

Maryland Swim Times

Spring/Summer 2017

Carol Chidester Memorial Swim Series Challenge

The **Carol Chidester Memorial Swim Series Challenge** includes CCMSS meets from October through February. An award is given to each swimmer who competes in all of those meets (5) and/or completes any twelve (12) different individual events. A total of Seventeen swimmers met the challenge.

This season's winners are:

Five Meets

- Brian Alleva, Ken Fligsten, Kevin Gibson, and David Sugar.



12 different individual events

- Jack Edger, Joan Libby, Raymond Toy, and Allison Travers.

Both five meets and twelve (or more) different individual events

-Paula Dougher (13), Mary Gibson (13), Doug Irminger (12), Mark Oliphant (12), Diane Paterline (13), Patrick Sebring (15), Rand Vaillancourt (15) Colleen Winans (14), and John Zarkowsky (12).



What is a Masters swimmer?

As Coaches, we get asked all the time, what is Masters Swimming? To answer this question, ask yourself this... Am I 18 or older? Do I know how to swim? Do I like socializing with other people? Do I like to stay active? Would I like to be more physically fit? Do I like structured workouts? Do I like being coached? Would I like maybe to compete? If you can answer yes to any of the questions, then masters swimming is for you. Masters swimming is an inclusive program for like-minded adults. If you come and try a masters practice you will realize it is a pressure free, no judgement zone. All the participants have a common thread... they just want to swim and have fun. It is the ultimate adult swim but with a purpose!

Take a leap of faith, leave your comfort zone and join in!

Coach Jen and Coach Mary Cae



Froggie Sez:

News from Anne Arundel Amphibians

YOU ARE NEVER TOO OLD OR TOO YOUNG TO HAVE

NEW DREAMS OR GOALS!

I challenge all my tadpoles to have new dreams and set new goals. Speaking of challenges, how about the Swim Series Challenge, set a goal of swimming in all five meets or swimming 12 events and go for it. I am proud to acknowledge three of our swimmers that met this challenge for the 2016-2017 Carol Chidester Swim Series:

Jack Edger – 12 events, John Zarkowski -5 meets and 12 events and Coach Rand Vaillancourt – 5 meets and 15 events. There were several others who just missed completion of the challenge.

I know, I have heard “I am not ready to compete”. Consider volunteering to time at a meet. You will probably find that not only can you compete, you’ll have fun doing it. And you’ll meet some great people.

A new goal to set might be improving a stroke or taking one second off your time. Make the goal obtainable and set that goal.

Talk to Coach Rand or Coach Shane about your goals and they will be happy and willing to help you get there.

Congratulations, to an Amphibian, who set a goal and achieved it. Jeffrey Smith completed, with distinction, the Starter and Stroke & Turn Courses for Officials. He then went on to officiate at the Swim Series #5 Meet. Way to go, new Official Jeffrey Smith.

I hate to have to end my article with a sad note. In April, one of our most faithful volunteers, Jim Corones, husband of Lou Corones, passed away after a long illness. Jim’s ready smile and willing hands will be greatly missed.

Froggie

MARK YOUR CALENDERS! JULY 23RD @ UMBC

LONG COURSE MEET: \$5 ENTRY FEE, \$2 PER EVENT, \$10 PER RELAY. WARM-UP 8AM



Team Chesapeake Wins 2nd Place at Y Nationals

By Kristina Henry

Forty-six Masters swimmers representing the Y of the Chesapeake participated in the YMCA Masters Swimming Championships in Sarasota, Florida May 4 - 7. Temperatures fluctuated from chilly to hot, the winds were howling, and the pool chillers were sporadic at best, yet Team Chesapeake, placed 2nd overall, out of fifty-nine teams (and 494 swimmers).

“Everyone on our team came home with at least one medal!” says Team Captain Nancy Brown. “More importantly, everyone scored points.”

If style points could be awarded, Team Chesapeake would have won handily with its rendition of the Village People’s famed anthem YMCA. The conga line started in the staging area, ran in front of the bleachers, and ended at the warm-up pool with members of several other teams joining in.

Swim highlights were:

- *John Collings, age 89, placed first in all three backstroke events, and 2nd in 50 and 500 free and 100 and 200 breast.
- *Nancy Brown, age 81 placed first in 12 events 400, 200, 100 IM, 50,100, 200 free and all three back and breast events.
- *Sally Iliff, age 70-74, from Annapolis placed first in the 100 & 200 fly.
- *Coach Traci McNeil, 40, placed first in the 1000 free.
- *Joan Pfinsgraf broke 6 Y national records for the 50 back, 100 back, 200 back 2:28.26, and 200 IM.
- *Mary Gibson of Talbot Masters won Top 10 times in both the 50 fly and 200 breast.
- *Debbie Dawson won gold medals for the 50, 100, 200, 500, 1650 free and the 100 and 200 IM,
- *Tobi Limke won gold for the 50 and 200 back,
- *Steve Muchow won gold for the 1000 free,
- *Jill Coleman won gold for the 50 free, 50, 100, and 200 back, the 200 breast, the 50 and 200 fly and the 100 and 400 IM.
- *Lisa Rapuano won gold for the 50, 100, 200 free, and set the Y National record in the 50 free.

Rumor has it that next year’s Y Nationals may be held in California, more information to follow. All Maryland LMSC swimmers are invited to attend.



CHAIRMAN SEZ

I would like to take this opportunity to thank our Past Chairman, Michael Lee. During his term, he worked tirelessly to make sure that all decisions and actions of the Board of Directors were for the benefit of all members of our LMSC. His leadership has made it easier for me to step into this position. I, once again, would like to thank him for his great volunteer spirit, and dedication to our LMSC.

This is also a good time to thank all of our past and present Board members, committee chairs and volunteers, without them, service to all our membership would be impossible.

Once again, it is my honor and privilege, to serve as the Chairman of the Maryland Local Masters Swim Committee (LMSC). For those new to the LMSC or who do not know me, my name is Rand Vaillancourt, I am easy to spot, I look like Santa Claus. I have been a member of the Maryland LMSC since its infancy with just a handful of swimmers. Over the past 40 plus years, I have held the office of Vice-Chair, Secretary, Chairman and Treasurer. I hope that in some way, I have helped to grow our LMSC from a small fledging association into an 800 plus

member, 24 club organization dedicated to the goals and objectives of U.S. Masters Swimming (USMS is our national governing body). I look forward to guiding this LMSC into being bigger and better than ever.

As I was looking over the list of Board members, committee chairs, and other volunteers of the LMSC, I see that over the years the same names repeat and repeat. Please let it be clear, that I am extremely grateful for their dedication to our organization. But it is disheartening that an organization of 800 members only has a small handful that can find the time and willingness to help. In order for us to continue to grow and provide for our members, we must have the input of its members. Yes, we have some that are diligent in pointing out our short comings and problems, but without solutions or the willingness to take responsibility of finding the solution.

We are no longer the "cute, little" LMSC of 40 years ago that can do as we please, because we are who we are. We are a "business" that must follow the direction of our "parent" organization and the guidelines and rules of the government.

To that end we must have the participation of more of our



**NEED A NEW
CHALLENGE? OPEN
WATER SEASON IS UPON
US! ASK YOUR COACH
HOW YOU CAN TAKE
THE PLUNGE!**

members, not just that handful of dedicated volunteers that have answered the call many, many times.

BEHIND THE SCENES

Maryland Local Masters Swim Committee General Membership Meeting Washington College November 13, 2016

The meeting was called to order by Michael Fanelli, Secretary, at 10:55 AM. Michael passed the gavel to Rand Vaillancourt, Treasurer.

Rand requested that only currently registered Maryland LMSC members participate in voting.

Rand made a request for a motion that the minutes from Board of Directors meeting held on August 23, 2016 be approved by the membership. The motion was so made by Michael Fanelli and seconded by John Vail. It was pointed out that there were typographical errors in the minutes. There was no further discussion. The motion to approve the minutes passed with

modification.

Report of officers:

Chairman: Michael Lee – No report.

Vice Chairman: Kristina Henry – No report.

Secretary: Michael Fanelli – We are up to date on reports to the Board of Directors.

Treasurer: Rand Vaillancourt – We are in the black and all foreseeable expenses are covered.

Registrar: Shane Knipschild – Not present, report given by Rand, USMS has increased their portion of the dues by Two Dollars (\$2.00) for 2017, MDLMSC dues remain the same as 2016 for the 2017 year. All registration forms have been updated and are available on the web site (www.mdlmsc).

Rand asked if there were any nominations from the floor for Chairman? No reply. Vice Chairman? No reply. Secretary? No reply. Treasurer? No reply. Registrar? No reply.

Rand requested a motion that the nomination for officers be closed. The motion was so made by Michael Fanelli and seconded by John Vail. There was no further discussion. A vote was taken and the motion to close nominations was passed.

The following slate of

candidates, as recommended by the nomination committee, was presented to the membership.

Chairman: Rand Vaillancourt
Vice Chairman: Carolyn Voorhees

Secretary: Kristina Henry
Treasurer: Michael Fanelli
Registrar: Shane Knipschild.

A motion to accept the slate as presented by acclamation was requested by Rand. The motion was so made by Michael Fanelli and seconded by John Vail. A vote was taken and the motion to accept the slate as presented was passed.

Rand asked if there was any old or new business to be discussed. Nick Burley requested that he address the membership. Nick made a motion that this meeting be declared invalid and that the proceedings be declared bogus. There was not a second for the motion.

A motion was requested, by Rand, to adjourn. The motion to adjourn was so made by Michael Fanelli and seconded by John Vail. The motion to adjourn passed. The meeting was adjourned at 11:05 AM.

Respectfully submitted by:
Michael Fanelli, Secretary



DRAFT
Maryland Local Masters
Swim Committee Board
Meeting
Anne Arundel Swim Center
March 21, 2017

In attendance: Nick Burley, Kristina Henry, Shane Knipschild, Erin Matthews, Rand Vaillancourt, David Wendkos.

The meeting was called to order by Rand Vaillancourt, Chair at 6:41PM.

Erin Mathews made a motion to pass the minutes from the November General Membership meeting. The motion was seconded by Kristina Henry. After discussion the motion was passed as written.

Committee Reports:

Chairman: Rand Vaillancourt-The grievance filed by Maryland Masters

was dropped. Rand thanked Tim McGough for his time and effort as Grievance Chair.

Vice Chairman: Carolyn Voorhees was not present. No report.

Secretary: The bank statements have been received and reviewed. Everything looks ok.

Treasurer: Rand Vaillancourt-We are in the black and all accounts payable have been paid.

The IRS Form 990N has been filed. USMS has been copied.

Due to the check/ID theft last year, security measures have been put in place, including the creation of a new bank account. From now on, all funds shall be deposited kept in the LMSC savings account, when checks need to be written, the appropriate funds will be moved to checking.

Registrar: Shane Knipschild - The LMSC has 700 members. There is a breakdown available on the USMS website.

Newsletter Editor-Jennifer Masquelier was not present. The committee suggested all submissions are made by COB on May 19, 2017.

Website-Chris Freigang was not present. (Report given by Chairman) The website is up to date.

Communications-Michael Lee was not present (Report given by Chairman). Nothing new to report.

Officials-Rand Vaillancourt: There are currently six officials with up-to date credentials who may work the swim series. If a club hosts a meet outside of the swim series, they may hire their own officials, at their own peril, who are not listed with official's chair.

Fitness-No report.

Coaches-No report.

Sanctions-No report.

Top Ten-No report.

Open Water-No report.

Long Distance-No report.

Summer Swim Series-No report (See motion below).

New Business:

The 2017 LMSC budget was presented. A motion was made by Kristina Henry and seconded by Shane Knipschild to accept the budget. After discussion, the motion to accept the budget was **passed**.

The 2016 Year End Financial Statement was present by Rand. A motion was made by Kristina Henry and seconded by Shane Knipschild to accept the 2016 Y/E financial. After a long discussion the motion to accept the 2016 Y/E financials as written was **passed**.

The board voted to make a recommendation to the General Membership to add a provision to the bylaws that will set a time limit for grievances: 15 days to notify the LMSC after the alleged incident, not more than 15 days after notification to the LMSC to file the specifics of the grievance. The LMSC will then have 30 days for the LMSC Board of Directors to respond to said grievance. Motion made by Erin Matthews, seconded by Kristina Henry. After discussion, the motion was **passed**.

The board voted to recommend to the General Membership a bylaw change to make the registrar position an appointed position rather than elected since it is a specialized, skilled position with a steep learning curve. Motion made by Erin Matthews, seconded by Nick Burley. After discussion, the motion **passed**.

A motion was made by Erin Matthews and seconded by Kristina Henry to forgo the 2017 Summer Swim Series. After discussion, a vote was taken, and the board voted not to have a 2017 Summer Swim Series. The motion **passed**.

The Chairman appointed Kristina Henry, Secretary, to head up the 2016 audit committee.

The meeting was adjourned at 8:17 PM.

Respectfully submitted by Kristina Henry, Secretary