

**LMSC of Virginia Minutes**  
Sunday, October 7, 2007, 11am  
St. Catherine's School, Richmond, VA

**Present:**

Terry Sue Gault, Chair  
Chris Stevenson, Vice Chair  
Dave Holland, Secretary  
Mike Duignan, Treasurer  
Mary Beth Hanifer, Registrar  
Patty Miller, Safety Chair  
Jim Miller, Coaches Chair  
Jason Salmanoff, Webmaster  
Charlie Tupitza (Warrenton Masters)  
Bud Swiger (Vice President, Virginia Masters)  
Dave Black (Winchester Masters)

**Old Business:**

1. The meeting was called to order by the Chair at 11:13am
2. Chair asked for nominations for the Secretary position, previously vacant. Chris Stevenson nominated Dave Holland, it was seconded, and he was elected by unanimous vote.
3. Introductions
4. Treasurer Report- Mike Duignan reported that our LMSC net worth is still in the black (according to his handout, total Assets of \$29,656.51 and no liabilities). For the current year (1/1/07-10/3/07), expenses outpace income by \$2,453.20, but Mike projected that we should be in the black by approximately \$1000 by year's end. Chair motioned to have Treasurer's report accepted, it was seconded, and approved by unanimous vote.
5. Registrar's Report- Mary Beth Hanifer reported that USMS decided at the convention to proceed with online registration, and she thinks this change will improve our ability to track total numbers within our LMSC. Her report indicated total numbers within our LMSC of 874 members, of which 367 are members of VMST and 303 are Unattached. She reported an influx of Unattached swimmers this summer as a result of the open water events. The remainder of the members are dispersed among 15 other club teams. Patty Miller asked that we make an effort to make our members aware of the club teams by publishing the list on the web site and in the newsletter. Mary Beth indicated that she will need administrative help with the 2008 renewals. Chair motioned to accept Registrar's report, it was seconded, and approved by unanimous vote.
6. Bud Swiger questioned the status of the LetSwim Masters group out of Broadlands (northern Virginia), and reported that their web site is no longer active.
7. Charlie Tupitza reported that he is spearheading a new team, Warrenton Masters, which will have access to a new 10 lane, 25 yard pool in Warrenton (northern Virginia). They will be

looking for a Head Coach in the upcoming year and during the interim, he will assume that responsibility. He projects a membership of 30-35 by January, 2008. Charlie inquired about hosting a meet at the new facility, and a discussion ensued about scheduling. Charlie will look into hosting a SCY meet in December or January. He requested information about revenue models and Terry Sue will follow up with a "meet director's guide".

8. Sanctions Chair- no report presented.

9. Coaches Chair- Jim Miller presented a written proposal to enhance growth opportunities for new programs and educational opportunities for coaches and swimmers. He wants to see the Masters coaches to have credentials and training (i.e. Red Cross Safety training, CPR, first aid) that is commensurate with the training that our USS coaches are required to have, especially since our coaches are more likely to encounter medical issues or safety-related intervention during practice. His proposals included:

- a. payment of registration to the ASCA clinic for 2 coaches selected by the Coaches Chair, LMSC Chair, and one other officer. Included would be a \$500 grant to each to defray the cost of travel and hotel expenses. ASCA registration for two people was estimated at \$200 for a total budget of \$1200.
- b. payment of 3 coaches certification classes scattered throughout the state for USMS coaches, with a budget of \$800.
- c. accountability- success will be measured by growth of new programs, improved retention of coaches, articles for the LMSC newsletter based on the ASCA experience, and placement of a LMSC coach on the USMS Coaches Committee.
- d. enhancement of coaching- improvements include an LMSC Coaches newsletter featuring workouts (produced and distributed electronically, 4 times per year by Jim Miller), mentor clinics, and mini-clinics. The goal is successful clinics at several facilities, eventually self-supporting and beneficial to the local program and surrounding area.
- e. future proposals- Two proposals were presented:
  - I. Nike or Speedo clinic featuring an Olympian with coaching and athlete instruction.
  - II. Inclusion of a triathlon liaison position on the LMSC Board to enhance communication with this rapidly growing sport in our area.

Bud Swiger motioned that we accept Jim's proposal, Patty Miller seconded, and a discussion ensued about the USA-Triathlon Liaison position. Chris Stevenson recommended Brian Bortell of the Richmond Tri Club. Bud Swiger indicated that he thought the clinics could help some of the fledgling programs like Warrenton and Lexington. The committee voted on the proposal and it passed unanimously. Jim asked for a list from Mary Beth of all the people who register as "coaches". Mike Duignan expressed a concern that we take "a salty look" at the stipend for the ASCA clinic, as \$500 may be too much for our current budget. Mike requested that we not accept the proposal with a "hard and fast" number, as his concern is the bottom line. The proposal discussed in #9a in the minutes above was amended to include input from the Treasurer. As amended, the 2 coaches will now be "selected by the Coaches Chair, LMSC Chair,

LMSC Treasurer, and one other ‘member’ of the LMSC.” Motion for amendment seconded and approved.

10. Triathletes- Discussion was initiated by Bud Swiger about the positive and negative effects that triathletes have on USMS swimming, especially in the realm of open water events and wetsuits. He warned the group that actively trying to accommodate triathletes at USMS open water events by allowing wetsuits can be a mixed blessing. Using his experience at the Reston open water swim in May as an example, he pointed out that the race has become congested and taken over by wetsuit-clad triathletes in recent years, but the positive growth in numbers has been good for charitable causes. Chris Stevenson pointed out that there are two separate issues to address: growth and wetsuits. Patty Miller stated that it’s a national issue, one that was actively debated at the recent convention. Dave Black shared his perspective as a relative newcomer to USMS swimming. Dave said he was more confident about swimming in his first race at Reston because the wetsuit was allowed, and he felt that it prepared him well for the 4.4 mile Chesapeake Bay swim which comes a couple weeks later every year, and where wetsuits are permitted.

11. Club Development- Terry Sue mentioned that a task force had been created at the USMS Convention, and that the consensus was that if you support the club and the coach, it will help the program grow.

12. Convention Reports- Terry Sue Gault, Chris Stevenson, and Mary Beth Hanifer attended the meeting as delegates for our LMSC. Jim Miller (Past President of USMS) and Patty Miller (Legal Counsel for USMS) also attended. Patty reported that the hot topic was team scoring at national championships. In the past, scoring was stratified based on size (small, medium, and large team scoring). Currently, all teams are scored against each other, regardless of size. Some teams draw members from a wide geographic area within their LMSC, and some LMSCs co-mingle their clubs into one team for the purpose of competition at national championship events. Patty also reported that USMS renewed the magazine publisher of *USMS Swimmer* for 5 years. Chris reported that the Long Distance Committee changed its name to the “Open Water Committee”. They decided to relinquish postal swims and add a 25K national championship event for 2008, which will be held near Noblesville, Indiana on July 5, 2008. VMST received the bid for the 2 mile cable national championship, to be held one week later, on July 12, 2008 in Charlottesville. The 2009 2 mile cable championship was awarded to Lake Placid. The Open Water Committee has a mandate to grow open water swimming around the country. Minutes from the USMS Convention are online at: [usms.org](http://usms.org)

13. USMS Convention Delegate Policy- Terry Sue apologized for the confusion about delegates for this past year and assured members that she will try to communicate with all parties and invite interested members to apply for delegate status in 2008. The convention will be held in Atlanta. Our LMSC can send the Chair and 2 other delegates. We can apply for another “at-large” delegate to attend as well.

14. Additonal Committee Chair Reports

a. Officials—no report from Chair.

b. Records and Top 10- Chris Stevenson clarified that on the USMS website, current top times are not validated. There are some errors. Also, he submits top 10 times to them 3 times per year. He has improved the LMSC Records page on the [vaswim.org](http://vaswim.org) website by including dates for records. His goal is to eventually create our own Top 10 for our LMSC. Chris also reported that the USMS Records and Tabulation committee wants to

create a database of pools that have been measured and certified, for posting on the USMS web site. Pool certifications should be measured with touch pads in the water, can be done by anyone with a steel tape, and should be forwarded to Chris Stevenson. Chris is also working on two future projects: the first is similar to New England Masters whereby swims can be rated across age groups and gender. The formula compares your time to a linear record curve that represents the current USMS records for each age group and gender, and assigns it a rating based on 100 being equal to the curve. The second project involves building a web interface to the LMSC top ten.

c. Newsletter- no report from Chair. Betsy previously reported via email that she has received one recommendation from Chuck Wilmore for our LMSC newsletter name: "Wet Gazette". Dave Holland questioned whether it might be more financially efficient, as well as easier on the newsletter editor (Betsy Durrant is the editor for both the LMSC and VMST newsletters) if we consolidated the two newsletters into one. The only difference to a casual reader appears to be the name. Discussion ensued about the cost benefit of moving to an electronic newsletter, and offering members (when registering or renewing) the option of checking a box if they want to receive the newsletter electronically in lieu of the hard copy. Motion was made to add this notation option to the registration form effective for 2008, and it was seconded and approved. Dave Holland shared that there are companies which can handle sending broadcast emails for a small fee, and said he would follow up with the name of the company that his summer league team used this past summer. Betsy's email was referenced in a proposal about the option of including the newsletter within USMS Swimmer. After a quick discussion, that option was rejected.

d. Web Site- Jason Salmanoff asked if we wanted photos on the website and commented that he has not been receiving any. Charlie advised that you need to get permission from each person before posting their photo online.

e. Long Distance- Dave Holland reported that he is adding a one mile cable championship to the docket for Chris Greene next year, as the first heat at 8am on July 12, 2008. Two heats of the 2 mile cable will follow. Although the 2 mile cable will be a national championship event, the one mile will not. Both 1 mile and 2 mile events will be eligible for USMS national records. Dave will talk with USS coaches and survey their interest for an age group cable event for Sunday, July 13, 2008. Dave informed group that he had been in correspondence with Mary Ann Germaine, who is looking into adding an open water race at Lake Douthat in September, 2008, the weekend after Lake Montclair. Discussion ensued and all received the news favorably. Biggest concerns are the event planning, budget, and volunteer effort. VMST will be willing to support this effort if Mary Ann can garner support and articulate her plan with thorough strategic details about costs and personnel.

f. Fitness- Terry Sue reported that "Go the Distance" was promoted at convention. Participants track their total yardage for the year and submit it to Mary Sweat in return for a certificate. Terry Sue also mentioned that it's important for meet directors and volunteers to have substitutes in place when planning for events next year.

g. Sanctions- no report from Chair.

h. Safety- no report from Chair.

**New Business:**

1. Growth- Chris Stevenson offered several proposals to the group that were previously referenced by email:

a. New language governing the use of wetsuits in sanctioned open water races, similar to the language used in the USAT (triathlon) rule book so that wetsuits can be worn without penalty in temperatures up to 78 degrees. Between 78 and 84, a decision about wetsuits would be at meet director's discretion. At temperatures equal to or above 84, a wetsuit prohibition would be added. Rationale is to address safety. Current rules allow wetsuits in sanctioned races. This language would put limits in place to avoid hyperthermia.

b. New rules concerning wetsuits in National Championship open water competitions—currently, wetsuit competitors are excluded in national championship rules 305.8 through 306.1. In addition, wetsuit competitors currently are restricted to a separate start time and a separate finish line. Chris proposed that the rules be amended so the exclusions only apply to articles 305.11 through 306.1, which would increase participation in open water national championships, where attendance has been low

c. Cable swims—no change in rules, but a policy proposal. Chris suggested that the USMS Open Water Committee look at ways to increase the number of cable swims throughout the nation. Specifically, he suggested:

- USMS provide financial assistance in purchasing the cables in key areas
- USMS provide travel funds for experienced personnel (eg, former and current race directors) to assist in starting new cable swims.

Discussion ensued about the proposals. Bud Swiger recommended that we grow with the right base, with a focus on technique led by the USMS cadre of coaches. Jim Miller stated that growth is healthy and that there should be no “max-out with growth- the only question is growth management.” Chris stated that he would follow up his proposal with an email to the LMSC, amend as needed, and forward it to the USMS Open Water Committee as a proposal.

**Recommendations:**

No changes to language of bylaws.

**Meeting Adjourned by Chair at 2:15 pm.**

**Summary of Actions:**

- 1. Dave Holland elected as Secretary (Old Business # 2)**
- 2. Treasurer's report approved (Old Business # 4)**
- 3. Registrar's report approved (Old Business # 5).**
- 4. Jim Miller's proposals (Old Business #9a-e) approved with an amendment to #9a.**
- 5. Motion to add a notation on 2008 registration form so members can check a box to opt for an electronic newsletter in lieu of the paper one was approved (Old Business # 14c).**
- 6. Chris Stevenson will formulate a written proposal (New Business #1a-c) via email to the LMSC board, amend as needed, and forward to the USMS Open Water Committee.**

**Minutes submitted electronically by Dave Holland on October 11, 2007**