

Saturday, October 16, 2010 Metropolitan Local Masters Swimming  
Committee ("MLMSC") Board & Annual General Membership Meeting  
Lou Gehrig Lounge / Dodge Fitness Center / Columbia University

## AGENDA

Call to Order

Attendance

Reading, Correction & Adoption of 2009 Meeting Minutes

Officer's Reports

Chairperson Lisa Baumann / AQFT

Vice Chair Conrad Johnson / TNYA

Treasurer Roberta Saint-Amour / REDT

Secretary Andrea Velazquez / METR-YONK

Employee Reports

Webmaster Jason Troiano / WM

Registrar Mary Fleckenstein / SEAW

Appointees' Reports

Sanctioned Events Chair Baumann / AQFT

Officials Chair Holger Fietkau / UNAT

Open Water Swimming Co-Chairs Cristian Vergara CIBB & Rob Ripp AQFT

Top Ten "Tech Team" Fleckenstein SEAW / Joel Abreu BCTM

Marketing & Promotion Chair Craig Keller / AGUA

Insurance Chair Driscoll / AQFT

Coaches Chair Johnson / TNYA

Safety / Certifications Chair Neal Rubin / AQFT

Metro LSC USA-Swimming Liaison / Hall of Fame Committee Steve Newman / BDGR

Newsletter Editor Sharon Snyder / AGUA

New Business

Old Business

Resolutions & Orders

Adjournment

Saturday, October 16, 2010  
Metropolitan Local Masters Swimming Committee ("MLMSC") Board & General Membership Meetings  
Lou Gehrig Lounge, Dodge Fitness Center, Columbia University, New York, NY

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MLMSC Board and General Meetings called to order by LB at 12:35PM.

**1. ATTENDANCE**

ATTENDEES (19):

Lisa Baumann (LB)	General Chair & Sanctioned Events Chair	AQFT
Conrad Johnson (CJ)	Vice Chairman & Coaches Chairman	TNYA
Andrea Velazquez (AV)	Secretary	METR-YONK
Joel Abreu (JA)	Top Ten Tech Team (newly appointed)	BCTM
Craig Keller (CK)	Marketing & Promotion Chairman	AGUA
Cristian Vergara (CV)	Open Water Swimming Co-Chairman	CIBB
Allen Alexander (AA)	-no board position-	METR-YONK
Robert Berdow (RB)	-no board position-	TNYA
Jeremy Fain (JF)	-no board position-	REDT
Kristin Gary (KG)	-no board position-	REDT
Steven Z. Goran (SG)	-no board position-	TNYA
Melissa Kretschmer (MK)	-no board position-	TNYA
Helen Lemay (HL)	-no board position-	TNYA
Anjali Malhotra (AM)	-no board position-	TNYA
Alfredo Morabia (MO)	-no board position-	TNYA
Anthony Reen (AR)	-no board position-	TNYA
Sarah Sargent (SS)	-no board position-	TNYA
Susan Wager (SW)	-no board position-	REDT
Henry Yonge (HY)	-no board position-	TNYA

EXCUSED:

Colleen Driscoll (CD)	Insurance Chairperson	AQFT
Holger Fietkau (HF)	Officials Chairman	UNAT
Mary Fleckenstein (MF)	Registrar; Former Top Ten Tabulator	SEAW
Steve Newman (SN)	USA-S Liaison & Hall of Fame	BDGR
Neal Rubin (NR)	Safety/Certifications Chairman	AQFT
Roberta Saint-Amour (RS)	Treasurer	REDT
Jason Troiano (JT)	Webmaster	WM

ABSENT:

Rob Ripp (RR)	Open Water Swimming Co-Chairman	AQFT
Sharon Snyder (SS)	Newsletter Editor	AGUA

LB initiated attendee introductions with club affiliation and/or Board position.

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**2. READING, CORRECTION & ADOPTION OF MINUTES**

LB made motion for review, correction and adoption of November 8, 2009 meeting minutes. Seconded by CJ. Motion unanimously approved.

CJ thanked LB for her dedication to our LMSC; she is a tireless worker. HL thanked LB for emails sent out to MLMSC members. Frequent communication provides necessary information, answers questions, and makes members feel like they are actually part of our organization.

### 3. OFFICERS' REPORTS

- a) Chairperson (LB): It is Chairperson's role is to serve as a manager, coordinator, liaison, system of checks & balances; to be familiar with all working aspects of our LMSC; to delegate responsibility to and regularly communicate with all Board members, appointees and employees; to follow and promote USMS national core objectives and guidelines within our MLMSC; and to ensure that the MLMSC Board's first priority is always serving the needs of our membership.
- b) Vice Chairman (CJ): Confers with, assists and follows up on Chairperson responsibilities and delegated tasks. No new stroke changes/rules adopted at Convention. Any rules adopted at Convention involved semantics and text clarifications. See Vice Chair Report and MLMSC Delegates' Convention Reports handouts.
- c) Treasurer: CJ presented report on behalf of RS. Review of 2010-2011 proposed draft budget and LMSC registration fee comparison (see financial handouts). CJ explained basis for annual dues increase of \$2.00 to \$15.00. Does not foresee another dues increase for at least five years. Motion to raise dues made by CJ. Seconded by CK. Unanimously approved without further discussion.
- d) Secretary: AV reported nothing new. Continues to forward metro emails to team representatives and head coaches, including to those who are not USMS-registered members, making sure all local clubs/teams receive pertinent information and remain aware of what is going on with both USMS and within our LMSC.
- e) Registrar: Presented by LB on behalf of MF (see registration statistical handout). MLMSC realized another 9% membership growth rate this past year, similar to national growth percentage. MLMSC registration is currently at 2287 members compared to 2105 same time last year. What is dismaying is the high percentage (36%) of non-renewing members. MLMSC is just a bit below the national non-renewing membership percentage that ranges between 37% to 43%. Short discussion ensued questioning why so many members are lost each year. Assumptions made that this is due to people moving, lifestyle or job changes, etc. - no concrete explanation.
- f) Top Ten Tabulator: Presented by LB on behalf of MF (see Top Ten handout), who was Top Ten Tabulator for 2009 SCM and 2010 SCY seasons. Several name and time discrepancies found and corrected in preliminary Top Ten seasonal submissions. Final Top Ten Tabulations were submitted successfully and in a timely manner; MLMSC had many swimmers with top ten age group rankings. JF inquired about the possibility of gaining access to a database of meet results, USMS registration info, records, rankings, etc. LB stated that only Club Assistant has access to USMS registration database. Question raised about software used by NEM for their championship meets. LB responded that Rick Osterberg created his own custom program and is unwilling to share it. LB appointed JA new Top Ten Tabulator, taking over from MF for LCM 2010 season. JA is currently working with Mary Beth Windrath to complete LCM 2010 Top Ten submission. JA will be heading up our new MLMSC Top Ten "Tech Team" with Shawn Ambrose and Christine from BCTM. Tech Team will be responsible for Top Ten submissions, along with creation of a MLMSC meet results, records and rankings database.
- g) Officials Chairman: LB presented on behalf of HF. Nothing new to report; HF has not received any email communication from USMS national officials committee in months (HF to inquire why).
- h) Insurance Chairperson: LB presented on behalf of CD (see CD email handout). Head coaches/team reps must make sure ALL swimmers are currently registered members of USMS and, therefore, covered by USMS insurance during workouts supervised by a USMS member and in sanctioned events. Swimmers are reminded to enter water feet first in a cautious and controlled manner. Insurance certificate for your facility can be downloaded from a link posted on MLMSC website home page (via Certificates Now).

- i) Webmaster: LB presented on behalf of JT (see webmaster statistical handout). Noticeable decline in MLMSC website hits between 2009 and 2010. Discussion ensued as to the reasons why. Assumption made that decline is due to frequency of MLMSC emails that already contain important information and links, and that more clubs have their own websites from which team swimmers obtain info instead of from Metro website. In addition, USMS emails newsletters to all USMS-registered members containing pertinent information with links.
- j) Coaches Chairman: CJ states nothing new to report. Any information/communication from USMS is forwarded to MLMSC coaches and/or posted on MLMSC website.
- k) Safety/Certification Chairman: LB presented on behalf of NR. NR is a New York State certified EMT with countless other certifications, and is an American Red Cross certified instructor for CPR, Lifeguarding, First Aid, Safety & AED. If any one person, team or group needs to obtain or renew certification, course(s) can be scheduled to accommodate need.
- l) USA-S Liaison & Metro Hall of Fame ("HOF"): LB presented on behalf of SN. SN attended Metro LSC meetings and is responsible for input into major overhaul of HOF procedures, nominations, voting, online virtual HOF, awards banquet, etc. Virtual HOF can be viewed on Metro LSC website at [www.metroswimming.org](http://www.metroswimming.org).
- m) Open Water Swimming ("OWS") Co-Chair: CV reports that Cibbows was awarded bid to host USMS national 5K OWS championship on Saturday, August 6, 2011. Grimaldo's Mile will be held on Sunday, June 26, 2011. CK indicated that Point Lookout OWS date will be Saturday, July 30, 2011. CV expressed concern that MLMSC might be moving forward too rapidly, making sanctioned OWS event requirements too stringent and, therefore, discouraging to new event directors. LB assured CV that MLMSC will always offer guidance and support to new event directors, but that it should be our continuous goal to elevate event management and overall MLMSC administration (USMS is still light years behind USA-S on so many levels). KG reiterated need to continue moving forward in a positive direction with improved event administration.
- n) Marketing/Promotion Chairman: CK reports that MLMSC is doing a lot to increase and retain membership by delivering greater diversity of activities. CK encourages new incentives, stresses the need to be more "Metro" affiliated, and the need to grow workout groups into Clubs. Future potential consideration for MLMSC-supported travel meets. JF initiated discussion concerning event participation decline, along with the topic of independent Clubs competing against multi-workout-group super clubs at championship meets. LB responded that small, medium and large team point-scoring divisions at championship meets already address that issue.
- o) Sanctioned Events Chair: LB reports that we continue to increase the number of sanctioned events and activities offered in our MLMSC. There are a total of 22 sanctioned events in 2010 with at least 15 events already on the calendar for 2011 (see sanctioned events handout). LB stressed the importance of event directors being proactive with confirming meet dates, venue availability, meet entry data and results data; everything must be triple-checked for accuracy. LB initiated the creation of a series of technique clinics at FMCP pool in Queens, the formation of two winter Florida training camps, and the inaugural New York versus New Jersey Duel In The Pool. These sanctioned events are an effort to combat the obvious decline in traditional swim meet participation by offering more diverse activities to our members, add creative concepts to competition, and to build team spirit and camaraderie between members and clubs. MLMSC has budgeted for the purchase of more buoys to support open water swim events, and is collaborating with the Metro LSC (age group) to promote increased OWS event interest and participation. LB stated that using USA-S one-day license for OWS "open" category (for non-USMS members) can be a cost-saving insurance measure. LB mentioned her involvement in the USMS End-To-End Event Management ("E2EEM") Task Force.
- p) Newsletter Editor: SS absent. No report.

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**4. NEW BUSINESS**

CK nominated Jonathan Churins of FISH Masters for MLMSC Secretary (AV double-term limit reached). CJ seconded motion. Motion unanimously approved. LB thanks AV for her years of service.

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**5. OLD BUSINESS**

None.

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**6. RESOLUTIONS AND ORDERS**

None.

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**7. ADJOURNMENT**

Meeting adjourned by LB at 1:17PM.

Respectfully submitted,  
Andrea Velazquez  
MLMSC Secretary

Sunday, November 8, 2009

Metropolitan Local Masters Swimming Committee ("MLMSC") Board & Annual General Membership Meetings

Nassau County Aquatic Center, East Meadow, New York

Called to Order at 10:59AM / Adjourned at 11:46AM

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**ATTENDANCE**

**ATTENDEES (9)**

<u>NAME</u>	<u>POSITION</u>	<u>CLUB/AFFILIATION</u>
Lisa Baumann (LB)	MLMSC Chairperson	AquaFit Masters
Conrad Johnson (CJ)	MLMSC Vice Chairman	Team New York Aquatics
Roberta Saint-Amour (RS)	MLMSC Treasurer	Red Tide of New York City
Andrea Velazquez (AV)	MLMSC Secretary	Yonkers Masters
Jason Troiano (JT)	MLMSC Webmaster	Westchester Masters
Colleen Driscoll (CD)	Insurance/Safety Chair	AquaFit Masters
Steve Miller (SM)		Westchester Masters
Rich Benson (RB)		AquaFit Masters
Drury Gallagher (DG)		AquaFit Masters

**EXCUSED**

Maria Anderson (MA)*	MLMSC Registrar	Seawolves Masters
Cristian Vergara (CV)*	MLMSC OWS Chairman	CIBBOWS
Holger Fietkau (HF)**	MLMSC Officials Chairman	Unattached
Mary Fleckenstein (MF)**	MLMSC Top Ten Recorder	Seawolves Masters
Steve Newman (SN)**	MLMSC Ex-Officio/Special Projects	Badger Masters

\* Registrar and Open Water Swimming Chairman reports presented by Lisa Baumann

\*\* Officials Chair, Top Ten Recorder and Past-Chairman status reports presented by Lisa Baumann

**READING, CORRECTION & ADOPTION OF MINUTES**

MLMSC Meeting called to order by LB at 10:59AM.

Review, correction, and approval of 11/23/08 Board & Annual Meeting minutes by CD; seconded by RB.

**OFFICERS' REPORTS:**

**Chairperson Report (LB):** Thank you from LB to entire Board, appointees and employees for the past year of hard work and dedication to MLMSC. Priority work still in progress with automating most if not all MLMSC services from event to team registration, results tabulation, record updates, top ten local rankings, etc. Club Assistant ("CA") being used for SCM Zone Champs online event registration on a trial/evaluation basis. CA has monopoly access to USMS registration database, which currently overrides the negative of their triple billing (service/use fee + athlete registration percentage fee + LMSC per athlete registrant fee) and weak customer service track record to date (example: took six days to make a one-word change in online event information).

LB communicating regularly with Ed Tsuzuki (NJLMSC & USMS officer) with top ten, meet results, top times, and Hy-Tek/computer issues. MA converted Metro swimmer USMS registration database into file format that can be merged into Hy-Tek Team Manager program. This will enable MF, MA and LB to create, update and maintain current metro database for MLMSC meet results, records and top ten rankings automatically.

**Chair Report (LB) continued:** In the past, Dan Levy (WM) and Steve Newman (BDGR) spent many months manually tabulating and creating MLMSC age group and event records. Aim is to streamline operation with quick and easy upload of meet results files for automatic updates of all data.

Emphasis this past year placed on communicating with MLMSC membership. 32 emails sent out in 2009 to date with focus on upcoming events, clinics, entry deadlines, recent results, registration, newsletter, and alerts about anything new, exciting and pertinent in the world of swimming.

MLMSC was awarded two Zone Championship event bids at Convention: SCM Champs being held December 5-6, 2009 at Flushing Meadows Corona Park pool and Grimaldo's Mile 2010 open water swim event. A third Zone designation for September 2010 Hudson River 5K open water swim event being processed.

**Vice Chair Report (CJ):** See Convention Report attachment. Four delegates sent to USMS Convention in Chicago in September: CJ, RS, Jane Katz (AGUA), and Kristin Gary (REDT). CJ feels new USMS Executive Director, Rob Butcher, is good for USMS. Butcher soliciting corporate sponsorships for the organization and for national championships. RS interjected the importance of sending maximum allowable delegates to 2010 Convention. LB indicated MLMSC is sixth largest LMSC in the nation. MLMSC budget has a \$5,900 surplus from last year, as monies earmarked for online registration and automated services has not yet been used.

SM questioned budget item incentives offered to Meet Directors for distance freestyle events. LB responded that this was an idea she got from the Metro LSC, is an incentive to encourage meet directors to offer more distance freestyle events in local meets, and to offset pool time rental expense and loss of additional meet entry revenue.

RB inquired what does the Top Ten Recorder do? LB responded that they merge all LMSC meet results, sort data into top times/rankings, and forward compiled data to USMS National Records & Top Ten Tabulator.

**Treasurer Report (RS):** See attachment. All good financially; all monies accounted for/2009 books closed.

**Secretary's Report (AV):** Has created, updated and will maintain email contact list for all head coaches and team representatives. Intent is to send out periodic communication to all. Since a number of our area head coaches and team reps are not registered with USMS, Secretary communication to them is their sole source of information (since they do not receive USMS-registered swimmer email blasts from Registrar).

**Open Water Swimming Chair Report:** Presented by LB. Grimaldo's Mile awarded Zone Championship status for 2010. Will be held late June instead of early August. New York Aquarium Mile and 5K open water swim events will be held first weekend in August 2010 (earlier date due to anticipated high interest of Metro swimmers in attending USMS Summer (long course) National Championships in Puerto Rico. Additional reason for date switch (June versus August) between Grimaldo's Mile and New York Aquarium open water swim events is the increased chances of hypothermia in longer races earlier in summer as opposed to late summer. LI Open Water SwimFest will be held again in 2010.

**Registrar Report:** Presented by LB. Approximate 9-10% MLMSC membership growth rate in past year, with a 25% membership increase over the past 5-6 years. Automated online USMS registration a big positive contributor to this. Many Clubs do not have head coaches, coaching staff and/or team rep USMS-registration status. They have secondary insurance through facility, organization or school where they train and therefore do not feel the need to join USMS.

**Registrar Report continued:** Currently no rule to force them to join USMS. Need to find a way to entice non-USMS people to join. 32 emails sent to Metro swimmers this year, with positive feedback from the general membership.

**Officials Chair Report:** Presented by LB. HF regularly communicates and interacts with USMS national officials committee chairman and provides MLMSC with feedback and updates. HF training and grooming additional officials who are experienced at specifically officiating masters events and who understand the rules and differences.

**Insurance/Safety Chair Report (CD):** No diving permitted unless supervising coach is teaching/observing race starts or when into one-way sprint lanes at sanctioned swim meet. If coach is not a USMS-registered member, then USMS swimmers in that workout are not covered by USMS insurance, nor is team considered operating a bona fide masters workout or program. Need to continue communicating importance and benefits of USMS membership to these people.

**Webmaster (JT):** MLMSC website analysis (see attachment). Hits always sky rocket before and after swim events and after MLMSC email communications.

### **NEW BUSINESS**

LB appointed MF new MLMSC Top Ten Recorder. Will be working with LB, ET and MA to fully automate data. LB stated that SN remains a great resource on all MLMSC issues. Chlorine Chronicles continues with Sharon Snyder as Editor. LB noted submission deadline for next issue of Chlorine Chronicles is Tuesday, November 10. DG indicated desire to become more involved with MLMSC. RB expressed need to encourage greater participation in local masters events; must explore both event participation and USMS registration incentives to increase numbers.

### **NO UNFINISHED BUSINESS REPORTED**

### **NO NEW RESOLUTIONS AND ORDERS**

**Adjournment:** Motion to adjourn by LB at 11:46AM. SM seconded motion.



## **Metropolitan LMSC Delegates' 2010 Convention Reports**

### **KRISTIN GARY (RED TIDE)**

#### **Colonies Zone Meeting:**

The first meeting that I attended on Thursday morning was for our Colony Zone. Our first order of business was to confirm (recommend/elect) Chris McGiffin from Jersey Masters as the rep for the position of At Large Board of Directors. In this role, Chris will not be representing Colony Zones, per se, but will help guide USMS on the National level. Chris was wholeheartedly endorsed.

Mel Goldstein attended to speak about SwimFest 2011. SwimFest is an annual meeting for coaches and masters swimmers and runs a clinic to certify masters coaches in the latest techniques and ASCA level 1 and II. They are looking for a host for 2011 which has a 50m pool, classrooms spaces and is free for a weekend in May or June. Contact Mel Goldstein if you are interested.

SCY Zone Championship will be held at George Mason University April 15<sup>th</sup> – 17<sup>th</sup>, 2011. We do not have a bid for the SCM meet for 2010.

#### **House of Delegates:**

The first HOD meeting was relatively short and was more of a welcome and thank you to the people who have worked on committees through the past year. Summary reports were given and Rob Butcher thanked his staff for a job well done. In general this year, there were less fireworks in the HOD. They tried to pass legislation to get rid of the 2 different types of age-group systems that we have (SCY vs. Meters) but that didn't pass. We voted on whether or not single day participants should be eligible for All American, record and Top Ten standings – this was shot down by 1 vote. There was a discussion about the tech suits but this was set up to fail from the get-go. I think people are tired about discussing it and want to move on. Most people do not want to break from FINA rules even though SCY has nothing to do with them. The final day in HOD was spent going over the recommendation made by the legislation and rules committee. Some were debated and clarified – almost all rules suggested by the committees were accepted.

#### **Open Water:**

Main issues were two fold – insurance/safety and registration. Debate about if we should allow one day registrants and how that would affect safety. One day registrants are allowed in open water – which is a device to increase membership in USMS. From reports in the room, USMS is “hemorrhaging” events and possible income to UST. UST provides and easy “box” option to sanction open water events which USMS does not provide. USMS's rules are a labyrinth and an obstacle for events that could possibly have our sanction. We have too much red tape. The committee will set out to establish a more streamlined process. USMS also needs to establish the rationale for needing/wanting our stamp of approval (sanction) – marketing, outreach, records, local support etc that will encourage event coordinators to work with us. It was also noted that open water is our most risky area. We need to make sure that we have policies in place to manage the risk and safety for the swimmers and clubs.

#### **Championship:**

Largest ever SCY Nationals held in Atlanta, GA. Very successful. They did an exit survey and found that there was no difference between holding a meet from Monday-Thursday or Thursday-Sunday.

Puerto Rico: smaller but immensely fun. Laid back atmosphere, disc jockey in between swims, rum drinks that last day, etc. They posted a \$12 – 15,000 net profit with lower entry fees. Income result of higher merchandise sales, sponsorship and efficient shuttle service. Lesson learned: value the strength of the on ground liaison and to have a local LMSC vest in the process.

SCY 2011 – Paul Smith from Arizona Masters, Meet Director

Open water swim will be in Suora Lake. 2 9 lane courses and a 13 lane warm-up pool. He was asked about shade – they will provide some shade, There will be a hosted event on Saturday pm and the open water event will be on Saturday morning. This means that the open water will conflict with the pool races for that day.

LCM 2011 – Auburn University, indoor 50m pool. It will be a Wednesday-Saturday meet.

**Coaches:**

Gave away the 4 digital pace clocks – successful raffle and good way to collect data on coaches in USMS of which we have virtually none.

Craig Keller gave a report on World Championships – they did a survey and 80% of the participants want to be able to swim on “USA” relays – this is currently impossible because of the club rule. The biggest criticism was the lack of communication. This was also my criticism after Perth. The Coaches committee started too late for both meets. It was decided that we would have a 2012 USMS liaison in Riccione. I volunteered to be the liaison as I speak fluent Italian and am familiar with the area. I will begin researching and putting together information as soon as possible. I would like to develop a 2012 Riccione page on the USMS website for all info as it develops. We also discussed a surcharge for participants to defray costs and apparel for the World Coaches – both of which I endorse.

Coaches Committee is also working on a new curriculum for an ASCA certification for USMS coaches. Levels 1 and II. They will work on an online process and the addition of more levels. It was suggested that USMS would require all coaches to be certified. I think this is a bad idea unless you can be online otherwise it becomes cost prohibitive to the team and LMSC. Perhaps our LMSCs could hold certification clinics bi-annually but otherwise, it would be too expensive and time consuming for teams to send all of their coaches. Another idea is to have only the head coach certified.

Laura Hammell from Streamlines asked the coaches to submit their technique tips to be published either in Streamlines or Streamlines for Coaches.

The 2011 High Performance Clinic is back and will be hosted by Hill Carroll (name of man, not place) in North Carolina. Michael Collins and Scott Bay are the selection committee for the coaches to run the event.

Michael Collins called for ideas from coaches for smart phones. If you have an idea, please let him know.

**Coaches Presentations:**

Scott Bay, Craig Keller and Chris Coburn ran an open forum panel for coaches to exchange ideas, techniques, stories and advice. There was a good exchange of information and the audience seemed to enjoy the meeting.

Schedule:

	Spring	Worlds	Summer	Convention
2011	Mesa		Auburn	Greensboro
2012	Greensboro	Riccione	Omaha	

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**ROB RIPP (AQUAFIT MASTERS)**

**Colonies Zone Meeting, Thursday 9.16.10**

There is only one bid for a SCY Zone championship in April by at George Mason University, by a Virginia based team.

Vote was taken and the bid was accepted. Date is in April it is not flexible.

Possibility of a bid for the following year at Rutgers since Chuck Warner has started a masters team there.

There needs to be more support for 1,650 event.

Is it possible to host distance meet or events separately?

BID date for SCM Zone Championship was supposed to have a deadline of October. That will be extended as there are no bids yet.

Sub-Committee was formed to look at the big meet guide and decide what model is best for championship zones meets.

First Zone Open Water Championship was held in Lake Hapatcong, NJ this year. 109 Registered, 65 were USMS members.

In 2011, National Open Water Championships will be held in Colonies: 5K in Coney Island and the 2 Mile Cable in Lake Placid

### **Open Water Committee Meeting Thursday 9.16.2010**

Open Water is a separate and distinct product or service to our members than Pool Meets

#### **Open Water Development Goals:**

The Open Water USMS brand should be developed.

Distinct separation of USMS Open Water Brand and events from Pool Events

Build the brand through: Clinics, Camps, Coaches Committees and Event Development as well as provide the technology and rules supporting the brand

Unified Sanction Process needs to be developed.

Separation of Pool Sanctions and Open Water

Issue of uniformity in sanctioning between LMSC and USMS

LMSC's should have the ability to add requirements to the minimum national guidelines

Events must be sponsored by a LMSC Club if they are going to be sanctioned

Sanction adds to the QUALITY of the event through:

Safety Requirements, Results Postings; Grievance Process and Securing Permits

Insurance, Accountability to swimmers, rankings

What are the requirements for Open Water Clinics? Should they be the same as for Open Water Events?

Should they be sanctioned events insuring consistency, permits secured, insurance provided etc.?

Clinics have the highest exposure for liability as workouts are covered under USMS Insurance. Open Water Clinics are not, unless they sanction it.

Dual sanctioning of events between LMSC and USA-Swimming should be encouraged to promote and build events

### **Long Distance Committee, Thursday 9.16.10**

The Committee received the bid presentations for the 2012 Open Water National Championships. The results were announced at the Saturday Meeting of the Committee and they are as follows:

**2012 Postal Championship Event and Bid Winners:**

OHP - Federal Highway Masters

5K and 10K, Hammerheads

3,000 and 6,000, Long Beach Grunions

**2012 Open Water National Championship Event and Bid Winners:**

1- Mile, Hickory Nut Gorge Olympiad, Lake Loe NC

<1/>3 Mile, Garden State Masters, Lake Hopatcong, NJ (2 Mile)

<3>6 Mile, Team NASTI, Noblesville, IN (5K)

>6 Mile, Rogue Valley Master, Jacksonville, OR (10K)

2 Mile Cable, COMA, Sweet Home Oregon

Discussion about the role of National USMS in Postal events.

Many in the meeting felt National had no role in the Postal events.

Using Club Assistant has helped many clubs host the postal events,

For a small to medium size club, hosting a postal event is a way for raise money to support their club.

It is easy and efficient and it is done with volunteers.

**Open Water Safety Guidelines, Friday 9.17.10**

Discussion ensued about Establishing the Safety Guidelines that Jim Wheeler and Alan Levinson had developed for Pacific Coast Masters and for the Open Water Manual

These are guidelines and not requirements. The Committee and members in Attendance reviewed the Safety Guidelines to determine what was a REQUIREMENT for sanctioning versus what was a Guideline.

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**ERIC MITCHELL (RED TIDE)**

This was my first time at convention and it was quite an experience. I learned a lot about the inner workings of USMS and made some new friends. Aside from attending the House of Delegate meetings I sat in on the coaches committee and championship committee meetings and attended the coaches presentation, sports medicine and meet hosting workshops.

I was surprised at the method in which the House of Delegates voted on the rules that govern our sport. The process seemed a little confusing and outdated. At one point we were presented with a voluminous packet of proposed

rule changes that we were expected to read and then vote on while sitting there. It was a tremendous amount of information to read through, let alone process in such a short amount of time. The actual voting procedure accured by raising a green, red or orange card signifying in favor of, opposed to or abstaining respectively. When the vote was close, which it was in a number of instances, counters walked around and literally counted the amount of cards raised. I think that the process can be simplified in two ways. First, the proposed rule changes need to be made available with substantial time for review. Secondly, during the voting process the rule in question should be projected on to a screen, perhaps as a PowerPoint presentation. This would allow people to follow along easier. An electronic ballot system is necessary to eliminate the tedious card raising. If every voter were able to vote electronically there would be no need to count close votes. The results would be immediately displayed on the screen eliminating the need for recounts.

I was disappointed at the lack of content provided at the sports medicine workshop. Essentially the presenter lectured on the importance of elderly athletes remembering to take their prescriptions. I honestly did not know what to expect when I went to this workshop. However, I felt that this time could have been better spent on other topics. A topic such as injury prevention would be more beneficial to my team.

The meet hosting workshop was more informative. The information presented was helpful and the feedback that other attendees gave was excellent. Even though my team has not hosted a meet in the past we are now considering it. The workshop gave me a starting point but more importantly I made some contacts that can help me when I have questions.

The coaches' presentation was interesting. As a coach I am always looking for new ideas in regards to training. The panel of coaches offered advice on how to break up the monotony of training and how to deal with disruptive or negative swimmers. It was refreshing to hear that these coaches also faced similar issue in their programs. The information was very helpful and it was delivered in an effective way. A few attendees stood up and asked the panel questions, which they then answered, based on their experience.

I sat in on two of the coaches committee meetings and was concerned with some of the content being discussed. The main topic was the recent affiliation between ASCA and USMS. The committee thought it would be a good idea to require USMS coaches to become ASCA certified. I respectfully disagree. ASCA membership costs money each year. I do not think it is right to force eleven of my coaches to join ASCA. It was presented by a committee member that perhaps the clubs could budget the expense of coaches becoming certified. For a staff of eleven coaches this is not a realistic request. In addition, the required certification is not available online or as a home study course. Coaches would have to travel to a clinic just to get certified. Again this is an unrealistic request to ask of people. I fully understand the intent of requiring this and I am certainly in favor of educating coaches. I just feel that it should not be mandatory for USMS coaches to be certified. Encouraging them to get certified is good. Requiring them to be is not.

I do think that the coaches committee is on the tight track with a lot of the things that they are doing. For instance, the on deck coaches at Nationals are very helpful to the swimmers during the warm up periods. Also, the creation of Streamlines for coaches has been an effective way to get information and updates out to club coaches.

The championship committee meetings that I sat in on were very informative. I gained a better understanding of the selection process for Nationals and learned a lot about the importance of fostering a relationship between club and city. Both the representatives for Mesa and Greensboro both reiterated how valuable communicating with the city's Convention and Visitors Bureau can be to hosting a successful meet. Coordinating accommodations with the visitors bureau is just one piece of the puzzle though, the meet line format proved to be more difficult to agree on. There were many options presented and discussed with regards to the order of events. Every representative had a different opinion on the order of events. Some people presented good arguments and others didn't. In my opinion, the committee should agree on a format and stick to it, at least for the quadrennial.

Overall my experience at convention was a good one. I met other coaches who gave me advice on everything from how to deal with problem swimmers to running meets. I learned how the House of Delegates operates and met a lot of the people that I had only previously communicated with via email. Networking with USMS representatives, coaches and swimmers was the biggest benefit for me.

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## **JOEL ABREU (BEARCAT MASTERS)**

**Wednesday September 15, 2010**

**Arrived at convention center and pickup convention credentials.**

Thursday September 16, 2010

Records and tabulations meeting:

Nothing to report.

Friday September 17, 2010

Social Media workshop:

- Facebook.com
- Youtube.com
- Twiter.com
- Upmygame.com

**Saturday September 18, 2010**

**Records and Archives committee meeting**

**LMSC Development Meeting**

The committee met with not much to report and very few ideas on how to actually help the development of local LMSCs.

- There are lots of communication problems between local LMSC and the national office.
- There is a number of Local LMCS's who are not in compliance with the minimal standers set by USMS.
- The committee decided to include the Zone Chairs as part of the communication process with local LMSC.

**Coaches' presentation**

- Nothing new or interesting to report

**How to run and promote a USMS event at your pool**

- Secured the site and date of meet
  - Measure pool and file measures with LMSC
    - If pool has bulkhead measure pool before and after each session
- Make sure to ask for the 501C discount if renting from a public institution
- File meet sanction application and obtain sanction #
- Secured your officials
  - Shop around for prices
- Secured your meet staff
  - Make sure you know your staff
    - Lifeguards
    - Timers
    - Officials
    - Computer/time system operator
- Develop a meet budget
  - Budget items
    - Facility rental fee

- Meet sanction deposit
- Awards
- Officials
- Paper + ink
- Advertise your meet
  - Meet will now be automatically posted on USMS website
  - Use your local media
  - Use Facebook
  - Use Twitter
  - Use You Tube

**Sports medicine workshop:** a number of people must in their 60's spoke about their experiences with a number of medications.

- Ask your swimmers
  - Are you on any medication?
  - Do you have high blood pressure?
    - Have then checked their blood pressure on a regular basis.
  - Do you have any medical condition that I should know as a coach?
  - Ask your older swimmers if they are taking their medication?

**House of Delegates Meeting**

A large number of changes were made to the USMS rules book. I was shock to learn how voting actually takes place. Amendments and changes to the rule book are presented to the HOD and the HOD is ask to cast a votes, on whether to adopt or reject the propose changes and amendments to the rules book without any reasonable time for the HOD to actually read and understand the changes that are being presented. As a new delegate, I feel that the entire system should be update to include proper time to actually read and understand what is being presented before any vote is cast to change any rule or adopt any new policy. USMS should look into implementing a electronic voting system for the HOD.

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**JONATHAN CHURINS (FISH MASTERS)**

RE: Conference Summary

Sessions Attended:

1. Conference Orientation
2. House of Delegates 1
3. Fitness Education Committee (Summary Attached)
4. Social Media Workshop
5. House of Delegates 2
6. Open Water Committee
7. House of Delegates 3
8. Insurance Workshop (Summary Attached)
9. Build a LMSC Workshop (Summary Attached)
10. House of Delegates 4
11. Awards Dinner

### 3. **Fitness Education Committee:**

The FE committee reviewed and awarded the check off bid to Maryland Masters for the 2011 The Chesapeake Bay Check-Off Challenge. Participants may complete events in practice outside of sanctioned meets.

#### Go the Distance

The Go The Distance Program has been developed into an interactive online event boasting 2,015 participants as of the meeting. The committee thanked USMS Tech Support Staff for developing the product. Plans are underway to upgrade the product to include an annual cumulative rating, export to excel/CSV and show mileage achieved compared to rivers & seven great lakes.

#### Virtual Swim Series

Several virtual swims were proposed that could be tied back into the FLOG (Go the Distance Program).

### 8. **Insurance Workshop:**

Sandi Blumit of Risk Management Services, Inc. presented details surrounding USMS insurance and fielded questions. The below Insurance FAQ explores the finer points.

[http://www.usms.org/admin/lmschb/gto\\_ins\\_faq.pdf](http://www.usms.org/admin/lmschb/gto_ins_faq.pdf)

### 9. **Build an LMSC Workshop:**

Mel Goldstein discussed extensive solutions and guidelines to save LMSC, clubs and adult fitness programs. Presenter offered to personally meet with pool and school reps to express the national perspective.

#### Mel's Guidelines:

1. Be PROFESSIONAL, dress professionally (polo shirt / khaki pants)
2. PROGRAM: Call it a program: Rationale: Never refer to your program as a team. Teams are perceived to consume facility resources in excess of their fair share and sometimes viewed as possibly displacing other programs.
3. A successful adult aquatic fitness program is made up of at least three groups.
  - a. Fitness Swimmers
  - b. Masters Competition Swimmers
  - c. Tri-Athletes
4. DIVERSITY: All programs must embody diversity
  - a. A range of age and gender
  - b. Be inclusive of alumni, faculty and community
  - c. Improve public safety by teaching swimming as a life skill
5. REVENUE:
  - a. Develop revenue models
    - i. Cost sharing
    - ii. Increase general membership at the facility
    - iii. Barter for services and pool time
    - iv. Define revenue generation with a business plan
    - v. Define additional revenue stream
    - vi. Be creative
12. Be a Good CITIZEN:
  - a. Be a good citizen by becoming a recognized partner of the school/facility
    - i. Ask if there is a project the school needs assistance on
    - ii. Do a fundraiser to donate funds to a project
    - iii. Provide drop in coaching to school team
    - iv. Offer underwater filming and interpretation for youth program.

Mel Goldstein – USMS & YMCA LMSC Development “Save our team division of USMS”  
YMCA Indy Swim Fit Director, YMCA of GREATER Indianapolis, Indianapolis IN , 46240  
Tel 317-253-8289 / Fax 317-259-5652  
E-Mail goldsteinmel@sbcglobal.net



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**CRAIG KELLER (AGUA MASTERS)**

**Colonies Zone Meeting:** Chris McGriffen from New Jersey was the only candidate for the At Large BOD position, and was unanimously confirmed by all voting Colonies Zone delegates. Dr. Miller, who was in attendance, stated the Chris will act on the National Level, and will not be representing the Colonies Zone. Chris' new role will be representing USMS legislation/policy holistically, not regionally.

There is not a current bid for 2010 SCM Zone Championships, yet the committee decided to extend the deadline to October 15<sup>th</sup> in hopes that a team would come forward to host the event.

SCY Zone Championships will be held on April 15<sup>th</sup> – 17<sup>th</sup> 2011 at George Mason University.

**New Delegate Orientation:** Ed Tsuzuki gave a phenomenal presentation with an extremely well-crafted Power Point slideshow describing the “ins-and-outs” of Convention. In my opinion, it was the best presentation of the entire weekend.

**HOD:** The first meeting on Thursday was very short, more of an introduction of what was to come over the next several days—finished the meeting 45mins early. Rob Butcher gave a very heart-felt report on the current viability and recent growth/success of USMS. He also presented a short USMS promotional video that had recently been created by Ben Christoffel and Laura Hammel.

It became very clear that the “discussion” process of voting favors the veterans, as they very much dominated the forums. At times, the “rules of voting” becomes so obligatory, that the process appears cheapened to others/me. With that said, on the last day I was able to keep up with the rapid-fire of *motions*, *2<sup>nd</sup>'s*, *Call to Question*, etc. All-in-all, I very much enjoyed it.

It is my opinion that a core requirement to become a parliamentarian is that no sense of humor be present, at any time. The process of voting has clearly been indoctrinated, and works, yet there is clearly a learning curve. At one point, a motion was passed – by only a few votes – and then later reversed due to the inaccurate account for “abstained” votes. Albeit confusing, after that miscount we were instructed to tear up our “Abstain” voting cards—only “Yes” and “No” cards would be used from that point.

The return of tech suits for SCY was not remotely considered—despite Roc Santos’ plea, and hollow promise, that they’d be available. I voted against it, and am happy with the outcome.

**New Delegate Lunch:** I was asked to the “new delegate lunch” by Nadine Day (USMS Vice-Pres). She is great—such a motivated and positive individual! I sincerely enjoyed the time I spent with her, and she further helped me understand the voting process and protocol of Convention. She asked me if I was interested in the continuing on Coaches Committee, to which I said yes.

**Recognitions and Awards:** This meeting was rather unorganized and tempered. Most of time was spent relaying who’d been awarded. Coach of the Year will be announced at the banquet on Saturday night. This is a weak committee, in need of enthusiasm and bolstering from USMS.

**Coaches:** I presented a report on World Championships (WC), and explained data from survey I distributed to swimmers that attended the meet in Sweden. Kristin will most likely be used a pre-event liaison for 2012 WC in Italy, as she frequents the country on business—and speaks Italian. This is something I highly endorsed, and feel will be a valuable asset for USMS. I further supported the idea of creating a USMS team (aka: “USA Masters”) allowing participants to swim on relays. The idea was supported by the Coaches Committee, and will need to go to the Rules Committee to allow temporary dual-membership for 30days (during WC’s only).

The continued development of the ASCA curriculum was briefly discussed, and reports from the ASCA World Clinic (wherein levels 1 and 2 were given) were positive. Nonetheless, the Coaches Committee was not terribly pleased with the

lack of progress on the remaining levels (3-5) and current status of levels 1 and 2. The possibility of having someone from the USMS National Office to head the project is under discussion—currently Chris Colburn and the Club Development officers are working together on the project.

**Coaches Presentation:** I presented with Scott Bay and Chris Colburn on a panel entitled “Innovations in Masters Coaching.” Topics of discussion were:

- a) Practice: What does your team do in practices that are unique?
- b) Meets: How do you to promote meet participation?
- c) Club development: What growth, camaraderie and retention strategies do you use?

I felt it was a good discussion, and several coaches spoke with me afterward concerning the philosophies I’ve adopted.

**Sports Medicine Presentation:** The subject was “Medications.” I was disappointed, as most of the discussion was FAR over the heads of those in the audience. The topic was good, yet people were mentally (and physically) leaving the presentation within the first 15 minutes. It would have been far more palatable if the presenters spoke in common language. Example: “Hypercholesterolemia” should be called “High Blood Pressure” in that environment.

Report to the General Membership of the Metropolitan LMSC on the start of the 2011 Season by the Vice Chairman, Conrad Johnson.

As this is derived from my convention report, allow me to present my USAS/USMS 2010 Convention Report and address the two pieces of critical information to our membership, the two dues increases occurring, one national and one local. The national dues increase has been scheduled for three years and maybe another \$2.00/year in the fourth, which is 2012. The national staff, now nine full-time people, (remember four years ago it was only two people) has identified three areas where internal surveys showed it could improve the job it is doing. One is hiring an additional p/t IT person; secondly, a p/t open water “coordinator,” and three, implementation of new strategies for coaching and member retention. We lose over 36% of members every year, and get back that much and more each year. This attrition rate needs to stop and the new Executive Director Rob Butcher outlined an action plan at the Board of Directors meeting that I attended before the first day began. He also has gotten almost three times the sponsorship revenue so the budget, which I reviewed in the Finance Committee, looks very healthy.

We did not recommend salary increases for existing staff for 2011 due to the state of the economy. The new Executive Director and President seem very “gung ho” to achieve a 100,000 membership in the next two years. (We are currently just under 60,000). We should support them in this effort.

Excellent detail is provided by the other Metro LMSC delegates (Kristin Gary, Joel Abreu, Jonathan Churins, Rob Ripp, Eric Mitchell, Craig Keller) on the many details of championships, open water rules changes and other important topics.

Now to the local dues increase. A quick glance at the Metro calendar shows a huge increase in sanctioned events, technique clinics and training trips. We live in a high cost area, especially people in the city and on Long Island. Our LMSC dues are not even the highest. An attached chart shows 14 LMSC’s that have dues of \$15.00 each. They range in size from over 10,000 members to under 400 members. We feel that it is long overdue to have commensurate dues with the listed LMSCs, none of whom show any great increase in the level of activity they undertake. Some costs are going up due to contingency set aside from new activities. If we do not use the money, it will revert to the general treasury. We are also economizing as well.

The six delegates will not be repeated at future conventions. This was a great opportunity to get five new people oriented for future leadership positions in the LMSC. One is becoming our next LMSC Secretary and another is taking over the Top Ten chairmanship. Although Metro qualifies to send seven delegates to Convention based on our membership, the convention slots will be taken mostly to introduce new members to the national proceedings. We do not envision a future, local increase for a number of years.

## Metro LMSC 10/16/10 Annual Meeting Treasurer Report

Name of LMSC	Approx Number of Swimmers	LMSC Fee	+ USMS fee of 30.00
Arizona	1,200	15.00	= 45.00
Connecticut	350	15.00	= 45.00
Florida Gold Coast	1,100	15.00	= 45.00
Indiana	1,000	15.00	= 45.00
Maryland	850	15.00	= 45.00
North Texas	650	15.00	= 45.00
Pacific	11,000	15.00	= 45.00
Pacific/Northwest	1,600	15.00	= 45.00
SanDiego/Imperial	800	15.00	= 45.00
Southern Pacific	5,000	15.00	= 45.00
Wisconsin	550	15.00	= 45.00

Metropolitan (new for 2011)	2,250	15.00	45.00
Metropolitan (old 2010 & prior)		13.00	43.00

## 2010-2011 Budget

	2010B	2010A	2011B
<b>Revenue</b>			
1001 Contributions, Gifts, Grants			
a) Direct Public Support/ Individual Contributions	\$500.00	\$0.00	\$500.00
b) Grants	0	0	0
<b>Sub Total</b>	<b>\$500</b>	<b>\$0</b>	<b>\$500</b>
1002 Program Service Revenue			
a) Sanction Fees	\$400	\$375	400
b) Entry fees/Open Water	0	0	0
c) Swim Meet entry fees (Zone Rev)	0	0	0
d1) USMS check-offs (est.)	900	0	900
d2) ISHOF check-offs (est.)	300	0	0
e) Club Registration fees	700	700	700
f) Performance Bonds	200	2,425	200
<b>Sub Total</b>	<b>\$2,500</b>	<b>\$3,500</b>	<b>\$2,200</b>
1003 Membership Dues/Assessments			
a) Registrations	\$24,000	\$34,889	\$33,000
b) One Day Registration (OW event)	(200)	0	0
c) Transfers/replacement cards (included in 3a)	(200)	0	(200)
<b>Sub Total</b>	<b>\$23,600</b>	<b>\$34,889</b>	<b>\$32,800</b>
1004 Interest, Savins/Temp Cash/Investments (CD's)	200	70	200
1008a Sales of Assets (other than inventory)	0	0	0
1010a Sales of Inventory (Waterbottles)	200	0	500
1010b Less cost of good sold	0	0	0
1010c Gross profit/loss, sales of inventory	0	0	0
<b>Total Revenue</b>	<b>\$26,800</b>	<b>\$38,459</b>	<b>\$35,700</b>
<b>Expenses</b>			
2022 Grants/Allocations			
a) USMS transfers (includes club regs)	\$0	\$9,140	\$0
b) USMS Legacy Fund checkoffs (est.)	900	200	0
c) ISHOF checkoffs (est.)	300	0	300
d) One Hour Swim Sponser fee	250	250	250
e) Performance Bond Returned	200	3,300	200
f) USMS Grant (less 5% admin fee)	0	0	0
<b>Sub Total</b>	<b>\$1,650</b>	<b>\$12,890</b>	<b>\$750</b>
2031 Accounting Services (Broderick and Co.)	1,200	750	1,200
2034 Telephone/Internet			
a) Chairman	720	1,084	720
b) Vice Chairman	480	670	480
c) Treasurer	480	1,648	480
d) Secretary & Committee Chairs	0	0	480
<b>Sub Total</b>	<b>\$1,680</b>	<b>\$3,402</b>	<b>\$2,160</b>
2035 Postage			
a) P.O. mailbox	1,000	303	0
b) General LMSC mailing (postcard in '09)	1,600	0	1,000
c) Annual registration mailing	0	0	0
d) Registrar postage	1,000	2,019	1,000
e) Other (Treasurer/Cmte. Chairs)	300	0	300
f) Hard copy mailing (contingency)	700	0	700
<b>Sub Total</b>	<b>\$4,600</b>	<b>\$2,322</b>	<b>\$3,000</b>
2036 Occupancy/Storage Space (vacating)	1,440	1,440	1,440
2038 Printing/Publications			
2039 Travel			
a) Chairman	200	0	200
b) USMS Convention	5,500	3,500	4,500
c) National/Zone meets	0	0	0
<b>Sub Total</b>	<b>\$5,700</b>	<b>\$3,500</b>	<b>\$4,700</b>
2040 Conferences/Conventions/Meetings			
a) USMS Convention	440	625	700
b) Board/General Meetings	300	80	300
<b>Sub Total</b>	<b>\$740</b>	<b>\$705</b>	<b>\$1,000</b>
2042 Depreciation	0	0	0
<b>sub-total</b>	<b>17,010</b>	<b>25,009</b>	<b>14,250</b>

2043c Other Expenses/Indep. Contractors			
a) Registrar fees	4,200	4,297	4,200
b) Registrar Special Projects	0	0	0
c) Database Managers	900	900	900
2043t Computer Expenses			
a) Registrar expenses (non-post)	400	0	400
2043x Web Design/Maintenance			
a) Webmaster fees	1,560	1,920	1,560
b) DSL Line	360	0	360
c) on-line coordination project	2,000	0	4,000
2043c Dues and Fees			
a) Web hosting fees (free via USMS)	0	0	0
b) Domain name fee (free via USMS)	0	110	100
c) NY State Charities Filing Fee	50	25	50
d) LMSC registration fee (eliminated)	30	0	0
e) Club registrations offset/revenue acct 1002 (2e)	0	0	0
2043c Office Supplies			
a) LMSC office	100	38	100
b) Chairman	100	0	100
c) Equipment (soft/hardware upgrade)	0	0	100
2043f Meal and Entertainment			
a) USMS Convention (non delegate-related)	200	0	200
2043c Bank Charges			
a) Monthly charges	0	60	0
b) Unrecoverable bad checks (38+10)	82	0	82
c) Check/deposit slip reorder	36	0	36
2043t Special/Sponsored Event/meet Expenses			
a) Open Water event (CIBBOW)	500	85	800
i) LMSC Supported Champs	500	0	500
ii) Metro Clinic	1,200	0	1,175
b) Zone Metro Championship '09	5,000	0	0
c) Hy Tek Software (annual license fee)	400	0	400
d) Top Ten (3@150)	450	0	500
e) Contingency- NY/NJ, NY State Champs	1,500	0	2,000
f) Coaches Clinics	0	0	800
g) Florida Training Trips	0	0	1,000
2043r Insurance (Media for Website)	1,500	0	2,000
Bonding (worst case scenario)	0	0	0
	<b>sub-total</b>	<b>21,068</b>	<b>7,435</b>
		<b>21,068</b>	<b>21,363</b>
<b>Total Expenses</b>		<b>38,078</b>	<b>32,444</b>
		<b>38,078</b>	<b>35,613</b>
<b>Total Income</b>		<b>(\$11,278)</b>	<b>\$6,015</b>
		<b>(\$11,278)</b>	<b>\$87</b>

← 2011

+ 2009 retained earnings + 9,770.55  
(1,507.45)

Metropolitan Swimming LMSC

Registration Report

October 16, 2010

Metro LMSC has done very well for the Sept 2009 – Sept 2010 period.

In Sept. 30, 2009 we had 2099 members, compared with 2287 on Sept. 30, 2010.

This reflects an increase of 9%.

Our total membership in 2009 was 2105. If compared to our current 2010 members to date (2287) we are 108.6% ahead.

Our non renewals for 2010 are 764 members – which is 36.3% of the membership. This figure is too high, and we need to see why our members did not renew.

As of Thursday, October 14, 2010 we had 8 clubs renew for 2011. Club registration is due by October 29, 2010. After that time members can not register for the “unregistered” club.

There are 11 currently registered teams that need to renew for 2011, several others that have not registered for 2010.

Respectfully Submitted,

Mary Fleckenstein

Registrar

Metropolitan Swimming LMSC

Top Ten Report

October 16, 2010

Top Ten Tabulations were submitted for SCM and SCY on time and successfully.

There were a few time discrepancies that were corrected and re-submitted.

Meet directors are reminded to be accurate in name spelling, birthdates and id #'s to ensure that swimmers are credited properly.

Meet results should be verified, as well as relay swimmers and ages.

Metro had many top ten finishers.

Respectfully submitted,

Mary Fleckenstein



**Subj: Re: annual meeting reports**  
**Date: 10/15/2010 5:55:48 P.M. Eastern Daylight Time**  
**From: [distswim@aol.com](mailto:distswim@aol.com)**  
**To: [AQUAFITinc@aol.com](mailto:AQUAFITinc@aol.com)**

Hi Lisa,

Not much to write about.

Things seem pretty quiet on the insurance front. I have not seen changes to our current insurance coverages. Please remember that all swimmers in a workout must be USMS registered in order for coverage to apply. Swimmers must enter the pool cautiously and feet first.

Certificates of Insurance may be obtained on line. Any changes need to be approved by Sandi Blumit, our insurance broker. Also, do not enter into any contracts that have 'hold harmless' or indemnification agreements unless you have run it by Sandi. You do not want to expose yourself to a financial risk.

Submitted by Colleen Driscoll  
Metropolitan LMSC Safety/Insurance Coordinator

Subj: **WebMaster Report**  
Date: 10/14/2010 9:27:44 A.M. Eastern Daylight Time  
From: [JasonWT@optonline.net](mailto:JasonWT@optonline.net)  
To: [AQUAFITinc@aol.com](mailto:AQUAFITinc@aol.com)

Hi Lisa

Enclosed is a 2 page report of stats on the website.

The 2 things I was curious about were 1. activity after email blasts and 2. visit comparison to last year.

I do not consider the web site visits after email blasts to be that significant. One explanation for that however, might be that the email itself has all the information on it and there is no reason to visit the website - which is fine.

What is concerning is the significant drop in visits compared to last year.

In any case, I am not proposing to explain the stats - just presenting them for what they are worth face value.

Let me know if you need anything else from me.

Thanks  
Jason

# Metropolitan LMSC Webmaster Report

Prepared by Jason Troiano

10/14/10

**Last Update:** 13 Oct 2010 - 01:34

**Reported period:**

Oct 2010 OK

## Summary

<b>Reported period</b>	Month Oct 2010				
<b>First visit</b>	NA				
<b>Last visit</b>	12 Oct 2010 - 23:50				
	<b>Unique visitors</b>	<b>Number of visits</b>	<b>Pages</b>	<b>Hits</b>	<b>Bandwidth</b>
Viewed traffic *	<b>979</b>	<b>1454</b> (1.48 visits/visitor)	<b>3868</b> (2.66 Pages/Visit)	<b>7720</b> (5.3 Hits/Visit)	<b>219.52 MB</b> (154.6 KB/Visit)
Not viewed traffic *			<b>5940</b>	<b>6359</b>	<b>354.19 MB</b>

\* Not viewed traffic includes traffic generated by robots, worms, or replies with special HTTP status codes.

## Monthly history

Jan 2010 Feb 2010 Mar 2010 Apr 2010 May 2010 Jun 2010 Jul 2010 Aug 2010 Sep 2010 **Oct 2010** Nov 2010 Dec 2010

Month	Unique visitors	Number of visits 2010	Number of Visits 2009
Jan 2010	2997	4870	5268
Feb 2010	2592	4080	4690
Mar 2010	2802	4718	5146
Apr 2010	2357	4235	5013
May 2010	2509	3783	4314
Jun 2010	2786	4366	4855
Jul 2010	2786	3947	5196
Aug 2010	2556	3682	5457
Sep 2010	2477	3867	5427
<b>Oct 2010</b>	979	1454	
Nov 2010	0	0	
Dec 2010	0	0	
<b>Total</b>	<b>24841</b>	<b>39002</b>	

Note the drop off from 2009 to 2010.

Day	Number of visits	Pages	Hits
01 Sep 2010	101	211	560
02 Sep 2010	101	221	621
03 Sep 2010	104	207	567
04 Sep 2010	134	273	850
05 Sep 2010	149	313	877
06 Sep 2010	164	539	1199
07 Sep 2010	197	567	1640
08 Sep 2010	167	371	1121
09 Sep 2010	117	281	737
10 Sep 2010	120	297	762
11 Sep 2010	78	173	415
12 Sep 2010	142	444	754
13 Sep 2010	163	332	812
14 Sep 2010	153	354	994
15 Sep 2010	133	287	789
16 Sep 2010	113	233	571
17 Sep 2010	124	224	562
18 Sep 2010	87	184	472
19 Sep 2010	99	352	636
20 Sep 2010	123	243	651
21 Sep 2010	104	311	716
22 Sep 2010	98	380	636
23 Sep 2010	178	439	1103
24 Sep 2010	106	246	534
25 Sep 2010	79	163	500
26 Sep 2010	97	213	543
27 Sep 2010	148	451	820
28 Sep 2010	167	476	963
29 Sep 2010	181	769	1375
30 Sep 2010	140	274	607
Average	128.90	327.60	779.57
Total	3867	9828	23387

Highlighted Rows coincide with dates of Metropolitan E-Mail Blasts

2010 Metropolitan LMSC USMS-Sanctioned Events (*italic blue = non-sanctioned; italic red = non-Metro*)

<u>Date(s)</u>	<u>Sanc #</u>	<u>Course</u>	<u>Event Description / Director / Venue</u>
Sunday January 10	060-02	Yards	One Hour Swim / TNYA & REDT / Columbia University NYC
Sunday January 24	060-01	Yards	Winter Blitz Meet / AQFT Baumann / NC Aquatic Center LI
Sunday January 31	060-03	SCM	One Hour Swim / TNYA & REDT / John Jay College NYC
Sunday February 7	060-04	Yards	Valentine's Day Meet / CW Post Travers / LIU Brookville LI
Saturday February 27	060-05	Yds/SCM	Workout Challenge & Lunch/Social / Metro / NCAC LI
Sunday March 7	060-06	Yards	Spring Fling Meet / AQFT Baumann / NC Aquatic Center LI
Sunday March 21	060-07	Yards	Masters Meet / CW Post Travers / LIU Brookville LI
Saturday April 3	060-14	Yards	National Qualifier Time Trial / AGUA Keller / AGUA NYC
Sunday April 11	060-08	Yards	Masters Meet & Trophy Relay / NYC Parks Dept Hutchins / FMCP pool
Sun-Sun Apr 25-May 2	060-15	N / A	Florida Training Trip / Johnson / Fort Lauderdale
Saturday May 8	060-13	SCM	Cinco de Mayo Invitational / BCTM Abreu / Baruch NYC
Sunday June 6	060-10	LCM	Masters Meet / NYC Parks Dept Hutchins / FMCP pool in Queens
Saturday June 26	060-09	OWS	Grimaldo's Mile / Cibbows Sener / Coney Island Brooklyn
Sunday July 11	060-12	OWS	Huntington Bay / Hartigan / Long Island
Sunday August 1	060-16	OWS	Point Lookout Ocean Mile / AGUA Kolonkowski / Long Island
Saturday August 7	060-11	OWS	Aquarium 5K (11A) Cibbows 1M (11B) / Vergara / Coney Island Brklyn
<i>Saturday August 21</i>	<i>N / S</i>	<i>OWS</i>	<i>4.25M Stonewall Cross Bay Swim / Fire Island / Long Island</i>
<i>Sunday September 12</i>	<i>N / S</i>	<i>OWS</i>	<i>Hudson River 1M &amp; 3M Swim for Life / Gormley Hughes</i>
Sunday October 3	060-17	Yards	Masters Meet / CW Post Travers / LIU Brookville LI
Saturday October 23	060-22	SCM	Pentathlon Meet / AGUA Keller / AGUA NYC
<i>Saturday AM November 6</i>	<i>N / S</i>	<i>OWS</i>	<i>Vets Day 1M, 2M &amp; 5K / Cibbows / Coney Island Brooklyn</i>
Saturday PM November 6	060-19	SCM	Invitational Meet / BCTM Abreu / Baruch College NYC
Saturday November 13	060-21	SCM	Fly-Back-Brst Technique Clinic / Metro / FMCP pool in Queens
Sunday November 21	060-18	SCM	NY-NJ Duel In The Pool / Metro / NC Aquatic Center LI
Sat-Sat Dec 4-11	060-20	N / A	Florida Training Camp / Metro / Fort Lauderdale

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2011 Metropolitan LMSC USMS-Sanctioned Events (*italic blue = non-sanctioned; italic red = non-Metro*)

<u>Date(s)</u>	<u>Sanc #</u>	<u>Course</u>	<u>Event Description / Director / Venue</u>
Saturday January 15	061-01	Yds/SCM	Fly-Back-Brst Technique Clinic / Metro / FMCP pool in Queens
Sunday January 23	061-02	Yards	Winter Blitz Meet / AQFT Baumann / NC Aquatic Center LI
Sat-Sat Feb 5-12	061-03	N / A	Florida Training Camp / Metro / Fort Lauderdale
Sunday February 13	061-04	Yards	Valentine's Day Meet / CW Post Travers / LIU Brookville LI
Saturday February 26	061-07	Yards	Distance Meet Time Trial / AGUA Keller / AGUA NYC
Saturday March 5	061-05	Yds/SCM	Fly-Back-Brst Technique Clinic / Metro / FMCP Pool in Queens
Sat-Sun March 12-13	061-06	Yards	NY State SCY Champs / Metro / NC Aquatic Center LI
Sunday March 27	061-08	Yards	Masters Meet / CW Post Travers / LIU Brookville LI
Sat-Sun April 9-10	061-09	Yards	Masters Meet / AGUA Keller / Asphalt Green NYC
Sunday May 1	- - -	SC ?	Masters Meet & Trophy Relay / NYC Parks Dept Hutchins / FMCP pool
<i>Fri-Sun April 15-17</i>	<i>- - -</i>	<i>Yards</i>	<i>Colonies Zone SCY Champs / George Mason University in VA</i>
<i>Thurs-Sun Apr 28-May 1</i>	<i>- - -</i>	<i>Yards</i>	<i>USMS Spring Nationals / Mesa, AZ</i>
Sunday June 26	- - -	OWS	Grimaldo's Mile / Cibbows / Coney Island Brooklyn
Saturday July 2	- - -	OWS	Huntington Bay Crescent Beach / Ripp Driscoll / Long Island
<i>Sunday July 10</i>	<i>- - -</i>	<i>OWS</i>	<i>Huntington Bay / Hartigan / Long Island</i>
Saturday July 30	- - -	OWS	Point Lookout Ocean Mile
<i>Wed-Sat August 3-6</i>	<i>- - -</i>	<i>LCM</i>	<i>USMS Summer Nationals / Auburn University in AL</i>
Saturday August 6	- - -	OWS	Nat'l Champs Aquarium 5K Cibbows 1M / Vergara / Coney Island Brklyn
<i>Sunday August 21</i>	<i>- - -</i>	<i>OWS</i>	<i>John Daly Ocean Mile / Long Beach on Long Island</i>
Sunday September 4	- - -	OWS	Open Water Swim Event in Long Beach / Metro