

**Maine Swimming Inc.  
House of Delegates Meeting  
5/14/16  
SMCC South Portland, Maine**

***Role Call -- 28 voting ; 4 non-voting***

BBA: John Williams (Board)

BYB: Amanda Gleason (HOD); Taylor Rogers (Board)

CBRY: **ABSENT**

CMA: Matt Vogel (Board); Carrie Peabody (HOD); Hannah Griffin (Board)

CCSC: **ABSENT**

DEFY: Matt Montgomery (Board); Zach Craven (HOD)

HSC: Butch Babin (Board)

KVY: **ABSENT**

LRSC: Jay Morissette (Board); Caitlyn Tycz (Board); Sophia Kruse (Board); Nicole Viele (Board)

MDIY: Jim Willis (Board)

MMD: Stephanie Perkins (Board)

MVSC: Lindsay McMahon (HOD)

NYCY: Angus McLean (Board)

PBAY: **ABSENT**

PPSC: Matt Baxter (Board)

PYPB: Lia Langveld (Board)

SEAL: John Smith (Board); Betsy Perron (Board)

SMAC: Leanne Gravel (Board); Sean McKenney (HOD); Kyle Long (HOD Athlete), Fritz Homans (Board)

SSC: AJ Rog (HOD); Marnie Dean (Guest)

SYT: **ABSENT**

TCST: Tom Manduca (Board – General Chair); Joey Masselli (HOD)

UN: Dan St. Pierre (Board); Zach Gray (Guest); Mary Ellen Tynan (Admin.)

WCCU: Noreen McLeod (HOD)

WCY: **ABSENT**

YWTS: **ABSENT**

Mission Statement and Vision Statement read by Hannah Griffin.

2015 Fall Minutes approved, with spelling corrections.

### ***Bylaw Review***

By-law changes proposed by the Board of Directors (Articles 604.1,604.1.3, 604.1.4, 604.4.1, 605.1, 605.7.2, 606.1, 606.2, 606.6, 607.8, 607.9, 607.10, 606.10.1, 607.1.1, 607.1.2, 607.2.1A, 607.2.2, 607.3, 607.4, 607.12, 608.8):

A consensus vote was taken. Articles 604.1.3, 607.1.1 and 607.4.12 were pulled for further discussion.

*Housekeeping items:*

*General note: All references to the Board of Review should be changed to reflect the new Eastern Zone Board of Review.*

*604.1 The Athletes are chosen by their peers, not the HOD.*

*605.1 Add Diversity and Safe Sport Chairs.*

*606.1 Per USAS, Technical Planning, Officials, Safety Chairs and At-Large members are NOT officers.*

*606.6 Delete " Membership/Registration Chair".*

*607.8, 607.9, 607.10 Per USAS, should not be included under officers section of the By-laws.*

*607.2.2 Delete Membership/Registration description; add Diversity.*

*607.3, 607.4 List duties/powers for Athlete Committee, Coaches Committee, Diversity; remove Membership/Registration, Program Development.*

*606.2 ELECTIONS - The House of Delegates, at its annual meeting, shall elect the General Chair, the Administrative Vice-Chair, the Secretary, the Finance Vice-Chair, and the Senior Vice-Chair, in even-numbered years; and the Age Group Vice-Chair, the Treasurer, the Technical Planning Chair, the Safety Chair, the Officials Chair, the Diversity Chair, and the Safe Sport Chair in odd-numbered years. At-Large Board Members shall be elected in odd and even-numbered years in a manner that to the extent possible results in an equal number of positions being elected by the House of Delegates in each year, taking into account the number of Board of Review members being elected in relevant years.*

*606.6.2 COMMENCEMENT OF TERM -Each person elected to a position shall assume their duties upon the start of the fiscal year of MSI and shall serve until a successor takes office.*

*606.6.3 CONSECUTIVE TERMS LIMITATION - Except for the Secretary, Treasurer, Technical Planning Chair, and no Individual Member who has been elected by the House of Delegates and served four successive years shall be eligible for reelection to the same position until a lapse of two years. A portion of any term served to fill a vacancy in the position shall not be considered in the computation of this successive terms limitation.*

*606.10.1 AUTHORITY TO EXECUTE CONTRACTS, ETC. - The General Chair, Administrative Vice Chair and Finance Vice Chair each may sign and execute in the name of MSI deeds, mortgages, bonds, contracts, agreements or other instruments duly authorized by the MSI Policies and Procedures Manual, the Board of Directors or the House of Delegates, except in cases where the signing and execution there of shall be expressly delegated by the Board of Directors to another officer or agent, expressly requires two or more signatures or is required by law to be otherwise executed. Additional signing authority may be provided by standing resolutions of the Board of Directors or the House of Delegates.*

*607.1.2 AGE GROUP DIVISION - Age Group Vice Chair*

*Adaptive Swimming*

*Age Group*

*Camps/Clinics*

*Open Water*

*Program Development*

*Technical Planning*

*Time Standards*

*Zone Team*

*Diversity & Inclusion*

*607.2.1.A. Elected Chairs - As provided in Section 6.1, certain non-officer committee chairs and coordinators shall be elected by the House of Delegates. Their eligibility, terms of office, etc. shall be as provided in Sections 6.2, 6.3 and 6.6. These elected non-officer committee chairs of MSI are:*

*(1) the Officials Chair;*

*(2) the Safety Chair; and*

*(3) the Technical Planning Chair*

*(4) the Diversity Chair*

*(5) the Safe Sport Chair.*

*607.3.4 COACHES COMMITTEE - The members of the Coaches Committee shall consist of the Coach Representative and all registered coaches in good standing. The Coaches Representative shall be the chair of the committee.*

*607.4.11 ATHLETES COMMITTEE - The Athletes Committee shall be responsible for the publication of an athletes' newsletter and shall undertake such other activities (a) delegated to it by the Board of Directors or the General Chair or (b) undertaken by the Committee as being in the best interests of the Athlete Members, MSI, USA Swimming and the sport of swimming.*

*607.12 QUORUM - Except as otherwise provided in these Bylaws or in the resolution or other action establishing a committee or subcommittee, a quorum of any committee or subcommittee shall consist of those members present of the committee or subcommittee.*

*608.6 MEMBERSHIP AND REGISTRATION REPORTS - The Membership/Registration Chair, member of the MSI office staff, or a delegate, shall forward in a timely manner all required reports to the Executive Director of USA Swimming. This report shall be accompanied by a remittance of the appropriate membership and registration fees due to USA Swimming. The*

*Membership/Registration Chair shall make periodic summary reports to the Administrative Vice Chair, the Board of Directors and the House of Delegates.*

**Motion by Taylor Rogers second by John Williams. Move to accept all of the proposed By-Law changes with the exception Articles 604.1.3, 607.1.1 and 607.4.12 .**

**Motion passes with a majority vote 26 in favor; 2 abstaining.**

607.1.1

Discussion: Do we need a parent manual? There are plenty of resources on the USA swimming website.

**Motion by John Williams second by Taylor Rogers: Pass 607.1 .1 as written. Motion passes 25 yes, 2 opposed, 1 abstaining.**

*607.1.1 ADMINISTRATIVE DIVISION - Administrative Vice Chair*

*Awards Banquet*

*Bylaws/Legislation/Rules*

*Club Development*

*Computer*

*Elections*

*Equipment*

*Insurance*

*Legal(General Counsel, if applicable)*

*Membership/Registration*

*Reportable Times*

*Personnel*

*Public Relations*

*Publications/Newsletter*

*Policies and Procedures Manual*

*Records/Top 16 Tabulation*

*Secretary*

*Special Events*

607.4 .12

To whom does the Coaches' Committee report to? Answer: Board of Directors of the MSI.

**Motion by Matt Baxter second by John Williams: Amend 607.4 .12 to say that the Coaches' Committee reports to the TPC.**

Discussion: It works this way at other LSC's. This will streamline decision-making processes in our LSC.

**Motion passes 25 in favor, 1 opposed, 2 abstaining**

607.4.12 COACHES COMMITTEE – The Coaches Committee shall undertake such activities (a) delegated to it by the ~~Board of Directors or the General Chair~~ TPC or (b) undertaken by the committee as being in the best interests of the Coach Members, MSI and the sport of swimming.

Records

**Motion by Jay Morissette, second by Taylor Rogers: Any swimmer who has represented a post secondary institution is not eligible to set Age Group records for the MSI. Friendly amendment to the motion by Jay Morissette: We will retroactively remove 17 to 18-year-old records.**

Discussion: The National Times Committee accepts all times. Matt Baxter: a record is a record. Jay Morissette: kids competing in college are not actually on your team . Jim Willis: This would be a disservice to kids who age up early. Current policy keeps kids connected to the MSI.

**Motion passes 18 in favor, 6 against ,4 abstaining**

Proposal re: At-large Board members

MSI has been having difficulty achieving quorums for Board Meetings due to the overall size of the Board. USA swimming does not require us to have five At-large members. Those typically assigned to At-large members are currently covered by other Board of Director members. Reducing the number of At-large members would require fewer Athlete Representatives. **We could eliminate the At-large members by attrition. The Senior Athlete position currently filled by college student would be eliminated. By August 31 our numbers would reflect 14 Board of Directors and 4 Athlete Representatives. This would reduce our voting quorum to 10 members. After August 2017, there would be 13 Board Directors and 4 Athlete Reps making the quorum 9.**

**Proposal passes 27 in favor, 1 abstaining.**

604.1 .3

**Motion: Taylor Rogers: Only athlete team representatives listed on the registration form for the House of Delegates will be considered voting members of the House of Delegates with no alternates considered. If a swimmer resigns their position as a team representative, the Board of Directors needs to approve new team representatives to the HOD.**

**Motion passes unanimously.**

604.1.3 ATHLETE REPRESENTATIVES - Each Group Member in good standing shall appoint from its membership an Athlete Representative ~~and one or more alternates for each~~. The appointment shall be in writing, addressed to the Secretary of MSI and duly certified by the chief executive officer or secretary of the appointing Group Member. The appointing Group Member may withdraw one of its Athlete Representatives ~~or one or more of its alternates~~ and substitute a new Athlete Representative ~~or new alternates~~ by written notice, addressed to the Secretary of MSI and signed by the chief executive officer or secretary of the appointing Group Member.

Athlete Representatives to the BOD

**Motion by Taylor Rogers, second by Stephanie Perkins: By attrition, reduce the Athlete Representatives on the Board of Directors from 6 to 4, electing 2 Junior Athlete Representatives each year to a two-year term.**

Discussion: Athletes will be elected at the Winter JO's with the term to begin May 1.  
**Motion passes 27 in favor, 1 abstaining.**

### ***Committee Reports***

*Finance - Jim Willis*

- Profit and Loss Comparison attached.

Financially, we are doing better than last year at this time because of an increase in fees, less travel, and income from Developmental and Junior Olympic Trial meets.

- Questions :

Jay Morrisette: What is our target number for being in the black? When can we reduce fees? Response: An issue for the Executive Committee to discuss, but we want to increase our principal before we can start reducing fees.

Matt Baxter: Can we increase the amount of money offered for athlete reimbursement? Tom Manduca response: We will recommend increasing reimbursement, investing in programs like training camps, and increasing our CDs.

- Audit:

We are accepting bids from accounting firms; hope to have audit completed by September 1.

*Age Group Committee – Matt Montgomery*

No new news to report.

*TPC -Jay Morissette*

TPC met in April. Some highlights:

- DI Meet at Pen-Bay

This was a good meet, except for the fact that there were not as many people swimming on the second day, causing events to be too close together. Two solutions presented: change this to a 1 day/2 session meet or add 100 yard events for the 12 and under swimmers which could be interspersed with the 200's for the older swimmers on the second day.

By majority decision, **2016 DI meet will be a two-day meet with one session on each day. We will add 100's for the 12 and under swimmers on the second day to space out the events for the older swimmers.**

- DII Meet at Bates College

This was a manageable size (about 200 swimmers) and could hold an additional 50-100 swimmers. We might want to publicize this meet in New England Swimming. We could give priority to teams that bring officials.

- Junior Olympic Trials

**400 IM and the 500 free will be run fastest to slowest.**

**In order to better balance the meet, 10 & unders will be moved to the final session, with a separate warm-up time for the 10 and unders.**

We will continue to offer this meet two out of LSC teams but we will better spell out in the meet packet that that the top two **Maine** finishers in each event will qualify for Junior Olympics.

If a swimmer makes a JO cut for the first time at JOT, they will get to enter bonus events at Junior Olympics. If a swimmer qualifies for Junior Olympics because they placed first or second in their event but did not earn a cut time, they will not be able to enter a bonus event. This will be spelled out in the meet information packet.

Oversubscription will still be permitted at Junior Olympic Trials but programs will not be printed until all scratches have been submitted.

To discuss at the BOD: should MSI purchase a high-speed printer for meets such as JOT?

- Junior Olympic Cut Times

There has been a steady growth in attendance at Junior Olympics. Does this necessitate new cut times? Jim Willis pointed out that the motivational times are going to change soon. We should base new JO cuts on the new motivational times when they come out. However, the numbers at our current Junior Olympics are manageable.

- Relays at Junior Olympics

12 and under relays are positive experience at Junior Olympics. Matt Montgomery likes the 12 and under rule. It gives him more leeway in creating relays.

TPC agreed that **10 & unders will not be permitted to swim on the Senior relays.** The majority agreed **that relays should be specified as "11& over"** at future winter Junior Olympics.

- Summer Championship Invitational in Canada

Currently, there are 4 to 5 teams interested in attending the meet from outside the LSC. The average number of swimmers attending from Maine and Canada is 250. We only have room for 150 to 175 swimmers from outside of our LSC. It was agreed that there will be a cap placed on out-of-LSC swimmers at 150 to 175 athletes. First precedence will go to teams who have come in the past and who will bring one official for every 20 swimmers and two officials for teams numbering over 20. We will let outside of LSC teams know if they have been accepted to the meet by May 15, 2016. Return teams who are bringing officials can be informed earlier.

*Coaches' Committee - Dan St. Pierre*

Developmental Meets: We need to give 10&Unders who age up before JO's an opportunity to race in/qualify for 200's. The Coaches' Committee suggests offering 200's for 10 years & up. Could stipulate that only 10 year olds who are aging up before JO's can enter these races.

At JO's there will be bracelets for parents and a standing area for rotating viewing.

Coaches agreed with TPC. JO Relays will be 11 and Over, not Open.

At JO's, the Coaches would like the 200 medley relay to be on Thursday along with the 11-12 400 IM.

Other issues discussed:

Is Zones still a practical meet for us?

Do we need a USA meet participation requirement for JO's eligibility?

*2016 Zone Report*

53 Athletes (29 Girls, 24 Boys)

2015: 50 Athletes    2014: 49 Athletes    2013: 62 Athletes    2012: 58 Athletes

11-12 Girls largest group – 11

13-14 Boys Smallest group – 4

- Performance:

252 individual swims – 70 best times – 28%

Lower than previous years: 34-38% best times

10 & U Boys only 18%, 15-18 Boys 60%

- Top Ten finishes:

2016: 26    2015: 31    2014: 32    2013: 19    2012: 12  
Most Top Ten finishes in 15-18 Group – only 1 not in 15-18 age group

•Expenses:

Costs: \$48,640.69

Income: \$39,171.73

Net Cost: \$9,468.96 (over \$3000 under budget)

MSI Budget: \$13,000

•Observations/Discussions:

1. Streamlining of selection process –pre-registration process – reduced last minute scurrying and allowed planning and focus on potentially under-represented age groups.
  2. Due to short turn-around had to over order apparel.
  3. 10 & Unders team travel was required.
  4. Apparel vendor – went to bid. Swimwear-in-Motion did a great job.
- MSI should discuss the value of the meet in the future. Is there a different meet or different type of meet that would serve MSI better.

*Open Water – John Bliss (not present, report presented on-line)*

**Summary:**

USA Swimming

Open Water National Championship

Fort Myers, Florida

April 6 – 10, 2016

Submitted by: John Bliss, Race Referee, Sebago Challenge

Attending the USA Swimming Open Water (OW) National Championship was a wonderful opportunity to observe techniques and methods to conduct an OW meet, and compare and contrast how Maine Swimming Inc (MSI) performs to these standards. This report serves to highlight critical elements such as safety, officiating, and general organization of the events, along with ideas to improve the swimmer and spectator experience.

Overall assessment of the Sebago Challenge (SC), in comparison to the national level, is that we are meeting the basic requirements, exceeding some of the requirements, but we have some work to do to make it a better experience for preparing swimmers for OW at the next level of competition.

**Safety:**

The number one element to an OW event is safety. I had the pleasure to meet and talk with Pete Crippen regarding the Dubai event that took Fran's life. OW has risks, but this death was avoidable. Water and air temperatures were too high to safely race, and there was insufficient safety support craft on the water to monitor the swimmers. A tragic event for the Crippen family, and for USA-S OW team.

The SC event does well in the safety category with the exception of the Independent Safety Officer (ISO). Firstly, let's discuss what we do well.

- We have more than 10 lifeguards on the water stationed throughout the course. Often times we exceed 16 lifeguards.
- We have motorized boats stationed on the perimeter of the course to provide quick response to a swimmer in distress.
- We measure the water and air temperature to ensure we are in the right zone for a safe race.
- We provide a spotter on each boat, whose sole responsibility is to watch for swimmers approaching the prop of the boat to signal the boat captain to idle the motor.
- We provide on-sight ambulance crew.
- We provide on-the-water EMT crew through support from Raymond Fire and Rescue.
- We provide permitted use of the water through Inland Fisheries and Wildlife, who routinely provides a boat to patrol the perimeter of the event to help control normal boating traffic.
- We conduct the event as early in the morning as possible to avoid the majority of the normal boating traffic.
- We conduct safety briefings for all swimmers, lifeguards, and boat crews. Now let's discuss what we don't do well.
- We struggle to get a knowledgeable ISO. The first SC event had an ISO involved with the committee from the beginning of the process, so that they were aware of the plan and were able to provide input through personal OW race experience on safe practices. That input is hard coded in the race today, but since that time we have an ISO that shows up the day of the race that may or may not have read the safety plan 15 minute prior to the start of the race. There are three people on the race committee who have independent authority to call off the event if the conditions are unsafe, and they are the Race Referee, the Race Director, and the ISO. The Referee and Director are busy with many other issues leading up to the start of the race, that is why an ISO is so vital to an OW event. Please keep in mind that the ISO is different than the Race Safety Officer, and the Lead Lifeguard. These are different roles in the event. In the past, the SC race committee has asked MSI to supply an ISO, but we were not able to confirm who was attending, nor were we able to brief the ISO on the plan. Is MSI able to support the race with a knowledgeable ISO, or does this fall squarely on the race committee?
- Radios are always a struggle. The 2015 race was the best so far in regards to radio coverage, but we can do better. The issue is cost. Good radios are expensive, so we end up with radios that may not have coverage over the distance of the course, which can become a safety problem due to the message having to be relayed across the course. Is there a funding mechanism within MSI that can support the purchase of good quality radios, and good quantity to cover the officials, safety craft, and race admin?
- **Officials and Officiating:**  
MSI has limited officials trained and experienced in OW. For the SC event we should have at least five Turn Judges, seven would be better, on the water at

each critical turn. We should have two to four referees with assistants in boats, center course, tracking the lead packs. One referee in charge of the men's races and one referee in charge of the women's races. We need finish judges, starter, and admin referees to support the efforts on land. The total count to cover the event is around 15 officials. Some duties can be doubled up (before race and during race)

- We have hosted an OW officials clinic each year, but we have not pulled in sufficient numbers to adequately support the event. We need to find a way to get people excited about this event and willing to support it with trained officials. We will host clinics this spring and summer to help pull in more officials. We will need help getting the word out and finding locations to host the clinics.
- As stated above, we need better and more radios with longer range to help coordinate coverage. Cell phones are a good back up method, but we will need a roster of phone numbers in each binder, so that this method can be effective. There are several methods to water proof a phone. Many dive shops and sporting goods stores have water tight, clear plastic bags designed for phones.

The methods of officiating that we use are more of a zone coverage due the low numbers of officials. We can improve the experience for the swimmers by conducting the officiating in a manner similar to what they will experience at the zone or national level of OW swimming.

- Referee boats tracking the pack or pod swimmers, monitoring conduct. OW swimming was described as a cross between lap swimming and water polo. There will be contact between swimmers. It is the Referees job to monitor the contact and determine incidental contact versus deliberate contact. The assistant referee performs all of the recording of incidents, prepares the disqualification devices (number board, and flag), and all radio communications, while the referee maintains eyes on the swimmers at all times.
- Nails. Yes, nails is a thing that has to be checked by a trained official. Both finger nails and toe nails can be used as weapons in OW, so it is imperative that we provide a means during registration to check, and correct deficiencies, prior to completing the check-in process. I had the pleasure to check everyone's fingers and toes for the 10K on the first day of the festival. Surprisingly, more than half of the swimmers required corrective action. This is in the rulebook, but it is not something we have policed at the SC event. Now that we have knowledge on how to implement this rule, we can proceed with this requirement.
- Suit check. This is preformed by an official. The swimmer provides the suit make and model for the official to record next to their name on the check in sheet. This may not be an issue at our event, but for training of our swimmers it would be a good process for them to experience. The professional swimmers typically check in with their suit in a bag for inspection. Late arrivals are usually wearing their suit. The more expensive compression suit models have the information available on the outside near the hip line.

- Turn Judges. The primary function of the turn judge is to count swimmers rounding the turn for each event, record the tick marks, and radio in the count. They need to have the starting count to ensure they know when they have seen all swimmers in the event round the turn. The turn judge can observe and report a missed turn by a swimmer, but the referee must be the one to make the disqualification. The Referee must have a whistle to get the swimmers attention, and the appropriate number board and flags to perform the disqualification if the swimmer does not re-round the turn before making the next turn (similar rule to missing a wall in freestyle, they can return to the wall as long as they have not touched the opposite wall.) If/when disqualification occurs, the swimmer must leave the course.

Improvements to the safety briefing are always helpful. We have attempted several different methods, but some new terminology that is consistent with the terminology used at the national level will help.

- Turns should be described as left-shoulder turns and right-shoulder turns. We already use the color-coded method for the turns (yellow and green on the right, and orange, red, and white on the left.)
- Course Removal: if a swimmer is RED flagged, or course is closed, the swimmer must comply with the commands from the officials. If a swimmer argues simply inform them that they are disqualified for the infraction, and unsportsmanlike conduct, and if they choose to not comply they are not longer under the supervision of the event. If they disrupt the other swimmers (safety issue), the race can be shut down.

Officials uniform: The white over khaki is acceptable for OW. Long sleeve white UPF 50 fishing shirts are acceptable for sun protection. A wide-brimmed hat is also recommended.

Officials Gear:

- Red and Yellow Flags
- Whistle
- Air Horn for starts and evacuation of course
- White board with black marker for calling out swimmer number
- Notebook (assistant writes and records observations, yellow and red flags, all comments, an cellphone call list.)
- Radio
- Water
- Sun screen
- Binoculars for identification of swimmers by number

### **General Organization**

Timing: Timing has been the biggest challenge to the SC event. This year we will be using All Sports to perform chip timing function for the event. Since this is a running start and finish the chips will be worn on the ankle. USA-S rules require starting with two chips; however, I do not believe we established this with the vendor, so we may just go with one for this year and determine cost for future years. If we choose to go with a water start and finish in future years, the chips shall be worn on the wrist.

Numbering: Either Sharpy or Tattoos can be deployed. Tritats can supply race tattoo sets for approximately \$1.75 per set. This method requires alcohol rub down, wipe down, application of tat, then sponge water, and peel. A trained person can do this process in about two minutes. Marking with Sharpy takes about one minute and does not require cold/chilly application of liquids. However, the tattoos are black with white boarder which is much easier to see on the water. Both methods are susceptible to smear with sun screen. Swimmers must be marked as follows:

- Horizontally across both shoulder blades.
- Vertically down the upper arm, both arms.
- Horizontally across both hands while holding them up in a boxer's position, so that the numbers can be read in that position.

Race check in: After all the registration, and briefing, we have a process to check in the swimmers at the starting line to make sure we have an accurate count of who is entering the water for the race. At the SC event our Clerk calls out the swimmer by name and allows them to pass into the starting shoot, while recording a check mark next to the swimmer's name.

USA-S deploys a method by which they announce the swimmers name, they emerge from the ready tent with hand up in boxer position displaying the numbers, holding a card, all being video taped. The swimmer hands the card to the Clerk of the Course. The Clerk counts the cards and simply verifies the number of swimmers and reports via radio to all staff. The video is stored and used to identify the swimmer by number, face, cap color, and suit color, in the event an identification is necessary.

### **Ideas to improve the overall event and make it more of an MSI OW Summer Festival**

Spectator Improvements: As some of you may have seen, the OW Nationals was shown with live feed with commentary. They also deployed a drone to show close up action. Since the spectators fund the event, we need to explore these options for future events.

Invite the Crippen foundation to the event. Invite High Level Swimmers to the event.

Corporate Sponsors: How do we get big sponsors such as Gatorade, and Banana Boat or Coppertone?

Local News: We need to have them on sight reporting to get the word out to help the sponsors gain presence.

Throw a big cook out for everyone at the end of the event.

Video the course from kayak during race to show course. This video can be uploaded to the website to aid the pre-race briefing of the course description in future years.

Course Layout: We should explore straightening out the finish approach to provide for a more smooth transition to the finish. We should also explore in-the-water start and finish.

### **Training Swimmers for OW**

This gets into the area of coaching, which is outside my experience level. So I will define a couple of observations and comments that were discussed at various events throughout the week. Specifically, Hailey Anderson and her coach provided some insight on training and race strategy at our clinic.

- As described above, OW racing has some aggressive conduct especially around the turns. Many OW swimmers are comfortable swimming in packs or pods, some swimmers are not. The coach should work to help the swimmer define what works best for them and define a race strategy that will get them to the best possible finish position. The method of swimming in packs has a similar affect to bicycle racing, where the lead swimmers trade off the lead to conserve energy. The pack does swim faster as a group than the pace an individual can swim. Some of the local teams do have OW practices, but how many are discussing racing strategies, and how many are training pack racing techniques.
- OW racing is not about the finish time; it is about the place. All courses are different, and conditions from one year to the next on the same course are different. That is why time records are not keep for OW races. It is simply who swam the best race strategy for the day and placed first. The women's 5K and 10K races came down to a 50 meter sprint with five to ten swimmers in the pack.
- Recommend that each coach with aspiring OW athletes, should observe the race footage available on line and discuss various strategies, such as pack swimming, position on turns, etc.
- The swimming does get aggressive at the national and international level. Hailey commented that after several races where other swimmers grabbed her feet and pulled her back (illegal conduct by the way) that she has resorted to applying Vaseline to her ankles, so that future attempts are met with a hand full of grease.

#### *Officials Chair – Nicole Viele*

##### •Stroke & Turn Clinics:

From October 2015 – February 2016 we held 5 clinics which resulted in 20 new officials.

We will be holding an Open Water clinic on Saturday, June 25<sup>th</sup> at 8:00 am at the Bath YMCA. An email has been sent to all officials (not including AO) in hopes of good attendance. The Sebago Challenge is scheduled for August 7<sup>th</sup>.

Clinics for the winter 2016-17 season will be scheduled and posted by October 31, 2016.

##### •Open Water National Clinic:

John Bliss attended a USA sponsored Open Water Clinic in Florida this spring. Please take the time to read his attached report.

##### •Team officials:

We have several teams in our LSC that do not have any USA officials and it is time this changes. Encouraging recruitment clearly isn't working so I am recommending

that the BOD discuss the following: Every MSI team with a minimum of 40 registered swimmers must have one USA official. This official should be willing to assist at any MSI sponsored meet that the team chooses to attend. It would also be expected that they are willing to work at least one session of the JO meet. I understand that it is difficult to get parents to volunteer to do much these days and we do want people that are willing to do a good job in this role. However, we have a very few teams that are providing a very large majority of the officials for any meet.

*Senior Vice Chair – Leanne Gravel*

- Congratulations to our new Athlete Reps: **Angus McLean, Hannah Griffin, and Sophia Kruse**. Their term began May 1, 2016.
- Congratulations to our Graduating Senior Scholarship winners: **Matthew Charest and Talor Hamilton**.
- Congratulations to **Caitlin Tycz** who is MSI's representative at Olympic Trials in Omaha, Nebraska this June, 2016.
- Dates for:
  - Olympic Trials June 26 - July 3** Omaha, NB
  - New England Seniors July 14-17** Brown University (MSI Swimmers may attend)
  - Speedo Super-Sectionals** TBD
  - US Open August 2-6** Minneapolis, MN
  - Senior Zone Championships August 4-7** Buffalo, NY **Futures August 4-7** University of Maryland
  - Junior Nationals August 8-12** Minneapolis, MN
- For future Senior Vice Chair, all individual age group trophies have been purchased at Trophy Warehouse of New England 1021 Ocean Avenue Portland, ME 04103 sales@trophywarehouse.com.

*Registration/Membership Report – Mary Ellen Tynan*

As of May 11, 2016:

Year-Round Athletes: 1071    Season 1 Athletes: 107    Outreach: 33    Season 2: 17

**Total Athletes: 1228**

**(See detailed trend report on MSI Site)**

Coaches: 78

Officials: 85

Other: 35

**Total Non-athletes: 185**

**Fines Levied Since September:**

BASA, HSC, KVV, YWTS for missing two consecutive HOD (\$50); PBAY for canceling a calendar meet (\$100); HSC for swimming an unregistered swimmer (\$20); LRSC, PYPB for late entry into JOs (\$381, \$250)

*Safe Sport – Taylor Rogers*

•Safe Sport Mondays

USA Swimming has started a new Safe Sport initiative – Hear Something, See Something, Say Something. On the first Monday of every month all Safe Sport Chairs will be sending out a Safe Sport Monday script to all clubs for the coaches to discuss with their athletes. This is not a big time commitment (10 minutes at most) and will help to get athletes more educated about Safe Sport policies and topics (deck changing, no electronics in the locker rooms, etc.) The April and May scripts are included in your Safe Sport packet.

•Safe Sport Certified Club Program

USA Swimming is working to set up a Safe Sport Club Certification program. It is similar to the Club Recognition program but will only have one level. Stay tuned for more information as it becomes available.

•Safe Sport Club Coordinator

USA Swimming is recommending that all clubs appoint a Safe Sport Club Coordinator. This is the person who will serve as the liaison between the LSC Safe Sport Chair and the club. Please let me know who this person will be for your team. If I do not hear from you then I will assume it is the Head Coach.

•Transgender Athletes

USA Swimming has published guidelines for the inclusion of transgender athletes. They are included in your Safe Sport packet.

•Safe Sport Resources

Your Safe Sport packet contains samples of the required and recommended USA Swimming Safe Sport policies along with a handful of other useful documents. **I am always here to answer your Safe Sport questions and to help you in any and every way I can.** USA Swimming encourages LSC Safe Sport Chairs to sit down with each club and look over current Safe Sport policies. Please let me know if this is something that you are interested and we can schedule a time to meet or talk on the phone.

There are also great resources on the USA Swimming Safe Sport website:

[usaswimming.org/protect](https://usaswimming.org/protect)

[usaswimming.org/toolkit](https://usaswimming.org/toolkit)

*Safety Chair – John Smith*

USAS Safety/ Injury Report is posted on-line, summarizing common causes and locations of accidents, types of injuries and membership status of those injured. Injury reports are also broken down by LSC, with injury details listed. MSI had 3 injuries reported as of 4/28/16 – 2 jammed fingers on the wall and one slip on the deck/gutter area.

*Diversity – Matt Vogel*

No new news to report.

## ***Elections***

### General Chair:

Jim Willis nominated. Taylor Rogers seconds the nomination; no other nominations submitted.

### **Secretary casts one vote for Jim Willis.**

### Administrative Vice Chair

Fritz Homans nominated. Taylor Rogers seconds the nomination; no other nominations submitted.

### **Secretary casts one vote for Fritz Homans.**

### Finance Chair

Leanne Gravel nominated. Taylor Rogers seconds the nomination; no other nominations submitted.

### **Secretary cast one vote for Leanne Gravel.**

### Secretary

Betsy Perron nominated. Taylor Rogers seconds the nomination; no other nominations submitted.

### **The secretary casts one vote for Betsy Perron.**

### Senior Chair

Tom Manduca nominated. Taylor Rogers seconds the nomination; no other nominations submitted.

### **The secretary cast one vote for Tom Manduca.**

### Officials Chair

Nicole Viele will complete the term ending in August 2017. No other nominations submitted.

### **Secretary casts one vote for Nicole Viele.**

## ***Summer championship meet***

### **Motion by Matt Baxter, second by Leanne Gravel: Hire Louis Arruda to be the Meet Director for the Summer International Invitational.**

Discussion: Louis Arruda has bid \$1500 for the position of Meet Director for the MSI Summer International Invitational. Last year he was paid \$1000 but this year he will have more responsibilities. Matt Vogel: It took a long time for the results to get posted last summer, though at the winter Junior Olympics there was improved speed in posting results. Nicole Viele reminded the group that it is the Administrative Referee's responsibility to post results in a timely manner.

**Motion passes 26 yes, 2 abstaining.**

### ***Open water***

Fritz Homans: More open water events are needed. New England swimming is looking for opportunities, especially in July. It is part of our agreement and partnership New England swimming to develop more open water events.

### ***High school observations***

Observation forms supplied online need to be filled out completely with attention paid to listing the correct meets on the forms. John Smith suggests reminding the coaches to make sure that the forms are filled out an inappropriate manner.

More officials are needed to volunteer for observations.

Butch Babin: Observed swims at high school meets are entered in S.W.I.M.S as “unattached”.

**Motion by Matt Baxter second by John Smith: If a swimmer sets an LSC record in an observed approved meet where they are not representing their USA club team, the record should be recorded as the SWIMS database recognizes it.**

Discussion Caitlyn Tycz thinks the record should count towards the USA team records. Jay Morissette: If the paperwork requires team affiliation, then the record should count for the team.

**Motion fails. 6 yes 18 no, 4 abstaining**

At the 2015 HOD meeting , it was voted to charge money for observed swims though no fee was actually determined. The Board of Directors recommends \$5 per observed swim, which will be paid to the observing officials. This will be voted on at the next Board of Directors meeting.

### ***Meet fee policy reminder***

Once entries are accepted, there are no meet fee refunds, except in the case of clerical errors.

### ***New business***

There will be a regional USAS Coaches’ Clinic and an ASCA Coaches’ School on October 14-16. Cost will be \$75 for individuals or \$200 per team. Club Leadership courses will also be offered.

Are we interested in bringing back the Maine and Canada All-Star meet? Nova Scotia and New Brunswick teams would be interested in participating. They would also would like to receive information about our meets.

The next Quad Plan will be discussed at the next Board of Directors and everyone is welcome to have input.

Eastern Zone structure: Fritz is participating on a task force and will report back in the fall.

USAS is considering different levels of registration. These would be would be year-round, seasonal, pre-team, and learn to swim. Seasonal memberships would hurt our LSC finances; we recommend that these be offered only to first-time swimmers.

To attract younger swimmers and families, the trend is towards shorter meets of 2 ½ hours or less including warm-up.

The Fall 2016 HOD meeting will be on Sunday, October 16 after the coaches clinic.

**Motion to adjourn by Taylor Rogers, second by Betsy Perron; motion passes.**

Respectfully submitted by Betsy Perron, MSI Secretary on June 13, 2016