

## 2016 Florida LMSC USMS CONVENTION REPORTS

### **Joan Campbell USMS Legislation Committee**

As a new member of the Legislation Committee I found the Committee during the year very competent. Meg Smath as Chair handles everything very efficiently and we were well prepared for the Convention upon arrival. The Legislation and Rules Committees used to work on off years - one one year, the other the next - this would have been an off year for Legislation and the new schedule is in it's initial year, so there was not that much work. We will have a ton next year in Dallas I believe.

Those Legislative proposals that are of interest are that:

- \* Each LMSC is obligated to have their 1 year fiscal period for tax and accounting match the USMS fiscal year, which begins January 1st.

- \* Minutes of the Annual Meeting and Annual Financial Reports of LMSC's are due by April 30th.

LMSC's shall comply with standards posted on the USMS website.

- \* A permanent Election Committee is authorized to be formed for USMS.

The Dixie Zone Meeting was well attended - over 50 members. Major was the acceptance of bids for the Dixie Zone Championships in 2017. Several bidders for SCY championships were voted upon. The winner was Cary, North Carolina April 8th and 9th.. Short Course Meters was the Rowdy Gaines Meet in Orlando, FL October 13-15. Greenville South Carolina will host the LCM June 30-July 2nd.

Candidates Rob Copeland and Greta Van Meeteren were endorsed for Dixie Zone at-large Directors. Rob Copeland was later elected by the House of Delegates.

The Championship Committee announced the winners of the bid for 2018 Spring Nationals - Indianapolis, IN. There will be no Summer Nationals - this will be replaced by the Pan American Games in Orlando, Florida in August. 2017 Nationals are Summer at Riverside, California and Summer Nationals in Minneapolis, MN. Dates are listed on the Dixie Zone Calendar.

The Long Distance Committee initiated a new criteria for the One Hour Swim. It will encompass January and February from now on and go by FINA age group rules - age at end of the year. Reasons for this was to eliminate swimming the race twice if you changed age group.

The House of Delegates discussed several budget proposals that were eventually passed by a very small margin. I expressed concern over a \$100.00 fee for running a Recognized Meet. The LMSC will be charge this fee for each meet they Recognize. My concern was that USMS, other than giving the meet a brand name of "Recognized by USMS" provides no other service. The meet carries no insurance and nothing is offered by USMS. This includes all the Senior Games that request recognition and small off-beat meets such as University of Tampa. Many LMSC's are considerably smaller than ours and I feel this will discourage such meets from asking for Recognition and cut back on a good way of recruiting members. We were defeated by a couple of votes!

**Cathy Fedako**  
**USMS Sports Medicine Committee**

The 2016 convention in Atlanta was productive and successful. Our Florida LMSC was well represented and very involved. I especially enjoyed my Saturday morning workout swim coached by our own Bob Jennings:))

As a past Chair of Sports Medicine I want to report that our committee was very busy this year. We made some necessary rule changes, discussed informational booths to be held at Nationals and organized the Sports Medicine talk which featured Dr. Hiro Tanaka from UT Austin who studies master's athletes regarding the benefits of exercise.

In addition, I had the privilege this year of working on the Transgender committee to develop guidelines for transgender athletes in USMS swimming. This was approved by the Board of Directors.

**Jack Groselle**  
**USMS Finance Committee**

This year I transitioned from the Championship Committee to the Finance Committee.

The Finance Committee had one or two calls each month this past year to work on creating a balanced budget. We presented a balanced budget to the delegates at the convention but the delegates took out the increase in club-workout fees which was about \$19,800 in income, so the budget ended up with a small deficit. This is not concerning because USMS has over two million dollars in investments. We also accounted for and used some of the Opportunity Fund established by USMS to improve the web site and support college club swimming. We hope that college club swimming will be a net add to our USMS membership going forward.

Thank you for letting me represent the Florida LMSC at this year's convention!

**Laura Groselle**  
**USMS Rules Committee**

I am on the Rules Committee. This is the first year where both the Rules and Legislation Committees have full schedules. In the past there was a "Rules" year every other year and the off year was considered a light year with very little work. Now both committees will entertain proposals every year and every year will be considered an 'on' year.

This year the Rules Committee did a lot of 'pre-work' on Sunday night conference calls. We voted on almost all of the proposals before arriving at the convention. There were not any contentious proposals. All of the Rules Committee's recommendations were accepted by the House of Delegates.

Thank you again for supporting my role on the Rules Committee.

**2016 USAS Convention Report**  
**Bob Jennings**  
**Florida LMSC Chair, USMS Coaches Chair**

At the 2016 USAS convention in Atlanta, I wore multiple hats as the Florida LMSC Chair and USMS's Coaches Chair.

The Convention kicked off on Wednesday with a committee chair meeting. Instructions were provided on how each committee meeting should be run, the format to use to record minutes, and where to email them. USMS is working very hard to go green.

As part of my duties as Coaches Chair, on Thursday, Friday and Saturday morning I was down stairs at 5:15am to meet the buses taking swimmers to morning workouts at the Dynamo Swim Club. Five or six coaches provided workouts for 80 to 100 USMS swimmers from 6 to 7am. Besides supervising, on Saturday, I even got a chance to conduct a workout for four lanes of swimmers.

The Dixie Zone meeting was held on Thursday. The attendees voted on the 2017 SCY, SCM, and LCM championship meets. The committee reviewed the proposed changes to the LMSC Standards and relayed them to the LMSC Development Committee.

I chaired the Coaches Committee meeting. There were discussions of the following projects since last convention: High Performance Camp, National Coaching Clinic, Certification & Coaches Education, On Line & On Deck Coaching, Awards, and Communication. The action items for 2017 are: Revise the current Level 4 application (a lunchtime meeting was conducted to begin the process); Create a new Level 4 class (Once current Level 4 coaches complete the class, they will become Level 5 coaches); Select coaches for the 2017 FINA World Masters Championship in Budapest, Hungary; and Continue On Line & On Deck Coaching for Spring & Summer Nationals and pool and dry land workouts at convention.

The Coaches Committee working with the Fitness and Sports Medicine Committees conducted a workshop on various dry land activities to help improve a swimmer's core.

On Saturday, all committee chairs participated in a "Speed dating" Workshop. The workshop allowed individuals to find out more information on all the USMS committees. The Coaches Committee station was asked primarily about the different levels of the certification process.

Finally, I had the honor to present Scott Bay, from the Florida LMSC the Coach of the Year Award.

## **CHERYL KUPAN, FL LMSC SECRETARY 2016 CONVENTION NOTES**

Thank you for allowing me to attend the USAS Convention. Convention for me is an opportunity for me to gather as much information as possible about my one of my favorite topics: swimming. It is an amazing venue to see all the water sports gather together and celebrate our great sports, especially in an Olympic year.

### **DAY 1: WEDNESDAY 9/21**

One day I would love to give back to my sport from the deck, so I opted to arrive at Convention a day earlier and successfully complete the Level 3 Coaching Certification.

### **DAY 2: THURSDAY 9/22**

#### **House of Delegates (HOD hereafter) Meeting #1**

- USMS President, Patty Miller opened the Convention & had a great presentation that uniquely set out what to expect in the next 3 days.
- New USMS CEO, was introduction to the HOD; sounded a bit nervous in his initial speech to the HOD, but then again, I'm petrified of speaking in front of a room full of people.
- Floor nominations for At-Large Board of Directors. There were none.

#### **Dixie Zone Meeting**

Next, were the individual Zone meetings & I successfully arrived at the room for the Dixie Zone meeting & not to my former zone meeting like I've done the past 2 years.

- Dixie Zone Records Chair Ed Saltzman reported that the Dixie Zone records are currently up to date, and reminded all swimmers that if they compete in a meet outside of the Dixie Zone, they should send him their name and the name of the meet they competed in. He also said there are Dixie Zone Top Ten patches available for purchase -- wasn't aware there were patches.
- Election of Dixie Zone Championships for 2017  
2017 Dixie Zone SCY Championship bids: Clearwater, FL, Auburn, AL, Coral Springs, FL and Cary, NC.  
2017 Dixie Zone LCM Championship bid: Greenville, SC  
2017 Dixie Zone Open Water Championship bids: None at this time & none from the floor. Matt will try to solicit bids  
2017 Dixie Zone SCM Championship bids: Orlando, FL, and Coral Springs, FL.

Result of vote:

SCY to Cary, NC April 8-9, 2017  
LCM to Greenville, SC June 30-July 2, 2017  
SCM to Orlando, FL October 13-15, 2017

- Old business

Conflicting meets with the Dixie Zone Champs. Currently, our guidelines are to not have meets on the same dates as a Dixie Zone Championship that are within a reasonable driving distance to the meet. This year, there were conflicts for all Dixie Zone Championship meets as the original dates given at Convention were moved to another weekend thereby conflicting with other events that had already been scheduled.

- New business
- Endorsed the 2 Dixie Zone At Large Director candidates Rob Copeland and Greta Van Meeteren.
- Stroke clinics: Marianne Groenings from the National Office Education Department announced that in 2017 there will be stroke clinics offered with the coaches certification clinics & a new how to run a clinic certification.

### **Officials**

- Since it was at the same time as Fitness, I stayed to listen to the new USMS Officials Certification program. Seems to be a shortage of officials for USMS meets, so USMS has developed its own Officials certification. Not as stringent as USA Officials, so may get more USMS Officials so you can have a bigger pool to source for your meets.

### **Fitness**

- Walked in late, but Mary was very creative in having Swimmer Jeopardy where you learned a lot of fun USMS facts in a fun game.
- Trying to figure out how to keep Fitness swimmers engaged and to get them to become USMS swimmers. USMS is putting a lot of funds for this portion of the USMS constituency.
- Also, trying to figure out ways to incorporate another large demographic of College swim clubs.

### **Championships Committee Meeting #1**

Both 2016 Spring & Summer Nationals representatives gave a post meet review & suggestions to pass along to future meet directors.

#### *2016 Spring Nat's: Greensboro, NC*

- 235 teams, 778 swimmers, 201 VIP tix sold, Bier Garden social was a big hit.
- Suggest a way for Coaches to register for the meet+hospitality: no way for them to reg other than as a swimmer. New policy maybe that only certified coaches get free hospitality vs. # swimmers guideline
- # meet marshalls was a bit much & big commitment...do we need that many?
- Warm ups: tried something different where 1 pool was all 1 way swimming and some lanes were for backstroke starts only giving swimmers a chance to use the ledges.

#### *2016 Summer Nat's: Portland, OR -- 3rd Largest LCM Meet Ever*

- Temps were higher than other lcm bid Sarasota
- 1,287 swimmers, 196 teams 110 VIP tix sold (paid someone to monitor food, et al)
- Shortage of 4-10 place medals
- Only swim 1 distance event, dropped 6<sup>th</sup> event
- Order of events: back-to-back mixed relays
- No 30 mins. breaks after long distance
- Fedex Kinko's printer for programs, saved \$5k vs using local company
- Merchandise: towels are big seller, hi-liter/pen combo's in goody bag
- Shuttles: 137 passes, <10 per person on each bus
- Net from meet: \$20k LMSC+Mt Hood aquatics each

Suggestions for future Nat'l meets to consider from audience:

- Big, clear signage/directions
- Both Nat'ls did not issue credentials, saving \$3500 (G'boro)
- Hearing impaired swimmers: swimmers can request strobe starter. Should be a part of site visits; most Colorado systems have it
- Both 2017 Nat's representatives gave a quick update & submitted logo's for approval & received approval:

#### *2017 Spring Nationals: Riverside, CA*

Board met & did not schedule any meets immediately prior to Nat'ls.

Age group parents group running meet, 150 families, req'd 16 hrs to work meet, local high school

No built in bleachers; will bring in

Ltd # of bathrooms & showers - bringing in trailers

2 pool decks

#### *2017 Summer Nationals, Minneapolis, MN*

All hotels, pool & social are w/in walking distance to the light rail system - so no need to rent a car.

- NQT's: Recalculate SCY+LCM include this year's TT's and drop the 3<sup>rd</sup> year prior.

#### **Coaches Meeting**

- Very busy schedule with high performance camps (low attendance; maybe priced too high), coaching certifications (only 2 were certified Level 4), and this year's Nat'l Coaching Clinic to be held Nov.11-13 in San Mateo, CA (big line up of coaches).
- @Nat's, it was suggested that the on deck coaches perhaps help out the meet marshalls in policing swimmers.
- Discussion of coaches being AED/CPR certified: USMS said that would hike up the insurance and should really be left to the pool staff who are trained.
- Looking for more coaches to contribute workouts online; blogs, etc..
- Awards: 11 Kerry O'Brien nominations & 6 Coach of the Year nominations

New business:

- If only 2 were certified Level 4, does the curriculum need to be revised, should it be split up to Level 4 & Level 5?
- If approved, pick coaches for 2017 Worlds in Budapest, Hungary.

#### **House of Delegates (HOD hereafter) Meeting #2**

- Slate of Candidates and Meet the Candidates where only 2 Zones were contested, including the Dixie Zone and Q&A
- Strategic Plan Presentation

#### **DAY 3: FRIDAY 9/23**

#### **Championship Committee Meeting #2**

- 2018+2019 Bids:  
USMS had asked the Championship Committee to make the 2018 Pan AMs in Orlando, FL

a priority. So, with that in mind, the committee weighed whether or not to make Pan AMs also the Summer LCM Nationals as the bids for LCM were all on the East Coast. After much discussion, we decided to not have a LCM Nationals for 2018. May entertain the idea of possibly a 2018 SCM Nat's.

2018 Spring Nationals was awarded to Indianapolis, IN, meet dates: May 10-13, 2018.

- Nat's Procedures/Activities:

- Standardizing meet programs or eliminating paper programs & save meet host \$13-15k.
- Financial summaries included in bids - need to be mindful that each facility is different, so costs will differ.
- Automate online entry times - one side would like to auto populate your fastest time; avoid sandbaggers. If you've had a set back, have the option to modify your time. Meet Directors have the discretion to modify your entry time. Wrong times can add to the timeline.
- Relays: Committee voted to raise the Nat's relay fees from \$12 to \$16. Awarding top 10 relays x4 relay individuals is very expensive for the meet director Also, meet directors would like to go to online relay entries to save time.
- Meet contracts:  
Safety marshalls & Officials are working long hours with the Nat's meets getting larger; pools that have limited pool space, so the meet timeline is longer at some meets.
- Pre-ordering meet swag -- try to build in a link to the 3rd party vendor for orders vs. meet directors taking the orders & passing along
- Racing blocks/Backstroke ledges: try to make all Nat's meets similar and have blocks/ledges shipped in to meet Nat's standards. Hoping in the next 1-2 years, that all pools have the most up to date blocks/ledges.

- 2017 Goals/Tasks

- Potential rule proposals
- Still trying to find a special/memorable venue for USMS' 50th Anniversary in 2020 (maybe Hawaii)
- Coaches registration: currently they register as swimmers to get the meet information, need to explore a separate registration for coaches

- Goals/Tasks for 2017

Instead of lunch, swam with a bunch of friends at the amazing Georgia Tech/2000 Olympic Pool.

### **HOD Meeting #3**

- Annual remembrance of USMS members we've lost
- Elections
- Awards
- Rules/Long Distance/Legislation Forum

### **DAY 4: SATURDAY 9/24**

### **HOD Meeting #4**

- Committee Reports
- Finance Presentation

### **National Committees Speed Dating**

I visited with the ladies who lead the Records & Tabulation Committee



- I was curious if anyone had an automated type Record program and they said no.
- I've been updating our records manually and it would be awesome to have a program that you can input the annual top 10 LMSC times and have it automatically update.
- Unfortunately, there wasn't enough time to spend with them as we weren't given a lot of time

#### **HOD Meeting #5:**

- Committee Reports
- Rules
- Long Distance
- Legislation
- Budget Approval
- Feedback Session
- Closing Remarks

### **2016 USMS Convention Report Meegan Wilson**

I attended the following meetings of the 2016 USMS Annual Convention: Committee Chairs, New Delegate Orientation, Dixie Zone, History & Archives, LMSC Development, Recognition & Awards, Records & Tabulation, Meet the Candidates, House of Delegate meetings, National Committees Speed Dating Workshop, Sports Medicine Presentation, LMSC Social, International Masters Swimming Hall of Fame Induction Ceremony, and the USAS Aquatics Awards Banquet.

Here are some of the highlights, and/or lowlights – depending how you look at them:

#### **Dixie Zone Meeting**

Both candidates for the Board of Delegates, Greta van Meeteren and Rob Copeland were endorsed by the Dixie Zone for Dixie Zone At Large Director. Rob Copeland won the position in the HOD.

The following meets will be Dixie Zone Championships for 2017: SCY - Cary, North Carolina April 8-9; LCM - Greenville, South Carolina, June 30-July 2; and SCM - Orlando, Florida, October 13-15.

#### **History & Archives Committee Meeting**

As Vice Chair of the History and Archives Committee, I recorded the minutes. The committee is working on getting past Top 10 relays incorporated into the USMS website so that these accomplishments show up on the swimmer's page. Each USMS member has a unique swimmer page that is tied to their USMS ID number. We will be posting results without complete ID information and are asking our members to help with the identification since in the early days, no IDs and incomplete names were used. The H&A Committee is also helping to find missing IDs and duplicate IDs and identifying swimmers without IDs.

H&A has scanned all of the historical Swim-Master newsletters, 20 year's worth and is in the process of developing an index for each issue which will help in finding information. These will be posted on the USMS website as soon as possible. The History and Archives



committee collaborates with the Recognition and Awards Committee and the Records and Tabulation committees as well as helping the National Office locate missing meeting minutes, etc., for posting onto the website.

### **LMSC Development Committee**

The National LMSC Standards have been simplified and are presented in a much cleaner and more professional document found here:  
[http://www.usms.org/admin/lmschb/gto\\_lmsc\\_standards.pdf](http://www.usms.org/admin/lmschb/gto_lmsc_standards.pdf)

### **Recognition & Awards**

The R&A Committee has selected five volunteer gifts that LMSCs can purchase to recognize their volunteers. The gifts are an insulated water glass, a shopping bag, a cozy, a pen and a notebook. They will be posted on the USMS website soon.

**The House of Delegates (HOD) Meetings** - Roberts Rules of Order are followed during the HOD and voting is a complicated procedure, not well understood by many delegates.

**Remembrance:** Every known USMS member who died since our last convention was remembered during the HOD. See <http://www.usms.org/reg/deceased.php> for deceased USMS members.

### **Fee Increases:**

- The automatic \$2 increase in **individual registrations** will go into effect for 2017 USMS membership. There will be automatic increases of \$2 in 2018 and 2019 as well.
- A 64% registration fee increase from \$25-\$41 for **Clubs and Workout Groups** passed in the HOD. The reasoning behind USMS' Club and Workout fee increase is because it costs over \$60 for USMS to register a club. Clubs can request a free banner every year. One way that USMS could save money would be to have a limit on the number of free banners a club can request. Perhaps a club should be charged an "at cost" rate for additional banners.
- The **one event registration fee** increase proposal from \$15 to \$25 was defeated in the HOD, so that fee will remain at \$15 for 2017. There are many meets in other LMSCs that mostly have one event registrants, and this proposed fee by USMS would have decreased participation in these meets considerably.
- The proposal to increase **Recognition fees** from \$0 to \$100 passed in the HOD. I'm not sure why this was proposed since USMS does not pay any insurance to recognize a meet. That insurance is paid by the meet host. The Florida LMSC recognizes Senior Games and other meets for the benefit of their members - so their times will count toward USMS Top 10, or be added to the USMS Rankings database which goes much higher than 10<sup>th</sup> place. The \$100 per recognized meet will be billed to the LMSCs. The Florida LMSC which recognizes about 8 pool meets per year will need to decide if they bill the meet host, or absorb the additional costs.
- USMS is planning to tap into the **College Swim Club** market. There were no fee proposals presented for College Swim Clubs during the HOD, but with the passing of the 2017 budget there were line items for College Club Revenue of \$14,583 and for College Club Expenses of \$29,040.

The good news is that there was a \$21,000 decrease in insurance costs for USMS for 2017. There was talk during the HOD meeting to extend that cost savings to the LMSCs for pool and open water events, but that was not passed.

**Rules changes** - USMS adopted USA rules to allow competing in **6 events per day** starting in 2017.

**Records & Tabulation** - One of the major topics was the rule proposal to eliminate the bulkhead measurement for each session during a meet. This rule change did not pass the HOD.

**National Committees Speed Dating Workshop** - History & Archives Chair Barbara Dunbar and I were stationed during this workshop to answer any questions and inform delegates about the committee's work.

**The Sports Medicine Presentation** on the physiology of aging on swimmers by Dr, Hiro Tanaka was really good. Testing on swimmers is difficult do the the aquatic environment.

The **Georgia LMSC Social** and their hosting of the USMS Hospitality Suite was very well organized and nicely run. The crockpot oatmeal was a big hit in the morning.

The **International Masters Swimming Hall of Fame Induction Ceremony** was really nice and the program presentation was exceptional. Tom Boak was inducted into the International Masters Swimming Hall of Fame as the 2016 Honor Contributor. USMS members Thomas Maine at the age of 90 and Joann Leilich were inducted into the International Masters Swimming Hall of Fame as Honor Swimmers for 2016.

**USAS Awards Banquet** - Nadine Day was honored with the Ransom J Arthur M.D. Award for 2016 and Scott Bay received the 2016 USMS Coach of the Year Award. Katie Ledecky earned the USA Swimming Athlete of the Year Award.