



Metropolitan Swimming Inc.  
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Dominick Boccio

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To: All Members of Metropolitan Swimming  
From: Dominick Boccio, General Chair  
Subject: Letter to Membership  
Date: November 13, 2022

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Dear Metropolitan Swimming Members,

Thank you to all members who attended the virtual Special House of Delegate meeting this past week. We know the virtual voting process is not perfect, and it took some time to ensure every vote was counted, but your co-secretaries, Annette Mackrel and Jeff Chu ensured all eligible voting members could have their votes counted.

Membership passed a more balanced budget for the 2022-2023 fiscal year without making any budget cuts to athlete programming. Thank you to those who participated in the Special Election for the General Chair position. Both Allen Wone and I appreciate your support. I am humbled to have been selected as your General Chair to finish the remaining term until the election for the General Chair at the Spring 2023 Regular House of Delegate meeting.

As I have transitioned from Administrative Vice Chair to General Chair, Lamar DeCasseres will continue to serve as the Administrative Vice Chair. We are also pleased to announce the addition of three members to your LSC Administrative Board of Review.

- Elaine Ang: A long-time member of Metropolitan Swimming and a high-level meet official.
- Drew Modrov: A lifelong athlete member of Metropolitan Swimming who competed at the NCAA D1 level.
- Abigail Howard: USA Swimming's previous General Counsel and current USSMA Athletic Director.

We believe the makeup of this Administrative Review Board is diverse and a healthy representation of our LSC.

### **SWIMS 3.0 and General USA Swimming Updates**

USA Swimming continues to improve SWIMS 3.0. There will be another large influx of membership registrations in December as memberships expire at the end of 2022. USA Swimming has started to streamline some processes on the LSC admin level. In the next few weeks, the Metro Office will be able to merge duplicate accounts without submitting them to USA Swimming to complete, as USA Swimming was the only way to complete this process. We hope this will speed up merging duplicate accounts you all may still find in your databases or on USA Swimming and in meet recons.

USA Swimming has reopened the Safe Sport Recognition Program. The Metro Board of Directors highly encourages all our member clubs to pursue becoming Safe Sport certified clubs. The program is a self-evaluation of your club and ensures your club is executing best practices around athlete safety. This



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can only benefit all your members. Please contact our Safe Sport Chairs with any questions, Sandy Graham ([sandy.graham@metroswimming.org](mailto:sandy.graham@metroswimming.org)) and Phil Paspalas ([phil.paspalas@metroswimming.org](mailto:phil.paspalas@metroswimming.org)).

More information can be found on USA Swimming's website here:

<https://www.usaswimming.org/safe-sport/safe-sport-recognition-program>

### **Metro Swimming Website**

The website is regularly populated with updated events and news at the LSC and National Level within USA Swimming. Please encourage your coaching staff, administrative staff, board members, and athletes to frequently check in on the site! News, important information, and meetings of committees and clinics are regularly added to the events calendar. If you believe you have relevant news, athlete accomplishment, or important information that will benefit our membership, please reach out to your co-secretaries Annette Mackrel ([annette.mackrel@metroswimming.org](mailto:annette.mackrel@metroswimming.org)) and Jeff Chu ([jeff.chu@metroswimming.org](mailto:jeff.chu@metroswimming.org)) or the new generic Metro Secretary email address at [secretary@metroswimming.org](mailto:secretary@metroswimming.org).

### **Championship Meet Updates**

Time Standards for Senior Mets, Age Group Champs, 15-18 AG Team Challenge, Silvers, and Bronze have all been posted to the website and can be found here:

<https://www.teamunify.com/team/mrlsc/page/times/time-standards>

*An important note regarding the 15-18 Age Group Team Challenge:* The Metro Technical Planning Committee recommended to the board, and the board passed a change in qualification for the 15-18 Age Group Team Challenge. There are now maximum cut times for this meet. The maximum time for this meet will be 0.01 seconds slower than the Senior Met time standards. If an athlete has a Senior Met cut in an event, they will not be eligible to compete in that event in the meet. They will be able to participate in other events they do not have a Senior Met cut time in. Please reach out to your Technical Planning Chair, David Ellinghaus ([david.ellinghaus@metroswimming.org](mailto:david.ellinghaus@metroswimming.org)), your Age Group Chair, Kate Hallex ([kate.hallex@metroswimming.org](mailto:kate.hallex@metroswimming.org)), or your Senior Chair Zac Hojnacki ([zac.hojnacki@metroswimming.org](mailto:zac.hojnacki@metroswimming.org)) with any questions.

### **Meet Information Reminders**

Meet Hosts, we are thankful for the work your teams put into providing athletes opportunities to compete throughout the LSC. Your Board of Directors wants to provide the following reminders when submitting meet information and running your meets.

- Please use the updated meet templates that are available on the website. They are updated to include all information that members are required to provide in their meet notices. They can be found here:
  - [Open Meet Template](#)
  - [Invitational Meet Template](#)



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- Make sure your MAAPP statements are updated to reflect USA Swimming's September 2022 change to their language. (This is included in the updated templates linked above).
- Make sure that as of January 1, 2023, your meet information includes a detailed description of the emergency services available at your meets.
- Members are encouraged to remind participating athletes that qualify as outreach to pursue the Metro Outreach Reimbursement option, it is available here:  
<https://form.jotform.com/222863456034153>

Meet Directors, be on the lookout for a Meet Director Virtual Summit for refresher information and an exchange of ideas among meet directors that will be open to all.

### **Membership Participation**

All committee meetings are open to all members of Metropolitan Swimming. This is the level where grassroots discussion and recommendations can be made to bring to your Board of Directors and/or to the House of Delegates. Make sure your voice is heard and attend a committee meeting or sign up to be a member of a committee here:

<https://form.jotform.com/202575279843061>

We are actively recruiting members of a new Meet Host Committee. The goal of this committee will be to provide support and knowledge to meet hosts and to also develop strategies and ideas that can help meet hosts maximize their meet experience at the competitive, administrative, compliance, and financial level.

### **Athlete Protection Training**

Coaches and club administrators, please regularly check your athlete rosters to ensure that any athlete turning 18 has completed the Athlete Protection Training certification by their 18th birthday. There is no longer any grace period for these athletes. They will appear in meet recons that they are ineligible to compete. If this somehow slips between the cracks by a local or out of LSC meet, the athletes' times will not be uploaded into SWIMS and will not count.

Stay ahead of this, by regularly checking your athlete roster and checking the DOBs of your 17-year-old athletes! We want to ensure all athletes are compliant and have their times counted. APT can be found here:

<https://www.usaswimming.org/resource-center/athlete-protection-training>

### **Conclusion**

As we enter the season of December invites and travel meets, your Board of Directors wishes you and your athletes a safe and successful travel meet season!

As we enter the holiday season, we also would like to wish a healthy and happy holiday season to all our members and their families! We appreciate your support and look forward to a great rest of the short course season! Do not hesitate to reach out to Kimberly at the office



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([kimberly.ferraris@metroswimming.org](mailto:kimberly.ferraris@metroswimming.org)) or any member of your Board of Directors with any questions or feedback!

All the best,

Dominick Boccio  
Metropolitan Swimming  
General Chair