

United States Masters Swimming (USMS)
Delaware Valley Local Masters Swimming Committee (Del Val LMSC)
Minutes of Annual Meeting on Sunday, October 21, 2012

Welcome

The meeting was called to order by Chairperson Laurie Hug in the Parents' Room of Germantown Academy, Fort Washington, Pa. at 1:30 p.m. Laurie extended a welcome to all and introductions were made. (Laurie also hosted a work-out in the GA pool prior to the meeting).

Attending: Chairperson Laurie Hug, Vice Chair Tom Patterson, Treasurer Pat Timmins, Dan Allen, Pamela Shepard, Melissa Krupa, Dick Jackson, Rich O'Shaughnessy, George Horan, Delia Perez, Sue Watts, Tina Woods, and Secretary Chris Schroeder.

Secretary's Report

Presented by Chris Schroeder

Chris made a correction to last year's minutes per feedback from Anna Lea Matysek in the USMS National Office (NO); the 2011 minutes stated (erroneously) that "the LMSC has not had to file yearly IRS reports as our balance has been less than the \$25,000 filing threshold". She corrected that we file IRS form yearly, the "easy 990N" (for an organization with gross revenues under \$50,000); Pat agreed. Corrected minutes M/S/P

Secretary's Notes: 1) The format M/S/P is used in the minutes to indicate that a motion (M) was made, it was seconded (S), and passed (P). The secretary has the names of those motioning and seconding; all votes were unanimous unless stated otherwise; 2) This year Laurie asked all committee chairs to submit written reports to the committee for review prior to the meeting. If an electronic report was submitted, it is posted on our website, www.dvmasters.org and will not be repeated verbatim in these minutes.

Treasurer's Report

Presented by Pat Timmins, Treasurer

The LMSC has again taken in more revenue than expended this past year (about \$500). As of 9/30/12 our balance was \$22,538.16, which was very close to our 9/30/11 balance (\$22,015.57). She noted that most of our registrations are done on-line, and our fiscal records are sound.

Pat indicated Del Val needs a new treasurer as it is time for her to step down; she will work with the new treasurer to ensure a smooth transition. She recommends that our ATM card (in the treasurer's name) never be activated to ensure accountability; instead, she uses a deposit card which works well. Our LMSC fiscal year is Oct. 1st to September 30th, but the NO fiscal year is the calendar year. Pat is willing to serve until the end 2012, and will do the annual report for the NO and file with the IRS. Treasurer's report was M/S/P

Registrar's Report

Presented by Rich O'Shaughnessy, Registrar

Rich reported that our membership numbers have increased to 911, up considerably from 787 last year; we now have more female than male members in the younger age groups (34 y.o. & under). He informed us about a letter he received from NO re: USMS ending use of Club Assistant. Many in attendance expressed surprise since Club Assistant seems to be working well.

USMS will e-mail members 11/1 to re-register for new year. Group agreed that we want to keep our local fee low. On-line registration seems to be working well, except for swimmers who are Unattached; they have difficulty picking a work-out group from the drop-down menu. Discussion ensued that this is confusing and unfair; Laurie indicated that she will e-mail Club Assistant about this problem. Dan agreed to post a notice on our web about the need to be attached to a club if you want to swim relays.

Registrar's report M/S/P

Sanctions Report

Presented by George Horan, Committee Chair

George summarized his report. Pat mentioned that the NO did not send us rule books in a timely manner last year; she will contact them about this problem. The Treasurer orders and pays for the rule books, which are sent to our Sanctions Chair. We also need to make sure meet officials have the summary page differentiating USMS from USAS rules. Tom proposed that the fee for recognized meets be increased to \$75 because they involve more work for LMSC, and that the fee for a sanctioned meet remain \$50; the motion was S/P.

Sanctions Report was M/S/P

Web Site Report

Presented by Dan Allen, Web Master

Dan has begun updating our "Places to swim" on the web; if a "verified date" appears, the information is current. If there is no "verified date" and anyone knows about the pool or contact person, send him the information. He also would like to verify the distance of the pool next year. A suggestion was made by Laurie Hug to differentiate our LMSC meets from others on the site, and also between sanctioned and non-sanctioned swims.

Web Site Report M/S/P

Top 10 and Records Report

Presented by Tom Patterson, Vice-President and Committee Chair

Tom summarized his report, with emphasis on preferring more sanctioned meets in our area. Del Val has had a nice increase in Top Ten times.

Top 10 and Records Report M/S/P

Coaches Report

Presented by Dick Jackson, Committee Chair

Dick indicated that he did not contact meet directors prior to our meeting like he did last year, but he has noticed that younger swimmers are not going to meets like they have in the past, maybe for economic reasons. Our LMSC subsidizes the memberships of swimmers 18-24 y.o. and over 70 y.o to encourage participation in those age groups. He also mentioned that Pennypack offers long course practices year 'round; contact Dick (215-673-1090) if you want to use the pool to get LC times. While Dick did not give an electronic copy of his report, the list of upcoming swim meets is on our website, and national meets are also on the USMS site.

Coaches Report M/S/P

Officials Report

Stephanie Walsh Beilman, the Committee Chair, was absent for personal reasons. The committee assumed if there had been any significant changes, she would have informed us. There was discussion about the range of fees for officials, which vary - some officials volunteer their time, while others receive \$100 each for a meet.

Open Water

Presented by Delia Perez, Committee Chair

Delia summarized the season and reported that our weather was pretty good this year for open water swimming. There were over 70 open water swims at the shore or nearby states. She mentioned that the Donny Fund swim, offered by the Pleasantville Yacht Club, is particularly enjoyable. The Nockamixon Steelman and A.C.'s Bridge-to-Bridge swims are the two sanctioned open-water swims in our area.

Open Water Report M/S/P

Marketing

Presented by Pam Shepard, Committee Chair

Pam reported that she sent the results of the survey conducted last year to NO to get their feedback. Many of the respondents are males and competitive swimmers, which is not really representative of our membership. In summary, respondents are seeking competition, fitness, socialization, and coached practices; one-third do triathlons. Some of the services respondents would like from our LMSC are summer meets and Del Val championships. Discussion ensued about the lack of 50 meter pools in our area. Pam is the Administrator of our Face Book page, which is doing well with about 130 "friends". Laurie asked if you have to be invited to join. Pam responded yes; there's a link to her address on our website. She wants to ensure that the content is kept appropriate, but usually just says "yes" to requests.

Our LMSC has been trying to encourage younger swimmers. Chris said this is consistent with USMS goals, and she would be willing to send our LMSC brochures to college swim coaches for distribution. She asked who has a supply of the brochures; some thought Linda Van Ocker did, so Chris will contact her. Chris also stated that Pam did a lot of work on the survey, which we could use as a guide for what we could do for our membership.

Marketing Report M/S/P

USMS Convention Reports

Presented by Laurie Hug and Christine Schroeder

This year the Del Val had four delegates (Laurie, Dave Diehl, Melinda Wolff, and Chris Schroeder) attending the USMS portion of the U.S. Aquatic Sports (USAS) Convention in Greensboro, N.C. Sept 12-16, 2012. The first three represented Del Val LMSC while Dave is on the USMS Executive Committee. The reports by Laurie, Chris, and Melinda are on our web. Chris pointed out that she attended several workshops on LMSC development which can benefit our LMSC (see page two of her report). Sue Watts said it would be important for us to have benchmarks for our yearly goals, which might provide the basis for follow-up membership surveys. She thought a sub-committee using teleconferencing would be a good way to start the process.

Convention Report M/S/P

Meet Schedule

Presented by Dick Jackson

Laurie asked if two meets are scheduled for the same day, how do we prioritize? In the past we always used seniority as the deciding factor for which team received priority in meet dates. We agreed that sanctioned meets should have first priority, so the priority would go as follows: sanctioned meet with seniority, sanctioned meet without seniority, recognized meet with seniority, recognized meet without seniority. At this point we have three tentative meets: Lower Bucks, Burlington County CC, and LaSalle. The UMLY 50 meter meet was cancelled because diving is prohibited, and the pool needs renovation. Because we are not hearing from past meet directors in a timely manner, we need to contact them to determine if the meet is to be offered again. Chris suggested waiving the \$50 sanction fee if meet directors notify George by a certain date, e.g. next year's annual LMSC meeting.

Team Reports

Once again time was running short, so team reports were very brief.

Colonials 1776 – Although the 1776 representative was absent, Laurie encouraged swimmers to enter the Upper Dublin short course meters meet on 11/3 and swim relays; also meet volunteers are needed.

Fins: George Horan reported they have six practices a week at Friends Select, their membership numbers are up (including younger swimmers), but they will need a pool for practice next summer. If anyone knows of one, contact George or someone on team. The Fins came in third in IGLA championships in Iceland with 20 swimmers, and ten Fins went to a meet in Paris the prior week.

Pennypack: Melissa Krupa reported they have forty-one swimmers, including new swimmers, who are active in local meets. They had several swimmers at George Mason, and six at Nationals.

New Business

Laurie stated that people are needed for the following positions:

- Newsletter Editor – There was discussion about ending the Lane Line newsletter since we have an active website and Face Book page. Rich stated that only 30 of our 911 members do not have e-mail. The group agreed to end the Lane Line.
- Social Chair - A motion was made to nominate Steve Dougherty and Geoff Meyers as Co-chairs of the Social Committee pending their approval; M/S/P.

- Fitness Chair - Sue Watts volunteered to be Fitness chair; M/S/P. Chris offered to help out, and thought Melinda Wolff may be willing to also, since she attended Fitness committee meetings at the convention. Sue asked that swimmers forward ideas to her for this committee.
- Treasurer: It was thought Melinda Wolff might be willing to serve, but in her absence, Rich is to send an e-mail to our membership soliciting a volunteer to fill the position; Dan will also post notice on web. Anyone interested in serving should notify Laurie and copy Pat by 11/30.

Solicitations - Laurie has been getting inquiries from people wanting to provide services to our membership (e.g. clinics, endless pools), or seek donations from them. There was discussion about how to handle these requests, and if there should be a distinction between for-profit and non-profit groups. The group felt that paid ads on the website might be an option but didn't want to make a hasty decision. The group recognized that there might be some events, e.g. clinics that would be of interest to our membership. Chris suggested that the NO might provide guidance. For the time being, Laurie will continue to refer these types of inquiries to local coaches. It was agreed that in no case will we give out our members' e-mail addresses.

USMS Registration fee increase – This is the last year of the planned USMS registration fee increase (for a total of \$35, of which our LMSC keeps \$2). Discussion ensued, and a motion was made to increase our total LMSC registration fee in 2014 to \$38, but to keep the fees for the 18 - 24 y.o. and 70+ age groups at \$10. Motion was seconded, and passed with one opposed.

New Sub-committee - The group voted to establish a new sub-committee called "Investing in Our LMSC" whose purpose is to explore and develop ideas for programs and services to benefit and grow our membership. The impetus for establishing the sub-committee came from convention workshops on LMSC development. The sub-committee will use teleconferencing to conduct business, so participants don't have to travel. Chris agreed to chair the sub-committee, and recommended that Sue, Pam, Pat and the new treasurer be on the committee as well as any other interested member. Rich agreed to include a call for volunteers in his e-mail to the membership. The sub-committee targeted the end of January for reporting their progress to the Board via teleconference.

Non-Recognized meets – George reported that he had fielded inquiries about non-recognized meets, e.g. Senior Games, and wondered what our position is. Laurie recommended that we separate non-recognized meets and swims from recognized and sanctioned ones on our web site.

The meeting was adjourned at 4:20 p.m.

Submitted by Christine Schroeder, Secretary
Electronic copy submitted to USMS National Office on 11/13/12

DELAWARE VALLEY LMSC TREASURER'S REPORT

OCTOBER 2011- SEPTEMBER 2012

Balance ending 9/30/2011 **\$22,015.57**

Balance ending 9/30/12 **\$22,538.16**

WITHDRAWALS

	<u>OCTOBER</u>		<u>NOVEMBER</u>		<u>DECEMBER</u>	<u>Quarterly Total</u>
Colonials 1776- Jan.-Sept. dues	(\$385.00)	USMS National Office- Monthly Transmittal	(\$254.00)	Mac Connor-Postage/Supplies	(\$81.99)	
Dan Allen- Webmaster	(\$499.00)	Pat Timmins-Office Supplies	(\$12.72)	Colonials 1776- Oct.-Nov. dues	(\$445.00)	
Laura Hug-Convention Expenses	(\$1,222.83)	Mac Connor-Postage	(\$15.84)	USMS National Office- Monthly Transmittal	(\$280.00)	
				George Horan-Postage	(\$33.55)	
				Pennsbury Meet-Returned Check	(\$50.00)	
				Wachovia Overdraft fee	(\$12.00)	
 <u>DEPOSITS</u>	 \$739.00		 \$1,262.00		 \$474.00	
Totals	(\$1,367.83)		\$979.44		(\$428.54)	(\$816.93)

	<u>JANUARY</u>	<u>FEBRUARY</u>	<u>MARCH</u>	
Melissa Krupa-Overpayment	(\$25.00)		USMS National Office- Monthly Transmittal	(\$116.50)
Mac Connor-Postage	(\$44.00)		Conlin's-500 Brochures	(\$360.40)
			Mac Connor-Postage	(\$15.30)
			USMS-(10) Full Rule Books	(\$100.00)
<u>DEPOSITS</u>	\$1,686.00	\$389.50		\$626.50
Totals	\$1,617.00	\$389.50		\$34.30
				\$2,040.80
	<u>APRIL</u>	<u>MAY</u>	<u>JUNE</u>	
USMS National Office- Monthly Transmittal	(\$322.00)		Rich O'Shaughnessy-Postage	(\$45.00)
<u>DEPOSITS</u>	\$0.00	\$144.00		\$331.50
Totals	(\$322.00)	\$144.00		\$286.50
				\$108.50
	<u>JULY</u>	<u>AUGUST</u>	<u>SEPTEMBER</u>	
Check Return	(\$6.50)		Colonials 1776-Dec.2011 through Aug. 2012 dues*	(\$810.00)
Wachovia Overdraft fee	(\$12.00)		Chris Schroeder-USAS Convention Reimbursement	(\$436.28)
<u>DEPOSITS</u>	\$165.50	\$101.00		\$188.50
Totals	\$147.00	\$101.00		(\$1,057.78)
			Yearly Total	\$522.59

Deposits for October 2011 included voided checks for \$524.00.

*Colonials dues included \$35.00 for miscalculation from Jan.-Nov. 2011.

Delaware Valley LMSC

October 15, 2012

Registrar's Report to Annual Meeting

Our Membership has shown considerable growth with 911 members registered for 2012, up from 787 last year and 811 in 2010.

The Tab "**Clubs-Workout Groups**" shows the membership for each club and workout group. I don't have available to me corresponding figures from last year. All members of a workout group must be a member of the Club of which the group is part. In our case, all workout groups are under "Colonials 1776". We are prohibited by the registration system from entering members in a workout group who are "unattached" as to club.

As of this writing, ten clubs (out of nineteen) have completed reregistration for 2013. They are listed on the Tab "**Club Renewals**". We need to have all clubs registered by November 1 so that individual registration can begin.

The Tab "**Registration System**" contains a letter advising that National is planning to build an in-house registration system to replace "Club Assistant" software. As far as this registrar is concerned, "Club Assistant" doesn't seem to be broke.

The Tab **Age-Sex** provides a breakdown of our membership by age and sex. It is interesting to note that males predominate in most age groups but that trend reverses in the younger groups. My interpretation of this is to attribute it to the passage of the Title IX Legislation in 1972 (Women in Sports). If this is so we are headed to a future where the number of women will equal or exceed the men in our membership.

Rich O'Shaughnessy
Registrar

Club Name	Abbr	# Mbrs	Workout Group	Abbr	#Mbrs
Colonials 1776	1776	244			
			Atlantic City	AC	2
			Ambler YMCA	AMBL	4
			Allentown YMCA-EMAC	ATWN	2
			Burlington County Family YMCA	BCFY	2
			Bethlehem YMCA	BETH	0
			Brandywine DE YMCA	Brandy YMC	8
			Bucknell University - Glenpool	BUCK	0
			Central Bucks South High School	CBSHS	1
			Central Bucks YMCA	CBYM	5
			Ceder Crest College	CCC	2
			Doylestown YMCA	DOYL	2
			Easton YMCA	Easton Y	5
			Elkton YMCA	ELKT	4
			Germantown Academy	GA	62
			Greater Plymouth Community Center	GPCC	5
			Immaculata University	Immaculata	0
			Lionville YMCA	LionvilleY	1
			Lower Merion High School (19003)	LMHS	1
			Lower Bucks YMCA	LowerBucks	2
			Meadowbrook Pool, MD 21218	Meadowbroo	1
			North Penn YMCA	North Penn	0
			Penn Charter	PC	3
			Perkiomen Valley Aquatic Club Masters	PVAC	12
			Rodale Aquatic Center	RAC	2
			Reading YMCA	READ	0
			Ridley Area YMCA Rays	RIDY	1
			Rowan University - 08028	Rowan	0
			Rose Valley Swim Club	RVSC	0
			Southern Chester. County YMCA	SCCY	1
			Spring Valley YMCA	SPRI	2
			Suburban Swim Center	SSC	3
			St Joseph's University	STJO	1
			Sussex Family YMCA - 19971	SussexYMCA	0
			Spring Valley YMCA	SV - YMCA	6
			The College of New Jersey	TCNJ	0
			Upper Mainline YMCA	UMLY	14
			University of Delaware	UofD	3
			Valley Forge Masters	VFM	21
			Villanova University	Villanova	22
			Vineland YMCA	VINE	1
			Western Branch YMCA DE - 19711	WBRY	1
			Widener University	Widener	1
			Unattached		41
Total Workout Groups					244
Aftermath Masters Swim Team	AFTR	11			
Burlington County College Masters	BCCM	14			
Central Penn Aquatic Club	CPAC	21			
Friends' Central Aquatics	FCA	24			
Fins Aquatics Club	FINS	164			
Greater Philadelphia Aquatic Club	GPAC	6			
Jurassic Sharks of Jennersville YMCA	JSJY	11			
Jersey Wahoos Masters	JWM	17			
NRG Swimming	NRGS	2			
Ocean City Swim Club	OCSC	7			
Pennypack Aquatic & Fitness Club	PAFC	42			
Pennsbury Aquatic Club	PENN	2			
South Jersey Running and Triathlon Club	SJRT	1			
Spring Valley YMCA Masters	SVY	15			
Upper Dublin Masters Swimming	UDMS	17			
Williamsport Area Swim Club	WASC	13			
YWCA Masters of Adams County	YWMA	11			
Unattached	UNAT	289			
Total Members		911			

Clubs Renewed for 2013

(As of 10/15/2012)

Name	Abbr
Colonials 1776	1776
Aftermath Masters Swim Team	AFTR
Burlington County College Masters	BCCM
Central Penn Aquatic Club	CPAC
Fins Aquatics Club	FINS
Greater Philadelphia Aquatic Club	GPAC
Jersey Wahoos Masters	JWM
NRG Swimming	NRGS
Williamsport Area Swim Club	WASC
YWCA Masters of Adams County	YWMA

Letter Received from National regarding Development of In-House Registration System

September 17, 2012

In 2011, USMS adopted a strategic plan. One of the four plan pillars of our plan is to create and enhance membership value through expanded and improved USMS products, services and delivery infrastructure. To provide USMS the ability to implement this strategy, we are undergoing development of a registration system for clubs and members that will be developed and maintained by the national office. We expect to unveil our new registration system in time for the 2014 registration cycle.

You will not experience changes in the club or member online registration process for 2013. We know many of you rely on Club Assistant for your event registration and online club management services. We encourage you to continue doing so. Other than our existing online registration program for USMS nationals, we do not intend to create a registration system for events.

The decision to develop an in-house registration system was made with careful and deliberate consideration. An independent IT consultant reviewed our IT platforms, future IT projects, and IT resources, providing recommendations to the Board of Directors as we embark on this project.

Club Assistant has been advised of this direction. We spoke with them face-to-face. We wanted to provide them the basis for our decision and ensure them it was not based on anything they did or didn't do. We also wanted to respectfully provide Club Assistant 16 months to plan as we go through this transition. Club Assistant has been a good partner to USMS. They developed our existing online registration and continue to provide a high level of support. The migration of our registration program in-house is not the end of our relationship with Club Assistant. The need for technology solutions is continuous and Club Assistant is a trusted leader in providing technology services. We will continue to support Club Assistant with their event registration, club management and other offerings.

We will be sure to provide updates as they become available. Should you have any questions, please don't hesitate to contact Rob Butcher at [941-556-6270](tel:941-556-6270) or rob@usms.org.

Swimming for Life,

Rob Butcher *Nadine Day*
Executive Director President

DV LMSC 2012 Membership by Age Group/Gender

	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	Total
Female	23	52	54	47	40	55	48	47	20	4	2	1	1	0	394
Male	19	40	44	54	66	87	65	66	28	24	12	7	4	1	517
Total	42	92	98	101	106	142	113	113	48	28	14	8	5	1	911

Membership Percentages

	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	Total
Female	54.8	56.5	55.1	46.5	37.7	38.7	42.5	41.6	41.7	14.3	14.3	12.5	20.0	0.0	43.2
Male	45.2	43.5	44.9	53.5	62.3	61.3	57.5	58.4	58.3	85.7	85.7	87.5	80.0	100.0	56.8

Sanctions Report for 2012.

For 2012 there were a total of 12 events that were scheduled. Two of the meets were canceled. There were 6 recognized meets, including 1 mini meets. There were two sanctioned pool meets and two sanctioned open water events. Two of the scheduled meets are the next two weekends. For the first time since 2009 there were fall meets to attend, with a record number of three this year.

For the calendar year 2013 we already have two meets on the roster, the Lower Bucks Y for March 3 and Burlington County College for March 17th. There has been some concern that so many of the DelVal meets are recognized and not sanctioned. We have been bringing that to the attention of the meet directors with the meets in the new year.

This past year there was only one mini-meet. We can continue to have them this year but there does seem to be less interest from the meet directors.

The entire sanctions / recognition process has been turned into an online process. The meet director fills out the online application and submits it. I get a notice from USMS that there is an application pending. I review the application and make the meet director aware of the fees. Upon receipt of the sanction fee I approve the application and the meet will be posted on the USMS site within a day or two. I will update Dan for DelVal's web site, if he has not already been notified by the meet director. There is an online tutorial for the meet directors that I forward to them when I get a request for a sanction. This online process has also been put in place for Open Water swims as well.

Swarthmore Pool has been added to the list of certified pools for SCY. Upper Dublin has been added to the list of certified pools for SCM. The USMS web site still has to be updated with this information.

Since our last meeting, the webpage has been updated 175 times. A breakdown of the changes is listed below. The majority of the changes are adding and updating events. Most of the meet results that were posted were links to USMS.org, where I found them months (even years) after the event. If results are sent to me they will be posted the day that I receive them (most of the time). Additionally, I tried to contact every facility listed on our “Places to Swim” page; there are still 34 places that I have not been able to verify.

At our last meeting it was suggested that Future Possible Meets be included on the Events Page so that swimmers can plan accordingly. Currently, if an event is held this year, it is assumed that it will be held next year on or about the same date. Now, 13 months before an expected event is to be held, it will show up on the Events Page. This change made the Events Page cumbersome so I split it into 5 sections, Pool Meets, Open Water, Postal Events, Fitness Events, Clinics and Gatherings with some events posted in more than one category.

If anyone has any changes they would like to see in appearance or content please tell me.

	Changes	Percentage
Maintenance	22	13%
Miscellaneous	7	4%
Adding New Pictures	3	2%
Adding Results	6	3%
Informational	11	6%
Posting Updated Records	8	5%
Updating Places to Swim	20	11%
Updating or Adding Events	98	56%

Top Ten Report

I posted results for Top Ten consideration. The meets were Boyertown, Phoenixville's Annual SCM Meet, UMLY's Mini-Meet, Pennsbury's Pentathlon Meet, and Burlington County College's Meet. In the first half of 2012, there were no new meets in the area. All of the local meets weren't sanctioned. I would like to see more sanctioned meets in the area. The one theory behind all these recognized meets is that the meet directors don't want to lose the business from non-USMS members. However, Burlington only had 13 non-members attend their meet. UMLY and Pennsbury had 28 non-members. Luckily, we have 2 Sanctioned meets in the fall. More sanctioned meets might increase membership and make my duties a little easier. Sometimes, it can take an hour to audit the results to delete all the non-USMS members. One meet can take up that much time. We had an increase in DV Top Ten times for SCM 2011. They were 56 Top Ten finishes. In 2010, there were 17 finishes. This spring, there were 88 DV top ten finishes for SCY. That number was up from 56 finishes in 2011. 2012 LCM Top Ten are still being processed. I think that the number will be pretty low since there wasn't a local meet in the area and Nationals was in July. Plus, there wasn't a big LCM Meet in the Northeast.

Records

I am just keeping up the records. I get a good amount of emails from members about the records they broke.

The season offered more than 70 open water swims at the shore or nearby states. A new swim added to the swim season this year was the 1st Annual North Wildwood Benevolent Association that managed a One Mile Ocean Swim on Saturday, August 4th 2012. Starting at 6:30 p.m., this evening swim consisted of a course in the form of two apex triangles, each a half mile, with swimmers exiting and re-entering the ocean to swim the second half of the course. This swim helps to fill the void resulting from the cancellation of the very popular "Swim for the Dolphins" in Wildwood, New Jersey.

June 3rd 2012 offered two good season opening swims. The highly competitive Navesink Swims (1.2 or 2.4 miles) in the Navesink River with tri-athletes heavily represented and the informal Donny Fund Swim (pick your own distance) in Pleasantville, New Jersey.

June 10th 2012 brought in hot weather and warm conditions for the annual Chesapeake Bay Swims (1 or 4.4 miles) finishing nearby Hemmingway's restaurant in Maryland. Results can be found at www.linmark.com

June 29th 2012 gave us a pleasant evening for the one mile Independence Day Swim in Kennedy Park (Somers Point, New Jersey) but this year's swim concluded with the a change in the finishing area. Experienced swimmers swam towards shore but the finish was moved to the end of a dock by "USA Swimming Officials" that resulted in swimmers having to swim back to the dock and while standing in the water, wait in a long line to climb up a ladder to the dock. This produced irrelevant and unreliable results that added as much as 5 to 8 minutes and longer to a swimmers finishing time. Swimmers were only counted as completing the course after they walked down the dock. We hope this poor race management is not repeated again next year.

July 28th 2012 was the rescheduled date for the Ocean City Masters Swim that was cancelled from the previous Saturday due to rough surf conditions and shark sightings in the area. The swim was held in the morning instead of its usual evening venue and at least the water was a warm 72 degrees (as compared to last year's bone-chilling 57 degrees) and it was 92 degrees on the beach that day. Results can be found at www.lmsports.com

August 4th 2012 ushered in the Mid Summer Lavallette Ocean Swim with warm water and hot weather too, along with water conditions that were sluggish and choppy. The swim has three divisions: masters, open championship, and USA swimmers. Results take time and awards were mailed to participants.

August 18th 2012 and the Yates Swim was held this evening after being postponed from the previous Saturday due to rough surf and thunderstorms in Atlantic City. It was a pleasant evening for a swim and the old "lifeguard" course took the swimmers out to sea and back to shore where the Atlantic City Lifeguards treated us to grilled hot dogs on the beach. The race director mentioned that they are working behind the scenes to

hopefully return the Yates Swim course back to the inlet where we used to finish in Gardiners Basin. Results can be found at www.acbp.org

September 1st 2012 and this year's Pageant Swim was more than just a dip in the ocean for us. Many of us swam in the Pageant Swim over the years and normally, BJ (Betty Jean) Schuler (Pitman, New Jersey) and Barney Hungerford (Wayne, Pennsylvania) would have been swimming with us.

At the Pageant Swim, we didn't know that BJ passed away earlier at 8:20 a.m. yesterday morning. At the Pageant Swim, almost all of the swimmers had BJ's initials on the back of our hands in black magic marker used to also print our swim numbers on our arms. I talked with Norm Draper about this knowing her health was failing quickly. Norm and his volunteers went into action and most of the swimmers swam with her initials on their hands. Before starting the swim, Norm graciously mentioned that we were swimming for BJ today. It was only later in the afternoon that news reached us about her passing that morning.

Norm Draper also made the decision to dedicate the 2012 Pageant Swim to Barney Hungerford, who continues to cope with health challenges, and he is incrementally improving with more recovery work ahead for him. Norm talked about both Barney and BJ before starting the swim. He had this year's tee shirt designed and printed with a dedication to Barney printed on it. Yesterday's swim was a good way to remember our friends who would love to have been swimming with us.

BJ enjoyed swimming in the Pageant Swim every year and enjoyed these ocean swims with us. It was a terrific tribute for BJ with us swimming for her yesterday, and her family and friends truly appreciated this gesture.

Results can be found at www.acbp.org

September 22nd 2012 marks the final local swim for our open water season with the September Splash (1 and 2 mile swims) that are held in Wildwood Crest, New Jersey. The box-course in Sunset Lake was smooth as glass the evening before these morning swims and of course, that morning, the wind churned the course into a choppy mess throughout 3 of the sides of the course. An added problem with this event is the treacherous entry and exit from the water. The race organizers do not clear the underwater path of sunken debris (sharp rocks, broken glass, fish hooks, broken shells, and other sharp objects) that continue to cut swimmers feet. As I exited the water and walk straight toward the man who was telling me to be careful, I sliced the arch of my foot as well as cut into my foot. For years, this remains a serious problem for swimmers and slippery algae surfaces causing them to slide into debris that cuts tender feet. Some swimmers will no longer participate in this swim. Results can be found at www.lmsports.com

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- Partial
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Delaware Valley Masters LMSC Swimming Survey

80 Responses

Survey Status: Active

Launched: 10/20/2011 5:48 AM

Closed: N/A

Email Invites	Visits	Partial	Screen
0	162	0 / 0	0 /

1. Which of the following best describes you? Please indicate all that apply

competitive swimmer		<i>76%</i>
fitness swimmer		<i>41%</i>
open water swimmer		<i>25%</i>
triathlete		<i>14%</i>

2. What is your age bracket?

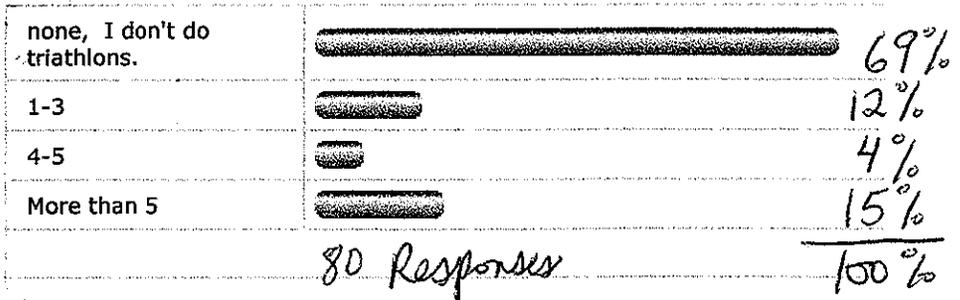
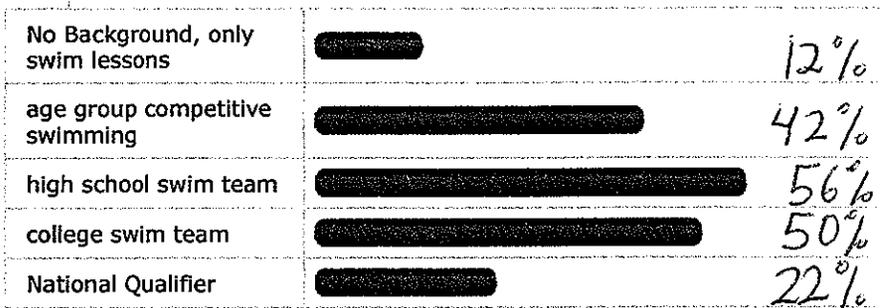
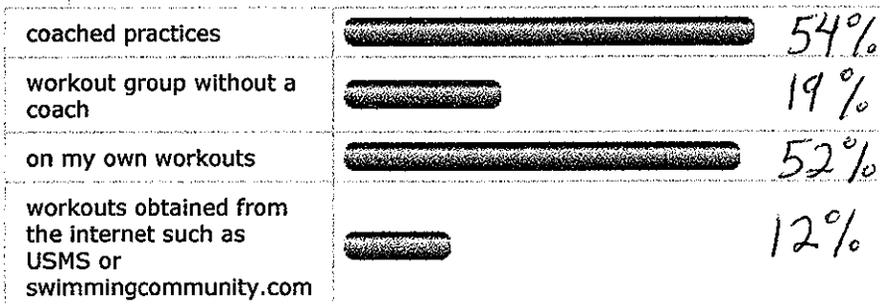
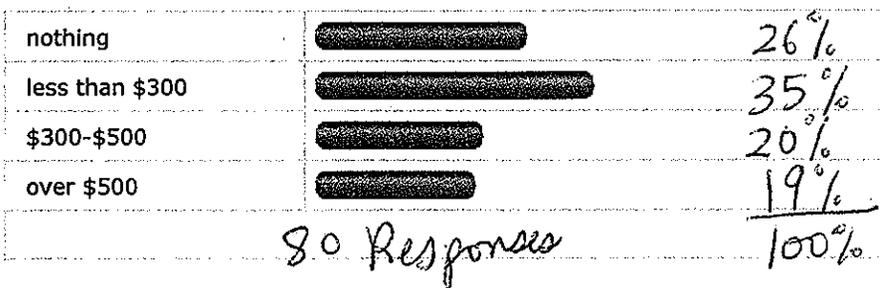
18-24		<i>4%</i>
25-39		<i>26%</i>
40-55		<i>48%</i>
56-69		<i>19%</i>
70 and up		<i>4%</i>

80 responses 100%

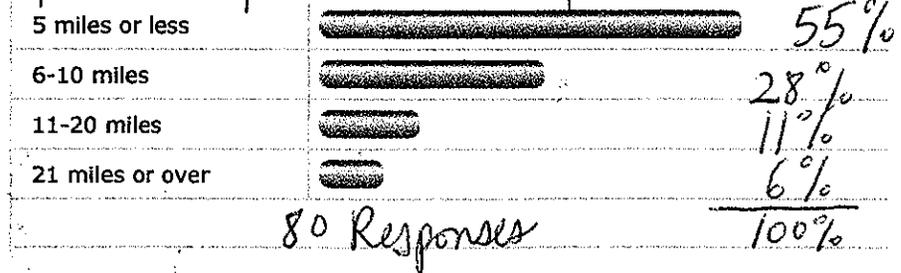
3. What is your gender?

male		<i>59%</i>
female		<i>41%</i>

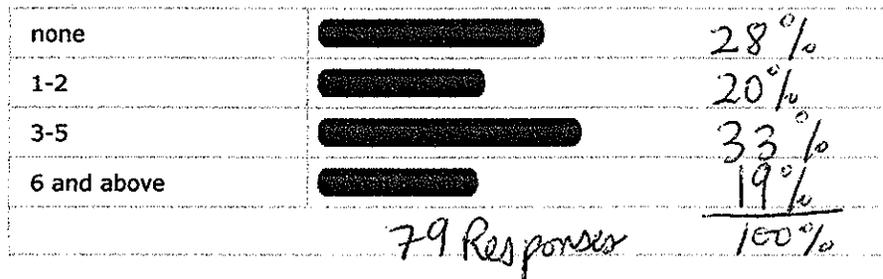
79 responses

4. How many triathlons have you done?**5.** What best describes your swimming background? (Please check all that**6.** How would you best describe your swim workouts? (Please check all tha**7.** How much on average do you pay per year to participate in a Masters Sv**8.** How far do you travel to practice?

8. How far do you travel to practice?



9. How many pool swim meets (both local and non local) have you participated in?



10. What are you seeking in your adult swimming experience?

See responses page

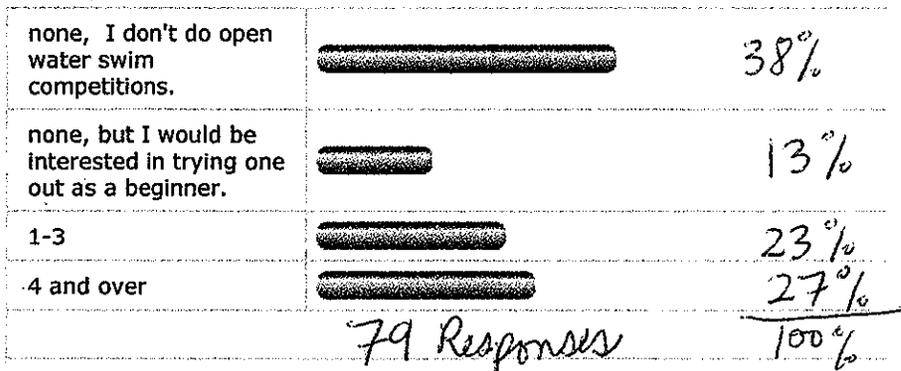
View 61 Responses

11. What services (e.g.) events, meets, information, socials, etc.) would you like to see focus on? Please list any ideas for improving participation in the sport.

See responses page

View 45 Responses

12. How many open water swim competitions have you done?



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10. What are you seeking in your adult swimming experience?

Response

- 1 Competition and solid workouts
- 2 I would like to see more locally held swim meets and clinics that focus on stroke mechanics.
- 3 To get faster and to attend meets this year.
- 4 I want to maintain my fitness, set goals for myself, meet new people and have fun.
- 5 Faster times
- 6 Fitness. Social interaction. tweeking my strokes.
- 7 exercise and competition
- 8 Health and fitness.
- 9 An organized, competitive experience.
- 10 Fitness, competition, and also the social aspect of swimming.
- 11 fitness fun making some goals
- 12 getting back in shape with some healthy competition.
- 13 Fitness and competition
- 14 First, trying to get back in condition and lose weight, and then looking to try a triathlon next summer (2012). Working on stroke mechanics too. Planning to swim in a few area masters meets over the winter and to see how it goes. I'm swimming UNAT now and would be great to find a group not to far away for at least one morning or night a week to swim with.
- 15 Cool water, coached practices, comraderie
- 16 to improve my strength and conditioning
- 17 To train to be at the level for regional and national swim meets.
- 18 more workout groups throughout the LMSC
- 19 Opportunities to improve my swimming, compete, and enjoy workouts with other goal-oriented swimmers.
- 20 Fun and fitness.....the competitive swimming is just a way to gauge progress and have fun doing it. It's nice to change pace and get excited to swim a meet that counts for something as well.
- 21 Try to stay in shape
- 22 exercise; comrade; competitive environment
- 23 RACE!
- 24 A coached team settomng with friendly people who support each other and have fun (while seriously working hard) at practice. I enjoy meets, but they're not mandatory for me.

Competition, fitness, social, coached practices

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- 25 To continue to make top 10 a primary goal.
- 26 1. Fitness 2. camaraderie 3. Feedback
- 27 Good Practice, Good Friends, FUN...!!!
- 28 A chance to be part of a team again. Having fun working out with adults who have similar goals.
- 29 Fitness, Fun, Networking, Travel
- 30 fitness, challenge, social interaction.
- 31 Good health, weight control, challenges.
- 32 Good group of people to practice with and attend meets. Mix of social, fitness and competition.
- 33 I enjoy competing in swim meets and constantly working to improve my technique.
- 34 Health, fitness, fun, competition, fast times, better places
- 35 I would like to continue to compete and improve my strokes and times. I also want to stay in shape.
- 36 I'd like to continue to compete at swim meets and improve my times and strokes.
- 37 Structured swim practice with occasional coaching
- 38 I enjoy the competition - lower my times..
- 39 Overall fitness & conditioning, efficient technique, sense of peace and grace in the water
- 40 I am hoping to stay healthy and enjoy myself.
- 41 Fitness (just coming off cardiac by-pass that collapsed, cardiac window, tons of stenting - am basically starting over); fun; friendship; "the thrill of victory - the agony of defeat...."
- 42 Keep in shape, make myself happy
- 43 a hard core, flat out, swim meet. I wanted an opportunity to see how fast I can go against the clock in the fastest pool we can gain access to.
- 44 Pool races
- 45 A chance to test my fitness against the clock.
- 46 a chance to race
- 47 An organization where we can get more pool meets. Maybe a broadened leadership by USA swimming? Less open water and tri focus
- 48 More pool competitions, and specifically, at least two different LCM meets in summer with 800 & 1500, and in two different facilities. (So we don't have to go to New England or Virginia to race, and pay for hotel stays! More SCM meets between 9/30 and 12/31, more LCM between 6/1 and 9/30, and leave the triathlon and open water swims to other organizations.
- 49 coached adult fitness workout
- 50 I use it as low impact cross training as I'm mainly a mt. biker. I always say that I'm going to do a masters meet but I usually loose focus since I don't have a team to train with(I'm from York,PA). I guess I think I'm not prepared to race with type of workouts I do.
- 51 fitness swimmer/ looking forward to participate in open water swims & age group swim meets
- 52 self-realization (identity) by recognizing to what extent goals are actualized from whatever level of commitment was experienced in dedication.
- 53 A good pool that supports competitive lap swimmers and some decent swimming events spread throughout the year.
- 54 Fitness, camaraderie, opportunities to compete
- 55 I want to become physically fit and enjoy the benefits of competition once again.
- 56 improved health/fitness, friends/socializing, competing in meets
- 57 Stay in shape, compete occasionally, make new friends
- 58 Friendly Competition, lower my times
- 59 a challenging workout, socializing, fun. Add a social issue such as a LGBT swim team and I am very happy!
- 60 Improvement in all 4 strokes, plus opportunity to try open water
- 61 this year I am trying to qualify for master nationals

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*DV
More Meets, Championship Meet
Trophy for Team*

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*Summer -
last
time,*

11. What services (e.g.) events, meets, information, socials, etc.) would you like to see the LMSC offer? What should our LMSC goals focus on? Please list any ideas for improving participation in these events in our area.

Response

- 1 Maybe some more meets in the Allentown and/or Scranton/Wilkes-Barre area.
- 2 I think a social after a swim meet might be nice. I like the idea of a Saturday afternoon swim meet followed by a social. I don't really like the mini meets. It is a far drive for me, and I prefer to have a full choice of events.
- 3 I would like in the fall a list of meets in PA, NJ MD and Va. There are already some but I think it could be expanded.
- 4 N/A
- 5 I'd like to see more SCM and LCM meets. Specifically, I think it would be cool if we had a Delaware Valley LMSC championship meet, in either SCM or LCM [we have enough meets between jan. and Apr. to suffice for SCY].
- 6 When more active in USMS, I was primarily involved in meets. I am not sure I would be involved in anything else.
- 7 Recognition - i.e get the word out about masters swimming.
Would like to see a few more masters clinics offered locally including pool deck instruction, underwater video, etc. Also clinics with updated training information and recommendations. I'm using books that i bought now but would be interested in hearing thoughts from a coach and the experiences of others.
- 8 Mini meets, oppornities for socializing (Saturday late afternoon / evening a good time for meets & social after), relays at regional & national meets, profiles of various clubs & swimmers in our LMSC (on website or Lane Line), encouraging participation in postal swims
- 9 To have socials events which brings all the Delaware Valley Masters teams together so we can meet other local swimmers
- 10 Please add some more meets!
I really see the LMSCs as the central governing body for the area. The meets over the last several years seem one offs and it would really be great to have a cohesive "season" where you compete through the year and either crown a champ or hold a championship meet. Other local LMSCs have swim series (such as Maryland LMSC) or like amymsa.org that has already had three meets this year and they work towards crowning a champion in March. DVM LMSC could easily sponsor a championship meet even if a return to one of our usual pools and provide a trophy like Boyertown does. These types of motivational efforts is what drives participation....giving something for teams to chase, not just individuals trying for their best time. Also need to get meet directors to offer more relays and ones that are NOT ALWAYS MIXED gender. Mixed is fine, but is getting boring....some of us would like more opportunities to get top 10 times in events like the all male or all female 4 x 100 or 4 x 200 relays. Thanks for the survey.....its a great opportunity to be heard. I'd like to see you become the central and "active" body in the area organizing a "true" swim season the way every league does in sports.
- 11 I think they do a pretty nice job as things are.
- 12 I enjoy the mix of team meets as well as the shorter mini meets. shorter meets don't take as much time. i tend to participate in meets that are closer to home.
- 13 Better organization for larger meets.
- 14 More opportunities to practice and compete in OWS locally. Offer clinics for strokes and turns. Meets are wonderful - please don't decrease the meets!
- 15 In the 80's and early to mid 90's there were many more masters meets in the tri-state area such Delaware U, St. Joseph's U SCM, 3 meets a year at UMLY, Swartmore College, Hatboro YMCA, Ocean City, Jersey Wahoos, Scranton to name a few but these have gone by the wayside. Theses meets used to all get good participation of at least 75-125 competitors or more. Where have they gone? Also, many of these events used to have a social after the meet. The SCY Zones used to be held all over the

*more
Fall
meets*

*More
SCM/LCM*

*distance
events*

*spring
meet*

Cyber coach

*Community
unattached*

*2 Socials
per year
evening
meets*

*Swim
Clinics*

*more pool
meets / less
open
water*

northeast including Rutgers, Connecticut, Buffalo attracting a wider range of competitors. With the zones only being held at George Mason for the last few years, many people in the northeast cannot attend due to the travel south. The Zones should be spread out like before and give everyone an equal chance to travel and experience different areas. There are too many meets in the DC & Virginia area and not enough in the tri-state area and it gets costly traveling down to DC area as well and travel time. When the zones were held at Rutgers and in Connecticut the Colonials had well over 75 team members representing and had relays from A-D. The mini meets are ok but if I am gonna travel some distance to swim at a meet, I would like to swim more events than are offered at the mini-meets. So I no longer attend these "time trials". The USMS Nationals haven't been held in the northeast since the LCM at Rutgers in 2003 or 2004. Why can't people from down south and California travel to the northeast for a change? I know there are good facilities in the northeast that can accommodate the number of swimmers & spectators that attend. We need to encourage these facilities and Colleges to put in bids to host the Nationals. There are no longer any meets over the summer except for the Keystone games and USMS LCM Nationals and no LCM meets to qualify for nationals. Summer meets, especially outdoor, used to be a good time. In summary, there are not enough local meets and I believe that this discourages people because there are not enough chances to swim and see improvement over several months with only 3-4 local meets and sometimes a month between meets.

- 18 1. Updated website 2. Swim Locations 3. Swim Meets 4. Swim Clinics 5. More recognition of Y teams and programs "farther out" from Philadelphia. 6. Updated communications (maybe an RSS feed or e-mail list).
- 19 2 Social Events per year...Send direct emails to members about upcoming swim meets. This should be done once per month.
- 20 I like the idea of LMSC socials to get to know other swimmers from the area outside the meet setting. I enjoy the mini-meets and would like to see more opportunities to swim distance events like the 1650/1500 and 1000.
- 21 Socials, Group Events. Email blasts.
- 22 SCM meet(s) in fall. More LCM meets in summer. Maybe host a zone meet.
- 23 Great to have a big local Delaware valley championship meet similar to the NEM meet they hold at Harvard every year.
- 24 Not sure that I am looking for any services. Continue to foster swim meets in our area and maybe some presence at the open water events.
- 25 The LMSC should focus on offering more swim meets. It's amazing how many open water events are listed, yet there are only 1/8 of that available in swim meets.
- 26 I would like to see the LMSC offer more swim meets. It's amazing how many open water events are offered/listed on the website and only 1/8 of that is listed for actual swim meets. Seems ironic when most of the swimmers a part of the LMSC masters programs participate in coached "pool" practices and there is a separate organization for open water swimming.
- 27 Swim meet of 25Yd events...
- 28 I would like opportunities to get on deck coaching that addresses biomechanics, as well as coaching geared toward my age category.
- 29 I live in an area where swimming is not that popular of a sport so I normally have to travel a great distance if I want to participate in a meet. Perhaps if there was a meet in my area it would be easier to get more adults involved.
- 30 nope
- 31 I would like to see more meets...scm and LCM, in particular, with at least three opportunities in area to do 1500, 800, 400.
- 32 None
- 33 None... not there to pick drapes and furniture!
- 34 More meets. we don't get enough local SCM and LCM meets. We always have to swim hundreds of miles away. Summer is a lost season in our LMSC.
- 35 How about packages that include accommodations? Hotel and travel costs are a bit much. If you don't have money, you are not swimming. If this is Masters, and we are 80 miles from the ocean, why is there so much focus on open water?
- 36 I'd like to see increased focus on actual local competition. The program I started with in the early 80's had, literally, a meet every weekend. (Metro Masters) I've done open water, but find I tend to enter those as independent offerings, unrelated to masters. Though, in PA, the lake swims are probably a good fit. (Hazeltine has the Eagle Rock Mile in clean water! And, when travel is involved, an inclusive or discounted hotel package. I'd also like to see evening meets! When racing with GSM in the 90's, we often had 6 and 7 PM start times, and they were well attended! (Red Bank, John Beard School, and a ton of others! (This way there is no rush to let another program in!
- 37 An on-line coaching forum would be helpful, a cyber swim team for unattached swimmers.
- 38 more communication
- 39 Some more events, open water, meets and socials during the year would be nice.
- 40 Summer pool meets
- 41 Sprint Meet! - A meet of 25yard events, and 100IM - Battle of the Sprinter..
- 42 distance swims
- 43 many meets!
- 44 Perhaps create an online community "exchange" for unattached swimmers to find training partners. Not all of us have convenient access to teams w/coached workouts, esp. in S. Jersey
- 45 list more meets available in the area.

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United States Aquatic Sports (USAS) Convention @ Sheraton, Greensboro NC Sept 12-16th, 2012

Reported by Laurie Hug

This year the Delaware Valley LMSC had four delegates, Laurie Hug, Christine Schroeder, Melinda Wolff and Dave Diehl, attending the US Masters Swimming portion of the USAS Convention. Laurie, Chris and Melinda were delegates representing Del Val while Dave was also a voting delegate by virtue of being on the USMS Executive Committee. This convention which is held every September has tracks for USA Swimming, USA Diving, USA Water Polo and Synchro USA in addition to USMS. This year was a Rules and Long Distance Rules year which meant that during the House of Delegate sessions the delegates voted on amendments to parts 1 & 3 of the rulebook.

Items of interest in House of Delegates sessions:

2014 Championship bids were approved:

- Spring Nationals: Santa Clara 5/1-4 (tentative)
- Summer Nationals: University of Maryland 8/13-17 (tentative)

- > 9 miles: (10 m) : Lake Minnetonka, MN
- >6-9 miles: (10K) : Hudson River, NY
- >3-6 mile: Elk Lake, OR
- >1-3 mile: Tennessee River, TN
- 1 mile: Lake Berryessa, CA
- 2 mile cable: Lake Placid, NY

- One Hour Postal: Indy Aquatic Masters, IN
- 5/10k Postal: Rogue Valley, OR
- 3000-6000y Postal: Central Oregon, OR

Chris McGiffen was re-elected as the At Large Director from the Colonies Zone on the Board of Directors.

Insurance reminders: all swimmers in a masters workout MUST be USMS members or on a 30 day trial. Those on trial must register within 30 days and are not covered by insurance until they have done so. They should fill out the registration form before practicing. The practice is NOT covered if there are non-registered swimmers (other than 30 day trial swimmers). Feet first entries are required unless starts are being supervised.

In the Colonies Zone meeting, SCY Championships have been awarded, once again, to George Mason in April 2013. Long Course Meters Zone Championships will be held in Richmond in June. There have been no bids for 2012 Short Course Meters and no official bids accepted thus far for 2013 scm but one was in the works from a team in Long Island. After the convention, I was in touch with the folks who hold the Thanksgiving Classic scm meet at College of NJ and they said they were also intending on submitting a bid for 2013 but not for 2012. Open water championships sites are being solicited. Zone Chair, Jeff Strahota informed me that Dale Winterhoff, who directs the Steelman swim in Quakertown, has expressed interest.

During the Coaches Committee meeting, topics discussed were:

- the ASCA certification program: Level 1 and 2 courses have been successful and the first Level 3 course was held in Greensboro in conjunction with the convention. Discussion was held regarding the pricing of the courses. Some LMSCs offer stipends to help coaches with these costs.
- 2012 World Championships were held in Riccione, Italy with Frank Marcinkowski acting as head coach along with three assistant coaches. There were around 15,000(!) swimmers so the warm up pools were very crowded. It was also mentioned that coaches/teammates were hard to find.
- a coached fitness workout was held on Friday and mini stroke clinics were held on Saturday in addition to the regular coached workouts offered each year at the convention

The Open Water committee held two meetings. There are many long term projects but the committee decided to put the main focus on 1) safety and 2) clinics associated with championship events. A safety webinar is in the works and grants will be available for clinics associated with championship open water events. Other projects discussed included promoting Zone Championships, updating the Open Water manual, creation of an OW Service Award and development of an events results database, an OW Challenge System and an OW Rankings System .

In the Long Distance committee meeting, proposed rule changes were discussed. Dave Diehl announced a proposed \$15 surcharge for National Championships and there was much opposition. Talk also revolved around All Star awards and how people were disappointed that polo shirts were no longer being awarded. 2014 Championship sites were also announced.

In the Partnering with USA Swimming workshop, there was discussion about Dual Sanctioning and insurance issues. USAS members can swim in a USMS workout if the coach has USAS certification and the USAS swimmers have separate lanes from USMS members. USMS swimmers can train with USAS swimmers but are supposed to be in separate lanes as well. In dual sanctioned meets, the USMS and USAS swimmers should have separate warm-up times or separate warm-up lanes. Meets can be structured in 3 ways: combined (seeded by time with ages noted), parallel (certain lanes assigned to USAS,

others to USMS swimmers) and intermingled (alternate heats of USAS with heats of USMS swimmers). In open water competitions all swimmers can compete together. Those who are both USMS and USAS members must state which organization they are representing in the competition .

As mentioned in Chris's report, the LMSC Development Committee held a workshop. This exercise had attendees congregate into groups of around 8 people based on their positions held in their LMSCs. (So there were groups of Chairpersons, groups of Registrars, etc). Everyone wrote down an issue that they had within their LMSC then passed the paper around for each person in the group to offer a suggestion/solution to the problem. It seemed a lot of LMSCs are dealing with the same issues based on this exercise. This past year the biggest goal for the committee was to try to get all LMSCs conform to the 14 standards targeted as the highest priority. Last year there were no LMSCs who met all standards. This year there was much improvement as several LMSCs met all 14 and many others met all but one (including DV-LMSC).

The Convention wrapped up with the USAS banquet. Stu Kahn of Davis Aquatic Masters received the Coach of the Year Award. The Arthur Ransom Award was presented to Doug Church of Indiana LMSC.

On a final note, next year the convention will be held from 9/ /2013 – 9/ /2013 in Anaheim, CA..

Full convention minutes can be found here: <http://www.usms.org/admin/minutes/index.php?EVENTID=25>

To the officers of DelVal LMSC,

I am very grateful for the opportunity DelVal gave me to attend the 2012 USAS Convention, held 9/12 – 9/16/2012 in Greensboro, NC. I had a great experience for a number of reasons, including:

- I gained an appreciation of the hard-work so many passionate-about-swimming people put into the USMS organization.
- I was able to interact with and learn from USMS folks that I have read about in Swimmer or seen competing at Nationals.
- I became energized just by spending time with high energy, passionate, knowledgeable people.
- I now understand the USAS and USA programs and organizations much better.

I attended the following committee sessions and workshops:

Legislation. None of the proposals were voted “emergency” so they will be dealt with next year (i.e. – nothing needed to be presented to the House for vote).

One change that was discussed was 203.3.3B: Entry forms and *programs* must have the LMSC sanction number on them. Discussion revolved around: what is “program?” Does this include psych sheet? Heat sheet? Wave assignments? Program with ads? Suggestion was to not change it, but to leave it to interpretation, since interpretation is easier than writing clear, hard-coded definitions.

Fitness Education.

- Go The Distance.
 1. Considerably discussion on who, in Administration, gets what emails, with a resolution reached.
 2. Committee decided to offer 1 challenge at a time. Fitness ideas included: BYOFriend; It’s my Birthday and I’ll Swim if I Want to; Some Folks for Other Folks (charity); Double Your Fun (2x length for 1 week); Have Suit Will Travel (how many different pools in 1 month).
- A new improved USMS website is coming soon! And professional writers will be writing the articles for the website and Swimmer magazine. The Fitness Committee was asked to submit a list of topics for the professionals to write about.
- No Fitness Award will be given this year, since no one was nominated. Discussion ensued on how to better “drum up” the existence of this award. Suggestions included: adding information to Streamline for Coaches; clarifying the rubric for the award; clearly communicating the parameters for nominations.
- Check-off Challenge for 2013 – was awarded to the sole bidder from Alaska.

Nutrition session (USA Swimming).

- Recovery nutrition (4:1, carbs: protein) within 30 mins after practice.
- If your muscles are really tired after workout, you need more proteins (to rebuild muscles); if your body is really tired after workout, you need more carbs (to restore energy).
- During training, your body is creating free radicals, so you need anti-oxidants (fruit!).

- <2g protein/1 kg of body weight (which is lbs/2.2)/day.
- Hydrate – before, during, post-training. Drink Gatarode or Powerade for workouts that are > 2hrs, to replenish energy supply. No post workout drink should have > 6-8% carb.

Rules.

This committee is run by a very efficient chairperson. It had a lot on its plate, so one session continued into the next and then the next, and I stayed for all 3 meetings. I learned how USMS rules are influenced by USA-S rules. There were no major rule changes.

FR and BR drills.

- I participated in these mini swim clinics at the pool – with Stu Kahn and Cokie Lepinski.

LMSC website design session.

Attendees (about 12 of us?) critiqued several teams' websites, shared tips on designing sites, and heard about the soon-to-be-launched new USMS site. This session was led by the USMS webmaster.

The HOD sessions.

What an experience these were! The minutes are available elsewhere. I was impressed with the format of these sessions, the knowledge of those “seasoned” representatives, and the amount of work that goes into running and managing USMS.

I thank you for allowing me to attend. Several “long-timers” complimented me on my participation, input, and feedback. This made me feel that my attendance really did contribute some value to the organization. Because I am attending the annual Eastern States Swim Clinic on 10/20 – 10/21, I am unable to attend the DelVal meeting.

Sincerely,
Melinda Wolff

PS. In order to receive Streamlines for Coaches, I have to be registered as a Masters “coach.” Can someone do that for me?

2012 USMS Convention Report
Submitted by Christine Schroeder

I was honored to represent Del Val LMSC at the September 2012 USMS Convention in Greensboro, N. C. As first time delegate, I concur with Melinda Wolff's comments about the knowledge and dedication of people involved with the USMS governing structure. The workshops and/or committee meetings I attended were as follows.

Colonies Zone Meeting

- Zone championships:
 - S.C. meters – no bidders for '12; Eisenhower pool, Long Island, N.Y. 11/13
 - S.C. yards – bid for April 19-21 '13 from George Mason
 - L.C. mtrs – bid for 6/22-23/13 in Olympic trials pool, now in Richmond, Va.
 - LMSC's encouraged to submit bids, possibly using existing meets, to get more facilities and teams involved in hosting champs.
 - Open Water Champs – Open water committee looking to encourage zone championships, which can be any distance. No bids for '13 in Colonies.
- Other meets of interest:
 - Pan Ams in Sarasota, Fl., June 5-13, 2013
 - USMS National 2-mile open water champs, Lake Placid August 17 '13
- Ray Novitske, Zones webmaster, is seeking short articles for posting. An e-mail notification list, to which any member can subscribe, is available thru the web site.

History & Archives

- Committee has encountered difficulty digitizing registration files because of swimmers with multiple ID's (which happens when they re-register with a different name). Swimmers need to use the same name each year when registering. This is especially important for tracking Top Ten times.
- USMS website is being redesigned, and the editor is seeking historical articles
- Committee is seeking early ('70's, '80's) long distance championship results.

Rules and Long Distance Open Forum

- Rules must be proposed through an LMSC, a USMS committee or the Executive Board, i.e. an individual cannot just propose a rule to the House of Delegates.

Sports Medicine Presentation on "Preventing Shoulder Injuries"

- This was a very interesting presentation by Dr. Jim Miller based on a demonstration video he made for FINA about shoulder exercises for aquatic sports; the 14-minute video can be viewed at [www.FINA.org/Sports Medicine](http://www.FINA.org/Sports%20Medicine).
- Core, scapular, and rotator cuff exercises were discussed & demonstrated. Recommend starting with one exercise from each group, gradually adding one more of each, for about 15-20 minutes, 2-3X/week. It is also recommended that trainers watch the video and adjust the exercises for individual swimmers.
- The committee is seeking ideas for future sports med articles.

LMSC Development Committee Meeting #1

This is a very dynamic committee concerned with LMSC compliance with USMS standards, and dedicated to assisting LMSC's that need/want assistance implementing "Best Practices". The committee sponsored two workshops (described below) and a "Brain writing" session during which breakout groups generated problems faced in LMSC's and received potential solutions. The three interactive workshops got overwhelming positive feedback from participants.

"Effective Meetings in the Virtual World"

This workshop covered strategies for effective teleconference meetings, including adapting Roberts Rules of Order, planning agendas, facilitator role, and follow-up. Web-based virtual meeting tools, including free teleconferencing, survey, scheduling, and voting tools, were presented.

I left this workshop with many teleconferencing ideas that would help our LMSC conduct business between our annual meetings. I would be willing to help organize and facilitate such teleconferences if there is an interest.

"Investing in LMSC Infrastructure, Volunteers, Programs & Services"

This workshop focused on "Giving back to your LMSC" and began with a brief overview for analyzing LMSC financial statements. Recommended that LMSC's review yearly financial balances and patterns, decide on a desired minimum reserve, and create an annual budget. LMSC's probably should have at least 6 months of operating income and a reserve of 3-6 months.

Ideas were then presented for maximizing the impact of surplus financial assets to temporarily fill LMSC volunteer deficits and /or invest in member services and programs. Presenters and participants shared a wide range of ideas for "LMSC investing", some of which are as follows:

- Cover costs of teleconferencing and webinars
- Pay someone to do LMSC jobs that are difficult to fill, e.g. newsletter editor
- Fund non-voting reps to USMS convention, especially younger masters swimmers (to encourage their future participation)
- Present swim Clinics day before a meet, or early on same day of meet
- Offer a coaches clinic, or pay for coaches certification
- Reimburse swimmers representing LMSC at Zones or Nationals
- Offer "First Meet Free" to increase LMSC membership & meet participation
- Give door prizes or gift certificates at meets
- Instead of meet ribbons, give tickets that a vendor at the meet would accept in lieu of money, e.g. a ticket worth .50 for 1st place, .25 for 2nd, etc.

Finance Committee Meeting #4

I attended only an hour of this very hard-working committee, but was impressed with their knowledge of financial matters and commitment to ensuring the finances of USMS are on sound footing.

Swimming Saves Lives Foundation Meeting #2

This is a relatively new group that governs an endowment fund to help adults learn to swim. They give grants to applicants (groups or individuals) who propose worthy ways of reaching an underserved adult swimming population. SSL is drafting a strategic plan, including more specific grant criteria. LMSC's are encouraged to partner with deserving groups in their area and submit grant applications to SSL as needed.

House of Delegates meetings

All USMS legislation must pass a vote in the HoD, including minutes of all committee meetings and rule changes. The number of voting delegates is determined by the membership size of the LMSC. Delegates received an excellent orientation to the USMS governing structure at the first session of the HoD. There were several HoD sessions, lasting several hours each, scheduled throughout the convention.

Since Melinda, Laurie, and I attended all the HoD meetings, I will not duplicate their comments. However, some topics covered were USMS insurance coverage details, and the need for younger masters swimmers to get involved in USMS governance at local and national levels (only 6 of about 300 delegates at last year's convention were under the age of 35). The 2013 convention is 9/11-15 in Anaheim, Ca.

Conclusion

For those swimmers who would like more details on the convention, the minutes of all meetings can be found on the USMS web site under Administration. Finally, I want to mention that there were numerous activities and a great hospitality suite, which encouraged socialization throughout the convention. I urge anyone who has an interest in USMS governance to attend a future convention.