

United States Masters Swimming (USMS)
Delaware Valley Local Masters Swimming Committee (DVLMSC)
Minutes of Annual Meeting on Sunday, October 18, 2015

Welcome

The annual membership meeting was called to order by Chair Laurie Hug in the Parents' Room of Germantown Academy, Fort Washington, Pa. at 1:15 p.m. Everyone introduced themselves by telling about their swimming interests. *Attending:* Chairperson Laurie Hug, Vice Chair Tom Patterson, Treasurer Steve Dougherty, Secretary Chris Schroeder, Registrar Janet Jastremski, Dan Allen, Caroline Stein, Vikye Swanson, Charles Bender, Sue Watts, Matt McGuriman, Kim Inverso, Joan Waldbaum, Pam Shepard, Gary Sangmeister, Tom Tulenko, Stephanie Walsh Beilman, Stephanie Saucy, Kelly Eckel, John Kenny, Allie Spreng, Peter Alberti, Thomas Limouze, Susan Figenshu, Dave Diehl, and Rick Heimann. USMS clubs represented were: Colonials 1776, FINS, Pennypack, Ursinus, Spring Valley Y, Suburban SC, YWMA, Swarthmore College, and Unattached.

Secretary's Report

Presented by Chris Schroeder, Secretary

In addition to the 2014 minutes, this year's report includes "Other DVLMSC Actions" which briefly describes significant actions taken and/or decisions made by the officers or Board during the time between annual meetings. The webmaster had some problems this past year posting the minutes and reports on our website (dvmasters.org), but he assured us they have been corrected. Stephanie Walsh Beilman motioned to accept the Secretary's Report/S/P

Treasurer's Report

Presented by Steve Dougherty, Treasurer

Our balance as of 9/30/15 was \$21,320.95, and our budget is about \$5,000. A new budget will be established this coming year. USMS recommends a reserve of six months operating expenses and is encouraging LMSC's to provide member benefits. USMS will refund us our portion (\$500) of the Open Water Swim (OWS) sanctioning fee (\$1,000) for the cancelled OWS in our area. (Note: DVLMSC policy is to split the OWS sanctioning fee with the race director; potentially we could be liable for the full fee if the race director's portion is not collected in advance).

Recommended Action:

1. Charles Bender will conduct the annual financial review required by our by-laws. *Note:* Charles submitted the following statement on 10/19/15: "I reviewed the financial statements and bank records for the DVLMSC at the Annual Meeting on 10/18/15. The check register, bank statements and financial statements seemed to accurately represent the financial condition of the DVLMSC."
2. Steve will convene the Finance Committee to develop a budget; the committee is composed of Secretary, Registrar, Sue Watts, and Charles Bender.

Stephanie Walsh Beilman motioned to accept the Treasurer's Report/S/P

Registrar's Report

Presented by Janet Jastremski, Registrar

USMS policy states that swimmers can request printed membership cards from their LMSC; this cost us approximately \$316 last year. While our website recommends members print their own cards, it was suggested that our registrar send an email to anyone requesting a printed card informing them of this option.

When someone requests that a mass e-mail be sent to our membership, Janet needs to have the exact wording, title, etc. The system is not designed to forward emails or send more than one attachment; however, a link to additional attachments on our website can be included. Mailings can be sent to some designated groups, e.g. certified coaches. Per DVLMSC policy, mass e-mails can only be sent to members about sanctioned and recognized meets in our LMSC, any USMS zone or national championship, and any message the officers or board approves. Other information can be posted on our Facebook page or website.

Clubs need to be registered by 11/1 so individual members can register with their preferred club. Clubs can charge an extra fee through USMS, but should also notify our Registrar.

The USMS portion of membership fees for next year can be found in Janet's report. We voted to establish the following LMSC fees (in addition to the USMS fee) for next year:

Individual full year – Sue Watts motioned to keep the LMSC fee at \$5 / S/P

Individual end of year - Sue Watts motioned to keep the LMSC fee at \$5 /S/P

Club - Stephanie Walsh Beilman motioned to keep the LMSC fee at \$0 /S/P

Workout group - Stephanie Walsh Beilman motioned to keep the LMSC fee at \$0 /S/P

Club transfer – Swimmers can transfer clubs for no additional fee when registering annually. Any other time, the transfer must go through our Registrar, and we establish the fee for that. Charles Bender motioned to keep the LMSC transfer fee at \$5 /S/P

One-event – DVLMSC allows one-event registration only for open water swims (OWS). The OWS director collects fees and sends them to USMS. There was discussion about ways to reach athletes who utilize the one-event registration option. Stephanie Walsh Beilman motioned to keep the LMSC fee at \$0 /S/P

Recommended Action:

1. At the USMS convention next year, propose changing USMS policy re: LMSC being required to print membership cards at cost to LMSC.
2. Ask Dave Schneider to send an e-mail to DVLMSC coaches recommending that they encourage their swimmers to print own cards,
3. Registrar send an e-mail to anyone requesting a paper card informing them of the option of printing their own.

Pam Shepard motioned to accept the Registrar's Report/S/P

Sanctions Report

Presented by Tom Patterson for George Horan, Committee Chair

Tom briefly reviewed George's report.

Stephanie Walsh Beilman motioned to accept the Sanctions Report/S/P

Competition Schedule

Presented by Gary Sangmeister

This past year Gary attended numerous meets around the area and spoke with swimmers regarding what they liked, did not like, etc. He indicated our LMSC is more focused on individual meets than on LMSC-wide series like other LMSC's. We need to recognize there are a lot of non-USMS swimmers in our area. He would like to see DVLMSC host a SCM meet; Laurie suggested we might be able to run one at Upper Dublin HS or Episcopal Academy; we could even make it a championship meet for our LMSC.

Matt McGuriman distributed information about the 12/13/15 Ursinus meet, and Kelly Eckel distributed a flyer about the new Suburban Seahawks Masters Program (information at office@sscs swim.org). Probable dates for other meets: Lower Bucks - 3/6/16, Swarthmore - 3/20/16. Stephanie Walsh Beilman reported that the UMLY meet is 2/7/16, and Burlington CCC March meet depends on the outcome of the school's merger with Rowan (*Note*: after our meeting Burlington confirmed their meet is 4/17/16). Gary indicated Phoenixville cannot set a date for their meet until the age group team sets their competition calendar.

Recommended Action:

1. Gary will explore the possibility of DVLMSC hosting a SCM meet in early Nov. '16. Stephanie Walsh Beilman motioned to accept the Competition Report/S/P

Website Report

Presented by Dan Allen, Web Master

Several officers and chairs expressed concern that our website is not always current, nor is it always consistent with USMS events. Dan indicated he will ensure that items are posted accurately and timely. Sue Watts motioned to accept the Website Report/S/P

Top 10 and Records Report

Presented by Tom Patterson, Vice-President and Committee Chair

While Tom has access to several databases, it would help if DV swimmers breaking a DV record outside our LMSC send Tom that information.

Stephanie Walsh Beilman motioned accept the Top 10 and Records Report/S/P

Coaches Report

Presented by Laurie Hug for Dave Schneider, Committee Chair

Each year USMS will alternate a National Coaches Clinic (even years) with the Leadership Summit (odd years). There will be a Level 3 Coaches Clinic in the Philadelphia area 11/21/15. USMS could conduct a swimmers clinic the following day, but the LMSC would have to assume a number of costs, including pool rental. Some members expressed interest in our own DV coaches conducting swimmers clinics throughout our LMSC, but the topic was tabled for later discussion. There was no discussion about reimbursing USMS Level 1-3 coaches from DVLMSC who attend the USMS Coaching Clinics. Charles Bender motioned to accept the Coaches Report/S/P

Officials Report

Presented by Stephanie Walsh Beilman, Committee Chair

Stephanie distributed an explanation of the new I.M. freestyle rule. During a USMS conference call, it was recommended that meet officials make an effort (vs. be required) to find and inform a swimmer who was DQ'd, and that meets have three different "dry" staff: an administrator, timing system manager, and meet manager. Sue Watts also suggested that we all make an effort to share meet protocol with new swimmers.

Sue Watts motioned to accept the Officials Report/S/P

Open Water Report

Presented by Laurie Hug for Delia Perez, Committee Chair

Laurie mentioned that the Steelman OWS in Lake Nockamixon is also popular with many masters.

Chris Schroeder motioned to accept the Open Water Report striking two editorial comments /S/P

Marketing Report

Presented by Pam Shepard, Committee Chair

Pam reported that our Facebook page has been garnering national as well as local interest. Swimmers are using it for a myriad of reasons, including setting up carpools. While Pam continues to be the gatekeeper, she is open to suggestions, and anyone can post. Members expressed appreciation for Pam's efforts.

Stephanie Walsh Beilman motioned to accept the Marketing Report/S/P

Fitness Report

Charles Bender, Committee Chair

No report submitted as nothing significant occurred. Some ideas discussed during the meeting were reaching out to our members in outlying areas, and promoting Adult Learn to Swim events. Laurie volunteered to do a virtual swim series.

Recommended Action:

1. Allison Spreng and Kim Inverso agreed to be new Co-Chairs of the Fitness Committee.

Social / Recognition Report

Sue Watts & Steve Dougherty, Committee Co-chairs

The committee reminded us that Recognition is a USMS mandate. They are requesting a \$500 budget to do something meaningful in our LMSC. The best option identified is having a social event where recognition awards are presented in conjunction with a meet. Chris suggested awards for participating in Go The Distance as a good way to recognize fitness swimmers. Pam volunteered to send a survey to our members about their social interests if the committee wishes.

Recommended Action:

1. Allison Spreng volunteered to join Sue, Steve, Tom Tulenko & Kim Inverso on this committee.
2. Committee is requesting a budget of \$500.

Pam Shepard motioned to accept the Social / Recognition Report/S/P

USMS Convention Reports

Presented by Laurie Hug

This year we earned three delegate spots to the convention in Kansas City, Mo. Sept. 30 – Oct. 4, but only two delegates attended due to a last minute conflict for the third. A fourth delegate, Dave Diehl, is a USMS Vice-president, therefore, USMS finances his participation. Laurie and Caroline Stein attended many different workshops to gain as much information as possible for our LMSC. The next convention will be in Atlanta, Georgia September 17- 21, 2016.

Stephanie Walsh Beilman motioned to accept the Convention Report/S/P

(*Note: Chris had to leave at 4pm, so Stephanie Walsh Beilman continued the minutes.*)

Team Reports

Team Reports were given for:

Colonials 1776 - Stephanie Walsh Beilman,

Unattached - Dan Allen gave a humorous report on the status of the unattached swimmers!

Swarthmore Aquatic – Tom Limouze

Spring Valley Y - Gary Sangmeister

FINS - Caroline Stein

Nominations Committee Report

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

The committee recommended the following candidates who agreed to serve in leadership positions:

- For LMSC Chair - Tom Patterson
- For Vice Chair - Susan Watts

There were no other nominations for either position from the floor or membership.

Charles Bender motioned that the Nominations Report be accepted/ S/P

New Business

Stephanie Walsh Beilman reported that the DVLMSC by-laws have been worked on for several months. She gave each attendee a draft copy and asked for input by 10/31. She will then send the revised draft to the board. The proposed by-laws will then be sent via email from the registrar to all DVLMSC members, who will be asked to vote on them (accept or reject) during a special "Virtual" membership meeting between 12/1-7, 2015. The sole purpose of the virtual meeting is to amend the by-laws. The results will be determined by a majority of those voting.

Old Business

There was no old business.

Caroline Stein motioned to adjourn the meeting at 4:30 p.m. /S/P

Submitted by Christine Schroeder, Secretary

Electronic copy submitted to USMS National Office on November 6, 2015

DVLMSC Treasurer's Report

1/1/15 through 9/30/15

As stated last year, we now report on a Calendar year basis so as to be in compliance with USMS standards. Our Checking Account Balance as of January 1, 2015 was \$18,470.80. The Balance as of September 30, 2015 is \$21,3920.95. The 2014 Year-End Reports as submitted to USMS are included here.

Income so far this year has consisted solely of Registration Fees in the amount of \$3,813.00. We refunded \$75.00 of Sanction Fees for a meet that was cancelled. Expenses paid YTD consist of Registrar Fees of \$316.65, Rule Books for \$48.00 and reimbursement of costs connected with sending the President to a Leadership Summit in March of \$523.20.

The Finance Committee did not get a chance to meet to establish a Budget for 2015 so I took it upon myself to keep the Budget the same as in the prior year. So far, this year we are well under the Budgeted numbers.

I have not received Convention Expense Reimbursement requests as of this date but I expect that we will be under the Budgeted amount since we only sent (2) Delegates this year.

If you have any questions, please don't hesitate to contact me.

Steve Dougherty

DVLMSC Treasurer

sdougherty28@comcast.net

215.620.8244

DELAWARE VALLEY USMS
Statement of
Revenues and Expenditures
01/01/15 thru 09/30/15

REVENUES	2015 YTD	2015 Budget
Revenue-From USMS/Registrar	\$3,813.00	\$5,000.00
Sanction and Recognition Fees	-\$75.00	\$500.00
Miscellaneous	\$0.00	\$50.00
TOTAL REVENUE:	\$3,738.00	\$5,550.00
EXPENDITURES		
Registrar Expenditures	\$316.65	\$325.00
Webmaster	\$0.00	\$599.00
Treasurer Expense	\$0.00	\$35.00
Convention	\$0.00	\$3,000.00
Leadership Summit	\$523.20	\$0.00
Open Water Insurance Subsidy	\$0.00	\$1,000.00
Brochures	\$0.00	\$100.00
Rule Books	\$48.00	\$100.00
LMSC Meeting Expenses	\$0.00	\$75.00
Misc.	\$0.00	\$100.00
TOTAL EXPENDITURES:	\$887.85	\$5,334.00
Checking Acct Bal 01/01/15	\$18,470.80	
Plus Revenue	\$3,738.00	
Less Expenditures	\$887.85	
Net Change:	\$2,850.15	
Checking Acct Bal 09/30/15	\$21,320.95	

DELAWARE VALLEY LMSC
Statement of
Revenues and Expenditures
For the Year Ended 12/31/2014

REVENUES	2014
Individual & Club Registrations	\$5,382.00
Sanction and Recognition Fees	\$200.00
Donations	\$502.00
Miscellaneous	\$23.00
TOTAL REVENUE:	\$6,107.00
EXPENDITURES	
Registrar Expenditures	\$0.00
Webmaster	\$499.00
Treasurer Expense	\$0.00
Convention	\$3,135.09
Open Water Insurance Subsidy	\$0.00
Brochures	\$0.00
Postage	\$15.55
Rule Books	\$80.00
LMSC Meeting Expenses	\$91.06
Misc.	\$25.00
TOTAL EXPENDITURES:	\$3,845.70
NET 2014 EXCESS /(DEFICIT)	\$2,261.30

DELAWARE VALLEY LMSC

Statement of
Assets, Liabilities and
Fund Balance
as of 12/31/2014

ASSETS	
Cash - Checking Account	\$18,470.80
Total Assets:	\$18,470.80
LIABILITIES	
Unpaid Bills	\$0.00
Total Liabilities:	\$0.00
FUND BALANCE	
Fund Balance at 12/31/13	\$16,209.50
Net 2014 Excess/ (Deficit)	\$2,261.30
Fund Balance at 12/31/14:	\$18,470.80
TOTAL LIABILITIES + FUND BALANCE	\$18,470.80

**DELAWARE VALLEY USMS
Registrar's Report by
Janet Jastremski
October 14, 2015**

Currently 1,037 members are registered up from 1002 members in 2014
 Only 22 of these registered by paper – everyone else registered on line
 591 men and 446 women are registered

Approximately 40 percent of all registered members requested a membership card be printed and mailed to them

We had 27 registered clubs for 2015

70 members self identified as coaches

USMS is eliminating the recognized coach category – only certified coaches will be able to be identified

Currently 51 members have prepaid their membership for 2016

DVLMSC gives no discount based on age

No one requested a hardship fee reduction in 2015

DVLMSC Fees need to be established for 2016

	DVLMSC 2015 fee	DVLMSC 2016 fee	USMS 2016 fee
Individual full year	\$5.00		\$39.00
Individual end of year (9/1/15 – 12/31/15)	\$5.00		\$25.00
Club fee	none		\$25.00
Workout group fee	none		\$25.00
Club transfer fee	\$5.00		none
One event fee	none		\$15.00

Reminder:

When requesting a mass email sent to membership, please include all information, written as you would like it sent out, including how it is to be titled, all copy, and such. I can not forward emails. Please write the copy you want sent and do not just say....let everyone know about such and such.

An email policy would be most helpful as it seems with each email I sent, someone was upset.

Sanctions Report 2015

Submitted by George Horan

Since the meeting last October there were five pool events sanctioned or recognized.

- 1. Gettysburg YWCA**
- 2. Ursinus College**
- 3. Phoenixville YMCA**
- 4. Upper Main Line YMCA**
- 5. Lower Bucks Pentathlon**

Gettysburg and Ursinus were sanctioned meets, the rest were recognized meets. The meet planned at Burlington County College on March 29th was canceled as the pool maintenance was not completed in time. Again this year there were talks of additional meets (LaSalle, Drexel, Cabrini) but none of them got organized. For the remainder of this year both Gettysburg and Ursinus are on the calendar, 11/21 and 12/13 respectively. I have also been contacted by the Aquatics Director of Franklin and Marshall College for a meet in early November but have not received any further correspondence.

An Open Water event was sanctioned this year, Escape from Lewes. The event had to be canceled because of unsafe surf conditions, but is planned for next year. Securing a sanction for this event was a time consuming process that extended for months. A sincere thanks to Charles Bender for guiding us through the process. DelMo Sports is planning this event again for next year and has issued free entries to all swimmers that were signed up for this year's event.

For the calendar year 2016 I have not yet heard from any of the meet directors. I will be sending out emails soon to see what they are planning for next year.

All teams this year submitted their meet database for top ten recording in the timeline suggested by USMS. That is two years running that we have met that timeline.

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 2016.

2015 Competition Report

Delaware LMSC

By: Gary Sangmeister

Summary

From October 2014 through April 2015, with help from my fellow swimmers, we collected information on 13 events in 5 different states (PA, NJ, NY, MD, and VA). Each month held at least one event with the greatest travel distance from Montgomery County being approximately 150 miles one way. Five meets were Delaware Valley LMSC meets.

2014- 2015 Pool Events

Date	Meet	# Teams	# Swimmers	# Splashes	Splashes Per Swimmer
Oct 11th, 2014	Sussex County YMCA New Jersey - NJLMSC	8	24	66	2.75
October 18th, 2014	Drew University New Jersey - NJLMSC	10	34	95	2.79
Nov 8th, 2014	Gettysburg College Pennsylvania - DVLMSC	11	26	60	2.31
Nov 23rd, 2014	Bill Ross, Naussau County New York - MetroLMSC	34	123	348	2.83
Dec 14th, 2014	Ursinus College Pennsylvania - DVLMSC	13	99	310	3.13
Dec 12-14th, 2014	SCM Zones Virginia - VALMSC	30	119	388	3.26

Jan 18th, 2015	Phoenixville YMCA Pennsylvania - DVLMSC	10	69	160	2.32
Feb 1st, 2015	Upper Main Line YMCA Pennsylvania - DVLMSC	15	121	465	3.84
Feb 15th, 2015	OCY NJ Championships New Jersey - NJLMSC	27	168	471	2.80
Mar 1st, 2015	LB "GARSOE-SCHERMERHORN" Pennsylvania - DVLMSC	19	86	324	3.77
Mar 7-8th, 2015	College of NJ New Jersey - NJLMSC	26	111	327	2.95
Mar 21st, 2015	Albatross Open, Bethesda, MD Maryland - PVLMSC	34	213	551	2.59
Apr 10-12th, 2015	SCY Zones Virginia - PVLMSC	74	510	1812	3.55

2014-2015 Conclusions

What works?

- Calendar date of the event is important (no overlaps, two weeks apart from other events, holidays, later in the season)
- Events at the meet have an impact on participation and revenue (25's seem to be popular, distance events, unique nature of the event, etc.)
- Promotion of event will increase participation
- Quality of a pool and execution improve experience and return of swimmers
- Consistency of event improves participation

What doesn't work?

- October events are poorly attended, some swimmers don't feel ready until January
- Holidays have an impact on people's availability to participate
- Poor execution, pool set-up, and event/pool quality keeps competitive swimmers away
- Poor attendance is bad for those that do participate as well....events happen too close
- Weather can be a challenge

2015-2016 Calendar

*indicates a meet outside of DVLMSC our swimmers may attend

October

- Sussex County YMCA*
- DCAC Wilson Aquatic Center*
- GMUP Sprint Classic*

November

Gettysburg

December

Ursinus

January

Phoenixville

February

- Upper Main Line YMCA
- Ocean County YMCA*

March

- College of NJ*
- Burlington

April

SCY Zones*

Potential exists for either a DVLMSC SCM Championship in October/November or a DVLMSC SCY Championship in March.

2015 Webpage Report

Delaware LMSC

By: Dan Allen

Since our last meeting, the webpage has been updated 103 times. A breakdown of the changes is listed below. The majority of the changes are adding and updating events.

	Changes	Percentage
Adding New Pictures	2	2%
Adding Results	5	5%
Informational	6	6%
Maintenance – changing the code to accommodate data or run more efficiently	25	24%
Miscellaneous	2	2%
Posting Updated Records	3	3%
Updating or Adding Events	52	50%
Updating Places to Swim	8	8%

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 if we didn't have it. Below is a list of to the pools that have not been verified.

City	Facility	Contact/email	Verified
Rehoboth Beach	Sussex Family YMCA	Lydia Schmierer	2014
Wilmington	Delaware Swim and Fitness	Michael Ramone	2013
Burlington	Burlington YMCA	Peter Holcroft	2014
Cherry Hill	Jewish Community Ctr.	Tanya O'Donohue	2013
Glassboro	Rowan U. (Burlington C.C.)	Recreation Center	2013
Hamilton	Hamilton Area YMCA	Nicole Bizuga	2014
Medford	Medford Fitness	Maureen Faber	2014
Mt. Laurel	Burlington County YMCA	Peter Holcroft	2014
Sewell	Gloucester Co. Voc.	Chris Miller	2014
Trenton/Ewing	College of N.J.	Brian Bishop	2014
Vineland	Vineland YMCA	Michael Kearns	2013
Wildwood Crest	Von Savage Pool	Mike Martin	2014
Allentown	Rodale Aquatic Center	Director	2013

Abington	Abington YMCA	Casey Cole	2013
Bethlehem	Bethlehem T-ship Comm. Center	Art Zawodny	2014
Boyertown	Boyertown YMCA	Kathy Undercuffler	2013
Bryn Mawr	Bryn Mawr College	Megan McLain	2012
Camp Hill	West Shore YMCA	Rachel Beck	2013
Chalfont	Philadelphia Sports Club	Lisa Ezokas	
Chambersburg	Chambersburg YMCA	Angi Johnson	2014
Coatesville	Brandywine YMCA	Kristy Cornman	2014
Collegeville	Perkiomen Valley High School	Robert Bonsall	2014
Concordville	Garnet Val.M.School	Michele Dowd	2013
Danville	Danville Community Center	Rebecca Perruquet	2013
Fairless Hills	Pennsbury High School	Bob Magg	
Feasterville	Poquessing Middle School	Cyndie Bowman	
Fort Washington	Germantown Academy	Laurie Hug	2014
Hanover	Hanover Area Family YMCA	Tammy Shore	2014
Harrisburg	Friendship Center	Jan Hastings	2014
Harrisburg	East Shore YMCA	Dee Fisher	2014
Harrisburg	West Shore YMCA	Rachel Beck	2014
Lansdale	North Penn YMCA	Amy Simmonds	2014
Lansdowne	Lansdowne YMCA	Terry Fonio	2013
Lebanon	Lebanon Valley YMCA	Dustin Long	2014
Feasterville	AFC Feasterville	Raymond Keown	2014
Malvern	Malvern Prep	Marylisa Barnes	2013
Newtown	Newtown Athletic & A.C.	Brandi Perkovich	2014
Philadelphia	Christian St. YMCA	Jennifer Leupold	2014
Philadelphia	Columbia North YMCA	Lillian Penn	2014
Philadelphia	Fins Aquatics Club	FINS President	2012
Philadelphia	Germantown Life Enrichment Center	Doris Swarn	2013
Philadelphia	Northeast Family YMCA	Jon Faikish	2013
Philadelphia	St. Josephs University	Bob Krotee	2013
Philadelphia	West Phila. YMCA	Gloria Sephes	2013
Phoenixville	Phoenixville YMCA	Dana Glodek	2014
Pittston	Greater Pittston YMCA	Susan Vosik Pekala	2014
Radnor	Radnor H.S.	Pool staff	2014
Radnor	Cabrini College	Cindy Ikeler	2013
Reading	Reading YMCA	Ken Borkey	2014
Secane	Ridley Area YMCA	Kevin Pierce	2014
Springfield	Healthplex Sports Club	Erik Jones	2013
State College	Penn State University	Rebecca Kerstetter	2014
West Chester	West Chester YMCA	Lisa Prince	2012
West Grove	Jennersville YMCA	Aquatics	2014
Wilkes Barre	Wyoming Valley CYC	Jennifer Knickman	2014
Wynnewood	Friends' Central School	Kerry Sherin	2013

Top Ten-Records Report

By: Thomas J Patterson, thomaspat1@yahoo.com

SCM 2014

I submitted times for the Gettysburg meet and the Phoenixville SCM meets. This was the first year that Gettysburg hosted a meet which was a good option for swimmers in the Western part of the LMSC. I suggested to add longer events to attract swimmers from the Philadelphia region. I think that they got enough attendees with the events they decided. The meet director is hosting their 2nd annual meet in November 2015.

Our LMSC USMS Top Ten numbers went down from 92 top ten swim to 45 top ten swims. I assume that there wasn't a local SCM in the fall of 2014 as one justification for lower number.

SCY 2014-2015

In December, Ursinus College hosted the Ursinus College Classic for the first time. The meet was well run and had an excellent turnout. It was a nice pool to have it in too. UMLY brought back their yards meet in February thanks to Stephanie Walsh-Beilman. Pennsbury hosted their Pentathlon meet as usual. Burlington cancelled their meet.

Delaware Valley USMS Top Ten for SCY were 89 swims in 2015. It was up from 50 in 2014. It also helped that Laurie Hug got to swim in 2 age groups this year. 😊

LCM 2015

There were no local Long Course Meets in Delaware Valley this summer. I would suggest to reach out to maybe the Boyertown Community Center LCM pool since they have hosted age group meets there. Maybe UMLY will have something next summer once the construction is on the new long course. We can discuss this more in the Meet Schedule section of the meeting.

The preliminary USMS top Ten report hasn't been posted at the time of publication of this report. Based on my records work, we should have a decent number of top ten swims.

Delaware Valley Records

There were a lot of records broken in the last year. Based on my record recording, I had to edit a lot more records on the women's side than the men's side.

Officials Committee Report – 2015

Stephanie Walsh Beilman, Chair

The Chair makes available the Middle Atlantic certified Officials list to any Meet Directors who request it. Last year a specific list was provided to Gettysburg YMCA for their November 2014 meet.

The Treasurer orders rulebooks each year from USMS. These are sent to the Sanctions Chair, who sends them to our LMSC Meet Directors. Club contacts are also sent copies of the current rule book directly from USMS, and it is available each January online at USMS.org or via mail. Available are a full rule book and a short version with meet information.

During a USMS phone conference in the spring, there was much discussion about if and how officials are paid. Some LMSCs pay cash, gift cards, gifts, etc., to show them that they are valued and to keep them coming back to work at future Masters meets. Our LMSC often uses volunteers.

There is a new rule change regarding the push-off from breaststroke to freestyle in the IM. At the annual meeting, I will hand out official interpretation of this new rule change. Fin blocks and backstroke ledges will be permitted at upcoming National Championships if the host facility has them available.

I participated in a USMS officials Chairs' survey re: finding officials to work at local Masters meets. DVMSC rarely has a problem supplying our meets with certified officials, since we are given access to the Middle Atlantic Swimming Officials list.

The USMS Certification sub-committee has delivered a proto-type online training course which can be used for training and certification of USMS entry level (stroke and turn) officials. It was partially demonstrated at the convention in Kansas City and appears to be easy to use with the added feature of an embedded stroke video.

2015 Open Water Swim Season Summary

Delia G. Perez – Open Water Representative
Delaware Valley Local Masters Swim Committee

The 2015 open water season offered more than 70 open water swims at the shore and nearby states. A new swim option for this season featured the 1st Annual Pier-To-Pier Challenge held in Wildwood, New Jersey, on August 1st 2015.

May 24th 2015 offered good season opener swims with the very competitive Navesink Swims (1.2 or 2.4 miles) in the Navesink River with tri-athletes heavily represented.



Start of the Great Chesapeake Bay Swim

June 14th 2015 resulted in a very hot and humid day with temperatures in the mid-90s and water temperatures between 78 degrees in the mid-channel and 86 degrees in the shallow areas near the start and finish. Overall, the swimming conditions were good for the annual Great Chesapeake Bay Swims (1 or 4.4 miles) finishing nearby Hemmingway's restaurant in Maryland. The One Mile Bay Swim starts and ends at the finish line for the 4.4 Mile Bay Swim and conditions varied for both swims. The One Mile Swim course directed swimmers into the wind for the first leg of choppy water plus exhaust fumes from safety boats. Then the second leg turns sideways to the wind and then turn into the final leg with the wind at our backs. Because the One Mile Swim course is held in more shallow water, the water temperature hovered between 80 and 86 degrees, and wetsuit swimmers were overheating by the time they turned into the final leg of the course.

Throughout the 4.4 Mile Swim, Ben Lawless stroked through the waters beneath the Chesapeake Bay Bridge chasing the race's leader and two-time winner, Andrew Gyenis. He felt good, or at least as good as anyone can feel after swimming a near-marathon distance in 80 to 86 degree water while breathing air 10 degrees hotter. He had swum Gyenis's feet for most of the race, drafting off the champion of 2010 and 2012. When it was time to make his move, Lawless surged into the lead with about 500 yards to go. Breathing every stroke into the sandy beach, Lawless finished in a time of 1 hour 26 minutes 41 seconds, edging Gyenis, a rising Stanford senior, in the 4.4-mile open water race by 11 second Sunday afternoon. It was the fastest time in the last five years and just a few minutes off the course record.

"I was behind him (Gyenis) for the whole race," Lawless said. "I didn't know what he had left, but I held my stroke the whole way, and I knew I was in good shape, so I went for it." Lawless, a rising sophomore at Florida who stunningly qualified for the NCAA men's championships after having been left off the conference team this past season, improved his time from last year by more than five and a half minutes to claim top honors, leaving most of the estimated 645-person field behind in the race from Sandy Point State Park, Annapolis, to Stevensville, Maryland. "It was very hot. I feel bad for everyone who had to stand and watch me," Lawless joked. The water conditions were "a little rough, but about 2.5 miles in, it was close to glass."

Ben Lawless had another goal in mind – winning without a wetsuit. He estimated that nearly three-fourths of the field wore one. The Northern High All-Met wore a worn practice speedo, which garnered him a pair of glass plaques: one for winning, and a second for winning without a wetsuit. This was Lawless's second major open water race of the year — he placed 19th overall in the men's 10-kilometer event at USA Swimming's open water nationals — but the Maryland high school state 200- and 500-yard freestyle record holder is still focused on the pool.

Gyenis, who became the youngest champion in Bay Swim history when he won in 2010 at age 15, returned to the Bay Swim after a three-year layoff with the hopes of setting a course record. The former age group swimmer turned junior national team triathlete turned collegiate rower turned professional swimmer has had a circuitous path back to the water. After giving up triathlon to pursuit rowing upon his arrival at Stanford, Gyenis put down his varsity oar and hopped back in the pool this spring to pursue swimming full-time. The 20-year-old holds professional status with a few entry-level sponsorships. While an experienced open water swimmer, he hopes to add an Olympic trials cut in the 1,500-meter freestyle and compete at U.S. nationals as well.

Patrick Donahue, 41, of Bethesda placed third in 1:28.45, finishing ahead of 2013 winner Andrew McKissick, 19, of Elliott City by a second.

Katie Fallon, 19, of Warren, New Jersey, won the women's overall in 1:42:18; she is a rising sophomore at Providence College. Gyenis's younger brother, Daniel, age 14, of Machine Aquatics finished second in the 14&under category with a 1:46:19, trailing York's Nick Highman, also 14, who placed 14th overall in 1:42:14.

Doug Bergen (Ocean City, New Jersey) reported that he usually doesn't think twice about wearing the wetsuit, and absolutely loves swimming in it. But the unbroken sun, 90-degree air and hot water on the beach at Sandy Point State Park posed a quandary: Endure the heat and take the float of the wetsuit ... or beat the heat and take the sink of not wearing the suit. Doug opted for the suit. There were some good stretches of not horribly hot water (I guess the buoys read 78 to 80 degrees?), but there also were some awfully hot stretches at the beginning and end. He tried to swim in the shade of the south span, and that worked pretty well in keeping the sun off the back of the suit. And Doug was actually able to sight without looking up too much by looking at the edge of the shadow in the water below.

Bergen thinks that a high-tide swim has been more common over the years he's done the 4.4 Mile Swim, so it was a bit different getting pushed right and south at the beginning (actually

for about three-quarters of the swim), then getting pushed left and north at the end. But neither tide was too strong. Doug didn't feel as if I had the strongest swim, but placed in Top 50 for only the second time of his 13 swims across the bay. He wonders if the field is getting generally weaker over time, though his finishing time this year was comparable to some years with worse conditions and the "hot water" was probably a big factor this year.

A total of 353 swimmers (as compared to 440 swimmers in 2014) completed the 2015 One Mile Bay Challenge Swim. The 4.4 Mile Swim offered a consistently warm (80 to 86 degree) water temperatures throughout most of the course. A total of 635 swimmers checked in (16 did not finish) and 619 swimmers completed the 4.4 Great Chesapeake Bay Swim. Race results for the last five years indicate that between 79 and 97 percent of swimmers finished the Great Chesapeake Bay Swim. The lowest completion rate of the race occurred in 1991 and 1992, when a strong ebb current in the main channel beneath the Bay Bridge led to fewer than 20 percent of swimmers finishing the event. Results can be found at www.linmark.com



Dinner at Cantlers the evening before the Great Chesapeake Bay Swim – (left to right around the table) Kuni Mihara, Doug Frohock, Dave Hirsch, Kathleen Dwyer, Dave English, Mike Keating, and Delia Perez (Doug Bergen took the photo).

June 14th 2015 and the Escape the Cape Triathlon includes a swim from the Cape May Ferry. The race director, Steve DelMonte, DelmoSports, Inc., permits participants to either swim & bike or swim & run, in lieu of completing the full triathlon. Unfortunately, this is the third year that Steve has scheduled the event for the same day as the annual Great Chesapeake Bay Swim. This year, Steve organized a new event in Lewes, Delaware, on Sunday, September 27th 2015, allowing swimmers to participate in either the 5K (overpriced at \$179) or one mile (overpriced at \$119) swims that begin by jumping off a Cape May-Lewes ferry boat in Lewes Harbor. Unfortunately, Steve decided to schedule his swim the day after the 21st Annual September Splash Swim in Wildwood Crest, New Jersey, and such scheduling will most likely affect participation at these swims. The 2014 September Splash had more than 250 swimmers participating in either the one or two mile swim races.

June 21st 2015 and the informal Donny Fund Swim (pick your own distance) held in Pleasantville, New Jersey, is a fundraiser for children with cancer. 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 26^h 2015 and a pleasant evening for the half mile swim and the one mile Independence Day Swim in Beesley's Point, New Jersey (at the sea-doo beach location across from the Tuckahoe Inn. Race director, Liz Casey, directs swimmers to a box course out towards the bridge, then turn towards the "cooling tower" at the power plant, turn again towards the start and finish back at the starting point on the beach for the half mile swim. The One Mile Swim required two loops around the course. Due to either strong incoming and outgoing tides, the race organizers selected a "box course" in an attempt to minimize swimming against the tides. That evening, 47 swimmers finished the half mile swim and 132 swimmers completed the one mile swim. Results found at www.lmsports.com

June 27th and the 2015 Bridge-to-Bridge Swims in the back bay of Atlantic City were held in warm water (mid-70s) on a stormy afternoon with threatening thunder storms and an air temperature hovering around 70 degrees. There was a little bit of a tidal pull on an outgoing tide for the 2K Swim. The 5K swim started after the 2K Swim and followed the traditional out and back course just shy of the Dorset Avenue Bridge and back to the Atlantic City Crew Boathouse. USA swimming rules dictate that swimmers cannot wear jewelry (except a wedding ring) or watches – and finger nails must be trimmed near the fingertip – otherwise, nails were cut on the spot by race officials. The 2K race follows an out-and-back course toward Fenton Island and the Atlantic City Expressway and back (even though one never really sees Fenton Island).

Because of the threatening skies, the 5K Swim was started about 20 minutes earlier than scheduled. The first leg of the swim towards the Dorset Street Bridge seemed to be with a slack tide and somewhat choppy water with the wind at our backs. After the turn just before the Dorset Street Bridge, we realized that we were swimming into an increasingly stronger incoming tide. The weather worsened and not only did we swim into the tide but also into a strong wind that churned up the water as it began to rain sideways. The faster swimmers had less of a problem with the worsening weather and less tidal effects but the slower swimmers were greatly challenged as swim conditions worsened throughout the course to the finish by the boathouse. Sighting the Albany Street Bridge through the rain and choppy

water was a relief knowing that there really was an end to the swim. Jack Etter (age 18) was the top finisher (59:31 minutes) for the 5K Swim finisher and the last swimmers (52 year-old Arthur Bugay and 47 year-old John Mateer) finished in 2 hours and 18:87 minutes – a huge difference of almost an hour and twenty minutes behind the young first place finisher. The 5K Swim was truly a “mountain top experience” for the slower swimmers competing in worsening tidal and weather conditions to the finish!!! After all the swimmers had safely returned to the boathouse, we waited more than 3 hours for the awards to be tallied and presented to the top swimmers. Due to the worsening weather conditions, some of the race volunteers left their post at the finish line and there were discrepancies between the “official” times and times assigned to the slower swimmers. Since we could not wear our watches, we will never have a good approximate time for the actual duration of our individual swims.

Seasoned swimmers and young swimmers alike were frustrated with such a disorganized and inefficient swim award process. It seems there was an argument between the timing service and the race director a few days prior to the swim and all results were manually tallied. The race officials blamed the delay in results on the rain that soaked the timekeeper papers that were not kept dry throughout the day. The Bridge-to-Bridge has become a USA Swimming event, populated with a lot of speedy young folk, and not too many of the older masters level swimmers. In the 2K Swim, there was a total of 72 finishers and of these, only 8 were masters level swimmers. In the 5K Swim, there were 52 finishers and in this event, there were only 14 masters level swimmers. Results are available at (www.swimpva.org).

Race Director, Dimitar Petrov, has sanctioned the Bridge-to-Bridge Swims with USA Swimming to attract more young pool swimmers and for this reason, he schedules the event based on the Middle Atlantic long course pool schedule. Historically, the Bridge-to-Bridge Swim was dominated by masters level swimmers but now the event is predominately populated by youth swim teams. The swim is now a Middle Atlantic Open Water Championship and is scheduled so as not to conflict with the Middle Atlantic schedule. The swims are now usually scheduled the morning after the evening Independence Day Bay Swim because this is the only weekend without a pool meet. Due to the prolonged winter and cold water in the beginning of June, the race director scheduled the swims at the end of June after many youth teams expressed their concerns about swimming in cold water.

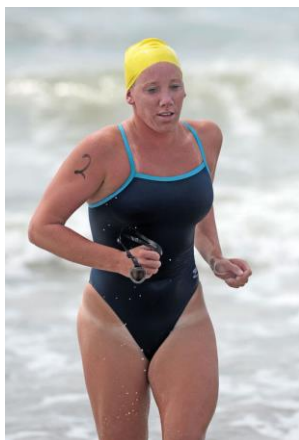
July 11th 2015 – 2nd Annual Brigantine Beach Annual Ocean Swims and these swims have limited swimmer participation. Robin Taylor serves as the race director and also runs the Green Heads swim program in Brigantine, New Jersey. The three ocean swim venues – 800 meter, 2K Swim, and 10K Swim – were advertised as “with the current” courses in the ocean but instead, the swim course directed swimmers into the oncoming current. There were only 3 swimmers in the 10K Swim and only two finished: Dylan Leer (male aged 17) in 2:24:42.1 and Kelly Pontecorvo (female aged 23) in 2:49:45.8, and the DNF swimmer was too seasick! The 2K Swim had 43 swimmers and only 16 masters swimmers. And the 800 meter swim had 13 young swimmers. These swims are USA swimming events and governed by USA swimming rules. Feedback from those who entered the 2K Swim focused on the race director and officials who should have changed the course of the swims with the direction of the current but instead, swimmers were tortured by an unresponsive race director who seemed very unconcerned for the safety and comfort of the participating swimmers.

July 12th 2015 – Steelman Open Water 1.5 & 3 Mile Swims (www.steelmantriathlon.com)



Start of the Ocean City Masters Swim: First Wave of Male Swimmers

July 18th 2015 and the 36th Annual Ocean City Masters Swim remains as another morning swim after changing from its original evening venue four years ago – annoying those of us who don't like morning swims! The warm 10 a.m. swim gave swimmers a strong south bound current that morning for 200 swimmers. Results can be found at www.lmsports.com



Hayley Edwards



Quinn Cassidy

Hayley Edwards with the Stone Harbor Beach Patrol had a title to defend — actually six titles, in fact. Edwards of Pilesgrove, NJ, has been the first woman to finish the grueling mile-long swim at Ocean City's 34th Street beach ever since she first entered the contest in 2009, when she was 17. She has registered for the race every year since, and the results have not changed. Hayley was a woman on a mission and nothing would slow her down — well, except the seaweed. "The seaweed's not really a problem unless you're grossed out by it, which I am," she said with a smile.

Despite the abundant presence of the green, leafy nuisance, the former Villanova University standout rode a strong current to defend her title on Saturday. Edwards had a race for the Stone Harbor Beach Patrol on Friday night, so she was feeling tired in the hours leading up to Saturday morning's race. The fatigue did not show, however; Edwards's time of 18:16 was fourth fastest overall, and the best time by a woman by 24 seconds. Edwards, 25, held off

Ocean City's Lexi Santer, 19, (18:40) for her seventh consecutive Master's Swim victory. Katherine Schaefer, 16, (20:02) of Jamison, PA., was the third female to finish.

The overall winner of the race was Quinn Cassidy, 19, of Ocean City. Cassidy is a collegiate swimmer at the University of Florida, and he finished the mile-long ocean swim with a time of 17:15, a full 14 seconds faster than the second place finisher. Making his first appearance in the Master's Swim, Cassidy, a member of the Ocean City Beach Patrol, knew that the crashing waves of the ocean would make for starkly different swimming conditions than a cozy, heated Olympic-style swimming pool. "Ocean racing is always a different animal," Cassidy said, "but I just wanted to have a good, fun race out there."

John Gregory, 17, of Claremont, was next to cross the finish line with a time of 17:29. He was followed by Douglas Grisbaum, 15, of Ocean City. The youngest member of the top 10, Grisbaum finished at 18:07. Each of the top three male and female finishers were awarded plaques for their efforts.

In 2014, the elder statesmen in the race had their way in the Master's Swim, as the top two finishers were both above 40 years old. In total, three of the top 10 finishers in 2014 were above 40. This year's race apparently signaled a changing of the guard among the Jersey Shore's elite swimmers, as each of the top 12 entrants was under the age of 24. Last year's champion Bob Pugh, 52, of Wyndmoor, Pa., was the first over-30 entrant to finish the race with a time of 18:56 minutes and the 13th overall finisher.



Rainbow at the 2015 Pier-To-Pier Challenge – Bill Auty (center) – Barbara Cresse (right)

August 1st 2015 and the 1st Annual Wildwood Pier-To-Pier Ocean Swim sponsored by the Wildwood Beach Patrol and the South Jersey Triathlon Club was held at 6 p.m. Race directors, Bill Auty (WBP) and Barbara Cresse (SJTC), are working on getting "sea legs" for this evening event and hoping to increase turnout for this new swim in Wildwood. 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. The unique course allows competitors to come in through the surf twice throughout the course. Body surfing skills and navigation expertise were also needed to negotiate the

course. Along with the waves was a strong in shore current that was running to the south. Due to this current, most swimmers were swept past the first swim buoy and did an excellent job getting around the first swim marker. The top male finisher was Tom Swift (age 42) in 18:27 minutes and the top female finisher was Lexi Sauter (age 19) in 19:42 minutes in this one mile ocean swim. The evening Pier-To-Pier Challenge had 85 swimmers who finished the swim with 3 to 5 foot waves and a rough and tumble swim to the finish!



"Golden Arch" Finish Line – the 2015 Pier-To-Pier Challenge



August 15th 2015 and the rescheduled 31st Annual Mid Summer Lavallette Ocean Swim was held at 8 a.m. that morning. The swim was postponed from the morning of August 8th due to rough surf conditions. After a mile walk down the beach, the USA swimmers start first at 8 a.m. for the 11 to 18 year old swimmers – for the 1.2 Mile New Jersey Open Water Championship for young USA swimmers. The swim no longer offers a USMS division and is now limited to just two divisions for open championship and USA swimmers. And at 8:20 a.m., the One Mile Open Championship started and there is also a wetsuit division. At the finish, it is usually 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 fall without getting a solid footing to climb onto the beach. Due to rescheduling this year's swim, there were only 85 swimmers participating this year. Swimmers can enjoy muffins and crumb cake and other goodies while waiting for the results of the swim. Results for the Mid Summer Lavallette Ocean Swim are available at (www.j-chipusa.com/results).



Doug Grisbaum and Alexis Shollenberger – first male (17:21 minutes) and female (20:43 minutes) finishers at the 2015 Yates Swim

August 8th 2015 and the 44th Annual Yates Swim remains as a morning swim with a 10 a.m. start but this year, the one-mile swim was relocated to States Avenue in Atlantic City. This site serves as the traditional start for the Pageant Swim and the change in location resulted in reduced swimmer participation. Last year, there were 68 swimmers as compared to 42 swimmers in this year's swim. The sky was overcast and the ocean was a chilly 69 degrees with 4 to 6 foot waves, winds gusting from the northeast between 10 and 20 mph, choppy swimming conditions and rip currents running south along the beach. The traditional "lifeguard style" course started north of the now closed Showboat casino and directed swimmers straight out to sea towards the red flag and then south toward the pink flag and then back to the beach finishing almost in front of the Taj Mahal casino. Swimming conditions were tough and finding the two flags in such bouncy water made it difficult to site the course. It was a navigational swim requiring swimmers to be aware of where they were on the course to avoid the rip currents that swept a few swimmers south near the shore and under the Steel Pier. Surprisingly, some experienced swimmers did not navigate well enough to avoid being swept south while 11-year-old, Dolan Grisbaum (Doug's brother) finished his swim in 19:33 minutes. Given the new location for the swim, the Atlantic City Beach Patrol did not grill hot dogs for the swimmers this year but informed us that there would be fruit and water instead. But at the end of the swim, there were no refreshments for the swimmers! Historically, the Yates Swim was always held on a Friday evening and began at 6:30 p.m. and our preferred swim course is in the inlet swimming with a fast incoming tide towards the back bay and Gardners Basin. Previously, this evening swim and inlet course attracted as many as 200 to 250 swimmers. Race director, John Malecki, mentioned that they are trying to work behind the scenes to hopefully return the Yates Swim race course back to the inlet where it used to finish in Gardiners Basin. Back in March 2015, the Atlantic City Council instituted a restricting plan for the Atlantic City Beach Patrol eliminating the position of chief and one assistant chief and three members of the boathouse staff. These cutbacks probably caused the relocation of the Yates Swim to States Avenue while the swim is held in the morning without having to incur any overtime pay for the ACBP if the swim was held in the evening. But given the current dire economic situation in Atlantic City, the city council could care less about open water swimming and probably prefers to see an end to the ACBP hosting of such events. We'll have to wait and see what happens to the future of open water swimming in Atlantic City. Results are currently not available at www.acbp.org nor at www.atlanticcitybeachpatrol.org because it is "under construction" due to the lack of a webmaster for the Atlantic City Beach Patrol website.



Doug Farrell – Honorary Chief in the Longport Beach Patrol

August 16th 2015 and the Captain Turner Ocean Swim was held at 9 a.m. in Longport, New Jersey. Doug Farrell is a long time Longport resident and an avid ocean swimmer. In 2006 he was diagnosed with Multiple Myeloma. In 2014 he approached the Longport Beach Patrol about the possibility of using the annual Captain Turner Ocean Swim to raise funds and awareness of blood cancers. The Leukemia & Lymphoma Society(LLS) is the world's largest voluntary health organization dedicated to funding bloodcancer research, education and patient services. LLS's mission is to cure leukemia, lymphoma, Hodgkin's disease and myeloma, and to improve the quality of life of patients and their families.

More than 100 swimmers participated in the ½ mile swim and 20 children, less than 12 years of age, participated in the 200 meter surf dash event. It was a beautiful morning and a beautiful ocean with a light current, calm seas, and 75-degree ocean water temperature. As the swimmers and spectators gathered for refreshments and the awards presentation, the Longport Lifeguard Association and the men's lifeguard chorus sang a sentimental version of an Irish favorite, Home from the Sea. Major benefactors of the Captain Turner Swim received commemorative hand-crafted pottery plates depicting a swimmer in the ocean. The event raised over \$25,000 for the Leukemia Lymphoma Foundation and the International Myeloma Foundation. The organizers strongly emphasized that this was a community event and not just a swim race. Equally important to their fundraising efforts was the awareness that such an event brings to the local community. Almost everyone knows someone with cancer and people want to help and the Captain Turner Swim is now an event allowing others to support a worthy cause to research and cure blood cancers. And as a special token of recognition, the Longport Beach Patrol made race director, Doug Farrell, an honorary chief in the Longport Beach Patrol. They also presented Doug with a robe to keep him warm after a chilly morning swim. Doug has been swimming at the Longport beach for over 30 years and expressed his gratitude to the LBP for their support of the foundation's mission. He said the LBP "is like my family and I'm just so proud to be a friend of theirs."

"To me the sea is like a person – like a child I've know a long time. It sounds crazy, I know, but when I swim in the sea I talk to it. I never feel alone when I'm out there." ~~ Gertrude Ederle ~~

August 23rd 2015 and the 6th Annual 5K Cedar Island Swim in Avalon, New Jersey, treated 150 swimmers to an enjoyable swim around Cedar Island in 77 degree water. Actually, Cedar Island has become my personal favorite these days especially since the Yates Swim is no longer an inlet swim with the incoming tide where the race finished in Gardner's Basin in Atlantic City. Today's conditions were almost perfect and there wasn't too much choppy water on the first leg of the course south along the marsh before turning left into the residential area for the rest of the "box" course. And of course, the swimmers wearing a wetsuit had faster times. I stopped at the champagne boat and enjoyed two big sips from a

fluted "glass" before heading down the last leg of the course. Along the course, there is a boat along a dock that offers champagne to the swimmers. If you see the boat, then stop long enough for a toast and continue swimming to the finish back at the Avalon Yacht Club. Since its inception in 2009, race director, Midge Kerr, began this "champagne toast" as a very inventive way to celebrate the swim while refreshing the palate from all the salty water. It was very pleasant swimming with 150 swimmers strung out along the course and on such a beautiful day, we were all just living the dream!! This year, the after swim refreshments included pizza from Tonios and cream donuts from Kohler's Bakery. 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 awarded to just the top five overall male and female swimmers, grand masters, and top three (first to sip) champagne winners.



Retired Delaware State Trooper, Ray Peden, is "living the dream" as a life guard for the Rehoboth Beach Patrol at the Lake George USMS Championship 2.5K Swim

August 29th 2015 and the USMS National Championship 2.5K Swim was held in Lake George, New York. Swim conditions were perfect and according to Ray Peden, it's one of the most beautiful places to swim. Ray Peden of New Castle, Delaware took first place (60-64 age group) at the 2015 Open Water Masters National Championships. Peden completed the 2.5K swim in 37:33.0 minutes. Second place went to Jack Tuholske of Missoula, Montana (41:22.7) and third place went to Mike Delaney of North Ferrisburgh, Vermont (41:58.8).

August 30th 2015 and the annual 9 a.m. Brigantine Elks Club One Mile Swim in the back bay only attracted 41 swimmers – and most of the participants are young swimmers.



John Malecki (race director with loudspeaker) and top 3 male (Doug Boehme 1st place without sunglasses) and top 3 female (Laurie Hug 1st place wearing a sun visor) swimmers in the 2015 Pageant Swim

September 5th 2015 and the 86th Annual Atlantic City Pageant Swim was another rough and tumble distance ocean swim this year! It was the toughest swim of the season but not as torturous as the 2013 Pageant Swim. The 2013 Pageant Swim was probably one of the toughest swims ever in the history of the 86 years the Atlantic City Beach Patrol hosted this event with a nightmare swim into the current and against the wind. The 2015 Pageant Swim had strong rip currents along the shore heading south and gusting northeast winds driving the 5 to 7 foot (and higher) waves diagonally towards shore along the swim course. Before beginning the race, the ACBP held a "powwow" about the swim conditions but decided to continue with the swim. The ACBP wished the Pageant Swim had been scheduled for the day before because ocean conditions were perfect that day! The start of the swim was very difficult negotiating the rip currents and waves pounding on swimmers attempting to swim over and under the waves out into the ocean. It was work to get out through the rough surf but after reaching the first turn flag near the Steel Pier, swimmers then benefited from the southbound current but had to manage the large waves and unpredictable choppiness that made it difficult for most swimmers to keep a consistent swim stroke. We all have exciting stories from the swim to tell ... and one of mine was being "lifted" up so high by a wave that I thought I was at Sea World with a trained young whale lifting me straight up into the air! Of course, I couldn't help but scream and that was a first for me!!! After that, I headed out to sea for France and kept away from the colliding waves breaking on our right side. Even with the southbound current, it was a lot of work swimming up and over and down the waves. Those swimmers who live at the shore and regularly swim in the ocean are regularly train in such ocean conditions vs. swimmers whose training is limited to pool swimming. Prior to the start of the Swim, the new race director, John Malecki (ACBP), announced to the swimmers that if they felt they didn't have the skills to safely navigate today's challenging ocean conditions, then they should not participate. This year, 7

swimmers opted out of the event and 133 swimmers finished. Today's swim produced fast finishing times, and Doug Boehme (age 17) was the first male finisher in 21:56 minutes and Laurie Hug (age 50) was the first female and third overall finisher in 22:26 minutes – and the final swimmer finished in 51:39 as compared with the last swimmer in the 2014 Pageant Swim who finished in 1 hour & 38:30 minutes. Results are currently not available at www.acbp.org because it is "under construction" due to the lack of a webmaster for the Atlantic City Beach Patrol website.

September 26th 2015 marked the final local swim for the 2015 Open Water Season with the September Splash (1 and 2 mile swims) held in Wildwood Crest, New Jersey. It was an overcast morning with 68 degree water, extremely blustery winds from the northeast and choppy water conditions. The box-course in Sunset Lake was choppy on the first leg as the wind pushed swimmers to the left as they tried to swim to the first turn. The second leg of the course had the worst conditions because we had to swim directly into the wind, constant choppy water and current – and the unrelenting wind and chop created a sensation of swimming with a constant "Neti Pot" irrigating our sinuses throughout this portion of the course. Turning right again on the third leg of the course resulted in slightly less choppy water as the wind pushed swimmers to the right. And finally, we were able to swim with the current and the wind on the fourth leg of the course. I decided to wear my full wetsuit for the swim to keep warm but ultimately, it was a huge disadvantage because of the buoyancy, the high winds tossed me around on top of the choppy waves and pushed me off course throughout the swim. So, even though I remained comfortably warm for the 2-Mile Swim, I also swam a much longer course! The 2-mile swim consists of two-times around the course. With its 9 a.m. start, the two-mile swim had the benefit of a higher tide that allowed swimmers to float over the rock and debris that have historically cut swimmers feet during the entry and exit from the water. At 11 a.m., the 1-Mile Swim participants had the challenge of to manage safely entering and exiting the water due to the lower tide conditions. Many swimmers have slipped on the rocks after finishing the swim and hurt themselves. This is a serious safety problem that has yet to be corrected! Even with a concrete entrance stairway into the water, the base of the stairway and area that swimmers need to walk over on their way out to the race start in the bay water is not free of debris and swimmers continue to cut their feet. There were 50 swimmers who finished the 2-Mile Swim as compared with 69 swimmers participating in the 2014 2-Mile Swim, and swim times were slower this year due to the swim conditions – the top three young (16 and 15 years of age) male swimmers finishing in less than 32 minutes (31:30 to 34:25 minutes). In the 2013 2-Mile Swim, the first place winner finished in 25:51 minutes, and the 2014 2-Mile Swim first place winner finished in 31:27 minutes – almost 6 minutes slower. Overall, there were 131 swimmers who finished the 1-Mile Swim as compared with 173 swimmers participating in the 2014 1-Mile Swim. And swim times were also slower for the 1-Mile Swim with the top three young (16 and 15 years of age) male swimmers finishing in (17:35 – 17:52 – 18:18 minutes) as compared to the top 2014 finishing times (16:00 – 16:02 – 16:04 minutes). In the 2013 1-Mile Swim, the first place male swimmer finished in 14:47 minutes, the 2014 first place male swimmer finished in 16 minutes, and the 2015 first place male swimmer finished in 17:35 due to the ever changing open water conditions.

September 27th 2015 and the Escape the Cape Open Water Swims were cancelled due to the windy and choppy conditions hindering the event being held in Lewes, Delaware.

The 2015 Open Water Season gave us gave us comfortable ocean temperatures and both calm and very rough seas, along with a variety of swimming venues. Traditionally popular swims, such as the Brigantine Bayfest, Ocean City, Yates, and the Captain Turner swims were all evening swims. Within the last few years, these swims were rescheduled to the morning and attract far fewer swimmers than in previous years. Perhaps this is the direct result of diminishing sponsorships for the swims as well as the increasing number of new swimming venues available within our local area that is luring swimmers from the historically long-standing swims at the South Jersey shore. And as a testament to these traditions, the ACBP Pageant Swim celebrated its 86th anniversary as the oldest open water swim in the country – well worth the experience of swimming in this 1 ½ mile ocean swim.

And finally, here's a teachable moment for us all to consider. According to Kelly Annie, jewelry designer with her own "perfectly imperfect collection" of handcrafted jewelry with soul, her "keep on swimming" bracelet inspires us – "Life can be as hard to live as swimming against the tide. But at the worst of times, if you will just remember to keep swimming, sooner or later you will develop the ability to swim through life like a fish through the ocean."

Delia G. Perez
Delaware Valley United States Masters Swimming
Open Water Representative

30th September 2015



DV Marketing Report 2016 Pamela Shepard

Most of my time has been maintaining the Delaware Valley Masters Swimming Facebook Page which currently has 377 members. Some of the members are local, and some aren't but are interested in our articles and information. Some members are relocating to this area that have recently joined. The goal of the Facebook Page is to replace the Lane Line which is no longer being used. I have spent time reading articles and posting ones that may be of interest to our members. I subscribe to many different sources of news including the NY Times, USA Today, as well as Swimming World, Swim/Swam, etc... The articles that are posted include items on nutrition and swimming related from our area and beyond. Everyone is encouraged to post their news. Also what has been posted has been meet information as well as open water swimming information. Everyone is encouraged to post pictures from recent swimming events or results from events. Facebook is a great way for everyone to communicate needed information with one another. It could be helpful in forming carpools/relays for meets, as well as gaining information on training equipment. Someone had recently asked a question about fins, and they received a number of replies. I have made the effort to keep out spam and scams. I allow no solicitation of any kind. I try to scan the person's Facebook Page before accepting them into the group. I may ask them questions if I feel suspicious about them. I usually get a reply if it is legitimate.

I haven't done a survey recently. I am not sure if we need to continue to do one or not.

United States Aquatic Sports (USAS) Convention @ the Downtown Marriott, Kansas City, MO

Sept 30-Oct 4 2015

Reported by Laurie Hug

This year the Delaware Valley LMSC had three delegates – Caroline Stein (FINS), Laurie Hug (1776) and Dave Diehl- (YWMA) attending the US Masters Swimming portion of the USAS Convention. Caroline and Laurie were delegates representing Delaware Valley while Dave was also a voting delegate by virtue of being on the USMS Board of Directors. We also were entitled to one other delegate. Charles Bender was slated to attend but ended up being a last minute cancellation. This convention which is held every fall has tracks for USA Swimming, USA Diving, USA Water Polo and Synchro USA in addition to USMS. This year was a Legislative year which meant that during the House of Delegate sessions the delegates voted on amendments to Legislative items.

Caroline was a first time delegate and found the process a bit overwhelming. (She had somehow avoided Parliamentary Procedures up to this point in her life!) She was astounded by process of decisions within USMS, people's dedication to the sport and the positive impact of swimming in general. She made many friends and networked a great deal; enjoying the New Delegate luncheon, the social, and socializing in the Hospitality Suite. Chance introductions and impromptu discussions were extremely beneficial in learning the workings of USMS/USAT. Overall, it was tiring and exciting but Caroline would recommend it to anyone wanting to learn about USMS in depth..

Items of interest in House of Delegates sessions:

Patti Miller and Mike Heather (nominated from the floor) ran for President. Patti won.
Skip Thompson, Lori Payne and Richard Garza ran for VP of Community Services. Skip won.
All candidates for the other positions up for election ran unopposed.

Proposed legislative changes that were pulled for discussion and voting:

:

L-1: Pool one event registrations were proposed to be no longer allowed. (Fail)

L-11: It was proposed to change sanctions from being solely established by the LMSCs to charging two fees – one national fee established by the HoD and an LMSC fee. (Pass)

L-16: it was proposed to allow records set at a sanctioned FINA meet by USMS members to be automatically considered for USMS records without further documentation and without need for pool measurement. (Pass)

L-35: All past presidents had been included on the board of directors as non-voting members. It was proposed that past presidents be limited to 4 years on the board after their term ends. (Fail)

L-41: Currently Rules and Long Distance amendments are made in even years while legislative amendments are made in odd years. It was proposed to remove the odd/even years and allow changes to all of these to be made any year. (Fail)

2017 Championship bids were approved:

- Spring Nationals: Riverside CA 4/27-4/30
- Summer Nationals: Minneapolis MN (August - TBD)

- > 9 miles: (10 m) : Chattanooga, TN 6/3
- >6-<9 miles: (7m) : Sarasota, FL 4/22
- >3-<6 mile: (5k) Elk Lake, OR 7/30
- >1-<3 mile: (2.4 m) Chattanooga 6/4
- 1 mile: Angle Lake, WA 9/23
- 2 mile cable: Foster Lake, OR 6/24

- One Hour ePostal: Ohio Masters Swim Club
- 5/10k ePostal: Swim Fort Lauderdale
- 3000-6000y ePostal: Loveland Masters Swim Club

The following summaries are from meetings that I attended:

Colonies Zone meeting:

-SCY Championships have been awarded, once again, to George Mason on April 8-10, 2016. There were no bids for Short Course Meters or Long Course Meters Zone Championships. A scm championship bid was received from New England after the convention and, if there are no other bids, it will be awarded the championship meet. U of MD probably will be able to host LCM Zones again but that is TBD.

-The Zone Chairperson position was up for election. Natalie Taylor and RC Saint-Amour were the candidates and took

questions from the floor during an open forum. Natalie Taylor was elected and Rand Villancourte was appointed as vice chair.

Coaches Committee:

- The ASCA Level 5 Certification should be finished by next September.
- 2015 World Championships were held in Kazan Russia and Nadine Day served as the unofficial coach
- The first -National Coaches Clinic was held in Nashville and will be held in even years going forward (next will be 11/16)
- Open Water Coaching Certification is being explored – it may be stand-alone or part of one/all of the existing L1-3 courses
- LMSC Coaches Chairs receive communications from the committee but it is unclear as to whether they are sharing the info with other coaches/members of their LMSCs
- Laura Hamel requests articles even if folks don't consider themselves writers. Anything submitted will be reviewed and edited..
- Coaches held swim workouts for delegates at a local pool on Thurs, Fri and Sat mornings (including stroke, sprint, middle distance, long distance, fitness and open water). Dryland at the hotel was also offered on those same mornings. I ran the Friday dryland session, and it went well but only had 6 people. I swam Thurs and Fri and both sessions were well attended.

.Recognition & Awards:

-Emphasis was placed on getting LSMSCs to recognize volunteers and increase the # of awards

-Swimoutlet.com will have USMS items for LMSCs to purchase as awards. There currently is a USMS section on their website with items that have the USMS logo such as caps, goggles, sports towels, tee shirts, visors, etc. These are not the same as the awards that eventually will be available but some items could be used to award members.

-Dot Donnelly Service Awards can be awarded to anyone who is a USMS member and are mainly awarded to those who are involved at the local level. They encourage members to nominate those who they feel are deserving as up to 15 people can be awarded this each year.

-Other awards they work on are:

- Ransom J. Arthur which is the biggest honor USMS bestows to recognize outstanding service to USMS
- June Krauser Communications Award for the person/group who excels most in communication to members
- Club of the Year Award but there were no nominations for regional clubs.

-Nancy Ridout was nominated (and honored Fri night) as an Honor Contributor to ISHOF

-A good portion of time was used to discuss how to recognize volunteers at the local level. Ideas that were given are:

- provide USMS items with the LMSC's name
- thank volunteers and let them know they bring value – thank you notes can be ordered and even downloaded
- USMS branded shopping bags (which would also serve to promote USMS in public)
- Personalized certificates presented along with "swag"

They also mentioned a club, SPMS, that had a great link with various awards they present. I immediately shot an email containing the link to our Social and Recognition Committee members.

Championship Meeting #1:

- there was a recap of both 2015 Spring and Summer Nationals. T
- meet directors for 2016 Spring and Summer Nationals discussed plans for their upcoming meets
- online relay entry is under investigation; paper entries would still be allowed.

Long Distance #2

-One major discussion was about what to do in regards of awarding All Star status with the cancellation of the 5k championships in Chicago. General consensus was that credit should be given but points would not be awarded. (To receive All Star Status one must compete in 3 events – at least one pool and one open water so for some the 5k may have been their only OW race.)

Open Water Workshop – this was really more of a presentation than a workshop which went through what needs to be done to sanction and hold an open water event. It covered a lot - from the sanctioning process to having a safety plan and everything in between.

Sports Medicine Presentation - this was on the topic of sports psychology. It emphasized that a positive climate is best for all and helps keep folks in the sport. Also those swimmers with a high task orientation vs ego orientation tend to report more enjoyment, intrinsic motivation, better sportsmanship, less anxiety and tend to stay in the sport longer than those focused on comparing themselves to others.

Speed Staff Dating Workshop – USMS Committee Chairs set up areas where delegates could interact and ask questions for 10 mins then move on to the next area.

Program Development Presentation – Bill Brenner highlighted what benefits a USMS program can bring to local pools

which don't currently have a masters program/presence.

The following are summaries from meetings that Caroline attended:

Fitness Education Committee:

- A 30 minute Fitness Swim Event that is similar to the Postal swim will be added.
- The Long Beach Grunions will be sponsoring the 2016 check off challenge with different promotional materials than in the past (tee shirt, towels)
- The USMS website has many resources that seem to go unnoticed. This includes Masters 101 and resources for teams.
- The FLOG/go the distance has lost sponsorship but the prizes could be purchased by individuals or LMSC's.
- Strategies were discussed to increase USMS memberships from 60K to 100K including joining with high school and college teams as a direct line to Master and notifying fitness swimmers of the benefits of joining USMS. Special emphasis was given to the 18-24 age group because 70,000 drop out of swimming post high school.

Open Water and Long Distance #1 Committee Meeting:

These meetings are being combined due to a lot of overlap, mostly involving the hotly contested sanctions of open water events.

- Due to extreme increases in insurance rates, an open water sanction of \$1000 per event was added. This greatly reduced the number of open water events.
- Several proposals were discussed and a great deal of discussion followed as well as a few accusations (why should pool events be penalized when the accident causing the rates to increase happened in open water, pool events are fortunate to never have had an incident of the amputation of an arm, etc.)
- Additional training and resources including Independent Safety Monitors are available for support increased open water events (one training was held at the conference and discussed elsewhere in this summary).

Sports Medicine and Science:

- Research will be limited to topics involving Swimming Saves Live/Adult Learn to Swim
- Susan Dawson Cook will be submitting 12 articles next year on helpful topics. Articles can be submitted to the committee for review and possible publication in the appropriate media.

The Convention wrapped up with the USAS banquet. Marty Hendrick received the Coach of the Year Award. The Arthur Ransom Award was presented to Meg Smath.

On a final note, next year the convention will be held from Sept 17th to 21st in Atlanta, GA.

Full convention minutes can be found here:

<http://www.usms.org/admin/minutes/index.php?GROUPID=13&EVENTID=69>



Team Unattached 'Lone Wolves' report.

With 316 members, Team Unattached is by far the largest team in Delaware Valley Masters. We swim in over 100 different pools and open water locations all over the Delaware Valley. Our practices are in groups or by ourselves, with or without a coach on Thursdays at 7-9 am (or pm) or any other day at any other time. The Lone Wolves are a very active team; we have held over 300 "Team Unattached" dinner parties. But, in accordance with Team Unattached bylaws, we hold them separately in numerous different locations. We are in the planning stages of holding a Team Unattached trip in 2016 also to be held individually and traveling all over the country and maybe out of the country. We held many Team Unattached meetings throughout the year but, the fact that we refuse to be near each other, our secretary can't hear anyone so our meeting minutes are blank.

Other Delaware Valley LMSC Actions

10/13/14 – 10/17/15

The following significant actions were taken and/or decisions made by the officers and /or Board of Directors of the Delaware Valley LMSC during the time period between annual meetings.

November 2014 – The By-laws sub-committee met to review our by-laws and propose changes based on board decisions and USMS guidelines. A draft of the revised by-laws will be presented at our annual meeting; the final decision regarding any changes will require a vote by the entire LMSC membership.

1/2/15 – The Finance Committee approved sending our chair to the USMS Leadership Summit in March. USMS highly recommended that LMSC's send chairs to the two- day event, which involved presentations and workshops. The Summit will occur every 2 years, necessitating inclusion in our budget.

1/8/15 – The Officers approved the Registrar sending a group e-mail to our members about upcoming meets.

4/23/15 – The officers declined to approve the use of our membership e-mail list for fund-raising purposes, but indicated such requests could be posted on our Facebook page and web site. It was recommended that the use of our e-mail list be discussed further at our annual meeting.

May 2015 – The officers and committee chairs had extensive e-mail discussions about: 1) sponsoring the USMS Coaching Clinic and subsequent Swimmers Clinic to be held in Philadelphia in late August; 2) reimbursing our LMSC coaches who attend the clinic. Our LMSC chair, treasurer and coaches chair recommend reimbursement (only) to active USMS coaches, with amounts ranging from 50% (awarded retroactively to anyone taking the course and coaching a USMS group within a year) to 100% of fees. Further discussion and decision to be made at annual meeting.

6/30/15 – The officers approved the selection of three USMS Convention delegates, Laurie Hug, Caroline Stein, and Charles Bender.

7/31/15 – The officers approved keeping the 2015 LMSC end-of-year membership fee at \$5 until further discussion at annual meeting.

9/5/15 – The officers approved keeping the one-day event registration fee at \$15 until further discussion at annual meeting.