



MARYLAND SWIM TIMES 2018 FALL/WINTER



"Masters swimming- making lifelong friends who have nothing to hide."? Any way you say it, Masters Swimming offers more. Friends, family, fun, and fitness for life. Dive into a Masters swimming program today!

-Jen Robinson

USMS Maryland Masters at the Senior

Olympics: Masters Swimmers from the Anne Arundel Amphibians and Maryland Masters teams participated at the Maryland Senior Olympics in Germantown, MD.

How do we get new swimmers to join Masters Swimming when the name Masters is generally associated with people who are at the top of their sport? Maybe we need to attach a slogan, "Masters Swimming- the only thing we've "mastered" is our age."? "Masters swimming- where to go when you are no longer eligible for high school swimming"? "Masters swimming, if you compete for life, eventually you'll win"?

**THE MARYLAND LMSC OF UNITED STATES
MASTERS SWIMMING PRESENTS
The 2018-2019
Carol Chidester Memorial Swim Series**

Maryland is hosting a 6-meet swim series for 2018-2019. Meets are free to all registered Maryland LMSC Swimmers who register online. Registered swimmers from other USMS LMSC's are welcome for a fee of \$25 with online entry. Deck entry fee: \$25 for Maryland LMSC swimmers (Fee waived for ages 65+). \$30 for non- Maryland LMSC swimmers. Payable by cash or check made payable to: Maryland LMSC.

All swimmers who wish to deck enter must bring a copy of their USMS registration card. Swimmers may print their own copies by following the instructions on <http://mdusms.org> New Maryland USMS registrations will be permitted on deck and will be exempt from the meet fee. USMS renewals will not be permitted on the deck. The exact dates, event lists and other details for each meet will be posted on our website as details become available. Preliminary details are provided in this announcement but are subject to change.

We encourage you and your teammates to attend the swim series. The meets are low-key and fun. There are post event "socials" at some meets.

The annual Maryland LMSC general membership meeting will take place during the November meet. Details will be announced via the Maryland LMSC Yahoo Group email list and will be posted on our website. The Swim Series Challenge will include the first five meets held. An award will be given each swimmer who competes in all of those meets and/or completes any twelve (12) different individual conforming events.

Maryland teams will be scored using the Club Scoring method. Details are posted under "Results" on our website. Series awards will be presented at the March final meet.

CONDUCT

All meets will be sanctioned and have two officials. All participants must be registered with United States Masters Swimming (USMS). Visit

<http://mdusms.org> for USMS registration and more information. Most meets will be seeded strictly by time. In these meets men and women will compete together. Scores will be calculated, as usual, by age group and by gender.

Relays in all meets may be Mixed, Women, or Men. Mixed relays must consist of two men and two women. Swimmers may enter exactly one freestyle relay and exactly one medley relay. All members of a relay must be from the same registered club. No unattached relays allowed. The relays will be swum according to standard USMS relay age groups (18+, 25+, 35+, 45+, 55+, 65+, 75+, 85+, 95+...).

A preliminary meet program is usually provided to entrants the evening before the scheduled meet. Preliminary results will be provided the day after the event, in most cases. Each meet will use an online entry system. The system will be accessible via <http://mdusms.org> at least 14 days before each meet, and will close at 9:00 PM the Thursday prior to the meet. On the site click "Event", find the meet of interest, click on the link and follow the instructions. Swimmers who enter online will be pre-seeded in the meet and in the meet program. Deck entries will be inserted into open lanes or into new heat(s) as required. Some events may have entry limits imposed and may be marked as "full" by the meet host/director, so swimmers who choose to deck enter may not be able to swim their favorite events. Online entry is strongly encouraged.

Each swimmer will be allowed to swim up to three (3) individual conforming events and two (2) relays per meet (a medley and/or freestyle) unless otherwise posted on our web site.

Positive check-in at the meet for those who enter online is not required with the following exception: Distances of 400yards or greater shall usually require positive check-in before the start of the meet. Seeding of those distance events shall be done the day of the meet based on the actual people who complete a positive check-in to swim.

Each meet will have a minimum of 50-100 of each stroke 100 & 200 individual medley, 200 freestyle, and a 200 of another stroke. The 500 freestyle and 400 individual medley will be scheduled in at least two of the meets. The course for all meets is

expected to be short course yards (SCY). Meet results will be submitted to USMS's searchable database. This notice is subject to change. Changes to rules and individual meet details may be posted on our website.

MEET SCHEDULE

1. October 14 (Sunday) Mike Jacobson Ellicott City YMCA 3:00 PM 3:45 PM
2. November 11 (Sunday) John Vail Washington College++ 8:00 AM 8:45 AM
3. December 1 (Saturday) Mark Oliphant Talbot County YMCA 8:30 AM 9:00 AM
4. January 20 (Sunday) Elizabeth Hogan Arundel Olympic Swim Ctr. 2:00 PM 2:45 PM
5. February 9 (Saturday) Chris Stevens Severna Park (SPCC)* 3:00 PM 3:45 PM
6. March 17 (Sunday) Elizabeth Hogan Arundel Olympic Swim Ctr. 2:00 PM 2:45 PM

Check-in is required, for distances of 400 yards or more. Individual deck entry is typically due by the start of warm up. Deck-entered relays are typically due before meet start – details posted on each online meet entry page.

Details will be posted on our website and via the Maryland LMSC E-Mail list.

++The Maryland LMSC annual General Membership meeting will take place during the

November meet.

*At the Severna Park Community Center at 2:00 PM there will be a YMCA Nationals informational meeting for Maryland LMSC swimmers.

All courses are Short Course Yards (SCY)

Meet Director Contacts

- Mike Jacobson: mikej@comcast.net
- Mark Oliphant: marko@usms.org
- John Vail: vailjohn48@gmail.com
- Chris Stevens: cwstevens@aol.com
- Elizabeth Hogan: icenrock@outlook.com

Directions for each meet, and other important details, will be posted on the online meet entry page for the meet. Check the website for these details.

Questions or comments contact the swim series chair/coordinator, Rand Vaillancourt:
Rand@usms.org 2018-19

#1 ORDER OF EVENTS

Sanction # 098-So09

Dancell Family (Ellicott City) YMCA

The Rick Hrybyk Memorial Swim Meet

1. Mixed 100 yd. Freestyle
2. Mixed 200 yd. Butterfly
3. Mixed 50 yd. Backstroke
4. Mixed 100 yd. Breaststroke
5. Mixed 50 yd. Freestyle
6. Mixed 200 yd. Individual Medley
7. Mixed 50 yd. Butterfly
8. 200 yd. Freestyle Relay
9. 200 yd. Medley Relay
10. Mixed 200 yd. Breaststroke
11. Mixed 100 yd. Backstroke
12. Mixed 100 yd. Individual Medley
13. Mixed 200 yd. Freestyle
14. Mixed 50 yd. Breaststroke
15. Mixed 100 yd. Butterfly
16. Mixed 200 yd. Backstroke

#2 ORDER OF EVENTS

Sanction # 098-So07

Washington College, Chestertown

1. Mixed 200 yd. Individual Medley
2. Mixed 50 yd. Breaststroke
3. Mixed 100 yd. Freestyle
4. Mixed 200 yd. Backstroke
5. Mixed 50 yd. Butterfly
6. 200 yd. Medley Relay
7. Mixed 100 yd. Individual Medley
8. Mixed 100 yd. Breaststroke
9. Mixed 100 yd. Backstroke
10. Mixed 100 yd. Butterfly
11. Mixed 50 yd. Freestyle
12. Mixed 50 yd. Backstroke
13. Mixed 200 yd. Freestyle
14. 14.200 yd. Freestyle Relay

#3 ORDER OF EVENTS

Sanction # 098-5008

Talbot County YMCA

The Ann Johnsen Memorial Swim Meet

1. Mixed 200 yd. Individual Medley
2. Mixed 50 yd. Freestyle
3. Mixed 100 yd. Breaststroke
4. Mixed 200 yd. Freestyle
5. Mixed 100 yd. Backstroke
6. Mixed 50 yd. Butterfly
7. 200 yd. Medley Relay
8. Mixed 100 yd. Individual Medley
9. Mixed 200 yd. Breaststroke
10. Mixed 50 yd. Backstroke
11. Mixed 100 yd. Butterfly
12. Mixed 50 yd. Breaststroke
13. Mixed 100 yd. Freestyle
14. 200 yd. Freestyle Relay

#4 ORDER OF EVENTS

Sanction # 099-5001

Arundel Olympic Swim Center

1. Mixed 500 yd. Freestyle
2. Mixed 50 yd. Backstroke
3. Mixed 200 yd. Butterfly
4. Mixed 100 yd. Freestyle
5. Mixed 200 yd. Breaststroke
6. Mixed 50 yd. Butterfly
7. Mixed 200 yd. Individual Medley
8. Mixed 100 yd. Backstroke
9. 400 yd. Freestyle Relay
10. Mixed 50 yd. Breaststroke
11. Mixed 200 yd. Freestyle
12. Mixed 100 yd. Butterfly
13. Mixed 100 yd. Individual Medley
14. Mixed 200 yd. Backstroke
15. Mixed 100 yd. Breaststroke
16. Mixed 50 yd. Freestyle
17. 200 yd. Medley Relay
18. Mixed 400 yd. Individual Medley

#5 ORDER OF EVENTS

Sanction # 099-5003

Severna Park Community Center (SPCC)

The Karen Stevens Memorial Swim Meet

1. Mixed 200 yd. Freestyle
2. Mixed 100 yd. Individual Medley
3. Mixed 100 yd. Backstroke
4. Mixed 50 yd. Freestyle
5. Mixed 100 yd. Butterfly
6. Mixed 50 yd. Breaststroke
7. 400 yd. Medley Relay
8. Mixed 200 yd. Butterfly
9. Mixed 100 yd. Freestyle
10. Mixed 200 Individual Medley
11. Mixed 50 yd. Backstroke
12. Mixed 100 yd. Breaststroke
13. Mixed 50 yd. Butterfly
14. 800 yd. Freestyle Relay

#6 ORDER OF EVENTS

Sanction # 099-5002

Arundel Olympic Swim Center

1. Mixed 400 yd. Individual Medley
2. Mixed 50 yd. Backstroke
3. Mixed 200 yd. Butterfly
4. Mixed 100 yd. Freestyle
5. Mixed 200 yd. Breaststroke
6. Mixed 50 yd. Butterfly
7. Mixed 200 yd. Individual Medley
8. Mixed 100 yd. Backstroke
9. 200 yd. Freestyle Relay
10. Mixed 50 yd. Breaststroke
11. Mixed 200 yd. Freestyle
12. Mixed 100 yd. Butterfly
13. Mixed 100 yd. Individual Medley
14. Mixed 200 yd. Backstroke
15. Mixed 100 yd. Breaststroke
16. Mixed 50 yd. Freestyle
17. 200 yd. Medley Relay
18. Mixed 500 yd. Freestyle

Anne Arundel



Amphibians

Froggie Sez:

News from Anne Arundel Amphibians

Highlight of the summer – The Anne Arundel Amphibians Congress of Frogs

This year our Congress met at the lovely home of John and Fran Zarkowsky. We had a wonderful time, good food and drink, and lots of laughs. It was nice to see all my tadpoles without a wet head in sight. John and Fran, thanks from all of us.

Summer has come and gone!!! And it is now time to prepare for the Carol Chidester Memorial Swim Series. I have heard in the past "I am not a good enough swimmer to go." Or "They don't need me, look at all the plaques; we always take first place without me." Well, last season we didn't. We were bested by a very determined club of swimmers that gave their best no matter where they finished. They showed up, swam their races and had a good time. And congratulations to them, they should be proud of their efforts and teamwork.

This is my challenge to all my tadpoles. Talk to Coach Rand, formulate a strategy for the swim series and work to be the very best swimmer you can be. I know you can do it. We can bring First Place back to the Anne Arundel Amphibians.

I am proud to report that four of our mature tadpoles participated in the Maryland Senior

Games; Ann Wheeler, Jim Mathwick, John Zarkowsky and Coach Rand. And once again medals were flowing for Anne Arundel Amphibians. Great Job!!!! And hopefully they will be able to take this success on to the National Senior Games next year.

Two Amphibians will be attending the United States Aquatic Convention in September. Coach Rand and John Zarkowsky will be representing our LMSC at this national forum. New or changed rules and legislation from the convention will affect everyone in the LMSC. Please read their reports from convention, as well as the other representatives, to see how it might affect you.

Happy Swimming,

Froggie

Maryland Local Masters Swim Committee
Board of Directors Meeting
Anne Arundel Swim Center, 2690 Riva Rd.,
Annapolis, MD 21401
June 21, 2017

A quorum was present. The meeting was called to order by Chairman Rand Vaillancourt at 6:45 PM. The minutes from the November 18, 2017 Board of Directors meeting were reviewed. The Chair asked for the minutes to be reviewed and if there was need for discussion. There was no discussion. The minutes passed as written.

Officers' Reports: Chairman (Rand Vaillancourt): The 2018 convention LMSC delegates must be sent to USMS no later than July 1st. The last call for Delegate at Large appointments are due, in writing, to the USMS President, Patty Miller, no later than June 30th. All reports to USMS are up to date. Vice Chairman (Kristina Henry): Not Present. No report. Secretary (Kristina Henry): Not Present. No report. Treasurer (Mark Oliphant): Mark was not present. The Chair presented the First Quarter report, as provided by the Treasurer. The LMSC is in the black and all foreseeable expenses are covered. Registrar (Shane Knipschild): Not present. The Registrar's report was presented by the Chair. Shane requests that we "go green" when registering for USMS. There are costs and much time involved in preparing and mailing of cards. Also, if there is a change in any information such as address, e mail address, club affiliation, or any other information to notify the registrar as soon as possible.

Committee Reports: Coaches: (Rand Vaillancourt) No new grant requests for coaching certificates. Safety (Shane Knipschild): Given by Chair: There have been several reports of defective starting blocks at meets. Officials Chair (Rand Vaillancourt): Nothing new to report. Swim Series: (Rand Vaillancourt): The 2018-19 CCMSS is set. More under new business.

Unfinished Business: Summer Swim Series: (Rand Vaillancourt) None this year. Although three clubs had originally requested dates, and were accepted, all three cancelled for various reasons.

Audit: The audit committee met May 15th. After a detailed audit and review of the financials, it was determined that, with the exception of some clerical errors, the books were in order and balanced. There were recommendations made by the committee for the need of written documentation, not just electronic media.

The committee appointed Rand Vaillancourt to meet with the treasurer to go over the audit and implement procedures.

New Business: Increase the Carol Chidester Memorial Swim Series per lane grant by \$25.00 to \$225.00 per lane used in competition. After discussion, the grant increase passed. Appointment of John Zarkowsy to the position of the LMSC Interim Vice Chairman, as recommended by the Chairman. It was pointed out that Kristina Henry, the current interim Vice Chairman, has requested that she be relieved of that position. After discussion, John Zarkowsky was appointed Interim Vice Chairman. Appointment of delegates to the 2018 USMS convention: Rand Vaillancourt, Kristina Henry and John Zarkowsky were the delegates appointed for this year's convention. It was pointed out that delegate selection is based upon the following criteria: Members of the following national committees: Finance, Legislation, Long Distance and Rules. These members do not count towards our delegate limits, but are in addition to the current three delegates allowed. LMSC BOD members (Chairman, Vice Chairman, Secretary, Treasurer and Registrar), then Club Representatives, then Committee Chairs, and the general membership.

One Event Fee (OEVT): No One Event Fee (OEVT) for pool events/meets allowed. OEVT for open water events only will be permitted.

After discussion the motion to eliminate the OEVT for pool events passed.

The meeting was adjourned at 8:05 PM.

LMSC News

UMBC is seeking an assistant swim coach.

Pay: DOE

Requirements: must be certified as a pool operator and life guard.

Schedule: flexible, but must be able to cover all six practice times.

Contact Erin Matthews at
Coach.erin.md@gmail.com



What we refer to as "Y Nationals" is the YMCA Masters National Championship meet, held once a year, usually in Florida. It brings together swim

teams from all over the country for four days of competition. It is large (500+ participants ages 18-90+), but not overwhelming. There are no qualifying times so there is a wide range of swimmers – from former Olympians to first-time competitors.

In addition to swimming our individual events, we are occupied with relays, cheering on our teammates, and just being outside in April. And at the end of the day, we gather together to celebrate our victories, share stories and enjoy the location. We train hard and swim our best but our main goal is having fun.

The 2019 Y Nationals Masters Championship Meet will be held April 11-14, 2019, at the Rosen YMCA Aquatic Center in Orlando, Florida. This is the pool that hosted the 2019 Pan American Swimming Championships this summer. It is an indoor pool, but it has a retractable roof so that it feels like it is outdoors. The pool is 25 yards by 50 meters with a constant depth of 7 feet and is considered a fast pool – many records broken here.

Every year a group of 40-50 swimmers from Maryland form a team to participate in this meet. If you are interested in joining us, please contact Nancy Brown at nancygeoff29@gmail.com.

2018 USMS Top 10 SCY for Maryland LMSC

Place	Event	Name	Age	Club	LMSC	Time
====	=====	=====	===	====	=====	=====
8	1650 Free	Alexandra N Jacobs	24	TCYS	Maryland	21:09.51
8	400 IM	Alexandra N Jacobs	24	TCYS	Maryland	5:07.67
Women 30-34						
Place	Event	Name	Age	Club	LMSC	Time
====	=====	=====	===	====	=====	=====
7	200 Fly	Cynthia A McLaughlin	32	COLU	Maryland	2:22.46
Women 40-44						
Place	Event	Name	Age	Club	LMSC	Time
====	=====	=====	===	====	=====	=====
10	1650 Free	Traci McNeil	41	CMYM	Maryland	21:11.96
10	200 Fly	Traci McNeil	41	CMYM	Maryland	2:45.18
10	400 IM	Traci McNeil	41	CMYM	Maryland	5:41.82
Women 45-49						

Place	Event	Name	Age	Club	LMSC	Time
9	50 Free	Rosie H Sheppard	48	UC09	Maryland	26.03
6	100 Free	Rosie H Sheppard	48	UC09	Maryland	56.16
8	200 Back	Traci A Pellegrini	48	COLU	Maryland	2:27.25
6	200 Breast	Traci A Pellegrini	48	COLU	Maryland	2:41.10
7	50 Fly	Rosie H Sheppard	48	UC09	Maryland	28.22
8	100 IM	Rosie H Sheppard	48	UC09	Maryland	1:04.53
7	200 IM	Traci A Pellegrini	48	COLU	Maryland	2:23.94
9	400 IM	Traci A Pellegrini	48	COLU	Maryland	5:12.36

Women 55-59

Place	Event	Name	Age	Club	LMSC	Time
8	50 Fly	Jill C Springer	59	MARY	Maryland	30.12

Women 60-64

Place	Event	Name	Age	Club	LMSC	Time
4	200 Free	Joan L Pfinsgraff	64	MARY	Maryland	2:16.90
3	500 Free	Joan L Pfinsgraff	64	MARY	Maryland	6:00.91
3	1000 Free	Joan L Pfinsgraff	64	MARY	Maryland	12:26.72
2	1650 Free	Joan L Pfinsgraff	64	MARY	Maryland	20:45.63
4	50 Back	Joan L Pfinsgraff	64	MARY	Maryland	31.89
3	100 Back	Joan L Pfinsgraff	64	MARY	Maryland	1:08.40
2	200 Back	Joan L Pfinsgraff	64	MARY	Maryland	2:25.21
8	100 IM	Joan L Pfinsgraff	63	MARY	Maryland	1:12.89
3	200 IM	Joan L Pfinsgraff	64	MARY	Maryland	2:37.84

Women 70-74

Place	Event	Name	Age	Club	LMSC	Time
7	100 Fly	Sally M Iliff	72	MARY	Maryland	1:43.92

Women 75-79

Place	Event	Name	Age	Club	LMSC	Time
7	1650 Free	Joan Libby	76	MARY	Maryland	39:47.38
8	1650 Free	Frances E Weston	78	MARY	Maryland	40:16.50
5	50 Fly	Jane M Hall	75	MARY	Maryland	51.06
3	100 Fly	Jane M Hall	75	MARY	Maryland	1:58.24
4	200 Fly	Jane M Hall	75	MARY	Maryland	4:11.06
9	200 Fly	Joan Libby	76	MARY	Maryland	6:20.59
10	400 IM	Joan Libby	76	MARY	Maryland	10:44.57

Women 80-84

Club	LMSC		Time			
5	50 Free	Nancy Brown	82	MARY	Maryland	43.04
6	100 Free	Nancy Brown	82	MARY	Maryland	1:39.26
8	200 Free	Nancy Brown	82	MARY	Maryland	4:00.10
2	50 Back	Nancy Brown	82	MARY	Maryland	49.58
8	100 Back	Nancy Brown	82	MARY	Maryland	2:05.65
4	200 Back	Nancy Brown	82	MARY	Maryland	4:18.76
10	50 Breast	Nancy Brown	82	MARY	Maryland	1:06.82
10	100 Breast	Nancy Brown	82	MARY	Maryland	2:27.02
4	200 IM	Nancy Brown	82	MARY	Maryland	4:32.61
2	400 IM	Nancy Brown	82	MARY	Maryland	9:49.71

Women 95-99

Place	Event	Name	Age	Club	LMSC	Time
3	50 Free	Doris B Russell	97	MARY	Maryland	1:37.48
3	100 Free	Doris B Russell	97	MARY	Maryland	3:53.58

Men 18-24

Place	Event	Name	Age	Club	LMSC	Time
3	50 Breast	Austin N Taylor	24	COLU	Maryland	25.77
5	100 Breast	Austin N Taylor	24	COLU	Maryland	57.27
4	50 Fly	Matthew C McKenney	24	CMYM	Maryland	22.82
7	100 Fly	Matthew C McKenney	24	CMYM	Maryland	50.37
5	100 IM	Austin N Taylor	24	COLU	Maryland	51.86
8	400 IM	Matthew C McKenney	24	CMYM	Maryland	4:28.87

Men 35-39

Place	Event	Name	Age	Club	LMSC	Time
10	100 Free	Robert D Bellamy	36	MARY	Maryland	48.41
3	200 Free	Robert D Bellamy	36	MARY	Maryland	1:46.41
8	200 Back	Michael J Wheeler	37	CMYM	Maryland	2:12.42
8	200 IM	Edward D Helfers	35	UC09	Maryland	2:01.87

Men 60-64

Place	Event	Name	Age	Club	LMSC	Time
8	200 Free	Samuel Taylor	60	UC09	Maryland	2:00.75
10	100 IM	Samuel Taylor	60	UC09	Maryland	1:02.13

Men 85-89

Place	Event	Name	Age	Club	LMSC	Time
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7	500 Free	Burt V Bronk	86	MARY	Maryland	10:30.33
9	100 Back	Burt V Bronk	86	MARY	Maryland	2:08.42
7	200 Back	John J Collings	89	MARY	Maryland	7:09.67
5	100 Breast	Burt V Bronk	86	MARY	Maryland	2:30.51
6	50 Fly	Burt V Bronk	86	MARY	Maryland	1:25.68
6	100 IM	Burt V Bronk	86	MARY	Maryland	2:12.51

Men 90-94

Place	Event	Name	Age	Club	LMSC	Time
=====	=====	=====	===	====	=====	=====
5	500 Free	John J Collings	90	MARY	Maryland	22:53.31
1	1000 Free	John J Collings	90	MARY	Maryland	43:30.09
5	50 Back	John J Collings	90	MARY	Maryland	1:23.90
3	100 Back	John J Collings	90	MARY	Maryland	2:55.75
4	200 Back	John J Collings	90	MARY	Maryland	8:24.77
8	50 Breast	John J Collings	90	MARY	Maryland	1:46.00
8	100 Breast	John J Collings	90	MARY	Maryland	5:00.04
2	200 Breast	John J Collings	90	MARY	Maryland	10:17.53

Chairman Sez

Welcome to the fall edition of our LMSC newsletter. I expect everyone has returned to their regular practice times and gearing up for our short course yards season which kicks off with the first Swim Series Meet on October 14th at the Dancel Family Center YMCA in Ellicott City. More on the Swim Series is located elsewhere in the newsletter. These meets are a great opportunity to meet local fellow swimmers in a low key setting. The cost of these meets is **FREE** when you enter online for all Maryland Association members and only \$25.00 per person for swimmers from other USMS LMSCs.

In September Kristina Henry, John Zarkowsky and I attended USMS Convention where for five days we attended meetings, voting and volunteering our services in support of the USMS Organization. Many topics were discussed at the USMS Convention and you can read about them in the convention reports in this newsletter. United States Masters Swimming is a great organization and I challenge all of you to get more involved locally. There is always more work than people available and many hands are always better. If you don't know where to begin, ask your coach, lend a hand at an event or talk to one of the officers of the LMSC.

How is the LMSC doing? This year, I can say that our club membership continues to grow. We now have 26 clubs plus workout groups. I would again like to thank the current Officers, Board members and volunteers for the all the work they have done for the LMSC. Without their work and support our association would not be the success it is today. In particular, I would like to thank those that have "stepped up" to fill voids in our leadership. John Zarkowsky has volunteered to be the interim Vice Chair. Mark Oliphant, who, in addition to being our Treasurer, has volunteered to take on our Summer Swim Series Chair/Coordinator position. Katherine Cohn answered the call as the interim Registrar. Jeffrey Smith has stepped up to fill our safety officer slot in addition to being an official. The Long Distance and Open Water Chair position needed to be filled and Traci McNeil offered to fill the void. I would be remiss if I did not acknowledge Jill Springer who is our long time Sanctions and Top 10

Chair and Jennifer Robinson (Masquelier) who has been taking on the task as our newsletter editor.

That said, this is an election year for the Board of Directors of our LMSC. All of the elected offices are open; Chair, Vice Chair, Secretary and Treasurer. Elections will be held November 11, 2018 at Washington College during the meet. If you would like to serve our LMSC in any of these positions please contact John Zarkowsky, our LMSC Vice Chair and Chair of the Nomination Committee, by E-Mail, at jdzarkowsky7245@gmail.com no later than October 31, 2018 stating which position you would like to hold.

Thanks to all of you and to all of the Team Representatives, Coaches, Volunteers and Friends. This is a great organization and I truly enjoy working with everyone. – Rand

The Committee

Lowdown/Debrief:

Colonies Zone-Colonies Zone is thriving with various events scheduled throughout the year, please check the website for more information and remember to submit your USMS-sanctioned events to Ray Novitske at USMS. Thank you Mollie Grover for all you do as our Colonies Zone Chair!

Coaches-To date, there are 3,340 Level 1 & 2 coaches and 573 Level 3 coaches. Drills and technique are changing constantly and there is always new information available. USMS Swimmer Editor Daniel Pauling welcomes coaches to pitch any article ideas they may have. A LMSC survey says: more clinics! Especially for aging swimmers and mentoring as well as stroke correction, training plans and open water. A mentoring program to support coaches in both learning and teaching is being developed. Coaches make it happen, and usually for only a t-shirt.

Fitness Education- SmartyPants Fitness Series (30-minute swim and 1-hour swim held in the spring and fall) was very successful with 1,273 entries. The goal was about fun, not competition. This is an evolving event, and just one of several approaches by USMS to increase membership.

Sports Medicine-USMS' sports medicine blog is a member resource that follows topics including training, equipment, drylands, stretching, skin cancer awareness, etc. etc. researched and presented by subject matter experts. The blog can be found under discussion forums at usms.org. Future topics include aging in sports and swimming while pregnant, gauging fitness over the course of time. The focus is on fitness not overall health.

Swimming Saves Lives-To date there are 1,404 USMS-certified ALTS (Adult Learn to Swim) instructors, which are all searchable through the USMS website. While USMS membership is down, SSL donations are up, more people are donating to this when they register.

Kristina Henry



Change Is in the Air

At this year's Annual Meeting in Jacksonville, FL, all the talk was about the numbers. The bottom line *is* the bottom line. USMS is in fine form with its retention rate, however the average member age is fifty and there is a stagnation in recruiting new members. The reasons are many and common—college swimming burnout, lack of confidence, fear of competition, and . . . the busy effects of everyday life. Recent initiatives including two fitness challenges that raised much-needed funding for USMS charitable arm Swimming Saves Lives and its Adult Learn to Swim (ALTS) program have been successful as well as a drive to recruit college club swimmers, which comprise roughly 4,500 of our members. USMS Volunteer Services Coordinator and former college club swimmer Onshalee Promchitmart said, "College club swimming caters to both the competitive and the just-for-fun swimmer." Sound familiar? Several efforts are being made to change the demographics and encourage younger swimmers to join to help build the organization. The more the merrier. Promotion and communication are key and USMS is working on both with a new and improved website.

Of course statistics take you only so far and much like our own clubs, the USMS Annual Meeting provides an opportunity to make new friends and see old ones, participate in lively discussion and debate, and get in some amazing workouts. The social element is a strong one, perhaps our *raison d'être*. Fellowship, fun and fitness are who we are. We can achieve this only with help from our members. Feedback is important, please keep the ideas coming and complete those USMS surveys. And tell your friends about Masters Swimming, there's always room in the pool (or pond) for more.

Kristina Henry

USMS 2018 Convention Report

By John Zarkowsky



Attending the USMS Convention this year from Wednesday, September 26 to Sunday, 30 September seemed to fly by given the meeting schedules. This year my focus was investments/finance, legislation and governance.

The Legislation Committee is responsible for proposed changes to the Organizing Principles, Glossary, Part 2, Part 4, Part 5, and Part 6 of the USMS Code and Regulations (601.1.1). Two

objectives for 2018 were discussed for presentation to the House of Delegates (HODo: Part 2 of the Legislative Guidelines and Article 508.2. The focus of the discussions centered around 66 proposals. Topics included participation in sanctioned events (USMS/FINA); synchronizing legislation with modification is rules changes; defining terms that can be used for sanction events to prevent trademark infringement; and development of a process to better reconcile legislative issues prior to convention. Overall the committee has a very refined process, excellent leadership focused on effective solutions.

Investment Committee reviews overall financial condition: The USMS financial condition is very healthy with reserves in excess of \$4.2M. There are three major reasons for this unprecedented health:

USMS is well managed in a fiscally conservative manner.

Investment portfolio (as of 7/31/18) has grown \$50,108 for 2018 and \$1,127,825 since its inception in February 2011.

The fourth year of our dues increase program that was adopted to invest in programs and services under a secure financial foundation.

Finance Committee reviews operations: The following was discussed by committee members:

Operating results and 2018 quarterly forecasts prepared by the CFO.

Considered a proposal for changing the timing of preparing the annual budget and the responsibility for approving it in part and in total. Unanimously recommended proposal to the Board and approval at House of Delegates.

Approved an over budget request of \$2,650 from the Officials Committee to support the UANA Pan American Masters Championships in Orlando.

Expressed their concern about the continuing shortfall in membership.

Ralph Davis, as an appointee of the committee, reviewed the Azure Direct contract for USMS cloud services. (FOG XII.D requires proposed contracts

greater than \$30,000 to be reviewed by a representative of Finance Committee).

Overall the financial health gives USMS the resources to support and maintain USMS as the premier resource for adult aquatic fitness in the United States and make fitness through swimming available for as many adults as possible.

I also attended the Digital transformation session given the general convention focus on improving communications and recruitment of new members. I believe the aspects of the digital program investment will ensure USMS has flexible and innovative tools for the future. The three-phase approach will allow for development of a "customer-faced" system.

Phase 1: The new web platform provides us with significantly modernized website capabilities, including mobile responsiveness, the ability to customize content based on individual preferences and location, data analytics tools.

Phase 2: Membership Value and Benefits. You will begin to see the first of the projects released in the near future. Club 2.0 is a significant project that will be part of club registration starting Oct. 1. Two significant other upgrades: 1) new email marketing system and; 2) a modern online community. You will see components of both released throughout 2019.

Phase 3: Evaluate options to modernize our membership, event sanctioning, and event results databases in the form of a Customer Relationship Management (CRM) system. CRM will give us the ability to learn from and be significantly more responsive to our current and potential members. This functionality will allow for continuous improvements to keep pace with technology changes.

A major theme throughout the convention was on improving diversity, enhancing approached to grow membership, sustain "Swimming Saves Lives" through grass roots local efforts and ensuring the sense of "community" the USMS currently enjoys remains as part of our foundation. As I have seen in

our LMSC the comradery and spirit of every member resounds at practice sessions and at our swim meets. This is something I am proud of and I appreciate the opportunity for you all letting me represent you at this national event.

USMS 2018 Convention Report

By: Rand Vaillancourt

Where to start? So much transpires in such a relatively short period of time. So this year, at the request of our newsletter editor to keep it short, instead of doing a "diary" I'm going to touch on some of the key points from the many meetings that I attended.

The Board of Directors meeting was long and dry as far as having anything new to relate except that the fees that USMS charges are rising – no surprise there. However, the USMS insurance premium is going down. As a whole, USMS membership has dropped a bit over last year.

The Zone Committee, of which I am the Vice Chair, selected Worcester Poly Tech (MA.) to host the Short Course Meters (SCM) Zone Championship meet on December 8 & 9, 2018. The Short Course Yards (SCY) Zone Championship meet is scheduled for April 5-7 at George Mason University (VA). No site was selected for a zone Long Course Meters meet.



Jeff Strahota of the Potomac Valley LMSC was endorsed by the zone committee to be our At Large Delegate for the Colonies Zone and was elected by the House of Delegates to fill that position.

I am a member of the Rules Committee. I attended all of the scheduled and unscheduled (pop up) meetings that occurred at Convention. There were many requests for rule changes and modification that had to be reviewed and acted upon within a very short time frame. Yes, there have been some

“updates”to the rule book and I strongly suggest that anyone who is a coach gets familiarized with them.

The Officials Committee is kicking off (finally) a certification process for becoming a USMS Referee. This is scheduled to start on January 1.

The House of Delegates got a little “heated” on a few proposals. The first was to treat all competition the way we now treat meters meets. This was defeated and as a result no changes for next year. Another, although it does not seem like much on the surface, was to limit the lifelong membership of the past presidents to the House of Delegates. As I said, does not seem like much, but it is bit costly. This will come up again I am sure, since it was defeated. Another item that took a very long time with a lot of “discussion” was the increase of the one event fee. After what seemed like forever, a compromise was made and the USMS portion of the OEVT was raised by Five Dollars. Another item was the Adult Learn to Swim program which went over budget last year by about double last year’s budget. This was questioned since the next year’s budget was for only about a 17% increase.

That is all for the business side. On the social side it was a pleasure to work with such a large group of people that share the same passion for Masters swimming that I do.



