Oklahoma Swimming Mission Statement: To develop excellence, character, and growth in swimming for all.

Oklahoma Swimming Vision Statement: To advance our core values of selflessness, excellence, leadership, integrity, inclusion, and development by increasing competitive opportunities and developing relationships that promote excellence and growth.

OKLAHOMA SWIMMING, INC.
ANNOUNCEMENT OF FALL
HOUSE of DELEGATES MEETING

Location: GLENPOOL CONFERENCE CENTER
12205 South Yukon Ave.
GLENPOOL OK 74033
Date: Saturday, October 13, 2018

Member Organization Voting Confirmation begins 1:00 PM
OKS Secretary

HoD Meeting begins 1:30 pm- 3:00 pm

New Board member orientation begins 3:15 pm- 3:45 pm

SATURDAY October 13, 2018 SCHEDLUE OF COMMITTEE AND WORKSHOP MEETINGS
Location: GLENPOOL CONFERENCE CENTER
12205 South Yukon Ave.
GLENPOOL OK 74033
Date: Saturday, October 13, 2018

CLBMS Workshop: Check In 8:30 Start 9:00 end 11:30 pm: Presenter Randy Julian /PMT

Coach CPR/Safety Certification Class: Contact Ali Baker for specifics

Safe Sport: Venue Safety/ Parent/Athlete Bullying Program Various speakers 9:30 – 11:30 PM

Safe Sport Committee Meeting: 12:30-1:15 PM

Finance Committee Meeting 11-12:00 PM

D&I Committee Meeting 10:00 -Noon

Meet Director Workshop 11:45-12:15 PM. Moderator PMT.

Athlete Committee Meeting 11:40-12:30 PM

House of Delegate Agenda

Date: Saturday, October 13, 2018

Member Organization Voting Confirmation begins 1:00 PM
OKS Secretary

HoD Meeting begins 1:30 pm- 3:00 pm

New Board member orientation begins 3:15 pm- 3:45 pm

House of Delegates Agenda
AGENDA- ORDER OF BUSINESS

Reading of the OKS Mission and Vision Statement: Secretary

Welcome: Paul Thompson, General Chair

Additions to the Agenda: General Chair (as appropriate)
Additions to Agenda from Board of Directors Meeting: (Friday October 12, 2018) as appropriate

Additions to Agenda from Committee Meetings (held September 30, 2017 Saturday morning) as appropriate:

Approval of Agenda: General Chair

Introductions, Recognition of Guests: General Chair

Confirmation of member organization representation and voting delegate numbers: OKS Secretary

READING, CORRECTION AND ADOPTION OF MINUTES OF PREVIOUS MEETING: OKS Secretary (Minutes attached to final Meeting report)

Award Presentation: OKS SCHOLASTIC 2017-2018 ALL-AMERICANS: OKS Secretary: Tracey Garrett

Athletes and club:
1-year award winners: TBA
2- year award winner: TBA

3- year award winner: TBA

These athletes will be recognized on the USA-Swimming website and each will receive from USA-Swimming three certificates- one for the swimmer, one for their club and one for their school. Each member will also receive a commemorative bag tag. Those being recognized as three-time award members will receive a special gift.

Presentation of OKS Long Course Athlete of the Year Awards: Ben Harlow
10& Under Female
10& Under Male
11-12 Female
11-12 Male
13-14 Female
13-14 Male
15-16 Female
15-16 Male
17-18 Female
17-18 Male

OKS Coach of the Year Announcement: OKS Coach Representative

REPORTS OF OFFICERS: (as appropriate)
Reports will have already been submitted and were in the general information packet provided (October 7, 2018) to the membership prior to the meeting. Information packets also posted on the OKS web under the HoD tab October 7, 2018. Reports on Saturday will be limited to updates

or brief summaries that were not available at that time. OKS Officers welcome comments or questions from the Delegates as appropriate.

- **General Chairman – Paul Thompson**, **Review of OKS Governance updates from USAS Convention and LEAP Level 2 Accomplishments**

  LSC Model Bylaws/Governance Policy Changes proposed for the LSC at national convention national organization.

- **Admin Vice Chair- Deanna Oliphant:**

- **Finance Vice Chair- Michele Brown.** Presentation 2019 Budget. Presentation of updated 4-year planning budget 2019-2022. Recommendations and reports from BoD meeting this weekend.

- **Secretary- Tracey Garrett**

- **OKS Athlete Report:** Athlete reports from 2017 Leadership Summit, LSC Practice and Leadership Training, USA-S Convention Report, OKS Athlete Elections, OKS Athlete Committee.

- **Sr. Athlete Representative – Annie Kramer**
- **Sr. Athlete Representative- Dylan McClain**
- **Jr. Athlete Representative – Rachel Brown**
- **Jr. Athlete representative – Kayley Henderson**

  Friday/Saturday Committee meeting report updates:
  Finance
  Safe Sport
  Diversity/Inclusion:
  Athlete:
  Other:
  Other:

REPORTS OF COMMITTEES AND COORDINATORS: (as appropriate)
All of these reports have been previously submitted and were available in the general information packet distributed (October 7, 2018) to the membership prior to this meeting. These reports were also posted on the OKS web site under the HoD tab on October 7, 2018. Only brief summaries or updates of information that were not available prior to this distribution will be expected at this meeting. Questions or comments are welcomed from the Delegates as appropriate.

- Membership / Registration Coordinator – Carole Lee

- Officials Chair – Craig Hanson
- Central Zone Report – Paul Thompson OKS site for 2019 will be Fargo ND. JTSC-OK won bid for one of the 2020 14& Under Championship meet sites. Minnesota is the second site for 2020. Pam Lowenthal-IL elected to CZ Non-Coach Director position. Replaces term of Amy Hoppenwrath. CZ D&I Camp moves to administration of National D&I. CZ Multi-Cultural Camp remains as an administered CZ event for the time being.
- CSRVIII Representative- Chair Paul Thompson: JTSC awarded bid to host summer 2019 championship meet. CZ Coaches adopt a proposal to support travel of officials who work assigned positions at national events. Funding is similar to requirements already in place for athlete participation/travel fund policy.
  2019 Spring Columbia, MO. March 7-10, 2019
  2019 Summer July 17-20 Jenks Trojan Swim Club
- Administrative Board of Review Committee Chair – Patrick Garrett
- Top 16/ Records Coordinator – Deanna Oliphant

Appointments/Resignations/New Committees: (as appropriate)

Old Business:

Other:
Other:

New Business:

1) Any action items brought forward from the Executive Committee/Board of Director meeting Saturday October 12, 2018,

    - OKS Spring BoD Meeting scheduled Stillwater, OK **April 5-6, 2019 Location to be announced**
    - No OKS Spring HoD meeting effective Spring HoD 2017 decision
    - Fall OKS BoD Meetings **Sept. 27-28, 2019** Location TBA
    - Fall OKS HoD Meetings **Sept 28, 2019** Location TBA
    - New Business proposed from floor
    - New business proposed from floor
2) Any other new Convention business/Legislation affecting OKS coming from the USAS Convention in Jacksonville FL, September 24-28, 2018

3) Legislation presented to the Delegates via e-mail Pre- Meeting and posted on the OKS Website: **Flex Membership. Attached to this report.**

4) Legislation Proposed from the floor: To be determined

5) **OFFICER ELECTIONS: Positions to be elected Fall 2018. Unless notified differently the current officers may agree to provide mentorship to any newly elected officers from this meeting.**

Prospective applicants should submit to the Nomination Coordinator, a brief resume of LSC experience, community life and business experiences, goal and vision that you are bringing to the position being sought in service to the LSC. In order to be placed on the Agenda, that will be distributed Sunday October 7, 2018, notification with nomination information must be received by the Nomination Coordinator Bob Staab *no later than Thursday at 6:00 pm October 4, 2018.* Applications or nominations received after this date will be placed for voting from the floor. Please use the OKS Application Form to be listed on the Friday updated agenda report.

Applicants may be self-nominated or be placed into nomination by a representative from the floor at the time of the meeting.

Nominations from the floor should include a brief explanation of your years of LSC experience, club experience, community/business experience, goals and vision you are bringing to the nominated position should be outlined now. Reference the OKS Application Form for further details.

Positions to be elected Fall 2018:
General Chair: Deanna Oliphant (application attached to this report)
Admin Vice Chair
Age Group Chair: Ali Baker (application attached to this report)
Senior Program Chair: Chad Englehart (1 year remaining on term elected Fall 2018 no application provided at time of report distribution)
Treasurer: Allan Meier (application attached to this report)
Coach Representative: Elected by Coaches prior to HoD meeting

Election of Officers:

Other:

6) 2018 Phillips 66 Outstanding Service Award OKS: To be presented Spring of 2019:

The Outstanding Service Award was established in 1981 to recognize volunteers for their invaluable contribution to USA Swimming. The award, sponsored by Phillips 66, is presented annually to an honoree named by each of the 59 Local Swimming Committees. Selection criteria considers quality, level and years of volunteer service in elected or appointed positions from among the categories of

administrator, official and coach. USA Swimming and Phillips 66 take great pride in honoring the role of the volunteer as an important investment in the future of all swimming athletes and the growth of the programs they represent. Volunteers have been the heart and strength of American swimming and their special gifts of time, talent, and devotion to the local swimming programs make USA Swimming what it is today.

Nominees –

-
-

7) OKS Calendar Confirmation Fall 2018 through Summer 2019. Draft report attached.

RESOLUTIONS and ORDERS:
TBA (as appropriate)

Other New Business:
Other New Business:

Adjournment:

Mandatory new Board member orientation session following the conclusion of the HoD meeting,

Next Meeting:
BoD Spring April 5/6. 2019 Location to be determined

OKS ACTION:	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled

Location: OKS By Law Article 602 Membership

Proposed by: OKS Board of Directors

Rationale: To establish the membership category of "Flex membership"

Current: **nothing regarding flex membership**

Proposed: **Add "D" Flex members- Athlete members who register with an LSC and USA Swimming are eligible for sanctioned swimming competition. Flex members are eligible to compete in only two (2) sanctioned competitions per year. Flex members may not compete at or above the LSC Championship level. An athlete member shall not be registered in more than one LSC simultaneously. Flex members who transition to the Annual athlete membership category with in the same calendar year will be allowed to credit the Flex athlete membership cost to the annual athlete membership cost. (becomes effective if approved 10/14/2018)**

OKS Flex membership ($ 10.00) is the current annual OKS Swimming Flex Membership (registration) fee plus the current USA Swimming required fees ($ 10.00) (becomes effective if approved 10/14/2018)

Fee structure would be outlined in P&P. This change would require 2/3 approval vote at Fall HoD

LSC Flex Membership Facts

Background

- The Flex membership is $20 ($10 to the LSC; $10 to USA Swimming) with USA Swimming covering the cost of the insurance and benefits such as a welcome edition of *Splash* magazine
- Flex, like the year-round athlete membership, is for a calendar year period. Also, like the year-round membership, individuals applying for Flex membership on or after September 1 of the current year will receive membership through December 31 of the following year.
- Depending on the program(s) a team offers, Flex members could progress from swim lessons to pre-team and then transition to year-round swimming all within the same year.
- The Flex membership is available to individuals age 18 and under (however, the expectation is that these programs will primarily serve 12 & under swimmers). This category could fill the current void between swim lessons and swim team for 5-7 year-old swimmers. Other youth sports provide participation options for this age range.
- Swimmers who move to the year-round athlete membership category within the same membership year will be able to credit the cost of the Flex membership toward the cost of their year-round membership.
- Swimmers may participate in two (2) USA Swimming sanctioned meets per membership year for meets below the LSC Championship level.
- In order for a club to offer the Flex to its member, the LSC must allow the membership in that LSC, which may require a vote of the LSC House of Delegates.

Technology

The USA Swimming IT department has been working with our software consulting company, Statera, to implement the changes to SWIMS to be ready for the 2018-19 membership year starting Sept. 1, 2018. Key features include the following:

- Allow for creating a Flex membership as either a New membership or a Renewal.
- Allow for upgrading a Flex membership to a year-round membership. The new 'Upgrade' action is only available on Flex Memberships.
- Upgrades can only occur for a Flex membership being upgraded to a year-round membership.
- The system will not allow a year-round membership to be created for a registration year if a Flex membership is already in place for an athlete. In this case, the Flex has to be upgraded to Year-Round.
- An additional process is being added to Meet Recon to limit participation in two (2) USA Swimming sanctioned meets per membership year.
- Upon times being loaded into SWIMS, an additional check will be run to determine if a Flex member has already competed in two sanctioned meets. If they have, those times will not be loaded into SWIMS.
- Functionality to allow the Flex membership fee to be credited toward the cost of their year-round membership.

Marketing

The USA Swimming Commercial division is working on a creative campaign that highlights kids and National Team athletes enjoying other activities while they continue to swim. It has a similar "look" of the SwimToday campaign with some new fun twists.

- SwimBiz will feature a Flex Workshop on April 8 and a "sneak peek" of the campaign
- Webinars and video assets will be available to LSCs and clubs
- Materials will be provided to teams and LSCs to answer questions and help implement (April-June)
- A consumer-targeted campaign will roll out in July with a focus on attracting parents and kids
- A fun, new TV commercial will launch on the NBC broadcast of the Phillips 66 National Championships in July and be able to be used by clubs online
- Digital, public relations & social media support will be part of the campaign

Date	Meet	Time Standard	Host	Location
August 10-12				
August 17-19				
August 23-27	Jr Pan Pacific	Qualifying Time	USA-S	Fiji
Sept 1-2	Labor Day Weekend			
Sept 7-9				
Sept 21-23				
Sept 23-30	USAS Convention		USAS	Jacksonville, FL
Oct 5-7	JTSC Fall Invitational		JTSC	Jenks, OK
Oct 12-13	OKS Fall BoD		OKS	Tulsa, OK
Oct 13	OKS Fall HoD		OKS	Tulsa, OK
Oct 19-21				
Oct 26-28	Halloween Meet		AESC	Edmond, OK
Oct 27	10 & Under Meet		P66	Bartlesville, OK
Nov 2-4				
Nov 9-11	JTSC Gobbler		JTSC	Jenks, OK
Nov 16-18				
Nov 24-25	Thanksgiving Weekend			
Nov 28-Dec 1	Winter Nationals	Qualifying Time	USA-S	Greensboro, NC
Nov 30-Dec 2	P66 Stars of Winter		P66	Bartlesville, OK
Dec 1-2				
Dec 5-8	Winter Jr. Nats (East-Greensboro, West-Austin)	Qualifying Time	USA-S	
Dec 7-9				
Dec 14-16	TYR Elite Meet	Qualifying Time	AESC	Edmond, OK
Dec 13-16	KMS Pro Am Classic	Qualifying Time	KMS	Lewisville, TX
Dec 21-23				
Dec 28-30				
2019				
Jan 4-6	New Year's Invitational		ST	Tulsa, OK
Jan 11-13	Meet of Champions	Qualifying Time	P66	Bartlesville, OK
Jan 11-13	KMS Invitational		KMS	Edmond, OK
Jan 18-20				

Jan 25-27	Winter Ice Breaker		AESC	Edmond, OK
Feb 1-2	HS Regionals		OSSAA	Edmond, OK
Feb 3	Native American Cultural Meet		OKS	Edmond, OK
Feb 9-10	DII East		OKS/JTSC	Jenks, OK
Feb 9-10	DII West		OKS/AESC	Edmond, OK
Feb 15-16	HS State		OSSAA	Edmond, OK
Feb 23-24	OKS State Championship		OKS/JTSC	Jenks, OK
March 1-3				
March 7-10	Reg VIII Spring Sectionals		CSC-MV	Columbia, MO
March 15-17				
March 22-24				
March 29-31				
April 5-6	OKS Spring BoD		OKS	TBD
April 13-14	JTSC Spring Qualifier	B or slower	JTSC	Jenks, OK
April 21	Easter			
April 27-28	JTSC Spring Invitational		JTSC	Jenks, OK
April 27-28	P66 SCY Spring Meet		P66	Bartlesville, OK
May 3-5	KMS Spring Twister		KMS	Edmond, OK
May 10-12				
May 17-19	Aloha Meet	B or Faster	JTSC	Jenks, OK
May 24-26				
May31-June 2				
June 7-9	Stars of Summer		P66	Bartlesville, OK
June 14-16	Summer Splash		AESC	Edmond, OK
June 21-23	Stars & Stripes		JTSC	Jenks, OK
June 28-30				
July 5-7	Firecracker		KMS	Edmond, OK
July 13-14	DII		OKS/JTSC	Jenks, OK
July 17-20	Reg VIII Summer Sectionals		TBD	TBD
July 26-28	State Championship		OKS/AESC	Edmond, OK
July 31-Aug 4	Phillips 66 Nationals		USA-S	Palo Alto, CA
August	Central Zones 14 & U	AAA	CZ/	Fargo, ND
Aug 6-10 (Tent.)	Speedo Jr. Nationals		USA-S	Palo Alto, CA
Aug 16-18				
Aug 23-25				
Aug 30-Sept 1				
Sept 6-8				
Sept 8-15	USAS Convention		USAS	St. Louis, MO
Sept 13-15				
Sept 20-22				
Sept 27-28,2019	OKS Fall BoD		OKS	Tulsa, OK

Sept 28, 2019	OKS Fall HoD		OKS	Tulsa, OK
2020				
April 3-4, 2020	OKS Spring BoD		OKS	TBD
April 12, 2020	Easter			
Sept 20-27, 2020	USAS Convention		USAS	Jacksonville, FL
Oct 9-10, 2020	OKS Fall BoD		OKS	Oklahoma City, OK
Oct 10, 2020	OKS Fall HoD		OKS	Oklahoma City, OK

draft

Oklahoma Swimming Mission Statement: To develop excellence, character, and growth in swimming for all.

Oklahoma Swimming Vision Statement: To advance our core values of selflessness, excellence, leadership, integrity, inclusion, and development by increasing competitive opportunities and developing relationships that promote excellence and growth.

THE FOLLOWING MINUTES ARE PROVIDED FOR INFORMATIONAL PURPOSES ONLY AND ARE SUBJECT TO REVISION AND APPROVAL AT THE NEXT REGULARLY SCHEDULED MEETING OF THE OKLAHOMA SWIMMING HOUSE OF DELEGATES.

OKLAHOMA SWIMMING, INC.
ANNOUNCEMENT OF FALL
HOUSE OF DELEGATES
Hosted by Oklahoma Swimming. Inc.

Location: Double Tree by Hilton Tulsa Warren Place
6110 South Yale Tulsa, OK 74136
(918) 497-2183

COMMITTEE MEETINGS SCHEDLUED FOR SATURDAY MORNING:
BOARD of DIRECTOR MEETING FRIDAY, SEPTEMBER 29, 2017 AND SATURDAY, SEPTEMBER 30, 2017

OKS House of Delegates Meeting
Warren Duck Club meeting room

Date: Saturday, September 30, 2017
Time: 2:00 PM – 5:00 PM (time certain not to exceed
AGENDA- ORDER OF BUSINESS

DRAFT

Reading of the OKS Mission and Vision Statement: Michele Brown, Secretary

Roll Call

American Energy Swim Club 4+1
Born 2 Swim – 1+0
Bison Aquatic Club 3+1
Bixby Swim Club 1+0
Enid YMCA 0+1
Extreme Aquatic Team 2+1
Greater Ada Swim Club 2+0
Green Country Swim Club 2+3
Jenks Trojan Swim Club 4+1
King Marlin Swim Club 2+1
Muskogee Sharks 2+1
Oklahoma Baptist University 0+1
Splash Club 4+1
Ponca Sailfish Swim Team 2+2
Sooner Swim Club 2+1
SwimTulsa 3+2
Tahlequah Stingrays absent
Trident Aquatics Club 3+2
Western Waterdawgs absent

Welcome: Paul Thompson, General Chair

Additions to the Agenda: PT, General Chair (as appropriate)

- No additions

Additions to Agenda from Committee Meetings (held September 30, 2017 Saturday morning) as appropriate:

- No additions

Approval of Agenda: PT, General Chair

- Agenda approved

Introductions, Recognition of Guests: PT, General Chair

- No guests

READING, CORRECTION AND ADOPTION OF MINUTES OF PREVIOUS MEETING: Michele Brown, Secretary (Minutes attached to final Meeting report)

- Minutes approved

DRAFT

Topic	Discussion	Action	Person Responsible
1. OKS SCHOLASTIC 2016-2017 ALL-AMERICANS	Athletes and club: Hanna Newby - AESC (1st year) Richard Wagner - KMSC (1st year) Greta Olsen – P66 (2nd year) Katherine Steward – P66 (2nd year) Kevin Callan – TAC (2nd year)	These athletes will be recognized on the USA-Swimming website and each will receive three certificates- one for the swimmer, one for their club and one for their school. Each member will also receive a commemorative bag tag. Those being recognized as three-time award members will receive a special gift.	Michele Brown – OKS Scholastic All-Americans Coordinator
2. REPORTS OF OFFICERS:	Reports have already been submitted and were in the general information packet provided (September 25, 2017) to the membership prior to the meeting. Information packets also posted on the OKS web under the HoD tab September 25, 2017.		Paul Thompson – General Chair
3. Review of OKS Governance Workshop and LEAP Level 2 Workshop Accomplishments August 26, 2017	Stillwater Holiday Inn & Suites Meeting. USA-S LSC Development Consultant presenting Jane Grosser. 40 OKS members were present. 9 clubs with at least 1 member in attendance. Board members present 9 non -athlete with 2 athlete members present. There were 13 coach members present. 6 athlete members present (2 of these were board members). 40 attendees all completed the USA-S On-Line LSC Leadership Course prior to attending the workshop. Follow up Strategic Planning session with the consultant is already scheduled for Stillwater March 3, 2018 at the Hampton Inn & Suites West. Additional workshop information is posted on the OKS web site, HoD information packets and BoD packets for further review and reference.		Paul Thompson – General Chair
4. Governance Policy Changes approved for the national organization	Significant governance policy changes were adopted at the recent national convention held in Dallas TX. Few of those major developments were: Allow the Board and staff flexibility to initiate future membership types more quickly than in the past. This passage resulted in the development of a new membership classification option that our LSC may consider. To transition the Board from an operations-based Board to a governance focused Board. This approval moves all		Paul Thompson – General Chair

DRAFT

Topic	Discussion	Action	Person Responsible
	operations management to the National Staff. Terms of office change from 2 years to four years with staggered terms to ensure continuity on the Board. Board leadership will be elected from within the board members. Eliminate the executive Committee. Assigned sole authority for approval of the budget to the Board of Directors		
5. 2017 Zone Team Report	Ben thanked the Healys and chaperones. Zones will be held in Minneapolis in 2018.	Reports submitted.	Ben Harlow - Program Development Vice Chair (Age Group)
6. Oklahoma Athlete Support	Chad reviewed matrix. Meets in Oklahoma are allowed. Need proof of hotel stay. Zones removed from matrix but considered Tier 3. Tier 1 and 2 include para-events.	Need to create new reimbursement form. Policy effective January 1, 2018	Paul Thompson – General Chair
7. Age Group Swimmer of the Year Awards	17/18 Girls Libby Howell - SwimTulsa 17/18 Boys Patrick Callan – Trident Aquatic Club 15/16 Girls Hannah Newby – American Energy Swim Club 15/16 Boys Luke Davis – American Energy Swim Club 13/14 Girls Ashton Ernest – Splash club 13/14 Boys Aiden Hayes – Sooner Swim Club 11/12 Girls Piper McNeil – American Energy Swim Club 11/12 Boys Trenton vonHartitzsch – SwimTulsa 10 and Under Girls Megan Janzen – King Marlin Swim Club 10 and Under Boys Garrett Levendofsky – Extreme Aquatic Team		Ben Harlow – Program Development Vice Chair (Age Group)
8. OKS 2018 Budget and 4-year planning budget 2018-2021.	Presentation of 2018 budget and 4-year planning budget for 2018-2021. Quad budgets present a loss. This is representative of a non-profit. Financials from prior years are strong.		Tom Jensen – Finance Vice Chair Chad 1st JC Riley 2nd All in favor
9. Coach of the Year	John Brown congratulated Titus Knight on being selected Coach of the Year.		John Brown – Coach Representative
10. Reports of committees and coordinators	Reports have been previously submitted and were available in the general information packet distributed (September 25, 2017) to the membership prior to this meeting. These reports were also posted on the OKS web site under the HoD tab on September 25, 2017.		Paul Thompson – General Chair

DRAFT

Topic	Discussion	Action	Person Responsible
11. Program Development Committee	Issues surrounding 10 & under age group. Need to work to cultivate. State Championships possibly split into 2 meets. Looking at ways to develop. Taking athlete input.	Ben requested ideas.	Ben Harlow – Program Development Vice Chair (Age Group)
12. Coach's Committee	New athlete funding and process. Changes to Sectionals – adding 50 events for fly, back and breaststroke. Athletes came up with ideas to improve meets. Athlete Leadership Workshop to be held in Houston, Spring 2018.		John Brown – Coach Representative
13. Diversity and Inclusion Committee	Native American meet will add 100's with 1 event per stroke. Would like to add a second meet to be held on the east side of Oklahoma. 2018 will be camp. 4 athletes will be chosen. Applications will be out soon.	Tyler Wyatt is researching grants.	Kathy Mendez – Diversity Chair
14.Athlete Committee	LSC Practice Day was good. Athletes would like to split the State Championship meet while adding awards ceremony and 50's. Also discussed communicating via social media for events.		Josie Uerling – Sr. Athlete Rep
15. Safe Sport Committee	Hand-outs are available. See USA Swimming website for additional information regarding Safe Sport.	Each club to provide Carole with a contact for Safe Sport if you have not done so.	Carole Lee – Safe Sport Chair
16. CSRVIII	2018 Spring to be held in Columbia, MO March 8-11 2018 Summer to be held in Jenks, OK July 11-14		Paul Thompson – CSRVIII Representative

DRAFT

Topic	Discussion	Action	Person Responsible
17. Old Business	"To continue to build the LSC team base we need to shrink the gap from the larger team from the smaller teams and make a path to help build medium sized teams. 1st I purpose we have a 100-team member limit to divide the larger teams from the smaller teams. the purpose is to recognize the smaller teams who cannot compete against the larger teams. This recognition will help feed local and smaller counties and recreation facilities by showing a positive feedback in their efforts. This will set the stage to better support their swimming programs and increase the growth in mid-size teams. 2nd This will also help to be a tool in playing a role in recruiting newer swimmers for smaller clubs who has limited exposure and appeal." "points that have been discussed before, 1st scoring, the championship meet will not be an issue the Hy-Tech system has the ability to handle that challenge. 2nd issue is what to call the divisions. I propose we do not name the division at all but add to the award (small club recognized...)"		Tyler Wyatt – Head Coach Bixby Swim Club
18. New Business	OKS Strategic Planning Part 2 Stillwater March 3, 2018 OKS Spring BoD Meeting scheduled Stillwater April 6-7, 2018 No OKS Spring HoD meeting Fall OKS BoD Meetings Oct 12-13, 2018 Location TBA Fall OKS HoD Meetings Oct 13, 2018 Location TBA Paul discussed policies approved by BoD meeting (see hand-out)		
19. OKS Calendar	Calendar confirmation Fall 2017 through Summer 2018. Uploaded to OKS website		

ELECTIONS

Positions to be elected Fall 2017:

Senior Program Chair: Completed 1st term
Finance Vice Chair: Completed 2nd term
Secretary: Completed 1st term

DRAFT

Registration Coordinator: Recommended to continue position

Election of Officers:

Secretary:
Tracey Garrett: (information provided in delegate packet)
Results: No nominations from the floor. Tracey Garrett voted in by acclimation.

Finance Vice-Chair:
Michele Brown: (information provided in delegate packet)
Results: No nominations from the floor. Michele Brown voted in by acclimation.

Senior Program Vice Chair:
Chris van Slooten (information provided in delegate packet)
Results: No nominations from the floor. Chris van Slooten voted in by acclimation.

Election of OKS Administrative Review Board Members:
2-year term
Non-Athlete member – Tracey Garrett nominated Patrick Garrett
Non-Athlete member – Kathy Mendez nominated Kent Nicholson
Non-Athlete member – Titus Knight nominated Jenn Rudeen
3 Athletes were nominated:
Hollis Gilbert, Klair Bradley, and Jaiden Wright-Goff.
Athlete member - Hollis Gilbert voted in
Athlete member – Klair Bradley voted in

Board will elect a Chair ASAP and notify the General Chair of their decision. Patrick Garrett elected Chair.

2017 Phillips 66 Outstanding Service Award OKS: To be presented Spring of 2018:

Nominees –
- Tracey Garrett
- Lance Wheeler

DRAFT

Awarded to Tracey Garrett.

Meet adjourned 3:30p.m.

DRAFT

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OKLAHOMA SWIMMING, INC.
ANNOUNCEMENT OF FALL
BOARD OF DIRECTORS
AGENDA
Hosted by Oklahoma Swimming. Inc.

Location: Double Tree by Hilton Tulsa Warren Place
6110 South Yale Tulsa, OK 74136
(918) 497-2183

COMMITTEE MEETINGS SCHEDLUED FOR SATURDAY MORNING:

BOARD of DIRECTOR MEETING 8:00 am-10:00 am Board Room
Athlete Committee: Sr. Athlete Reps. Chair 10:30 am- TBA
D&I Committee: Kathy Mendez Chair 10:30 am- 1:30 pm TBA
Coach Committee: John Brown Chair10:30 am TBA
Safe Sport Committee: Carole Lee Chair 11:00 am TBA
Program Development Committee: Ben Harlow Chair 12:30 pm-1:45 pm Board Room

Check with your committee chair for room assignments and meeting end times that are not listed in this report.

OKS Board of Directors Meeting
Board meeting room

AGENDA/ORDER OF BUSINESS BOARD OF DIRECTORS
4:30-9:45 PM FRIDAY September 29, 2017

Start Time: 4:33 PM

Welcome: Paul Thompson, General Chair

- Focus on funding and budget

Introduction of Guests: PT, GC

- Tracey and Patrick Garrett
  - Tracey is running for a board position

Additions or corrections to the Agenda: PT, GC

- No additions or corrections

Approval of Agenda: PT, GC

- Kathy moved to approve, Carole 2nd, Agenda approved

Reading of Declaration of Conflict of Interest Statement: PT, GC

Declaration of Conflict of Interest: *Is any member aware of any conflict of interest (that is, of a personal interest or direct or indirect pecuniary interest) in any matter being considered by this meeting which should now be reported or disclosed or addresses under the USA-Swimming Conflict of Interest Policy".* If a board member determines there to be a conflict of interest at any point during the course of the meeting when a specific subject is being discussed and or action is being taken, a declaration of a conflict of interest should be made at that time.

Confirmation that all board members have a current Conflict of Interest statement on file.

- Dylan signed COI statement. All others already on file

Secretary: Roll call of board members.

OFFICERS:

General Chair, PT, present
Admin. Vice-Chair, DO, present
Age Group Vice – Chair, BH, present
Senior Program Vice- Chair, CE, present

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Junior Athlete Rep. AK, present
Junior Athlete Rep. DM, present
Senior Athlete Rep. QB, present
Senior Athlete Rep. JU, absent
Coaches Rep. JB, present
Diversity/Inclusion Chair, KM, present
Membership/Registration Coordinator, CL, present
Officials Chair, AL, absent
Risk Management AM, absent
Secretary MB, present
Treasurer, AM, absent
Finance Vice- Chair, TJ, present
Safe Sport Chair CL, present

Reading, Correction and Adoption of Minutes of Previous Meeting April 7-8, 2017

- PT recommended using prior format for minutes; topic, discussion, and action items go forward
- KM made motion to adopt, CL 2nd, minutes adopted

Moment of Mission: Athletes did a great job at the Clinic held September 9th.

Friday Session: 4:30-6:30 PM

Financial business: review, discuss and approve 2017 event finance reports, 2018 annual; budget including projected events, training/leadership development, scholarship programs, foundation, coach. Etc. etc. 2018-2021 planning budget, present the 2018 Athlete Funding Guidelines, visionary funding projects… where are we headed and how will we get there in the next 4 years. Annual budget and a 4-year budget plans needs to be adopted by the board and presented to the House on Saturday afternoon. Hard copies of these reports can be published Saturday after the morning board session and available at the HoD meeting.

Dinner Break 6:30-7:30 PM

Friday 2nd session BoD 7:30-9:00 PM

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Topic	Discussion	Action	Person Responsible
1. Convention	For strategic purposes can ask for 2 non-board members to go to Convention. Against Convention budget $260 ($130/person)		Paul
2.Oklahoma Athlete Support	Chad reviewed matrix. Meets in Oklahoma are allowed. Need proof of hotel stay. Zones removed from matrix but considered Tier 3. Tier 1 and 2 include para-events	Need to create new reimbursement form. Policy effective January 1, 2018	Paul 1st Chad 2nd John All in favor
3. Official reimbursement form to National meets	Approval needs to include GC before any funds are released.	Change official reimbursement form to include approval by GC	Paul
4. 2018 Budget and Quad Budget (2018-2021)	Tom reviewed budget. Need changes made prior to bring budget to HoD Saturday.	-Add new line item for athlete workshops expense $2k. -Add new line item for Champions Club $1k. -Add new line item for Chuck Weilgus Spirit & Courage Award $500. -Increase swimmer's expenses to $55k. -Increase registration income to $150k. -Increase registration expense to $120k. -Decrease Zone income to $20k. -Increase Age Group expense to $20k.	Tom 1st Chad 2nd Kathy All in favor
5. Board funding athlete leadership training camp	To be held in Houston, Texas either Friday – Sunday April 6th – 8th or Friday – Sunday April 20th – 22nd. Offer to OK Jr. reps then to swimmers who ran for election at State (Hollis Gilbert, Maya Ferrell). Coach Lauren is a candidate.	Selection of athletes and coach. Fill out application.	Athlete Reps
6. Funding of facility for Championship meets	Mitch park has increased cost of facility. LSC will pick up facility surcharge differential. $25/athlete at State; $20/athlete at DII Move Championship meets to 1st – 4th medals and ribbons 5th – 8th to offset facility support starting SC 2018.	Motion to change Championship meet awards 1st – 4th medals and ribbons 5th – 8th to offset facility support starting SC 2018.	1st Michele 2nd John All in favor

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Topic	Discussion	Action	Person Responsible
7. Spring D-II SCY East/West and Sprint LSc SCY State Meet Action dates	Dates staying in place.	OKS submit host template by (10.10.17DII)(11.3.17 State) Host return sanction application agreement, fees and awards security deposit to OKS by (11.3.17DII)(11.15.17State) Host returns meet book template completed to OKS by (11.13.17DII)(11.25.17State) OKS return pdf final meet book and event file to host by (11.27.17DII)(12.3.17State) Host distribute to the OKS contacts meet book and event file by (12.3.17DII)(12.10.17State)	OKS/Host Teams
8. Revisions to OKS Sanction Application	Change for club hosted meets (exclude intra-squad and Championship meets) to have sanctioning documents to coordinator 45 days prior to start of the meet otherwise sanction fee is $125 for meet/$75 for TT. $250 fine for posting meet book w/out sanction by OKS Meet Director to send pre-meet session time line 48 hours prior to start of the meet to OKS reporting group. Meet Director to send post-meet reports of actual session time line, post meet athlete team report 24 hours after end of session. Fine of $100 per late report Observed meet sanctioning fees: $75 for 1-2 day meet; $150 for a meet over 2 days. Approved meet sanctioning fees $500 for meet (not to exceed 3 days) $100 for TT. Excludes HS.	Send updated sanction information to OKS Clubs. Effective October 1st Meets already sanctioned or sent into Paul are excluded from fines.	1st Kathy 2nd Chad All in favor Paul to send
9. LSC Athlete Travel Policy	Board clarifies expectations, authority between guardians, LSC, and Chaperons.	Review travel policy/give recommendations for 2018. Within 30 days bring final product for adoption. Need to be approved by March 3, 2018.	Chair will be Deanna, Ben, Kathy, Annie, Dylan

CE moved to adjourn, JB 2nd, adjourned at 9:51 PM

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Breakfast at Hotel

Saturday September 30, 2017
Board of Director Meeting
Start Time 8:00 AM end 10:15 AM

Start Time: 8:00 AM

Welcome: Paul Thompson, General Chair

Introduction of Guests: PT, GC

- Tracey and Patrick Garrett, Chris VanSlooten

Secretary: Roll call of board members.

OFFICERS:

General Chair, PT, present
Admin. Vice-Chair, DO, present
Age Group Vice – Chair, BH, present
Senior Program Vice- Chair, CE, present
Junior Athlete Rep. AK, present
Junior Athlete Rep. DM, present
Senior Athlete Rep. QB, present
Senior Athlete Rep. JU, present
Coaches Rep. JB, present
Diversity/Inclusion Chair, KM, present
Membership/Registration Coordinator, CL, present
Officials Chair, AL, present
Risk Management AM, present
Secretary MB, present
Treasurer, AM, present
Finance Vice- Chair, TJ, present
Safe Sport Chair CL, present

Old Business: Action Items from Friday meeting

- Items not addressed from the Friday sessions.
- Policies, resolutions, proposals, task forces and committee work
- Action Items from Budget Planning Friday session

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Topic	Discussion	Action	Person Responsible
10. Diversity	Discussion to increase funds.	Task force led by Tyler Wyatt to explore how/where to bring in more funds. Possibly another meet on the east side of Oklahoma.	Kathy/Tyler Wyatt
11.Budget/Financial Committees	Proposed merging the 2 committees. Athletes on committees Savanah Barth, Caroline Smith, Sydney Parker,	Ask if athletes originally listed on those committees are still interested and find replacement for any Senior from last year.	Athlete Reps by Tuesday.
12. 2017 Fall Legislation for the Zone Selection Process	Criteria-must be a AA swimmer and top 3 swimmer at LC State meet in crucial stroke needed and will pay an extra $100 to register above the current AAA cost for Zones at the time of registration. Chad would like to see only AAA swimmers attend Zones. John is okay with the proposal as long as there is no cost to the LSC. Kathy spoke about 10&Under training.	Allow Head Zone Coach leeway to select a swimmer(s) for the Zone team that are a crucial member(s) of a certain age group and who are able to swim the stroke(s)needed for the team's entries.	Head Zone Coach Chad 1st Kathy 2nd Passed by majority vote.
13. Protocols for OKS Swiss Timing Start Time V Starting System	System V is reserved for LSC hosted meets. Meet Directors may request use, accept possession of and return to GC after completion of the event within 48 hours, $500 security deposit on file with OKS. Reservation on a first come basis for sanctioned meets only. OKS will receive $100 for Rental fee from host for 2 or more sessions meet. $50 for one session. All meets hosted by OKS have preference. Andrew would like Officials to be familiar and certified on system.	Establish protocols and guidelines for the use of the LSC starting system.	Paul Ben 1st Michele 2nd All in favor
14. Establish a LSC Athlete Leadership Mentor Position (Adult)	If the LSC is to be intentional in its commitment to developing the leadership potential of its athletes it is recommended that the role of mentor not fall by default to the Sr. Program Chair or General Chair.	Appoint a person to research what other LSCs have already done in this area, bring back a proposal with recommendations within 90 days.	Paul to appoint. Michele 1st Chad 2nd All in favor
15. Establish a Task Force to present an LSC Swimposium	Board needs to appoint a task force chair to assemble a group of LSC representatives that will contact USA-S LSC services and bring together the necessary information required to select a date, host, location, facility,	Immediately identify a task force chair to lead this effort. Board establishes task force chair. Make this part of the strategic plan for the LSC.	Paul/BoD Ben 1st Chad 2nd All in favor

Topic	Discussion	Action	Person Responsible
	lodging, meeting rooms, speakers, etc. Goal to have the swimposium in 2019, 2020 at the latest.		
16. Resolution that all aspects of the LEAP Level 2 program will be adopted as policy, business structure and administrative procedure throughout all levels of the LSC	Ensure all components of LEAP Level 2 will be merged into appropriate levels of the LSC structure.	Board establishes task force chair. Evaluation must occur before Nov. 1st when new requirements go into effect. Make this part of the strategic plan for the LSC.	Paul/BoD Kathy 1st Ben 2nd All in favor
17. Resolution to thank the Kearn family for the Start Time V	Board acknowledges and expresses gratitude for the gift.	Board prepares a resolution thanking the Kearn family for their support and commitment to the LSC.	Paul/BoD Paul 1st Chad 2nd All in favor
18. Establish the OKS Chuck Weilgus Spirit and Courage Award	Board acknowledges and expresses appreciation for the long-time support and commitment of Chuck Weilgus to the LSC.	Board establishes an annual award that recognizes the courage to persevere and overcome personal adversity and challenges. May be female and male. Add to the annual budget 2018-2021 $500 ($250 each). Used for specific swim cost: dues, swim meets, suits. Scholarship Award would go to the club. Announcement to be made. Run Jan. 1 – July 31st 2018. Vote at convention. Give at Fall HoD.	Tom -Budget Board Deanna 1st Kathy 2nd All in favor
19. Confirm OKS commitment to the USA-S Champions Club	Board confirms or revokes the 2014 commitment to fund an annual membership to the USA-S Foundation's Champions Club	In 2014 the LSC approved the support and commitment to the USA-S Foundation by annually funding in the name of Oklahoma Swimming a membership in the Champion's Club. Funding was to begin 2015. Budget 2018-2021 $1k per year as separate line item.	Tom- Budget Board Deanna 1st Kathy 2nd All in favor
20. Clarification of Administrative Fees for Expedited Service	Board clarifies a policy that addresses any request for expedited administrative services outside of the normal business operating schedule where registration either by individual or as a team is required in order to	Board establishes an annual award that recognizes the courage to persevere and overcome personal adversity and challenges. May be female and male. Add to the annual budget 2018-2021 $500	Carole Michele 1st Chad 2nd All in favor

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Topic	Discussion	Action	Person Responsible
	compete in a swim meet within a 7 day window. $100 fee. Must be done all electronically and must photocopy check, scan and email to Registration Chair. Must send check either by express mail or hand delivery whichever is quickest.	($250 each). Used for specific swim cost: dues, swim meets, suits. Scholarship Award would go to the club. Announcement to be made. Run Jan. 1 – July 31st 2018. Vote at convention. Give at Fall HoD.	
21. USA-S Junior Coach position	Board reviews white paper on implications of Junior Coach position adopted USAS convention September 2017.	LSC should go with USA Swimming. Leave Code of Conduct and defer club to code of conduct.	Board Kathy 1st Chad 2nd All in favor
22. OKS Non-Profit Association Liaison Position	Board develops a volunteer liaison position to monitor and implement the opportunities offered to the organization through education, leadership networking, fundraising, etc., provided through the organizational membership.	Board needs assistance interfacing with the association to more effectively benefit from our membership.	Paul Kathy 1st Chad 2nd All in favor
23. OKS By-Law Executive Committee	Board should consider dissolving the use and terminology of the Executive Committee.	Given the availability of new options of communication and meeting via electronic means this committee is no longer necessary. Establish quorum is based on number of directors in attendance, provides more input, accountability and opinions when considering the business of OKS. Practice could be accepted and implemented but might need to wait for By-Law changes until new model by-laws are presented by USA-S in 2018.	Board Michele 1st Chad 2nd All in favor
24. GC Meet Schedule Task Force	Response to the LSC Governance Workshop Challenges facing the LSC.	Outlined in supporting document.	Sean Callan - Chair Chad 1st Ben 2nd All in favor

KM moved to adjourn, MB 2nd, adjourned at 10:29 AM

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Oklahoma Swimming Mission Statement: To develop excellence, character, and growth in swimming for all.

Oklahoma Swimming Vision Statement: To advance our core values of selflessness, excellence, leadership, integrity, inclusion, and development by increasing competitive opportunities and developing relationships that promote excellence and growth.

These are draft minutes and are furnished as informational items until further review including revisions and approval of the OKS Board of Directors

OKLAHOMA SWIMMING, INC.
SPRING BOARD OF DIRECTORS
AGENDA
Hosted by Oklahoma Swimming. Inc.

Location: Hampton Inn & Suites-Stillwater West
615 S. Country Club Road Stillwater, OK 74074
(405) 332-5575

Schedule of Meetings:
Friday April 6, 2018 OKS Board of Directors Aggie 1 Room
4:30 PM-6:30 PM
Dinner on site: 6:30-7:30 PM (OKS provides)
2nd Session 7:30-9:00 PM
Adjourn
Saturday April 7, 2018: Breakfast on your own or at Hotel
Board Meeting: Aggie 1 Room Start at 8:30 AM

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OKS provide snacks, beverages and lunch on site
Lunch with the group or on your own 12:00 -1:00 PM
Saturday 2nd session begin 1:15 pm Aggie 1 meeting room
Board Adjourns time certain not to exceed 3:30 PM

OKS Board of Directors Meeting
Aggie Room

AGENDA/ORDER OF BUSINESS BOARD OF DIRECTORS
4:30-9:00 PM FRIDAY, APRIL 6, 2018

Start Time: 4:30 PM

Welcome: Paul Thompson, General Chair

- Welcome to new board member Craig Hanson OKS Officials Chair

Introduction of Guests: PT, GC

- None Present

Additions or corrections to the Agenda: PT, GC

- No additions or corrections

Reading of Declaration of Conflict of Interest Statement:PT,GC

Declaration of Conflict of Interest: *Is any member aware of any conflict of interest (that is, of a personal interest or direct or indirect pecuniary interest) in any matter being considered by this meeting which should now be reported or disclosed or addresses under the USA-Swimming Conflict of Interest Policy".* If a board member determines there to be a conflict of interest at any point during the course of the meeting when a specific subject is being discussed and or action is being taken, a declaration of a conflict of interest should be made at that time.

Confirmation that all board members have a current Conflict of Interest statement on file. (OKS Secretary)

- Quinn, Carole and Chad signed COI statement. All others already on file

Secretary: Roll call of board members.

OFFICERS:
General Chair PT- Present
Admin. Vice-Chair DO - Present
Age Group Vice – Chair BH - Present
Senior Program Vice- Chair CVS - Present
Junior Athlete Rep. DM - Absent

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Junior Athlete Rep. AK - Absent
Senior Athlete Rep. JU - Present
Senior Athlete Rep. QB- Present
Coaches Rep. JB - Present
Diversity/Inclusion Chair KM - Present
Membership/Registration Coordinator CL - Present
Officials Chair CH - Present
Safety/Risk Management Chair AM - Absent
Secretary TG - Present
Treasurer AM - Absent
Finance Vice- Chair MB - Present
Safe Sport Chair CL – Present

At Large Member CE - Present

Moment of Mission: GC
Governance Retreat was great, Finance Bi- monthly meetings are moving in a positive direction, Excellence at Sectional for LSC, CVS named Reg VIII Coach of the Year, Athletes building relationship.

Reading, Correction and Adoption of Minutes of Previous Meeting
September 29-30, 2017

- Corrections – Topic 7 change Sprint to Spring, Action in Item 20 to be removed.
- CE made motion to accept, BH 2nd, minutes were adopted with accepted changes.

Consent Agenda: ***If a member disagrees with a consent agenda item or wants to move it to the regular agenda, the member may request that the item be pulled from the consent agenda for further discussion.***

Reports submitted from the following:
Admin Vice Chair
Age Group Vice Chair
Senior Program Chair
Athlete reps: Changes to LSC State Format (Strategic) Changes to Athlete Representative Election Process (Strategic) ****
Coach Rep
Diversity/ Inclusion Chair
Safety/Risk Management Coordinator
Officials Chair
Secretary
Treasurer
Finance Vice Chair…pulled for discussion
Safe Sport Chair
Spring Sectional Report (Management)
Summer LSC State Meet Book (Management)
Summer D-II Meet Book (Management)
Coach Travel Funding Application Updated (Management)

DRAFT

Coach Education Funding Application Updated (Management)
******** indicates agenda addition 4/4/18**

Motion to accept agenda by GC, PT, motion was accepted.

Topic	Discussion	Action	Person Responsible
1. Athlete Travel Fund	123 Athletes eligible. There is some confusion among athletes as to what is required. It is a daily stipend and therefore does not need receipts. If athlete is a relay only swimmer on day 1 they are not eligible for the first day stipend.	Motion to approve revised Athlete Funding Application Motion Approved	Paul and Deanna 1st KM 2nd CL All in favor
2.Coach Educational Fund	Coaches Educational Travel Fund is $800.00 per season per club.	Change wording to reflect maximum $400.00 per club per meet.	Chris and John

Finance Vice Chair Report: MB
2017 ended above budget, bi- monthly meeting are a success and getting a lot accomplished. Recategorizing many items as well as getting into more detail rather than broad term categories, discussed misc. expense item, CH suggested creating a form to classify line items. Have created a structure chart to make categorizing items easier. PT added MB has really been working hard and has done a great job.

Motion to accept report by BH, 2nd by KM motion accepted after further discussion.

Topic	Discussion	Action	Person Responsible
10. Officials Education Travel Reimbursement	Travel fund for any sectional or above meets. Sect. and Zones $200, Pro, Futures Open Water Natl's $300, Natl's, Wint Natl, US Open, Jr Natl or Wint Jrs or Disb Natls $400. 2 meets a year per official not to exceed $800.00	Take Education out of title and change the word competition to calendar year. Max for any calendar year would be $800.00, so if you have already received funding for the 2018 Calendar year you would only be eligible for the remaining balance of $800.00 Remove line that says geographical boundaries of OKS and add proof of expense.	Paul 1st – KM 2nd – CE Approved w/changes
11.LSC State Format	Athletes want parades, music and introductions. Want excitement of HS State Champs Could we do a 14 and under meet and an open meet to accomplish this? Could	Suggested athletes gather more data from more swimmers, with 1700 plus athletes, should have opinions of 350 +/-. Possibly establish a task force	Quinn & Josie

	we run 14u meet like a zone meet and open meet like a sectional. Could we put 10u in separate session? What are thoughts of other athletes? Inquiries were made of about 10 athletes.	to look into further.	
12. Athlete Representative Election Process	Nomination for Jr Rep. Application is great, like the essay section. What is the process and timeline to implement application?	Tabled until after meeting to work out details.	Josie and Quinn

Dinner Break 6:33 – 7:32 PM

Friday 2nd Session BOD 7:30-9:00 PM

Topic	Discussion	Action	Person Responsible
13. Mitch Park Funding for Spring SC 2018	The facility fee of $20 per athlete for West DII and $25 per athlete for SC State Champs was not enough to pay for the Mitch Park facility at either of those meets. Both KMSC and AE have a short fall in their fees to Mitch park.	KMSC requested funds for the facility fee short fall from OKS for the 2018 OKS SC State Championship. This amount totaled $3570.25 AESC requested funds for the facility fee short fall from OKS for the 2018 OKS West DII SC Championship. This amount totaled $2009.00 DO, JB QB KM and CVS stepped out for further discussion and vote.	KM for KMSC CVS for AESC 1st – CE 2nd – BH Motion approved
14. Mitch Park Funding for Summer LC 2018	Is OKS willing to pay for the potential shortfall this summer if AE does not get the facility fees needed? LC State Champs attendance will be low. Projected fee to rent the facility at Mitch park is $18, 354.00. CVS doesn't believe that Mitch Park is willing to give up OKS sponsored meets. It is thought that OKS should have a conversation with higher up folks, Ath dir for EPS, City and Y dir.	CVS is going to speak with Bryan at Mitch to see about OKS talking to folks about fees. Looking at other options for LC State Champs, Jenks, outdoor facilities. Should OKS subsidize any facility cost for LSC sponsored meets at any pool? No OKS will not subsidize	Paul KM 1st CE 2nd Motion to not subsidize passed with majority vote.

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Motion to adjourn by PT, 2nd by KM

Meeting Adjourned for Evening at 9:02 PM

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Breakfast at Hotel

OKS Board of Director Meeting
Saturday April 7, 2018 8:30 AM – 3:30 PM
Lunch 12:00 – 1:00PM
Aggie Room

Start Time: 8:30 AM

Welcome: Paul Thompson, General Chair

Old Business from Friday Night:

- Cannot have meeting with Mitch Park until we know what other facilities are available, Opt 1 – Jenks, Opt 2 – Outdoor Pool, Opt 3 – Outside the LSC
- Athlete Representative Election Revisited with clearer outline of process. The application has been changed to reflect changes discussed. 4/13 Application is distributed, send an email to all coaches and ask for an athlete contact for each club, ask CL for parent email list for athletes ages 14-16 and bcc parents on email, cc DO so she can post to website, advertise on social media, put who to send application to, add incomplete applications will not be considered, provide the timeline and specify each club gets 2 votes. 4/27 Applications due, athlete reps pull any incomplete applications. 5/1 Voting starts. Applicants answers to app questions will be compiled on PDF and emailed to coaches and athlete contacts, applications will be anonymous (numbered) and separated in boxes. Athlete contact will email the clubs 2 votes to JU by 5/7. Will follow up with athlete res to make sure they voted. 5/7 Voting ends. 5/8 new athlete reps announced. KM suggested generic email address for athlete reps to use for communication of this process.

New Business not previously on Agenda:

- David Michael VonHartitzsch Officiating Service Award, after discussion it was agreed that this was an officiating matter and should be handled through the officiating committee and funded from the officiating budget. Suggested that a single traveling trophy be purchased for this with a budget of $100.00 with a possible donation to cover this expense. The award will be presented at the Fall

HOD. The trophy needs to be purchased through Hasty. Craig will communicate this to needed parties.

Topic	Discussion	Action	Person Responsible
15. Expedited Administrative Service Policy Clarification	If used how is bill generated? What about for coaches, athletes and officials, do they fall within this fine if not done on time? CL has been sending updates as she gets things checked off a recon for a meet.	Expedited Services are due at the time of service. A sign in list for coaches and for officials will now be at meets. Coaches and officials will need to have their credentials checked if there is something questionable on the recon report. CL will also send a monthly recon to all head coaches of coaches as well as officials so they know their eligibility status. Club Registration is $100.00 if paid at Fall HOD. After Fall HOD, Club Registration will be $300.00 Current year Athlete and Coach Registrations are due December 1. After December 1, there will be a $200.00 fine. Notes will be put in coaches packets and meet publications throughout year news at BOD meeting.	Paul Did we vote on this?
16. OKS Sponsored Meet Bid Discussion	Going forward clubs that are capable of hosting OKS Sponsored Meets will express interest. OKS will send expectations of requirements. Clubs will then send out a bid/proposal.	Aesc and KMSC reps talked about rotating championship meets if they are both on West. Ex. One will do State Champs and the other will do Div. II and the next year they would alternate. It was suggested that LC Champs be held at Jenks due to cost at Mitch. Div. II could possibly be held at McClure in Tulsa or Westwood in Norman both 6 lane 4 foot deep at its shallowest part and 50 meter.	Paul
17. OKS Planning Calendar	Looked at calendar and added meets for 2019 schedule. If EAT wants to keep the Turkey Meet,		Paul

DRAFT

Topic	Discussion	Action	Person Responsible
	they will need to pay a $700.00 deposit to hold the date of 11/16-18. If they notify OKS within 90 days of those dates that they are or are not having the meet, OKS will return the deposit.		
18. OKS Spring Athlete of the year award.	Changed to OKS Short Course Athlete of the Year Award.	Will be awarded at the first meet athletes attend. 2017 – 18 Oklahoma Swimming Short Course Age Group Swimmers of the Year 10 and U Girls – Kelsey Healy, KMSC 10 and U Boys – Jonah Beth, KMSC 11-12 Girls – Piper McNeil, AESC 11-12 Boys – Ryan Healy, KMSC 13-14 Girls – Courtney Posey, SwimTulsa 13-14 Boys – Aiden Hayes, SSC 15-16 Girls – Maya Ferrell, KMSC 15-16 Boys – Jonathan Tang, SSC 17-18 Girls – Hanna Newby, AESC 17-18 Boys – Patrick Callan, Trident	Ben
19.OKS Fall Athlete of the year award	Changed to OKS Long Course Athlete of the Year Award.	Will be awarded at the Fall HOD.	Ben
20. 2018 OKS Diversity Camp	Diversity Camp is in Cleveland Ohio Any athlete of ethnicity or lgbtq are eligible. Applications include an essay.	Kathy will review applications and notify athletes.	Kathy

PT moved to adjourn for Lunch, CL 2nd, adjourned at 12:00PM

Lunch Break 12:00 – 12:30

Saturday Afternoon Session Started at 12:30

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Topic	Discussion	Action	Person Responsible
21. OKS Zone Team	Current estimated budget is $41,490.00 based on same athlete number as last year. Bus Expense includes driver lodging. Hotel expense currently 100 of 125 nights must be paid July 1. Swimmers will receive 2 caps and 4 shirts. Currently lead vehicle is being donated at ½ price.	Talked about revenue is based off of number of triples and quads. Budget should be dbl. your revenue. If you bring in 21K in revenue, then your budget is 42k. Ali Baker is returning as an asst. coach. Laura Healy is trip coordinator.	Ben
22. Sectionals at Jenks	Started planning meetings, Kent Keith is meet director, Michele Brown is CofC, Jessica Fenton is merchandising etc., and Lisa is Facility. George Young is the announcer. Jenks is adding a full omega system, pads, timing, starter etc….. it will be in place by the end of June. Adding new sound system in stands. Team hotel is the Marriot	Planning on Volunteer t-shirts, goody bags for coaches, looking at prepaid packages for admission. Will have crash area and sound in warm down pool. They are also planning on hosting the 4 corners Sectional meet 3/19-22, 2020 150 OK swimmers invited.	Michele
23. Spring/Summer Meetings/Workshops	3 athletes and 1 coach will be attending leadership summit in Houston. Several BOD Members will be attending the Zone Workshop in Denver. CL will be attending the Eastern/Southern Zone Workshop. KM is attending the Swimbiz Workshop in Colorado Springs.		Paul
24. September Convention in Jacksonville	Guidelines for OKS Delegate Attendance at USAS Convention.	Proposal for specific guidelines for attendance to USAS Convention. Who are delegates, travel and hotel guidelines, qualified attendees, attire and code of conduct.	Paul KM 1st CL 2nd, Policy Approved
25. Succession Planning, Fall Elections	Would like Bob Staab to be the Nomination Chair. Positions up for election: General Chair, Admin Vice Chair, Age Group Chair, Registration and Safe Sport Chair, Coaches Chair which is selected and voted on from the coaches.	Do is running for General Chair, Paul is stepping down.	Paul KM 1st JB 2nd Approved

Fall HOD/BOD October 12-13,2018: Looking at Glenpool Convention Center next to Holiday Inn. Located at 121st and Hwy 75. Plenty of meeting rooms. Meetings will be DI Committee, Officials Committee, Coaches Meeting, Finance Committee, Athlete Committee, Safe Sport Committee and Program Development. Need to know scheduling

and number of chairs. Could we bring in a Coach and or Official to speak, ie a college coach, high level official? Do a mini swimposium to attract folks to HOD. We could also start the BOD earlier on Friday to allow some flexibility.

OKS Bylaw Change from Management to Strategic Board, Paul spoke about some of the changes, asked if anyone had read the proposed Bylaws, not a great deal of feedback.

OKS Committee Structure Report Revised- a Revised Structure Report was handed out detailing Committee Chairs as well as what supervising BOD Member was attached to each committee.

Topic	Discussion	Action	Person Responsible
26. Time Standards for 2019	Would like to look at the data for 2019 to see what it will look like, not necessarily change it at this point.	PT asked DO to look at that and see if she could generate that report.	Paul
27. Mission/ Vision Revise to Strategic Planning Workshops	Need to look at the Mission and Vision Statements created at the Strategic Planning Workshop.	Would like to get those statement sent out to the BOD to look at it. CL is looking into using Oklahoma STRONG	Paul
28. Swimposium- set date and location for 2019	Need to get a Swimposium on the Calendar for 2019.	KM is going to talk to Kathy Durance about dates for 2019. Aiming for weekend of September 27th-28th. Looking at Jenks being the locations, pool will be needed for a morning and afternoon session. Back up dates would be October 4-5.	Paul
29. Bright Ideas: NACSM	Deadline is June 1, winner could win $1000.00	For more information Google USA Swimming Bright Ideas Contest	Paul

Motion made by KM to adjourn meeting, MB 2nd

Meeting adjourned at 2:26PM

DRAFT

<u>Oklahoma Swimming Mission Statement</u>: To develop excellence, character, and growth in swimming for all.

<u>Oklahoma Swimming Vision Statement</u>: To advance our core values of selflessness, excellence, leadership, integrity, inclusion, and development by increasing competitive opportunities and developing relationships that promote excellence and growth.

<u>This is an addendum accompanying the annual club registration form. These items are registration requirements found in the OKS P&P and furnished here as guidelines to the club renewal form.</u>

Annual USA-S Club Registration updates for Oklahoma Swimming:

- **Annual (Organization Member) Club Registration is $300.00. When a member organization has identified representation at the Fall HoD meeting, prior to the next calendar year registration period, there is a discount applied. Club registration will then be $100.00. Any member organization renewing without representation identified at this meeting the fee will be the normal $300.00. Registration as a new member organization or renewal after this meeting regardless of calendar will be $300.00. All member organization club renewal fees must be paid at the Fall HoD meeting.** This is a change to the previous policy of attendance only to the Fall HOD allowed a discounted registration cost of $100. Now Club Registration and the $100 check will need to be paid at the Fall HOD
- **Member Organization Athlete and Coach (renewal) Registrations for the next calendar year are due December 1 of the current calendar year. After December 1, there will be a $200.00 fine assessed to the member organization for renewals from the current calendar year.** This will not pertain to transfers, new flex memberships or new seasonal or full-time registering athletes. OKS is also aware that there may be athletes that are currently inactivated that are playing fall sports and will return after this deadline, this will not pertain to any situations of this manner
- **All member organizations shall provide at the time of the club registration or renewal the contact information, full name, mobile number and email address of their organization's Safe Sport Chair or Coordinator. If the organization has not identified someone for this position now is the time to do that. It is preferred that this position be filled by parent member of the organization. This information will be posted along with other contact information from the member organization on the OKS web site along with the club's other priority member contacts. Additionally, the member organization shall also include an athlete member Safe Sport contact for the club. Club shall furnish athlete's full name, mobile number and email address to the attention of the OKS Registration Coordinator, The OKS Safe Sport Chair and the OKS General Chair. At no time shall the athlete information be available on the OKS web site. Completion of these requirements are mandatory for any member organization registration or renewal.**

USAS CONVENTION
SEPTEMBER 24-29, 2018
JACKSONVILLE, FL

General Chair Summary Notes:

Tuesday September 25: USA SWIMMING BOARD OF DIRECTORS MEETING.
Start 8:10 am. Adjourn 11:45 am. OKS delegates in attendance, Paul Thompson, Deanna Oliphant and Kathy Mendez. The organization continues to see change brought about from the adoption of the new governance structure at last year's HoD. Changes to meeting format, structure, reporting by officers and staff are seen. Discussion/update on the yearlong nominations/election process for new board members, committee, task force and other reports requiring Board action or discussion, CEO/Staff (Tim Hinchey) Updates and Staff Reorganization update including 2018-2019 KPIs.

Wednesday September 26: LSC Development Committee Business Meeting.
Start 8:00 am. PMT committee member. General business items from August 2018 committee conference call are addressed. New business items included: Brief report from MJ Truex outlining the legislative items from a task force that are coming forward as new legislation for the HoD meeting on Saturday. These items are related to D&I initiatives. LEAP report: 28 LSCs currently have achieved either LEAP Level 2 or 3. 20 LSCs will be receiving a ceremonial check celebrating their success at the Friday evening session of HoD. Updates regarding the LEAP Library subcommittee, Bright Ideas Contest, LSC Volunteer Handbook, Model LSC By Laws Task Force update, Quad statistics report, LSC Workshop Mighty 2500 November 2018 and CZ workshop Chicago May 17-18, 2019, announce the following committee conference call and meeting dates: October 23, November 27, December 18, 2018 and business meeting Jan. 25-26 San Antonio TX 2019.

General Chairs Orientation: LSC Development Committee presenter.
OKS attendance PMT LSC Development Committee, Deanna Oliphant and Ali Baker. General Chair orientation. Impact…getting results, Influence spread the passion you have for your work. Inspiration leaders inspire teammate to become a high performing team (LSC). Each meeting needs a purpose…. Why are we meeting and what do we expect to accomplish? Board self-assessment evaluation, shared decision making, invest in "social

capital" with board members to develop common ground experiences necessary to work through tough decisions. Evaluate and assess. What is the one thing you will do in the next year to be a more inspirational leader? What is the one thing that the board should be doing in the next year to become a higher performing board?

Board of Directors Luncheon: Traditional meeting of previous director members that have served on the national board of directors.

Convention Keynote Address: Thriving in Transformational Times Richard Tobabbowala, Chief growth Officer at the Publicis Groupe.
First time this has been added to the general programming for convention. Follows the 3-year progression of the organization to evaluate its current organizational structure, revise the officer selection and governance of the national leadership platform, position itself and the membership to continue to be the leader in the sport, adapting to the changes brought about by technological and social forces. Well attended by convention delegates.

Thursday -September 27, 2018
Using Statistics to evaluate your LSC. LSC Development and national staff. Well attended workshop by OKS delegates. Power BI refers to Business Intelligence developed by Microsoft. Over 100 million times in Swims. Realized that times data was not "talking" with performance /membership data. This program is developed from that premise. LSC Portal data is current while Power BI data is about a year behind. Focus is on performance, membership and programs for the LSC. Great potential for the LSC if a few individuals can be identified to research the data and prepare that in reports that can relate to the membership. Remains to be seen that this will happen.
General Chairs luncheon: programming provided by LSC Development Committee. Annual meeting where all GCs meet to learn about the new programming from LSC Development, workshops for 2019 and exchange best practices and challenges from their LSCs.

Central Zone Region VIII Coaches Business Meeting:
Chair PT. Select Jenks OK as the summer site/host for summer 2019.
Presentation from Stacey Michael Miller updating the coaches on anti-doping requirements and programming.
Proposal from Amy Hoppenwrath: Proposal to support officials who work national meets with inclusion in the travel fund for athletes. Limited to 4 "shares" each Spring and Summer Travel Fund. Requirements similar to athletes. Policy to be outlined by Chair.

Central Zone Business Meeting:
General Business reports were available on line prior to the meeting.
Nominations for new CZ Non- Coach Director
Nomination for CZ Executive Secretary/Treasurer
Site selection committee for 2019 meets identified
Retain CZ Multi-Cultural Meet as a CZ property. CZ D&I Camp moved to administration of national staff.
2019 CZ Multicultural Meet will be in Edwardsville IN June 7-9.

Revision to 2019 CZ Fargo Meet was approved
Bids for 2020 sites were presented
Task force for a revised Mega Zone was created. Meet tentative for 2021. Frist year of the new quad.

Friday September 28, 218.
Mighty Mid Workshop reunion: LSC Development Committee.
Moderator PT.
3rd annual reunion of the 19 LSC members of the Mighty Mid LSCs. Announce the current quad - program for the next 3 years. Leading to make an Impact in your LSC. This new series of workshops are focused on how coach engagement in LSC governance is crucial to athlete success in the pool and out. Discussion centered around how your LSC is intentionally supporting the engagement of coaches in the development of successful programming in your LSC.

Bright Ideas Contest/Voting: LSC Development Committee. Cumulation of the inaugural Bright Ideas Contest. Presentations from Alaska, Maryland, North Carolina and San Diego Imperial LSCs. Alaska wins with their creation of "Athlete Voice" for their LSC. Additional presentations regarding tracking of documents and programs from task force, committee and board meetings from Maryland Swimming was a close second to Alaska. OKS programming from it's athlete leadership team would have easily won this contest this year. Something to thin k about for 2019. The contest is accepting applications right now for 2019.

USA-S Foundation Annual Luncheon: OKS had the largest number of delegates attending this year since the Foundation had started this fundraising event. OKS also had representation of its 4 athlete delegates in attendance. This was a first for OKS.

Meet the Candidates: In 2017 USA-S approved a change in the job description for the organization's Board to be more future-focused and to greatly reduce the number of members on the board. Nominees for 2018 were vetted by the USA-S Nominating Committee through a year long interview process. The board will be reduced from 35 members to 15 voting members. Athlete board members were elected by a vote of the athlete delegates at convention. At-Large directors were elected by the general voting membership delegates from the LSCs. The committee presented 15 nominees for At-Large positions on the Board of Directors. Only 6 would be selected at the Saturday HoD meeting. The list of nominees reflects the direction of the national organization to move from an operational governance model for the board to a visionary and strategic planning model where national staff assumes the responsibility for implementation and development of the day to day activities of the organization.

Central Zone Business Meeting:
Betty Kooy will continue as CZ Executive Administrative Secretary and Treasurer for 2 years.
Pam Lowenthal -IL elected to CZ Non- Coach Director position.

FoxJet-MN and JTSC-OK selected as site/hosts for 2020 championship meets. Oklahoma will be attending the Fargo site meet for 2019. The CZ adopted sweeping revisions to the CZ By Laws and operational expectations for the CZ Championship meets. Facilities were permitted to include significant facility surcharges as revenue items in their meet bid proposals. The CZ accepted this move to include facility surcharges to the fees that may be charged the attending LSCs.

USA-Swimming House of Delegates:
Friday evening session. Memorial for membership from 2017-2018. LSC LEAP recognition for Level 2 and 3. Various national organizational, athlete, and LSC achievement awards were announced.

Saturday USA-Swimming House of Delegates (continued)
State of the Sport panel discusses past year success and vision for change. COO Mike Unger, CMO Matt Farrell, GC and VP Business Affairs Lucinda McRoberts, President Tim Hinchey and National Team Managing Director Lindsay Mintenko.
Elections for new board members were held. 4 At-Large seats will be elected in 2019.
Legislation highlights from HoD:
Adopted for immediate use: *Any swimmer entered in the meet must be certified by a USA-Swimming member-coach as being proficient in performing a racing start or must start each race from in the water without the use of backstroke ledge. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal; guardian to ensure compliance with this requirement. 202.4.10 D.* This script must be included in all sanctioned meet documents.
Ban the use of technical suits for 12& under swimmers adopted. Effective September 1, 2020.
To ensure when backstroke ledges are used that all lanes and that all ledges will be identical. The backstroke ledge shall conform to FINA's specifications when used in competition.
Adopted new LSC Model By-Laws. To enable LSCs to set themselves up to operate effectively by making the required LSC By-Laws shorter and less complex. LSCs have until January 1, 2020 to submit to USA-Swimming revised/adopted By-Laws for their respective LSC.

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USA Swimming Convention

Jacksonville, Florida September 26-29, 2018

Admin Vice Chair Report

Wednesday September 26, 2018

Attended Safe Sport Committee Business Meeting for an hour-

- Tiffany Midkiff has been hired on as a Safe Sport Coordinator- part of her main task will be intake reporting. tmidkiff@usaswimming.org
- Maggie Vail is moving out of Safe Sport
- Abby Howard has been hired as Assistant Council
- As of this week there are 80 cases with Center for Safe Sport
- Seeing a trend of adult bullying, coach <> official, coach <> meet volunteers are the examples that were given

Attached is a one-page sheet regarding USA Swimming Athlete Fellowship for the Class of 2019. There will be 8 fellows selected, 4 for Safe Sport, 2 for D&I and 2 for Clean Sport. Part of application process the athletes will rank preference for which area they would like to serve as well as submit why they want to be in that area.

Attended General Chair Orientation Workshop-

- General Chairs
  - Impact-Get Results
  - Influence-Passion for your work
  - Inspiration-Inspire teammates to be High Performing
- Discussed ways to help Committee's be successful
  - Clearly defined intention of the committee with tasks to do
  - General Chair creates accountability with Committee Chairs
- Things I need to do over the next year to be a leader
  - Work with the athletes for them to have a successful agenda of items
  - Listen to the needs of the clubs
- Things the Board needs to do over the next year to be better leaders
  - Be intentional about continuing to progress through LEAP items

Attended Registration/Membership Committee Meeting

- Field in SWIMS to track concussion training. Will input date training completed.
  - Reason for date training completed is that some states are 1 time and done for training others are every 1-3 years.
  - Link for Oklahoma Law-Recommend OKS developing something in this area
    - https://www.ok.gov/health/Protective_Health/Injury_Prevention_Service/Concussion_Recognition_and_Response/Concussion_in_Youth_Sports/index.html
- Year-Round membership name changing to Premium Membership
- USADA Anti-Doping Education begin September 2019 bi-annual requirement for coaches

Thursday September 27, 2018

Attended Using Statistics to Evaluate your LSC

- Went of Power BI
- Looked at different reports available in USAS LSC Portal

- Learned to drill down into Power BI to evaluate needed information to do strategic planning
- Discussed Incentivizing clubs for reaching certain levels of various aspect of swimming. For example, IMX participation, Open Water, number of Officials, participation in Club Recognition, obtaining Club Excellence status.

Attended LSC Required Bylaw Proposed Changes

- Went over proposed Bylaw changes
- Bylaws are for High Performing Non-Profits with a few tweaks for Swimming

Attended Region VIII Coaches Meeting

- Approved funding for officials
- Anti-Doping
  - www.globaldro.com check for medications
  - Stacey Michael Miller-understanding Anti-Doping rules apply to all athletes across the board
  - Promote a culture of Clean Sport
  - How to get the word out to the athletes at all levels-use social media
- Summer Sectionals July 17-20, 2019 Jenks, OK

Attended Central Zone Meeting

- Central Zone Multi Cultural Meet 2019, Edwardsville, IN. June 7 warm ups, June 8-9 meet.
- Presentations were given for Zones 2020

Friday September 28, 2018

Attended Playing by Robert's Rules

- Reinforcement of basic Robert's Rules of Order that make operating Board of Directors meetings run more smoothly

Attended Athlete Engagement Workshop-hosted by Forward Progress

- OKS Athletes achieved all goals that were set last year in Dallas, TX.
- Athlete Reps feel OKS is a Culture by Design not a Culture by Default
- Discussed OKS Core Values and how they see them executed on LSC, club and personal level

Attended USA Swimming Foundation Luncheon

- OKS delegation had a full table for Luncheon
  Attendees were Annie Kramer- Sr. Rep, Dylan McClain-Sr. Rep, Rachel Brown-Jr. Rep, Kayley Henderson-Jr. Rep, Kathy Mendez- D&I Chair, Ali Baker-Coach Rep, Tracey Garrett-Secretary, Michele Brown-Finance Vice Chair, Deanna Oliphant-Admin. Vice Chair, and Paul Thompson-General Chair

Attended Central Zone Business Meeting

- Pam Lowenthall, IL, was elected Non Coach Director
- FoxJet and Jenks were site selections for 2020 Zones
- OKS will be going to West Fargo, ND for Zones 2019

Saturday September 29, 2018

Attended House of Delegates

- Board of Directors elected
- Passed numerous legislation items

I would like to thank OKS for providing me the opportunity for a second year to attend the USA Swimming Convention. I see several areas that OKS need to continue to work to improve. I also see some areas where we are leading by example for other LSC's. I hope OKS continues to strive, as our athletes feel, of creating a Culture by Design rather than a Culture by Default

Athletes: apply for the USA Swimming Athlete Fellowship Class of 2019!

The USA Swimming Athlete Fellowship is a 13-month leadership development program designed for high school aged athlete members of USA Swimming who wish to gain leadership skills, be more involved in the Safe Sport, Diversity & Inclusion, and Clean Sport movements, and become a liaison between USA Swimming national headquarters and local swim clubs.

Fellows will work closely with USA Swimming staff and fellowship alumni to develop projects to bring these programs to local swim clubs and increase awareness of the Safe Sport, Diversity & Inclusion, and Clean Sport movements. The Fellowship is anchored by three Leadership Institutes, where fellows will have the opportunity to engage in a thoughtful curriculum of leadership development practices and set personal goals.

We're looking for...

- Current athlete member of USA Swimming, aged 15 years or older
- Leadership characteristics in the form of athletic, academic, and/or civic involvement
- A basic understanding of Safe Sport, Diversity & Inclusion, and/or Clean Sport and the desire to be involved in the efforts
- The ability to balance the commitment within his/her/their swimming and school schedules

Upon completion of the Fellowship program, athletes will...

- Have developed, implemented, and evaluated program-based projects within their home LSC.
- Have developed important leadership skills and self-awareness as a leader.
- Have trained other athletes in their home LSC on their program area.
- Have provided useful feedback to improve the host program.

Important Dates:

Application window	September 25-October 20, 2018
Leadership Institute #1	January 25-27, 2019
Leadership Institute #2	June 28-30, 2019
Leadership Institute #3	January 2020 (date TBD)

For more information and to apply, please visit www.usaswimming.org/protect.

Contact Maggie Vail, Safe Sport Education Manager, with questions at (719) 866-3552 or mvail@usaswimming.org.

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Admin Vice Chair Board Report-Following is a list of some of the completed and continuing tasks that have been worked on this past year.

- Updated records periodically through short and long course season, 2017-18. Will continue doing this project. Any changes are put on a spreadsheet and sent to AGC, SPC and Coach Rep for confirmation
- Added Midwest City Raiders Club to website
- Updated Enid club information on website
- Posted various news items to website throughout the past year
- Continue to post meets with information if the club sends the information
- Updated various travel forms, meet forms and posted to website throughout the past year as needed
- Post top 10 LSC time to website
- Added Admin Board of Review tab to website
- Continue to post updates for Board meeting item links
- Ongoing project of updating Policies and Procedures for OKS. I am currently going back through minutes of previous meetings that I can find documentation for to add in policies or how items are executed out within the LSC to get this updated.
- Created Facebook page for OKS to help notify parents of items and needs of the LSC. Laura Healy, Ali Baker, Michele Brown and Deanna Oliphant are current administrators.
- Sent in list of athletes for Travel Fund for summer to Central Zone
- Work with athletes on creating action dates and steps for Athlete Elections.
- Worked with athletes on LSC Practice Day
- Gathered data from short course state meet to evaluate time standards for 2018-19
- In November will begin gathering data from LC State Championship results to evaluate time standards for summer 2019-time standards
- Evaluating projects to be able to move to LEAP 3
- Attended monthly Budget & Finance Committee Meetings
- Worked pre meet execution of OKS D2 and State Championship meets, i.e. meet files & OME

Submitted,
Deanna Oliphant

Convention Report – Jacksonville, FL
September 26 -29, 2018

Submitted by:
Michele Brown
Oklahoma Swimming
Finance Vice-Chair

Wednesday, September 26th

Safe Sport Committee Meeting

- Reviewed Convention schedule for Safe Sport
- State of Safe Sport
    - Staff composition and responsibilities – added Tiffany Midkiff as legal personnel
- Safe Sport Committee
    - Format/Duplication of Safe Sport efforts
- Legislation – R-1: Inclusion and Diversity
    - New glossary term: Competition Category
    - Support a culture of inclusion and diversity
    - Assure a fair, competitive environment
- Staff reports
    - Safe Sport Fellowship Program
    - Safe Sport Recognized Club Program
    - Case Report and trends
    - Safe Sport document review by Praesidium
    - Safe Sport Monday scenario program
    - Online education LEARN program
    - SwimAssist program (financial)
    - Newsletter
    - US Center for Safe Sport reporting Process
- Future meetings
    - February 2: Safe Sport Business meeting, Colorado Springs
    - April/May 2019: Zone Workshops
    - 2019 USAS Convention: September 8-15 St. Louis

Navigating Your Convention Experience

- Speaker: Jamie Bloom
- Explored sessions
- Built schedule
- Talked about speakers
- Navigating the Course Ahead
- Games – "Lingo Bingo"

Rules & Regulations Committee

- 2018 Proposed Amendments to Rules and Regulations
- R-19 in Legislative Format for the Required LSC Bylaws Proposal

LSC Safe Sport Chairs Workshop

- Interactive – pushing boundaries
- Reviewed Safe Sport Recognition Program
- Reviewed Athlete Fellowship Class of 2019
    - Safe Sport
    - Diversity and Inclusion
    - Clean Sport
- Zones Breakout
    - Michigan: Melissa May- tent at championship meet with food and area to sit and talk

Keynote Address: Thriving in Transformational Times

- Rishad Tobaccowala, Chief Growth Officer at the Publicis Groupe
    - How to cope with change and make ourselves and our organizations better
- Change Sucks, People are Analog, Incentives are critical, Fear must be reduced, Culture must be paid attention to, Tell al the Truth but tell it silent, Bring dates, facts and examples, Inspirational Leadership is key

Thursday, September 27th

Using Statistics to Evaluate your LSC

- Overview of reports, navigated data, reviewed comparisons
- Power BI Report Access
- Performance
    - LSC Club Analysis
- Programs
    - Club Recognition Program
    - IMX Athlete Count
    - VCC Rankings by LSC
- Membership
    - Membership Reports
    - Athlete registration

LSC Required Bylaw Proposed Changes

- Presented overview of changes proposed to the LSC Required Bylaw to be voted on at the HOD meeting
    - Reviewed LSC Bylaws Template
    - Reviewed Major Changes to Required LSC Bylaws
    - Plan to phase in the Officers of the new board structure

Club & LSC Financial Management

- Tax updates
    - Filing requirements
    - State filing requirements
    - Public disclosure
- Accounting updates
    - Charitable donation acknowledgments
    - Financial Statement reporting changes
    - Audits (internal and external)
    - Quickbooks
- Jill Goodwin
    - Each LSC has 4 hours of free CPA service

LEAP Finances for LSCs – Led by Jane Grosser

- Annual reporting requirements for LSC finances to USA Swimming
- Requirements for each level of LEAP

Central Zone Business Meeting

- Bids were presented for Zones 2020
- Multicultural meet – Edwardville, Indiana June 6-8th, 2019
- West Fargo presented new swim facility for Zones 2019

Friday, September 28th

Investment Management – Best Practices

- Current investment policies of USA Swimming
    - Asset allocation
    - Diversity of investments
    - Types of investments
    - General practices of managing USA Swimming investments
- LSC Investment Committee – have one? Need one?
- Investment Policy Statement (IPS)

Playing by Robert's Rules

- Basic overview
    - Motions
    - Points and Proposals
- Strengthen parliamentary procedure knowledge

Athlete Engagement Workshop

- Build on work from 2017 and 2018 Athlete Leadership Summit in Houston
- LSC Success Stories
- Discuss new ideas
- Culture Action Plan and Culture Action Calendar
- Creating Culture
    - Clear & Consistent Values
    - Customs & Traditions
    - Connection

Foundation Celebration Luncheon

- Hosted by USA Swimming Foundation
- Special guests Hannah Moore who qualified for her first Pan Pacs in the 10k
- Rowdy Gaines was emcee

Meet the Candidates

Central Zone Business Meeting 2

- Annie Kramer ran for Central Zone Athlete
- Jenks and Foxjets won bid for Zones 2020
- Pam won Zone Director

House of Delegates – Friday evening

- Bob Staab and Paul Thompson awarded Life Memberships from OKS
- Athletes went up to receive the "big check" for attaining Leap level 2

Saturday, September 29th

House of Delegates – Monday morning

- Leadership team led by Tim Hinchey answered questions
    - COO Mike Unger
    - CMO Matt Farrell
    - GC & VP of Business Affairs Lucinda McRoberts
    - National Team Managing Director Lindsay Mintenko
- Voted on updated bylaws

United States Aquatic Sports Awards Banquet

- Rowdy Gaines – Emcee
- 5 disciplines of aquatics were recognized
    - Diving
    - Masters
    - Synchro
    - Swimming
    - Water Polo

Age Group Chair report from USA Swimming Convention 2018

Came in late on Wednesday, but got reacquainted with old friends and continued to foster as much good will for the LSC as each person can muster.

Thursday, September 27th

10 a.m. – Stroke technique with Russell Mark, National Team

Keep checking out the Fly Revolution on Facebook. It is still an amazing site. No fear of or punishment with any fly. Embrace the stroke! Have more accurate and immediate imagery when explaining things. The coach is really the best model for technique positions.

His thoughts on all 4 strokes for technique: Great videos!

Free – Priorities are 1) catch and 2) forward entry with controlled dynamic force.

Looking for: front view angles to see the triangle/half diamond shape arm position, good rhythm on the recovery, and breathing rhythm for the quickie breath. Turn the neck – get the head down before the arm comes around.

Conflicting technique: Big rotation (he wants more on your stomach than side), big finish of your stroke like on a trophy, and a narrow recovery.

Back – Priorities are 1) catch and 2) tight pivot rotation

Looking for: avoiding over reaching, getting hips and core high, and getting the hands to change direction to catch when the hand enters the water.

Conflicting technique: big rotation (he wants more on stomach than your side), upward finish of the stroke, and too deep of a catch.

Breast – Priorities are surge forward and quick heels

Looking for: dynamic recovery with hands & body. Drive forward! Also for jointed or disjointed movement (bad timing), force up fast heels or not, and water waves at low back as water rolls off the back.

Conflicting technique: squeezing elbows, pulling hard, and finishing kick at the surface. Kicking at bit downward gets the hips up a bit easier.

Fly – Priorities are dynamic entry and 2 effective kicks.

Looking for: Hands crash forward, not stuck behind, head timing/late breath, feet staying in the water, knees bend on each kick.

Conflicting teaching: big undulation – flatter stroke, big finish, as we don't want to get stuck behind the body, and keeping your legs straight.

He gave us a bunch of examples of what he sees with Age Group swimmers coming up from the beginning. If you want to know what he sees, as they are too numerous to list, let me know. Snorkels are a good tool for all stomach strokes!

1 pm – 2 pm Bylaw changes

Currently 70 pages. USA Swimming last updated the model in 1975. New proposal of 47 pages. More simple and flexible. Redundant language gone. Conflicting language gone. Easier to find things. Each LSC will have to update their bylaws, if passed, which it did, no later than January 1, 2020.

2 p.m. – 3:40 pm Rules and Regulations Committee meeting

This was day 2 of the process of going over all of the legislation being brought before the House of Delegates, letting the committee hear from members of the House to possible vote to change wording or add an amendment, but mostly so people can view, listen, and be a part of final cleaning of the legislation before going forward to the house to be voted upon.

4 p.m. – 6 p.m. Central Zone meeting

Introduced the bids for the 2020 Central Zone meets (will have 2 again). Jenks had our back. Lisa did a wonderful job! Open water bids, and Multicultural meet/camp bids upcoming. Candidates for the Zone Non-Coach Chair position spoke. Lots of business that will be explained in more detail by Paul.

7 p.m. – Announcement of the 2020 USA Trials Cuts – LIVE. Pretty cool!!

After that got together for group discussion about topics needing consideration in our LSC. Getting them on the table to further address the needs of our clubs.

Friday, September 28th

8 a.m. – 9 am – National Team Performance Plan for 2019 and 2020 leading into and at Tokyo, Japan. 64 swimmers are in the top 16, so they get USOC and USA Swimming funding. 7 get the same for Open Water, while 3 get both! Great services provided for these athletes, they are numerous. All staff members spoke about their part in the process.

Medical wellness is amazing with Doctors, PTs, Chiropractors, Psycologists, and massage therapists at each camp and in Colorado Springs. Logistics, Training, and Travel are all set up for these swimmers.

$1400 Coaching Education for each Coach of these athletes to do with how they see fit.

9 – 10 a.m. Coach Forum = USADA talk, legislation on the tech suit ban for 12 and unders, and well as the want and need for more representation of coaches on the new streamlined National Board.

10 – 11 a.m. Age Group Tech Suit talk = 10 and under no way should they be wearing them, which I believe everyone agreed. All swimming should be about the swimmer's training and not the suit. It will be another arrow in their quiver when they turn 13. Ended up with no Tech suits except for Junior Nationals and above to avoid disadvantages at that high level of meet. For reference, there were only 2 twelve year old swims each at 2017 and 2018 Summer Junior Nationals, while 2017 Winter Juniors had 12 swims, and 10 swims qualified so far for 2018.

2 – 3:45 Meet the Candidates = Great chance to listen to and later meet and talk to these 15 people nominated from inside the organization and those outside bringing other skills, connections, knowledge, and ideas to the table. Started with 56 apps.

4 – 5 pm Central Zone meeting = Heard about USADA again. This time with more specifics. Globaldro.com and supplement 411.org should be checked when considering a supplement or a necessary drug from a doctor. To check this via the phone, you may do so at 719-785-2080. No supplement is approved or certified by USADA or WADA! Apps to use are Supplement 411 and Athlete express update USADA.

Site assignments for 2019 Zone meets: Fargo, ND = OKLAHOMA, ND, ARK, IOWA, MINN, MV, MID, SD, and IN. Pleasant Prairie, WISC = WI, MICH, OHIO, OZARK, LE, and IL.

2020 Zone meet hosts were awarded to JENKS! And Minn. Dates are August 6-9.

Pam Lowenthal of Illinois is the new Non Chair one Director and Brad Jacobs is the new Central Zone athlete rep.

7 – 9 p.m. Beginning of the House of Delegates – awards, speeches, and rememberance of those we lost this past year, especially David vonHartitzsch.

Saturday, September 29th

9 – 11:30 a.m. = House of Delegates part 2. Round table of the Lead positions in our organization at USA Swimming Headquarters, great presentation and picture taken for USA Swim Foundation, voting for our 6 new Board members, and pounding out about 50 pieces of legislation.

THANK YOU so much for the opportunity to represent Oklahoma Swimming at the Convention once again. It is amazing to connect with people all over the country, while shaping through voice and legislation, our organization mission and policies. I want to also **THANK YOU** for the past 14 plus years of service on the Oklahoma Board of Directors. It has been my honor to be a part of so many fine Boards, serving Board of Review, Nomination committee, Age Group Chair for 6 years, Admin Vice Chair for 4, and as your General Chair for 4.

I will continue to serve our LSC on Commitees and Task force groups. We are still and will forever be about our Athletes and how to best serve them.

I appreciate your service as well,

Ben Harlow

Age Group Chair

To: BOD/HOD

From: Craig Hanson, OK Officials Chair

Re: 2018 Status of the officials

The officials have been continuing the work that has come before. The official's committee has been working to improve, grow, recognize, and develop the officiating ranks for OKS.

The committee consists of:

Craig Hanson, chair; Tracey Garrett; Marnie Kern; Denis Mink; Mitch Parks; and two athlete reps to be named.

We are working on the following topics:

- Training
- Retention
- Advancement
- Mentoring
- Recognition
- Positions/Certifications
- Communications
- Mission statement

Highlights:

Established the David Von Hartisch trophy for excellence in officiating. This will be voted on and determined prior to the LC Championship meet. There is a roving trophy to commemorate the award.

There has been an average of 17.5 officials per meet/time trial during the year to date.

There have been 13 clinics held to keep training our officials.

Officials by Club:

Club	OTS	Expired	Good
ACE	2	0	2
AESC	11	2	9
BAC	4	4	0
JTSC	22	3	19
KMS	15	0	15
P66	17	3	14
PSST	2	0	2
RSC	2	0	2
SSC	5	0	5
ST	20	4	16
UN	13	1	12
Total	113	17	96

OQM meet evaluations:

Evaluations		
1/1/2018	to	10/6/2018
N2	18	
N2 recert	1	
N2 educational	2	
N3	6	
N3initial	5	
N3 final	7	
N3 recert	5	
N3 educational	7	
total	51	
# of people	23	

USA Swimming Annual Convention

Jacksonville, FL

Kathy Mendez
USA Swimming Diversity and Inclusion Chair
OKS Diversity and Inclusion Chair

Thank you for the opportunity to represent Oklahoma Swimming at the 2018 USAS convention. Tuesday I attended the USA Swimming BOD meeting along with Paul Thompson (see report) and Deanna.
Wednesday morning I led the D&I meeting. Two presentations were given.

Bridge Programming task force:
This group was established in January 2018 and tasked with investigating successful and innovative ways to bridge the gap between swim lessons and competitive swim teams. The task force interviewed teams from a prior USA Swimming survey regarding bridge programming and additional teams among small, medium, and large clubs who were in the top ten of

growth during 2013 – 2016. The objectives of the task force are to investigate the effect and potential use of the flex membership; identify trends in successful programs; and develop material to aid clubs in bridging the gap.

Inclusion Membership Education task force:
The task force looked at the viability of non-athlete outreach membership for none coaches. Non-athlete membership encourages families to become involved and stay involved in swimming. Competitions depend on non-athlete members, officials, meet management, etc. Financial barriers exist for parents as it does for athletes. The objective is to seek greater inclusiveness of non-athletes in swimming by offering opportunities to participate for low-income adults and families. The non-athlete outreach membership categories would include "other" category for chaperone, meet director, meet manager and "official" category. Coaches would not qualify for the non-athlete outreach membership. Qualifications would be set by each LSC. Recommended qualifications are:
Child qualifies as outreach member
Established outreach athlete membership criteria
The next steps for the task for are to meet with officials and registration membership committee to develop a joint taskforce. Governance steps include creation of rule and development of membership dues, submission to Rules and Regs Committee, approval by HOD.

The D&I Engagement taskforce gave an update on their recent activity, which included a D&I LSC chairs map, the D&I convention card, and a reminder to D&I chairs to connect through the D&I Facebook page.

The landing spot for all things D&I is
USAswimming.org/diversity

This year convention was organized differently than in past years and this allowed me to visit other meetings and workshops on Wednesday and Friday.
The first up for me on Wednesday after the D&I Business meeting was Our Kids' Initiative Business meeting.
Our Kids Initiative Committee Meeting, 9/26/2018,11:00am

Jay Thomas, Chair

Formed in 2000 in an effort to bring different groups together. Each organization remains own organization. Work for the kids. Agree to disagree. Look at rules and how swimmers can move forward without being DQ at FINA. Members are from a cross-section including USA Swimming, USMS, Y, high school, para swimming, NCAA, FINA. 13 years ago Y changed to USA Swimming rules with the exception that 5' is required for diving for a start. NCAA changed to USA Swimming rules 2 years ago. USMS follows USA Swimming rules with the following exceptions. If the rule doesn't apply, ie ban of technical suits for 12 and under athletes or if USMS decides not to adopt the rule

changes. USA Swimming is considering 19 rule changes: Inclusion for transgender athletes

2 – proposals for 12 & under ban on tech suits

Require backstroke ledges be required to all if available and be identical

Website is ourkidsinitiative.org

What does our sport look like on the big screen? USA Diving discussed videos out there that have nothing to do with the sport and the remarks are shocking. The committee had a long discussion about keeping our athletes safe.

Next I went to the Mental Health Workshop, which was also attended, by John Brown and Ali Baker.

Dare to Dream Free to Rise

A conversation about mental health

Presenters: Samantha Livingstone and Emily Cleve

What we see is the tip of the iceberg. What lies beneath below the surface for you and your athletes? We need a network of support to rise and live life. What kinds of support do we need to support the whole iceberg?

We need time, supports, and skill set. What's happening and how can we help. Samantha shared her moving story. Through Samantha's struggle the water remained her safe place. Samantha spoke of the whole athlete: mind, body, and soul.

Draw a triangle. In the middle is the whole athlete and on each side is one of the supports mind, body, and soul. Listed next to the topic is what helps you in each. For Samantha, mind was: alone time, outside, visualization, journaling, and therapy. Body was: training room, fins during warm-up, fitness level distance group, inhalers, band work, massages. Soul was: church, service work, reading, and long runs.

Reviewed signs and symptoms:

Depression:

Feelings of helplessness, loss of interest in daily activities, appetite or weight changes, sleep changes, anger or irritability, loss of energy, reckless behavior, concentration problems, unexplained aches and pains.

Anxiety:

Restlessness or feeling wound-up or on edge, being easily fatigued, difficulty concentrating or having minds go blank, irritability, muscle tension, difficulty controlling the worry, sleep problems (difficulty falling or staying asleep or restless, unsatisfying sleep).

Eating Disorders

Chronic dieting despite being underweight, obsession with calories and fat contents of food, engaging in ritualistic eating patterns, such as cutting food into tiny pieces, eating alone, and/or hiding food, continued fixation with food, depression or

lethargic stage, avoidance of social functions, family and friends, switching between periods of overeating and fasting.

What might we notice?

Gradual or sudden change in personality, frequent or rapid mood swings, loss of interest or motivation, increased/uncharacteristic negativity, inability or unwillingness to communicate.

Nobody is immune to mental health issues. If you are struggling you are not alone. Your story is unique however you are not alone in how you feel. Sport is stressful, school is stressful, life is stressful. Resiliency isn't a personal trait it is something we can all take steps to achieve.

What can coaches do?

Notice, acknowledge and listen. Know where to go: talk to the parents if working with minors. Build a network for yourself and your athletes. Build a positive culture, coaching the person first. Change the conversation and view of mental health and well-being. Take care of yourself, know your limits where you are comfortable and where you are not, and use your newly found networks. You do not need to be a therapist.

Attended the USAS welcome reception sponsored by Risk Management. It was a great time to sit and share with other coaches, mentors, and friends.

Thursday morning attended the LGBTQ Affinity Breakfast followed by D&I 101 and orientation for new D&I chairs.

Bridgit Dwyer and Alecia Wartowski led two sessions for D&I, Leading as a Diversity Chair and Social Identity as a Key Strategy to Increase awareness. Both sessions were very hands on. We watched Empathy by Brene Brown. Worked on having dialogue instead of discussion. Looked at the difference.

Carole Lee, Michelle, Ali, Deanna, and myself met Cathy Durance and set up OKS Swimposium for September 2019. Once details are finalized they will be shared. The current outline is two swim clinics, one for 12 & under athletes and one for 13 & over athletes, coach workshops with high level trainer, parent workshops.

Attended the women's leadership reception and spoke with several of the BOD candidates, friends and mentors.

Attended OKS dinner with entire OKS delegation.

Friday I started out with Women in Aquatics Breakfast. Attended a session by Tina Dessart, USA Swimming and Holly Neumann, USMS on Show Me the Money. Tina and Holly reviewed each group's requirements and deadlines for securing grant funding for learn to swim programs.

At noon the four OKS athletes, Paul, Michelle, Tracey, Deanna, Ali and myself attended the Foundation Celebration Luncheon. OKS had by far the largest delegation we've ever had. For several years it was Paul Thompson and myself attending the luncheon. It is great having most of the delegation at the luncheon showing support of the USA Swimming Foundation.

The week was finished with Meet the Candidates, Central HOD meetings, USA Swimming HOD meetings. Central Zones new Zone Director is Pam Lowenthal.

USA Swimming new BOD are:

Athletes: Natalie Coughlin, Maya Dirado, Davis Tarwater

At Large: Chris Bearton, Dr. Cecil Gordon, Jeanette Skow, Jay Thomas, Tom Ugast, Robert Vincent.

USA Swimming voted to ban tech suits for 12 and other athletes except for competition in Jr. Nationals, Sr. Nationals, and Olympic Trials. As D&I chair this is a big win for inclusion in our sport.

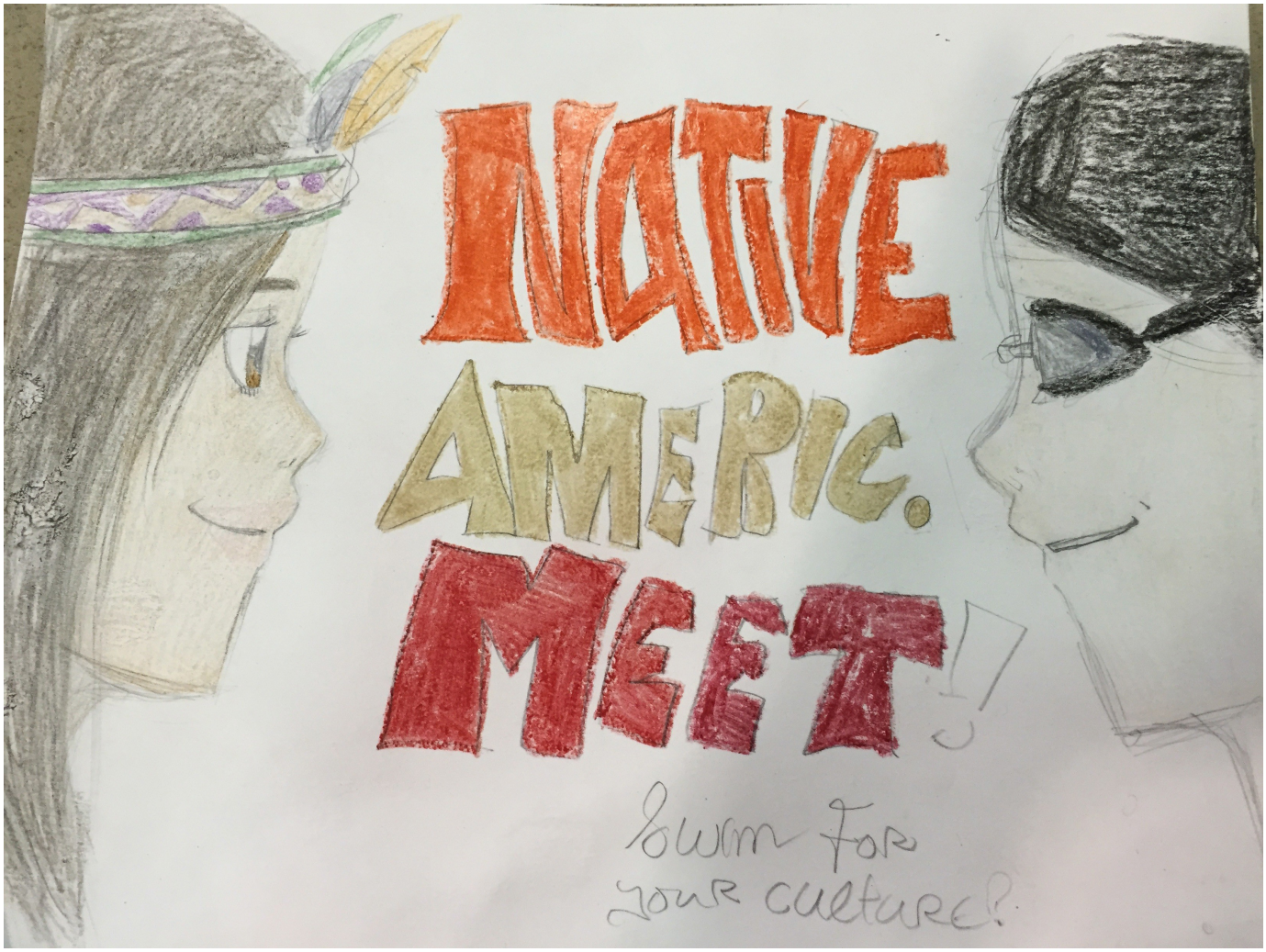
Saturday evening I attended the awards banquet with Michelle Brown and Carole Lee. Thanks Carole for the awesome seats. Thank you for the opportunity to serve both Oklahoma Swimming and USA Swimming.

Respectfully submitted,

Kathy Mendez

Oklahoma Swimming Diversity Chair report October 2, 2018 Kathy Mendez

Native American Initiative



Oklahoma Swimming in conjunction with the Oklahoma Swimming Diversity and Inclusion committee will host the Native American Cultural Swim Meet at Mitch Park in Edmond, OK on February 3, 2019. Partnerships continue for the eighth year with Hasty Awards, and USA Swimming. Mitch Park in Edmond began partnering 2017. In 2016 meet records and high point awards were added to the meet and in 2018 the 100 of stroke and the 200 Free Relay were added.

Notes from 2018 USAS Convention – Bob Staab

There was a distinct difference in this year's convention as the result the governance changes voted in last year. I expect that we will only see more changes in the upcoming years.

- Below is a list of the meetings that I attended.
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  - Senior Development Committee
  - Former and current Board of Directors luncheon
  - Keynote address: Thriving in Transformational Times – Rishad Tobaccowala
  - Rules and Regulations
  - Central Zone Business Meetings
  - International Relations Committee
  - 2020 Olympic Time Standards Announcement
  - National Team High Performance Plan
  - Tech Suits for Age Group Swimmers
  - Meet the Candidates
  - House of Delegates Meetings
- Highlights from the meetings that I attended
  - Various Olympic Trials, National, Jr National, Open Water and Futures Championships dates, locations, and sites were determined. Visit the USA Swimming website for this information.
  - I would encourage everyone to watch the keynote address by Rishad Tobaccowala. The world is changing quickly and you need to be prepared.

- Rules and Regulations reviewed and made recommendations to what would be brought forward to the House on September. A majority of the discussion revolved around the 12-under swim suit legislation.
- The Central Zone voted on several site selections and legislation items. OKS will be attending the 14-under Zone meet in Fargo, ND in 2019. Jenks was awarded one of the 2020 14-under Zone meet. For a complete list of items, visit the Central Zone website.
- International Relations discussed a variety of subjects including the International Swim League, doping, and upcoming international events. A good tool for athletes and coaches is the Supplement411 app. Remember that no supplements are officially approved. It is the responsibility of the athlete to what they put in their bodies.
- Olympic Trials time standards, and dates were announced (June 21-28 in Omaha, NE). Time standards for this meet and other can be found on the USA Swimming website.
- The National Team talk was a panel discussion discussing the services offered to athletes and coaches as they prepare for 2020.
- Meet the candidates was an opportunity to get to know the possible candidates for the USA Swimming Board in the new structure. You can find out more about the new Board members on the USA Swimming website.
- As always, the convention concluded with the House of Delegates meeting. The adopted rules and regulations can be found here.