

Delaware Valley LMSC Meeting Oct 27, 2013 1:00 PM – 3:30pm

Meeting called to order

Introductions and Welcome

2012 minutes review (Chris Schroeder)

Registrar's Report (Rich O'Shaughnessy)

Sanctions Report (George Horan)

Web Site Report (Dan Allen)

Top 10 Report (Tom Patterson)

Coaches Report (Dick Jackson)

Officials Report (Steph Walsh-Beilman)

Open Water Report (Laurie Hug for Delia Perez)

Marketing Report (Pam Shephard)

Fitness Report (Sue Watts)

Social Report (Steve Dougherty/Geoff Meyer)

Convention Report (Janet Jastremski, Tom Patterson, Dave Schneider)

Treasurer's Report (Janet Jastremski)

Meet schedule

Team Reports

New Business

Meeting adjournment

2011 Open Water Swim Season

More than 60 open water swims at the shore or nearby states.

Some swims were delightfully pleasant like the 19th Annual Bay Challenge Swim on July 16th and others unexpectedly bone chilling like the Ocean City Masters Swim on July 23rd (see stories below).

Last official Open Water Swim of the season is the September Splash on September 24th and results can be found at www.lmsports.com

July 16th 2011: The **19th Annual Rainbow/Lakes Bay Challenge Swim** in Pleasantville, New Jersey – and this was the most pleasant swim of the summer! This is the fourth year that the Rainbow Challenge Swim has been held in the Back Bay waters at the Pleasantville Yacht Club and race director, John Glassey (contact at drjgfromac@aold.com) needs more help to promote this swim that raises funds for The Donny Fund and Field of Dreams. There were **34 swimmers** in the water before 10:30 a.m. for the start of the **1 Mile Swim** and just **5 swimmers** in the earlier 9:30 a.m. **¼ Mile Swim**, so the swim needs more publicity and endorsements to attract more participants. The distances were deceiving and instead, the 1 Mile Swim was at least 1 ¼ miles. **Mike Toy** (age 52) won the 1 Mile Swim in 20:00 minutes, **Doug Boehme** (age 13) took 2nd place in 20:28 minutes, and **Jack Martin** (age 59) took 3rd place in 20:39 minutes as the top three male swimmers. For the female swimmers, **Abber Glen** (age 12) won 1st place in 20:03 minutes, **Charmaine Chew** (age 14) took 2nd place in 22:11 minutes, and **Lauren Caskey** (age 25) took 3rd place in 26:42 minutes. **Jim Waddington** (age 53) won 1st place in 24:38 minutes, **David Hirsch** (age 52) won 2nd place in 25:44 minutes, and **Fred Dunn** (age 52) won 3rd place in 30:23 minutes for the (M 50-54) age group. **Delia Perez** (age 59) won 1st place in 29:43 minutes and **Pam Papparone** (age 58) took 2nd place in 33:02 minutes for the (F 55-59) age group. For the (M 60-64) age group, **Jim Whelan** (age 62) won 1st place in 25:30 minutes, **Bill Hiller** (age 60) took 2nd place in 35:15 minutes, and **Larry Fuerman** (age 61) took 3rd place in 45:19 minutes. **Don Walsh** (age 65) won 1st place in 29:42 minutes for the (M 60-64) age group. For the (M-70 year plus) age group, **Barney Hungerford** (age 78) won 1st place in 33:57 minutes. The 78-degree water allowed the swimmers to stay in the water as long as needed without getting cold and the swim conditions were delightfully flat for a beautiful summer morning swim. Due to such good swimming conditions, sighting for the first turn buoy was easy as was the second buoy that directed swimmers back to the yacht club. Finishing times were faster this year as compared to last year's swim affected by the winds that churned up choppy water on the outbound section of the course. Today's conditions made for a terrific swim and a memorable morning swim for everyone! This back-bay swim is an excellent

introduction and training swim for open water swimming. Swim results may be found at the AKSTS web page.

July 23rd 2011: The 32nd Annual **Ocean City Masters Swim** in Ocean City, New Jersey.

It was a clear hot evening with a northbound course and current but in unexpected bone chilling 57-degree ocean water that knocked the wind out of most swimmers! Wetsuits were allowed due to the cold water conditions and about **50** registered swimmers either didn't bother to get in the water or else left the water after the start of the swim. It was a survival swim and even with the crush of so many swimmers, there wasn't enough body heat to make anyone happy. There were **396 swimmers** who finished this cold swim (as compared to 463 swimmers in the 2010 Masters Swim) in the Annual T. John Carey Masters 1-Mile Ocean Swim and complete results can be found at www.lmsports.com.

From Dave Diehl: Please send any club renewal for the YWCA of Adams County to me for payment, not to the Y.

United States Masters Swimming (USMS)
Delaware Valley Local Masters Swimming Committee (Del Val LMSC)
Minutes of Annual Meeting on Sunday, October 27, 2013

Welcome

The annual membership meeting was called to order by Chairperson Laurie Hug in the Parents' Room of Germantown Academy, Fort Washington, Pa. at 1:10 p.m. (Laurie hosted a work-out in the GA pool prior to the meeting.) Introductions were made. *Attending:* Chairperson Laurie Hug, Vice Chair Tom Patterson, Treasurer Janet Jastremski, Secretary Chris Schroeder, Dan Allen, Pamela Shepard, Vikye Swanson, Steve Dougherty, Dick Jackson, Rich O'Shaughnessy, Doug Jones, Dave Schneider, Charles Bender, Jack Martin, Sue Watts, and Stephanie Walsh Beilman.

Secretary's Report

Presented by Chris Schroeder, Secretary

Chris indicated that the minutes and committee reports from our 2012 meeting have been posted on our LMSC website, www.dvmasters.org since last November. She asked that all chairs put their names on their reports, which once again will be posted on the web with the minutes, thereby negating the need to repeat committee information verbatim in the minutes.

Secretary's Report 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, seconded (S), and passed (P). The secretary has the names of those motioning and seconding; all votes were unanimous unless stated otherwise.

Registrar's Report

Presented by Rich O'Shaughnessy, Registrar

Our LMSC membership numbers continue to increase; currently we have 984 members. Rich's report breaks out our numbers by age, gender, clubs and workout groups. Rich said USMS is now going to charge \$25 to list workout groups on their website. Tom added the increase relates to services from USMS (a banner and rule books), but listing is not mandatory. Laurie said the \$25 charge affects only 1776 in our LMSC as no other club identifies workout groups. Discussion ensued regarding the pros & cons of workout groups paying this charge, but there did not seem to be much interest in pursuing payment. Dick indicated that it still costs \$25 to register official USMS clubs.

Rich also reported that we continue to attract younger swimmers, and the new registration system seems to be working well. Dave asked if the number of our convention delegates would increase if our membership reached 1,000, but the next benchmark was thought to be around 1200 (exact number is in the rule book). Our LMSC has offered a registration discount to swimmers 24 y.o. and younger and to 70 y.o. + as an incentive to join USMS, but there is no provision in the national office (N.O.) registration system to allow this. This, then, creates a complex series of steps for our registrar and treasurer to identify and reimburse the targeted groups.

Registrar's report M/S/P

Sanctions Report

Presented by Tom Patterson for George Horan, Committee Chair

The new USMS insurance fee for Open Water Swims (OWS) has discouraged OWS event directors in our area from pursuing sanctioning. Phoenixville & Drexel want to have meets on the same day in January; George will be responsible for resolving the conflict based on the sanction/seniority policy passed at our annual meeting last year. Stephanie indicated that she has offered to run two meets at UMLY, probably a SCY meet in February, and a LCM June 8.

Sanctions Report was M/S/P

Top 10 and Records Report

Presented by Tom Patterson, Vice-President and Committee Chair

Tom reported that our LMSC had quite a few meets last year. LaSalle offered their first meet, which was sanctioned. Ridley Y might have a meet in May with a convenient location near I-95 and the Blue Route. Tom continues to update our LMSC records, recently finishing the SCM relays. Dick offered to share his many relay records.

Dave noticed that the number of swimmers we have in the Top Ten is declining; hopefully that will change with LC Nationals at University of Maryland and Fina Worlds in Montreal next year. Discussion ensued about reasons for the decline with Sue offering that newer swimmers don't know about events and need encouragement from other swimmers. Pam thought afternoon meets with a social after would help, and Stephanie added that varying the times and days of meets might help too. Laurie thought our Facebook page (Delaware Valley Masters Swimming) could be utilized to promote events.

Top 10 and Records Report M/S/P

Treasurer's Report

Presented by Janet Jastremski, Treasurer

Our new Treasurer, Janet, reported that we began our fiscal year (10/1/12) with \$22,538. but our ending balance on 9/30/13 was down to \$17,119 with an outstanding convention stipend of approximately \$1,000 still requiring reimbursement. Janet asked the group to approve a number of actions giving her permission to:

- Destroy our financial records for the years '03, '04, '05 because we are required to keep only seven prior years and our fiscal archives are voluminous;
- Use a standardized reimbursement form she developed (with receipts attached);
- Change our LMSC fiscal year from Oct. 1- Sept. 30 to Jan. 1 – Dec. 31 as required by USMS to be in sync with their fiscal year.

The group approved these changes.

Janet also mentioned that the LMSC Treasurer is bonded by USMS only if someone without check signing power verifies the bank account balance yearly. In addition, our by-laws require an annual review. Charles volunteered to do the review and submitted the following statement to the Officers on 10/28/13: "Per the request of the USMS, I independently reviewed the bank statements, check register, and deposit records of the DVMS at the Annual Meeting on Sunday, October 27, 2013. I certify that I am not a check signer with DVMS. I compared the prepared

financial statement balance with the bank statements and other records for the months ending January, March, July and September 2013, and found them to accurately reflect the stated balances presented in the Treasurer's report prepared by Janet Jastremski. "

Janet raised several other significant issues: our annual expenditures exceed our income; we have no income except member dues and meet sanction/recognition fees; we subsidize dues for 67 members which consumes much of our income; we need to develop a viable budget, decide upon a reserve, and have guidelines for convention expenses.

Treasurer's report was M to accept subject to review by Charles/S/P

A lengthy discussion followed about our USMS dues structure and our LMSC membership subsidies. Currently our LMSC receives just \$2.00 per member from the \$35 USMS membership fee. We have subsidized dues for swimmers 70 y.o.+ and 24 y.o. and under for several years with those swimmers paying only \$10 dues. At our annual meeting last year we voted to increase our LMSC fee by \$2 beginning 11/1/13 to generate more income for our LMSC. At the convention this year USMS approved a \$2 per year per member dues increase for 5 years beginning 2015.

Stephanie made a motion to increase our '14 membership dues to \$40 and to \$20 for swimmers 24 y.o. and under and keep dues for swimmers 70 y.o.+ at \$10. Charles seconded this motion. Again much discussion followed as people asked for clarification and offered opinions on the dues and subsidies. Swimmers should be requesting the subsidy if registering online, but if they don't, our registrar identifies them and reimburses anyway in order to be fair. People asked why do we subsidize each group, and what if we just stop reimbursing? Chris felt we should defer any increase until a budget was established. Dick had already told new swimmers about the discount; Steve recommended that we subsidize first-time registrations only. Sue thought it important that we examine the financial data, but it could be done later. Charles asked if the reimbursement is a policy. What if we return to regular fees for all?

Stephanie removed her motion and replaced it with a new one: Raise 2014 dues to \$40 for everyone, and anyone (not just certain age groups) needing a hardship subsidy can request it through the registrar with the final decision made by a Finance Committee. Vikye seconded the motion. The vote was: For: 14; Against: 2. Motion Passed.

Charles suggested and the group agreed to establish a Finance Committee to assist the Treasurer examine yearly expenses, establish an annual budget, review the expense reimbursement form, determine a minimum reserve, consider revenue development, decide hardship dues requests, and address other fiscal concerns. Janet will chair the committee composed of Charles, Chris, Rich, and Sue.

Web Site Report

Presented by Dan Allen, Web Master

Dan has installed a filter on our site so we can now see which meets are sanctioned, and he continues to verify "Places to Swim" in our LMSC. Some meet directors are not sending results for posting. There has been a recent problem accessing all components of our site, but he is working on resolving it.

Web Site Report M/S/P

Coaches Report

Presented by Dick Jackson, Committee Chair

While there is no written report, Dick stated that the local meets he attended this past year went well. He would like us to avoid weekly back-to-back meets for the benefit of swimmers who want to do both meets. He distributed applications for the American Coaches Association.

Coaches Report M/S/P

Officials Report

Presented by Stephanie Walsh Beilman, Committee Chair

The Treasurer orders rule books from USMS which get sent to our Sanctions chair. Certified officials from USA Middle Atlantic Swimming are available for meets. While some officials might be willing to volunteer, they deserve reimbursement, at least \$10 an hour. Some officials are paid per meet (e.g. \$75). Discussion ensued about the importance of showing appreciation to officials regardless of the amount they are being paid as they invest a lot of time traveling to and officiating at meets.

Officials Report M/S/P

Open Water Report

Presented by Laurie Hug for Delia Perez, Committee Chair

Laurie has asked that OWS conducted at locations other than the shore, e.g. Lake Nockamixon, be included in the report. We did not have any sanctioned OWS in our LMSC because of the insurance increase. It was suggested that people use our Facebook page to increase awareness of OWS, especially national championships.

Open Water Report M/S/P

Marketing

Presented by Pam Shepard, Committee Chair

Pam reported that she will continue to update our LMSC brochure with Stephanie. She has heard from swimmers that some are confused about “tentative” meets on our web site, but the response was that they are listed at the request of other swimmers who want to plan in advance.

Facebook: Our page, Delaware Valley Masters Swimming, continues to be active; Pam continues to be administrator, and has tried to eliminate spammers. We need a link to it on our website; Rich said we also can link our FB page to the national USMS website. Anybody can post to our site (as they can photos to our website). Discussion followed about our core group being more active on FB, and it was suggested that Rich could send an e-mail to our membership about our page.

Pam repeated the need to attract younger swimmers to masters, and suggested sending brochures electronically to high schools and colleges. Janet asked if any committees needed funds to help them accomplish their mission, e.g. brochures. Chairs should e-mail her the anticipated amount so it can be budgeted. Regarding brochures, Stephanie said it is much cheaper if we order larger mounts in black and white; previously, 1,000 brochures were distributed in one year. She will follow-up securing an estimate.

Marketing Report M/S/P

Fitness Report

Presented by Sue Watts, Committee Chair

Sue has been writing articles for our web site to encourage fitness swimmers and suggested we: 1) get feedback from fitness swimmers, perhaps through Facebook, and 2) hold a fitness event (which might require a budget). Janet suggested that we promote the postal swims as fitness events, designating specific times and dates, and offering something free, like a cap. E-mail Sue with ideas.

Dave mentioned that he attended the Fitness Committee at the convention, where it was reported the Check-Off Challenge has not been doing well. Sue asked if we could put a note on the Facebook page that references her fitness articles on the web. Stephanie said we formerly offered clinics for fitness swimmers that were well-attended; maybe one could be done in conjunction with a meet, but the group preferred a free-standing clinic. Charles is offering one at the Roxborough Y the day after Thanksgiving.
Fitness Report M/S/P

Social Report

Presented by Steve Dougherty, Committee Co-chair

Although there was no written report, Steve said that there has not been much social activity on the LMSC level because it has been difficult getting people to commit to an event. He and his co-chair, Geoff Meyer, attempted to set up a social last year, but had to cancel for lack of interest. Discussion followed. Jack suggested that something informal might be done at Zones; Janet added that it would be helpful to post (on FB and web) which hotel Del Val is using at Zones. Chris thought it would be fun if Laurie could run a New Year's Eve workout with a social after; Laurie agreed to look into it. Steve added there might be a need for additional funding for an "all Del Val" event.

Social Report M/S/P

USMS Convention Reports

Presented by Tom Paterson, Janet Jastremski, and Dave Schneider

This year Del Val LMSC had four delegates to the USMS portion of the U.S. Aquatic Sports (USAS) Convention in Orange County, California, Sept 11-15, 2013. One delegate, Dave Diehl, is on the USMS Executive Committee. Tom, Janet, and Dave attended many different workshops to gain as much information as possible for our LMSC. Janet focused on financial workshops, and Dave participated in the Level 1 & 2 coaching certifications. Tom reported on the new membership category "Club Unattached" (created because of FINA rule changes), the increase in dues, and the high cost of insurance for OWS. The current and past convention representatives agreed that the USMS convention is very informative, but involves much work making for long days. Next year the convention will be in Jacksonville, Florida.

We were thrilled that Stephanie received the Dorothy Donnelly Service Award at this year's convention. Steph expressed her appreciation for being nominated, and then receiving this honor. For a full description of the award and nomination, go to dvmasters.org/pdf/misc/Steph_Dot_Donnelly_Award.
Convention Reports M/S/P

Nomination Committee

Members: Stephanie Walsh Beilman, Sue Watts, and Vikye Swanson

Stephanie submitted the committee's nomination of Laurie Hug for Chairperson and Tom Patterson for Vice Chair, each for a third (and final) two-year term. Chris Schroeder agreed to serve a final two-year term as secretary.

Nominations M/S/P

Meet Schedule

Tom reported the schedule will be on our website.

Team Reports

There was not much time or interest in team reports this year. Information about the Pennypack team can be found on their website, www.teampennypack.org. Everyone would like to promote participation at Long Course Nationals at the University of Maryland next August.

Old Business

1. The Lane Line has been replaced by Delaware Valley Masters Swimming Facebook page.

New Business

1. Stephanie reported that our former OWS chair, Barney Hungerford is living in Texas, where he is recuperating slowly from his stroke.
2. Chris said she participated in the USMS Conflict of Interest webinar and found it informative. It is important for LMSC's to: be aware of how conflicts may arise, establish a process for addressing them, and foster open discussion when conflicts do surface. The presentation can be accessed at [www.USMS.org/admin/lmschb/2013webinar-conflict of interest](http://www.USMS.org/admin/lmschb/2013webinar-conflict%20of%20interest).
3. Charles said he would like to see a "Philadelphia Bridge Swim" in the Delaware River next year. He felt it could be as scenic as the one in NYC and invites support from swimmers here.

M/S/P to adjourn meeting at 4:30 p.m.

Submitted by Christine Schroeder, Secretary

Electronic copy submitted to USMS National Office on November 11, 2013

Delaware Valley LMSC

Registrar's Report to Annual Meeting.

Our membership continues to grow reaching 984 members for 2013. Maybe we can hit the 1,000 mark in 2014. Numbers for a few recent years are shown below:

<u>Year</u>	<u>Swimmers</u>
2010	811
2011	787
2012	911
2013	984

More than half of the clubs have renewed so far for 2014. More are signing up about daily. The tabulation on page 2 shows the status on October 22nd.

Page 3 shows a distribution of our membership by age and sex. The women's numbers continue to grow to 45% vs. 43% last year. The growth as before is in the younger age groups. The split is about 50/50 for swimmers under age 50

A list of Workout Groups in the system is presented on page 4. Colonials 1776 continues to be the only club to sponsor Workout Groups.

As I understand it, if a Workout Group has a membership fee that they want USMS to collect for them they are charged a \$25.00 annual fee by USMS. Otherwise it is free. But THIS MAY BE WRONG. I tried to set up a fictitious Workout Group the other day. It allowed me to do so with no problem - didn't even have to be a USMS member to do this. But it did require a credit card for a \$25.00 charge. It had not asked me if I wanted them to collect dues. Whatever the right answer is it seems to me that a charge every year for a workout group (\$25.00 is a little much - maybe \$5.00) would weed out the deadwood each year.

On page 5 is a tabulation of the fees and charges for 2014.

Rich O'Shaughnessy
Registrar

10/27/2012

Delaware Valley Clubs 2013 and 2014

Abbrev.	Name	Year	Club Registration Date	2013 Members
BGHM	Brigantine Green Head Masters	2014	10/4/2013	0
BCCM	Burlington County College Masters	2014	10/17/2013	9
1776	Colonials 1776	2014	10/3/2013	227
GPAC	Greater Philadelphia Aquatic Club	2014	10/3/2013	24
HAYS	Hanover YMCA Sr. Stingrays	2014	10/14/2013	22
JWM	Jersey Wahoos Masters	2014	10/4/2013	21
MAMA	Marauder Masters	2014	10/15/2013	9
OCSC	Ocean City Swim Club	2014	10/21/2013	12
SVY	Spring Valley YMCA Masters	2014	10/18/2013	24
TTAB	Team Travis and Brendan	2014	10/15/2013	0
UDMS	Upper Dublin Masters Swimming	2014	10/5/2013	15
WASC	Williamsport Area Swim Club	2014	10/4/2013	12
YWMA	YWCA Masters of Adams County	2014	10/21/2013	14
UNAT	Unattached			307

AIM4	AIM4TRI	2013	4/24/2013	0
AFTR	Aftermath Masters Swim Team	2013	10/4/2012	9
CBFY	Central Bucks Family YMCA	2013	2/5/2013	6
CPAC	Central Penn Aquatic Club	2013	10/9/2012	19
ENMU	Endurance Multisport	2013	11/18/2012	5
FINS	Fins Aquatics Club	2013	10/13/2012	182
FCA	Friends' Central Aquatics	2013	1/6/2013	13
JSJY	YMCA	2013	10/30/2012	4
NRGS	NRG Swimming	2013	10/10/2012	1
PAFC	Pennypack Aquatic & Fitness Club	2013	10/23/2012	35
SJAC	South Jersey Aquatics Club Masters	2013	1/22/2013	14

TOTAL 984

Delaware Valley LMSC 2013

Membership by Age Group and Gender

Numer of Swimmers			
Age	Females	Males	Total
19-24	17	23	40
25-29	55	42	97
30-34	76	61	137
35-39	58	43	101
40-44	51	67	118
45-49	51	84	135
50-54	57	72	129
55-59	44	74	118
60-64	25	34	59
65-69	8	19	27
70-74	1	15	16
75-79	0	7	7
80-84	1	3	4
Total	444	544	988

Percentage		
Age	Females	Males
19-24	42.5%	57.5%
25-29	56.7%	43.3%
30-34	55.5%	44.5%
35-39	57.4%	42.6%
40-44	43.2%	56.8%
45-49	37.8%	62.2%
50-54	44.2%	55.8%
55-59	37.3%	62.7%
60-64	42.4%	57.6%
65-69	29.6%	70.4%
70-74	6.3%	93.8%
75-79	0.0%	100.0%
80-84	25.0%	75.0%
Total	44.9%	55.1%

Delaware Valley Masters - Workout Groups 2013

WO Group Name	Abbrev.	Reg. Year	Swimmers
Allentown YMCA-EMAC	ATWN	2013	1
Ambler YMCA	AMBL	2013	4
Atlantic City	AC	2013	2
Bethlehem YMCA	BETH	2013	
Brandywine DE YMCA	BRDY	2013	7
Bucknell University - Glenpool	BUCK	2013	
Burlington County Family YMCA	BCFY	2013	2
Ceder Crest College	CCC	2013	
Central Bucks South High School	CBS	2013	
Central Bucks YMCA	CBYM	2013	
Doylestown YMCA	DOYL	2013	1
Easton YMCA	ESTN	2013	5
Elkton YMCA	ELKT	2013	3
Germantown Academy	GA	2013	56
Greater Plymouth Community Center	GPCC	2013	3
Immaculata University	IMCU	2013	
Lionville YMCA	LION	2013	1
Lower Bucks YMCA	LWRB	2013	1
Lower Merion High School (19003)	LMHS	2013	
Meadowbrook Pool, MD 21218	MDWB	2013	
North Penn YMCA	NPEN	2013	
Penn Charter	PC	2013	2
Perkiomen Valley Aquatic Club Masters	PVAC	2013	10
Reading YMCA	READ	2013	
Ridley Area YMCA Rays	RIDY	2013	2
Rodale Aquatic Center	RAC	2013	1
Rose Valley Swim Club	RVSC	2013	
Rowan University - 08028	ROWA	2013	
Southern Chester. County YMCA	SCCY	2013	1
Spring Valley YMCA	SPRI	2013	1
Spring Valley YMCA	SVY	2013	2
St Joseph's University	STJO	2013	1
Suburban Swim Center	SSC	2013	
Sussex Family YMCA - 19971	SUSY	2013	
The College of New Jersey	TCNJ	2013	
University of Delaware	UOFD	2013	
Upper Mainline YMCA	UMLY	2013	15
Upper Merion	UMER	2013	3
Valley Forge Masters	VFM	2013	21
Villanova University	VILL	2013	24
Vineland YMCA	VINE	2013	1
Western Branch YMCA DE - 19711	WBRY	2013	
Widener University	WDNR	2013	1

Note: All WO Groups listed are under the club Colonials 1776.

No other clubs have WO Groups.

Prepared 10/23/2013

**Delaware Valley Local Masters Swim Committee
2014 Fees**

	USMS	DVLMSC	Total
<u>Individual Registration 11/1/13 - 8/31/14</u>			
Age 18 - 34	\$35.00	-\$25.00	\$10.00
Age 25 - 69	\$35.00	\$2.00	\$37.00
Age 70 + over	\$35.00	-\$25.00	\$10.00
<u>Individual Registration 9/1/14 - 10/31/14</u>			
Age 18 - 34	\$30.00	-\$20.00	\$10.00
Age 25 - 69	\$30.00	\$2.00	\$32.00
Age 70 + Over	\$30.00	-\$20.00	\$10.00
<u>Club Registration</u>	\$25.00	\$0.00	\$25.00
<u>Transfer of Club Membership</u>	\$2.00	\$5.00	\$7.00
<u>Workout Group Registration</u>	\$25.00	\$0.00	\$25.00
<u>Colonials 1776 Club Fee</u>		\$5.00	\$5.00 *

* fee goes to the club.

Prepared 10/24/13 - rwo

Sanctions Report for 2013.

For 2013 there are a total of 8 events that were scheduled. One of the meets was canceled. There were four recognized meets, two sanctioned meets and one still pending for this December. The Father's Day meet at Upper Main Line YMCA was canceled. There were no open water events that were sanctioned, the new fee for sanctioning an open water event is not conducive for the meet director to secure the sanctioning.

For the calendar year 2014 we already have Five meets on the roster, the Lower Bucks Y for early March. Drexel and Phoenixville are both requesting January 26, 2014. Upper Dublin is also planning a "January Freeze" meet, but I have not seen a request for a date yet. There are plans for another Colonial meet at LaSalle in mid-March as well. To date there has been no request from Boyertown or Burlington County College.

It appears that the interest in a mini-meet has declined, there were none in 2013, and no requests for one in the coming calendar year.

The online process for sanctions / recognitions is going well. It has streamlined the entire process and takes some of the wait out of the getting the meet approved. I am still requesting the fee for the meet before I approve a meet, which in some cases have left a meet waiting for an approval for as many as ten days. I make every effort to respond to a meet director as soon as I get a notification of their plans.

The November meet at Upper Dublin will require a pool length certification form completed because of the moveable bulkhead. I have requested a pool length certification from Cabrini College for their planned December meet. According to their web site it is a 25 yard 6 lane pool with depths from 4 to 8 feet.

Calendar for 2014:

Upper Dublin January Freeze	January xx
<i>Boyertown</i>	<i>No Request Yet</i>
Phoenixville	January 26
Drexel	January 26
Lower Bucks YMCA	March xx
Colonial 1776 at LaSalle	March xx
<i>Burlington County College</i>	<i>No Request yet</i>

This past year we had trouble getting the results from Burlington County College. Despite multiple requests, we did not get the results. I did not get any complaints from swimmers who swam the event, but we were not able to submit the times for Top Ten.

The fees for the sanctioning and recognitions this past year were \$50 for a sanctioned event and \$75 for a recognized event. Unless otherwise directed, they will remain the same for 2014.

Webpage Report

Since our last meeting, the webpage has been updated 136 times. A breakdown of the changes is listed below. The majority of the changes are adding and updating events. One improvement this year was adding animation to the first page photos.

Website changes

	Changes	Percentage
Maintenance – changing the code to accommodate data or run more efficiently	20	15%
Updating or Adding Events	70	51%
Adding New Pictures	2	1%
Adding Results	2	1%
Informational	12	9%
Posting Updated Records	4	3%
Fitness	4	3%
Updating Places to Swim	17	13%
Miscellaneous	5	4%

In September I sent an email to every contact in our place to swim list. Asking them to verify the information and tell me the pool length and number of lanes. I added the pool length but not the number of lanes to the webpage. The reporting of lanes wasn't consistent some would tell me the actual number of lanes others the number of swimming lanes. Below is a list of to the pools that have not been verified.

Non-verified Places to Swim

City	Pool	Contact	E-mail	Phone	Verified
Egg Harbor, NJ	Tilton Athletic Club	Mark Krasuski		609-646-2590	
Allentown, PA	West End Racquet Club	Steve Kelly		610-433-0367	2012
Brandywine, PA	Brandywine YMCA	J. D. Daniels		610-380-9622 x116	
Bryn Mawr, PA	Bryn Mawr College	Megan McLain	mjmclain@brynmawr.edu	484-683-5805	2012
Chalfont, PA	Philadelphia Sports Club	Lisa Ezokas		215-822-1951	
Chambersburg, PA	Chambersburg YMCA	Pam Vaderweele		717-263-8508	
Coatesville, PA	Brandywine YMCA	Kristy Cornman	kcornman@ymcabwv.org	610-380-9622x2416	2012
Fairless Hills, PA	Pennsbury High School	Bob Magg		215-493-6966	
Feasterville, PA	Poquessing M.S.	Cyndie Bowman	canbowman@gmail.com	267-679-5081	
Feasterville, PA	B&R Health Club	Kelly Rose		215-355-2700	
Philadelphia, PA	Fins Aquatics Club	FINS President	finspresident@gmail.com		2012
Radnor, PA	Radnor H.S.	Bill LaRosa		610-293-0855x3549	
State College, PA	Penn State University	John Larson		814-865-1432	
West Chester, PA	West Chester YMCA	Lisa Prince	lprince@ymcabwv.org	610-431-9622x2232	2012

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

Dan Allen

Top Ten Report 2013

Delaware Valley had quite a few meets over the last year. There were 4 SCY meets in the last year. There were 2 SCM Meets in the last year. The Pennsbury Pentathlon Meet, Burlington County College Meet, and Boyertown Meet were recognized Yards meets. LaSalle had their first Masters meet and had 118 swimmers. Pennsbury has 94 Members and 40 Non-USMS Members attend this year. Boyertown had 66 USMS members and 32 non-USMS members. Burlington never submitted their results and I made several attempts to contact the meet director to get the results. I think that George Horan reached to the meet director as well. On the SCM side, Upper Dublin and Phoenixville held Meters Meets. Upper Dublin only had 57 members compete. I think that was mainly due to their sign up site only live a few weeks before the meet. Phoenixville had 69 members and 42 non-USMS members. Cabrini is interested in holding a meet this year and possibly Ridley YMCA is thinking of holding a meet in maybe April or May. I don't know how certain that will happen. They would hold it at the Ridley High School. It is really close to I-95 and convenient for South Jersey and Delaware DV Members.

DV Records Report 2013

I recently updated all the records. I was able to set up the SCM relays based on the top Ten reports that were available on the usms.org. Of course, if someone emails me with proof of a faster SCM relay records, I will update. I only had data from 1998. Now, I am trying to get the LCM Relays. I have been lucky with some emails because some teams will send me a list of recent records.

Officials Report – October 27, 2013

The long course meet at UMLY was cancelled this past June due to there not being enough officials to man the meet. In the past, officials at UMLY have been unpaid volunteers. This has been true of other meets in our LMSC through the years as well. At the local level and throughout the country, a move is being made to pay officials (as part of the budget of the meet) so that meets will not have to be cancelled or go without proper officiating. This gives potential officials a better incentive to come and work a Masters meet. The national Officials Committee surveyed all of the LMSC Officials Chairs and asked us about this very thing and found that 12 LMSCs had trouble manning their meets with officials. USMS pays officials at nationals and LMSCs and Meet Committees at many other Masters events throughout the country also pay. It might be helpful to survey our own meet directors to see what their status is in regard to this.

We have been blessed with a large group of Middle Atlantic Local Swimming Committee (for the non-Masters kid swimmers) officials who are usually connected in some way to a pool, workout group or team. I have been providing the names of these officials to meet directors over the years and will continue to do so. I also make sure George Horan has a copy to be given to all meet directors. So – getting trained and certified officials should not be a problem in our area. New USMS rulebooks are also available to all meet directors. Our LMSC orders them each year. These give detailed information on all the rules and also the differences between US Swimming rules and Masters Swimming rules. All officials should be given a copy before the meet begins so they can be up-to-date on these differences. The rulebook should be on hand throughout the meet for reference when necessary.

The FINA World Masters Championships (swimming, diving, water polo, synchro and open water) are being held in Montreal, Canada July 27th thru August 10, 2014. Swimming (long course meters) will be held August 3rd thru the 9th and open water will be Aug. 10th. If anyone is interested in officiating at this event and is certified, please contact Ed Saltzman at swimsalt@bellsouth.net no later than October 28, 2013. Officials should be prepared to work at all sessions. Other opportunities for officiating are the Masters Nationals in Santa Clara, CA May 1-4, 2014 (scy) and the Masters Nationals at U. of Maryland August 13-17, 2014 (lcm). The latter event is very close to home, so there will probably be additional interest in both swimming and officiating by people in our LMSC.

If anyone is interested in becoming certified to officiate Masters or kids' meets, please go to:

<http://sites.google.com/site/middleatlanticofficials/home/get-involved>

Or contact me at stephswim1@aol.com.

Stephanie Walsh Beilman
Colonials 1776 Masters

The season offered more than 70 open water swims at the shore or nearby states. A new swim option offered this season was featured with the June 2nd 2013 Escape the Cape Triathlon that included a swim from the Cape May Ferry. The race director, Steve DelMonte <stephen@delmosports.com> is allowing participants to either just swim or bike & swim, in lieu of completing the full triathlon. He has already scheduled next year's event for June 8th 2014 but unfortunately, this is the same date for the 2014 Great Chesapeake Bay Swim.

June 1st 2013 offered good season opening swims with the very competitive Navesink Swims (1.2 or 2.4 miles) in the Navesink River with tri-athletes heavily represented.

June 9th 2013 and unfortunately, the informal Donny Fund Swim (pick your own distance) in Pleasantville, New Jersey, was scheduled the same day as the Great Chesapeake Bay Swim. When there isn't a schedule conflict, this informal swim allows athletes to enjoy a training swim on their own while supporting a worthy cause with a hot breakfast at the Pleasantville Yacht Club.

June 9th 2013 brought in warm weather with 72 degree water and good swimming 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 28th 2013 and an overcast evening for the one mile Independence Day Swim at its new location in Beesley's Point, New Jersey (at the sea-doo beach location across from the Tuckahoe Inn. The new course directs swimmers on a triangular course towards the "cooling tower" and back again to the beach. That evening, 144 swimmers swam directly into the outgoing tide but at least had an easier swim returning with that tide to finish back at the beach area where we started. Results found at www.lmsports.com

July 20th 2013 and the Ocean City Masters Swim was changed from an evening venue to yet another morning swim – annoying those of us who don't like morning swims! The 10 a.m. swim gave us chilly 67 degree water along with bouncy seasick conditions that dashed all hopes for a blissfully balmy swim that morning for 219 swimmers. Results can be found at www.lmsports.com

August 3rd 2013 and the 2nd Annual North Wildwood Ocean Challenge sponsored by the North Wildwood Lifeguard Benevolent Association. Race director, Bill Auty (215-806-9422) is still working on getting "sea legs" for this evening event and turnout is still low due to schedule conflicts with the same day for the 8 a.m. Mid Summer Lavallette Ocean Swim. One of the few remaining evening swims, the course is 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.

August 3rd 2013 ushered in the Mid Summer Lavallette Ocean Swim with chilly 66 to 68 degree water and a chilly breeze at 8 a.m. that morning. After a mile walk down the beach, the USA swimmers started first and all female swimmers had to wait for a half hour on the beach prior to beginning their division swim. The swim no longer offers a USMS division and is now limited to just two divisions for open championship and USA swimmers. The ocean swells blocked clear sighting along the course and some swimmers were either in too close to the beach or swimming way out to sea. At the finish, it was difficult getting out of the surf onto the beach due to the extreme slope filled with soft sand (plus tiny pebbles and broken shells) and swimmers kept falling without getting a solid footing to climb onto the beach. With the chilly conditions, many swimmers were cold while trying to warm up with muffins and crumb cake. Swim results take a lot of time and awards can be mailed to participants.

August 10th 2013 and unfortunately, the Yates Swim that historically was held in the evening went the way as the Ocean City Masters Swim and started at 10 a.m. this year. The ocean was a chilly 67 degrees and the ACBP would not allow swimmers to compete wearing wetsuits – they would be disqualified from receiving awards. The day before the swim, the ocean was a balmy 75 degrees but that morning, it was chilly with rolling waves and a west wind. There was no assisting current and swimmers had to work the swim but at least found a few warm water pockets along the course. The waves limited sighting back to the finish at the beach for this old “lifeguard” course that directed 68 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 finishing at Gardiners Basin. Results can be found at www.acbp.org

August 25th 2013 and the 5K Cedar Island Swim in Avalon, New Jersey, treated 110 swimmers to an enjoyable swim around Cedar Island in 72 degree water. Along the course, there is a dock that offers champagne to the swimmers if you see it and stop long enough for a toast, and continue swimming onto the finish back at the Avalon Yacht Club. This year, the after swim refreshments were much less elegant than previous years that included sandwiches, hot dogs and burgers, deserts, sodas and beer – were now limited to pizza and cookies and water back at the dock. Results are not posted and this fundraising swim for Wounded Warriors (special cause selected by Tim and Midge Kerr) is more like an informal training event with prizes going to the top five male and female swimmers.

August 31st 2013 and this year’s Pageant Swim was more than just a dip in the ocean for us. It was the toughest swim of the season, and probably one of the toughest swims ever in the 84 years the Atlantic City Beach Patrol hosted this swim. The course took most of us twice as long as usual to swim to the finish. We swim in 3 to 6 foot waves against a 1.5 knot current into the south wind. If the course had been reversed, then we would have set record times for this swim but the ACBP never alters the direction of the swim course. At least 30 swimmers were safely escorted to shore and 177 finally finished with the last swimmer arriving in 1 hour and 40 minutes. Race

director, Norm Draper, had fun with this year's commemorative long-sleeve tee shirt printed in deep purple with a pink crown welcoming the Miss America Pageant back to Atlantic City again. Results can be found at www.acbp.org

September 21st 2013 marks the final local swim for our open water season with the September Splash (1 and 2 mile swims) held in Wildwood Crest, New Jersey. With 68 degree water, the box-course in Sunset Lake was smooth as glass for the two-mile swim at 9 a.m. but started to pick up a little choppiness for the one-mile swim at 11 a.m. A serious safety problem was corrected with a new entrance stairway into the water that was free of debris and swimmers did not cut their feet at this year's swim. There were 59 swimmers who finished the two-mile event with faster times at the split for their event as compared to the one-mile event. For example, the first place winner in the two-mile swim finished in 25:51 minutes as compared to the winning time of 14:47 for the one-mile swim. Overall, there were 173 swimmers who finished the one-mile event with tougher conditions. Results can be found at www.lmsports.com

USMS - Delaware Valley LMSC Fitness Report for 2013

My goal for 2013 was to post monthly Fitness articles on our local Delaware Valley site. I was not able to meet that goal, but I was able to post an article each quarter and plan to submit a final / 4th-quarter article before year end.

I kicked off the year with an article in January introducing myself and focusing on helpful hints to help Master swimmers meet their fitness goals for 2013. Hints included joining a USMS team to meet like-minded people, keeping a packed pool bag in the car, logging fitness activities with a nod toward “My Fitness Log (FLOG)” and the “Go the Distance” program, and checking out the “Local Programs – Places to Swim” on the USMS site when you travel.

My June article included strategies and tips that I used this year to improve my swimming performance and confidence in the pool. The strategies included incorporating strength training and modifying warm-ups and tapers. I suggested the fitness swimmer could use similar strategies to maintain muscle strength and to help trend when they might be ready to incorporate new or challenging sets into their workouts. The tips included one on setting realistic goals, one on post-exercise/recovery nutrition, and one on cramping prevention; all topics of interest for both the fitness and the competitive swimmer.

My September article was on Clean Eating – one of the current eating trends in the news. This article included a description of the term, a few common food additives to avoid, a discussion on organic vs. conventional grown food, and ten easy rules of clean eating.

I’m not sure what the topic will be for the year end article; probably discussion / tips on how to maintain fitness / nutrition goals through the busy holiday season and into 2014.

Two suggestions to enhance the Fitness focus for 2014: (1) include a feedback method, so interested swimmers can request additional fitness topics they’d like to see on our site (articles, information, events?) and (2) select a local pool where fitness Masters swimmers workout to hold a Fitness Event in 2014. Not sure what this would look like, but would love to know if others are interested and willing to help?

Thanks!

Sue Watts

Brochures: I will continue to help out with revising the brochures as needed for distribution. It may be a good idea to email the brochures to high school and college swim coaches in the area for distribution to students 18 and older. I usually have more time to work on these things during the summer months. I can possibly send it out by next summer if not sooner if we have an updated brochure. I could get contacts by then if possible.

Facebook Page: We are up to about 165 members of Delaware Valley Masters Swimming Facebook Page. It has been a useful tool to post information about meets, any comments that people have to make, as well as pictures and updates on people's status. As the administrator, I am continuing to get a lot of spammers, mostly women. I try to check their profiles to see if they are really interested in swimming. I do not add them to the page if they look suspicious. I will eventually delete them if I don't get a response as to why they want to join this page. Mainly we had people posting ads for sunglasses and sneakers.

Surveys: I will continue to make up any additional surveys as needed to follow up on the original one that we developed. These can be posted on the Delaware Valley Masters Swimming Web Page or Facebook Page. I will continue to study and interpret the results to report back. A lot of the complaints were about lack of local meets. I think the meet schedule on the webpage should be updated to not include words like tentative. Unless it is scheduled, it should not be posted, it is misleading.

Board of South Jersey Aquatic Center: I am on the Board of the South Jersey Aquatic Center, which will be built at some point behind D and Q in Cherry Hill on Route 70. There is information posted about it in the store lobby. I know there was some bureaucratic problems with the DEP that are currently being resolved. I will keep everyone updated on the status. It will have a 50 m indoor pool. They plan to incorporate both Masters Practices and Masters Meets.

USMS Convention Report 2013

By: Tom Patterson

This year's USMS Convention was held at the Hyatt Regency in Garden Grove, CA. It was 4 days of committee meetings, House of Delegate sessions, and interesting workshops. There were three topics brought up throughout the Convention, the new \$2.00 increase in dues, the Club Unattached and the \$1000 insurance premium for Open Water Events.

\$2.00 in Dues

This is increase that will take place from 2015-2019. This is part of the USMS Strategic Plan to expand menu of programs and service to members. It was approved by the Board of Directors and at the House of Delegates session.

Club Unattached

FINA recently announced that if a swimmer is unattached, FINA Masters Records and FINA Top 10. For the rest of 2013, they will be under Club Unattached. All USMS members must represent a USMS club. I am guessing that they will be select Club Unattached for 2014 since I haven't seen the registration for 2014.

Open Water Premium

Since there was a \$1000.00 premium for Open Water Events, LMSCs had different ways of handling it so they wouldn't lose the USMS Sanction. Some LMSC covered the premium themselves and others just informed the Open Water Event Directors to cover it through increasing the event fees. Many LMSCs in the Colonies Zones have different policies. Some covered the \$1000 premium based on how many they had in their budget. Some LMSC stated that they lost USMS Sanctioned events due to the new fee.

Working with Aquatic Facility

This workshop talked about working with your aquatic facility to get more access or practice time. It was hosted by Jim Wheeler and he had a lot to say. He mentioned knowing the organizational structure of the facility. He mentioned letting the facilities manager knowing the benefits of having a master's program, i.e. possible fees and letting an empty pool being used. Build relationships with the aquatic director or whoever is in charge. He also mentioned working with the facilities about fees. The pool might want to charge one fee but, find out what other pools charge for renting in other areas around the country.

LMSC Development

This workshop talked about LMSC Development. They mentioned having a good succession plan for when volunteers leave and new chair/volunteers are appointed. They talked about term limits which we have here for the Chairs and Vice Chairs.

Swim in my Lane Workshop

This was hosted by Bill Breemer. It was about Club Development and Retention of Members. He talked about ways to grow members through promotion. Stability in the pool situation is always helpful. Have social events. I think that a few of the DV teams already do most of the things that Bill talked about.

Records and Tabulation Committee

The items that were discussed at the Records and Tabulation Committee were possibly of adding motivational time standards as they have in USA Swimming. I personally don't think that it is a big deal to have it in Masters Swimming. They discussed Pool Measurements. They discussed that LCM pools need to be measured when it is a bulkhead pool and against the wall. They mentioned that the bulkhead could move if the lane lines are too tight. They want Top Ten Recorders to submit with the .hy3 but, since we have a lot of Recognized meets in our LMSC, I still need to use the .cl2 file.

Colonies Zone Meeting

At the zone meeting, we talked about the Open Water Premium. The Vice Chair was reelected. George Mason is hosting SCY Zone Championships in April. However, the meet director won't put the registration site up as early as last year. They are hoping that Fairfax County Masters doesn't take all the 1000 and 1650 spots like last year. No one put a bid for SCM Zones but, after the convention, New England Masters put a bid to have their New England Champs. No one put a bid for LCM Champs in 2014. The Stevensons don't think that they will host a Zone Champs down in Richmond again.

2015 OW Championships

The following were announced as the winning bids for the 2015 National Championships:

Event Host Location Date(s)

One Hour Postal Chicago Smelts Postal 1/01/2015-1/31/2015
5K/10K Postal COMA Postal 5/15/2015-9/15/2015
3000/6000 Postal Davis Aquatics Masters Postal 9/15/2015-11/15/2015
≥6/≤9 1 Mile (10K) Tri-Valley Masters* Livermore, CA 6/13/2015
1 Mile Tri-Valley Masters* Livermore, CA 6/14/2015
>9 Mile (15K) NASTI Noblesville, IN 6/20/2015
2 Mile Cable COMA Foster Lake, OR 6/27/2015
>1/≤3 (2.5K) Green Leaf Racing Lake George, NY 8/29/2015
>3/<6 (5K) Chicago Masters Chicago, IL 9/12/2015
*Part of 2-day National Festival

Lake George is easy for DV Members to get too. Chicago is a two hour flight. The National Festival in CA could be a good way to get 2 events done over a weekend.

2015 LCM Nationals at the Spire Institute, OH

It was a good presentation about the Spire Institute. Former Olympian *Diana Munz*, Associate Director of Swimming, gave the presentation. It looks like a nice facility. I think that it is a 7 hour drive from DV depending on where you live. Or, fly to Cleveland or Erie to get there. The Spire Institute is halfway between both airports. I looked into flights to both locations a year ago and so. It is much cheaper to fly to Erie.

2015 SCY Nationals, San Antonio, TX

This will be at the new facility that was built in San Antonio. It has indoor and outdoor pools. It looks like there will be in 2 pools, maybe 3 pools. I think. There is a lot to see in San Antonio as well.

Swimmers Serving as Organizational Leaders

This session was on Saturday. Personally, I don't think that this workshop needed to be 3 hours when we had a final House of Delegates session to get through. The host talked about the qualities of good leadership. They must have a good completion factor, have respect of peers, past positive experiences, good listeners, eager to continue to learn, and empower others. The speaker also mentioned that good leaders must delegate responsibilities. From my own observation, there are some volunteers in other LMSC who seem to take on too many titles. I don't know if they can't find enough volunteers or they like to have their hands in too many pots. She also talked about getting members to get involved. We do that by getting members to come to our annual meetings.

Conclusion

Overall, it was a good convention. I learned a lot. Met interesting people and found the how things are done in other LMSCs.