold ~118 shirts thus far. Susan discussed how her team promoted the event.
- 4) Discussion continued concerning how to promote these events.
- 5) 1<sup>st</sup> time in 2 yrs. there'll be a Fitness award will be presented at the Sept. 19<sup>th</sup> HOD.
- 6) Discussion continued with Go the Distance.
  - Kyle Deery announced that Nike is discontinuing sponsorship of the program, as Nike & All American Swim saw no benefit/add'l sales from USMS. They awarded over 500 suits.
  - National office is working on a new corporate sponsor.
  - It was suggested that the Fitness Committee write a formal thank you to NIKE for the sponsorship.
- 7) Fitness Manual from information gathered at the Brown Bag Lunches.
- 8) Marcia Anziano resigned as chair of the committee. Marcia was thanked for her work.

Meeting adjourned @4:31pm

September 19, 2014

**6am-7am Swim Practice @Bolles School w/Kerry O'Brien**

**8am-9:30am Attended Championships Committee meeting #2**

- 1) Announced 2016 Championships were awarded to SCY: Greensboro, NC and LCM: Mount Hood, OR.
- 2) Established a schedule when championship information is posted:
  - a. By Oct. 1<sup>st</sup> after the meets have been awarded + announced.
  - b. SCY by Oct. 15<sup>th</sup> and LCM by Jan. 15<sup>th</sup>, meet information (incl. website landing page, general meet information, etc...) .
  - c. Entries posted no later than: SCY Feb. 15<sup>th</sup> and LCM May 15<sup>th</sup>.
- 3) Committee approved to move the entry deadline from 35 days out to 30 or 31 days, depending on the Monday it falls on. Rationale: People wait until the last minute & with online entries, it won't matter if its 35 days or 30 days.
- 4) Committee approved to include in the Coaches' version of Streamlines to contact the Meet Director if they plan on attending Nat's. Rationale: Coaches had to enter the meet in order to get email updates on the meet.
- 5) Committee approved to deck seed all 200s for both 2015 meets. Rationale: having seen how well it work in the 2014 meets, will try both meets in 2015 and readdress next year.
- 6) Committee approved to make available the names, gender, age & club only of those entered prior to the Entry deadline. Rationale: So others who might see their friends entered or coaches if they don't see their swimmers entered, can get these folks to enter by the deadline.
- 7) 2015 Goals:
  - Online Relay entries.
  - 6<sup>th</sup> Event policy & possible alternatives.
  - Liability waivers. Is it necessary to "digitally" (with entry) + "manually" (at meet) sign twice?
- 8) Miscellaneous items:
  - Safety Marshalls @meets: pay to have a coordinator.
  - Committee members should attend at least 1 of the 2 Championships per year.
  - NQTs: haven't established 2015 LCM times; suggest they continue the policy in place.

Meeting adjourned late @9:45am

**9:30am-10:30am Attended LMSC "Swimming Saves Lives" Workshop, Speaker: NEM's Bill Meier**

- 1) APRIL has been deemed the month to have lessons by USMS across the country.
- 2) Bill reviewed how he organized his event and how he drove around to coach others on how to run an event. VERY enthusiastic.
- 3) USMS is very serious by offering a course (in 2015) for those who want to host a similar type event and a \$5k grant is available from USMS to run the event. With the signed waivers, USMS covers the liability for each event. It considered a 30 day trial at no cost.
- 4) There were others in the room who had hosted & offered their stories. One woman had a video made of those she taught at her event. VERY inspiring & something I'd love to do at my pool.

Note: room was filled; lots of interest in making this Nationwide! Meredith, Connie & I are very interested in getting FL LMSC involved.

September 19, 2014 (continued)

**10:45am-11:45am House of Delegates #3**

- 1) The House voted on the At Large Board members
- 2) USMS Awards were handed out.

**11:45am-1:00pm Volunteered + Attended New Delegate Lunch**

- 1) As a newbie not too long ago, I felt it would be nice to give back.
- 2) The format Ed Tsuzuki chose was great as it enabled me to walk around and start a conversation if I saw someone eating alone.

**2:30pm-5:15pm House of Delegates #4**

- 1) There was a run off for the 2 contested Zones & we had to vote again.
- 2) Budget was presented, Q&A
- 3) Rules/Long Distance Forum

September 20, 2014

**7am Dryland workout**

**9:15am-10:15am House of Delegates #5**

- 1) Long Distance Rules:
  - Lots of discussion on what the lowest temperature should be:
  - Rule 302.2.2A Water Conditions
  - A. Water Temperature
  - 1. A swim shall not begin if the water temperature is less than **60° F. (15.6° C.)**, unless heat-retaining swimwear is required of all swimmers or a USMS-approved thermal plan is in place.
  - 2. A swim in which heat retaining swimwear is required of all swimmers shall not begin if the water temperature is less than **57° F. (13.9° C.)** ←changed to the above temps. unless a USMS-approved thermal plan is in place.

**1:30pm-5:30pm House of Delegates #5**

- 1) Championships: Both the 2015 Meet Hosts were present & summarized their presentations for the winning SCY (Greensboro, NC) + LCM (Mt Hood, OR) USMS Championships.
- 2) Rules: Q&A and approvals
  - Last push by some to get 25's and 100 relays recognized and included in Top 10 and Nationals; motion failed.
- 3) Budget was approved.
- 4) Feedback & Closing remarks

Convention was adjourned.

**2014 USMS Convention Report**  
**September 17-20, 2014 Jacksonville, FL**  
**Nancy Kryka and Meredith Moore**

USMS is governed by its volunteers, also known as the House of Delegates. About 250 LMSC Officers (or Delegates) attended this year's Annual Meeting at the United States Aquatic Sports Convention. We became familiar with the USMS Organization and National Committees. You really don't get a feeling on how extensive and hard the Executive Committee, Board, LMSC's etc work until you attend one of these Conventions!

USMS has an executive director and paid staff but is otherwise governed and run by volunteers, including the USMS president, Board of Directors, National Committees and LMSCs. USMS bylaws and rules are subject to the approval of the USMS membership via the House of Delegates at the annual USMS national convention. It is truly an amazing process!!!

On our Board of Directors, there are 16 voting members: the Executive Committee which is elected in odd years and 8 At Large Directors for the 8 different Zones, which are elected in even years. We voted for the at large positions at this convention.

USMS has 21 Committees which can all be found on the USMS website under Committees and Assignments. The ones most visible at this Convention were Finance, Rules, Archives, Awards, Championship, Fitness, Sports Medicine, and Long Distance.

This year about 10 of us attended and represented our Florida LMSC. The USMS convention, invites Masters Swimmers to come together to meet and share ideas and to make decisions on how we should run our USMS group and, in turn, bring these ideas back to the LMSC.

Over the convention schedule, there are several House of Delegate (HOD) meetings each day which are mandatory meetings and where the official business of USMS is conducted and voted. Committee Reports are presented and issues may be voted on. Most discussions seemed to be in Rules and Long Distance this year. We spent time in the first HOD meeting on USMS's Strategic Plan. It is the vision of USMS to be the premier resource for adult aquatic fitness in the US and will make fitness through swimming available for as many adults as possible. USMS values: Health and Fitness, Respect, Fun, Learning and Excellence.

USMS registered their 60,000<sup>th</sup> swimmer and as a "gift" presented that swimmer with their own "Vanity" USMS ID number of 60000 – a \$50 value!!!

The Committees held meetings in which "outsiders" were invited to attend, listen and participate in their meeting. The schedule also included LMSC development topics: the Swimming Saves Lives (SSL) initiative, as well as general interest topics such as sports nutrition and Peer 2 Peer Q and A sessions.

Meredith attended a workshop called "**A New Paradigm for Volunteerism**" which was a presentation by Bill Meier, who is Chairman on the NE LMSC on the importance of adults learning to swim and the new Swimming Saves Lives Teach an Adult to Swim Month in April USMS program which provides swimming instruction from those on local masters teams who will teach adults who are afraid of the water or who have limited swimming skills how to swim. The USMS SSL program will guide the LMSCs on how to achieve this goal, by becoming educated, to find a pool to teach, and how to communicate to our areas the availability of these lessons.

The benefits to Masters Volunteers are many –

- To teach is to learn
- A shared mission created lasting friendships
- Community leadership
- Learned empathy
- Volunteering is the greatest gift we can give

Benefits to the Masters Teams and Workout Groups

- Team building
- The team becomes a community resource
- Camaraderie is the glue that holds a team together

The SSL Foundation will provide all the assistance necessary to get the program implemented in your particular area.

Both Nancy and Meredith attended a **Sports Medicine Presentation** by Jim Miller, USMS Sports Medicine Committee and “Nutrition for the Master Athlete” by Alicia Kendig, USOC Sport Dietician. FINA Consensus Statement on Nutrition for the Aquatic Sports is “Aquatic athletes are encouraged to consume a well-chosen diet with sufficient energy, macronutrients (particularly carbohydrate and protein) and micronutrients, to maintain immune function and health” – macronutrients being carbohydrates, protein and lipids and micronutrients being iron, zinc, Vitamins A, D, E, B6, B12 and plant polyphenols.

We learned about the importance of proper nutrition for the Master Swimmer, who is training up to 1 1/2 hours at a time. Information about protein, vitamin D, and calcium and the importance of food intake prior and following training were discussed. A visual representation of a plate of food in the proportions of protein, fruit, and carbohydrates is available on the web for light, medium and heavy activity athletes. You may google “Team USA nutrition” to find out more about the athlete plates.

We attended our **Dixie Zone Meeting**, conducted by Deb Cavanaugh, where we voted on our 2015 Zone Championships. Our LMSC was selected to host the SCY Zone Championship Feb 14-15, 2015 at Clearwater. This is typically the Valentine’s Meet.

The LCM Zone Championship will be held July 24-26 in Greenville, SC.

The SCM Zone Championship meet will be the Rowdy Gaines Meet in Orlando, Oct 9-11, 2015.

Nancy attended the **Archives Meeting**, which is chaired by our LMSC’s Meegan Wilson. This group is seeking to digitize paper records and scan memorabilia to enter in our USMS database and online archives.

Nancy also attended the **Budget LMSC Development Presentation** which gave suggestions for LMSC Treasurers to prepare a budget. The tips were a good review and also gave new ideas on how to gather input from the LMSC groups and to present a budget with meaningful comments and assumptions for the LMSC to discuss and approve. A very helpful suggestion was made by Susan Kuhlman, our USMS Chief Financial Officer. She said as a rule of thumb it might be a good decision for the LMSC to keep 1 year's budget as a reserve.



Nancy attended 3 of the **Budget Board Meetings** and heard about the other committee's requests for funding to support their goals and initiatives.

Meredith attended the **Registrar Committee Meeting** where she learned that USMS has a partnership with Lifetime Fitness and how that affects the Registrar's duties. All relationships between Lifetime Fitness and the LMSC are identical to those of any other Club or WO Group. This really does not affect the FL LMSC. It was also made clear (I already knew this 😊) that the Club has the authority to determine whether or not their club will have Workout Groups.

A new policy discussed which was passed by the Registration Committee during the year was concerning the delivery of printed registration cards. **The Registration Cards MUST now be delivered by mail or in person by the Registrar directly to the member.** The policy has been put in place to protect the personal identification information on the card.

She also attended a **Peer to Peer Round Table Registrar Forum** with other Registrars to discuss issues or problems that some registrar's may have and how to solve those particular problems. There was open discussion that was used to brainstorm recommendations for each of the registrar's concerns, if they had any.

Meredith also sat in on the **Long Distance Committee Board Meeting** and heard interesting discussions about an underwater backstroke start ledge, safe temperatures for open water swimming, new rules concerning the swim suit garment which allows for a swimmer to wear a suit that extends to the ankles in open water and discussion on the wearing of GPS goggles as an aid to open water swimming. Most of these items were voted on in the HOD meetings.

On the final night we attended the United States Aquatic Sports banquet which included all disciplines: USA Swimming, USA Diving, USMS, USA Water Polo and USA Synchro. Rowdy Gaines was our host. Cokie Lepinski received the USMS Coach of the Year Award and Hill Carrow from the NC LMSC received the Arthur J. Ransom award given to the USMS registered person who has done the most to further the objectives of Masters swimming. Katie Ledecky received the Outstanding Athlete Award for USA Swimmimg for 2014. She taught us how to say SSSSSwwwwwwiiiiiiiiimmmmmiiiiiiinnnnnggggg with a smile and a giggle! Nancy and I will continue on her tradition!!!

We had a lot of fun, learned a lot and we both thank the Florida LMSC for sending us to our USMS convention as delegates!

P.S. – Our Hospitality Committee was awesome and got a huge round of applause at one of the HOD Meetings. They did an incredible job and worked extremely hard to keep so many people happy and well feed!!

**2014 Convention Report**  
**Jacksonville, FL 9/17 – 9/21/2014**  
**Meegan Wilson**

I am the chair of the USMS History & Archives (H&A) Committee whose goal is to document and preserve USMS history. We have stored a lot of USMS history at the International Hall of Fame (ISHOF) Henning Library in Fort Lauderdale. After nearly 50 years in Fort Lauderdale, ISHOF is in the process of moving, possibly to Santa Clara, California, or Atlantic City, New Jersey.

The H&A meeting went very well. We are currently working toward digitizing old registration data, locating and identifying swimmers who are in our top ten database from 1970-1992, but have no swimmer ID, (a list can be found at: [http://www.usms.org/hist/tt\\_swimmers\\_no\\_id.pdf](http://www.usms.org/hist/tt_swimmers_no_id.pdf)) and getting our National Top Ten Relays and Relay Records posted on the web, prior to 1998. We have a lot of missing information on swimmers before this time and are asking LMSCs and Clubs to search their old newsletters for stories and provide the H&A Committee with birthdates and stories of swimmers prior to 1993. We are also still searching for Open Water National Championship results. Please check this file: [http://www.usms.org/hist/missing\\_id-ow\\_results\\_1974\\_1991.pdf](http://www.usms.org/hist/missing_id-ow_results_1974_1991.pdf) and see if you can contribute to USMS history.

Each USMS member has a swimmer information page. To find yours, just put your name into the Google Search engine on the USMS website. Please look at your page and check links etc. If you find an error, please document it and send it to the H&A Committee for eventual correction. Also, if you don't have a story or picture, please provide one for posting on the website. We appreciate your assistance in improving the USMS Website. Please see the History & Archives convention minutes for more information: <http://www.usms.org/admin/minutes/hist-2014-9-18-1.pdf>

At-Large Directors were voted in for a two year stint this year. This was also a Rules year. The proposed rule to include 25 yard events for top ten consideration was defeated. These events can still take place at meets, but they are "just for fun events" and are not considered official, at least at this time. However, they are included in the "Event Rankings" database on the USMS website. Thanks Jim Matysek!

The Florida LMSC was responsible for hosting a social dinner for the delegates (we chose Sonny's Barbecue), and for stocking (paid by USMS), and manning the USMS Hospitality suite during Convention. Marianne Bradley and Bob Jennings did a remarkable job with the help of Joannie Campbell, Connie and Ken Greb, Pete Nickodem and his teammates from Holmes Lumber Jax. I helped out some and was in charge of making the popcorn – yes, there was evidence of popcorn the next day, but everyone seemed to enjoy it the night before!