

**Connecticut LMSC Annual Meeting
August 29,2022**

CT-LMSC Board Members Present at Meeting: Rob Duguay, Eric Gordon, Sarah King, Barb Baker, Tommy St. Vincent, Ally Sega, Ben Wyckoff, Paul Epstein, George Hebner

CT-LMSC Members Present at Meeting: Sarah Perkins and Joseph Zelson

CT-LMSC Board Members Absent at Meeting: Pam Henry Moss, Jeff Sargent, Janit Romayko, Melissa Duguay, Bill Geoghegan, Tait Michael, and Melissa Duguay.

CT-LMSC Meeting was called to order at 7:05p.m.

Agenda Items for the CT-LMSC Annual Meeting are as follows:

State of the LMSC

The CT-LMSC current bank balance is 54,679.39.

As of the date of our meeting there are 494 members of the CT-LMSC. These members are a part of six clubs and five workout groups within the LMSC.

2021-2022 CT-LMSC Achievements and Recognition

- ✚ The Wilton- Westport YMCA took second place at the 2022 YMCA National Championships. Thank you to Jeff Sargent for serving as coach on deck for YMCA nationals, organizing relays at YMCA Nationals, and for organizing the Groundhog Meet at the Westport YMCA in February of 2022 and the Brookfield YMCA Masters Swim Meet in July of 2022.
- ✚ CT-LMSC took 77th place overall and 16th place in regional club scoring at the 2022 USMS Spring National Championship held at Northside Independent School District in San Antonio, Texas. Thank you to Ally Sega for serving as CT-LMSC coach on deck and organizing relays at Spring Nationals.
- ✚ CT-LMSC took 17th place overall and 6th place in regional club scoring at the 2022 USMS Summer National Championship held at Swim RVA in Richmond, Virginia. At the 2022 Summer National Championship, Colorado Masters took 5th place. CT-LMSC trailed 5th place finisher Colorado Masters by 26 points. Thank you to Sarah King for serving as CT-LMSC coach on deck and organizing relays at Summer Nationals.
- ✚ CT-LMSC Chair Rob Duguay worked as an official on deck at the 2022 USMS Spring National Championship and the 2022 USMS Summer National Championship. In addition, Rob swam, and also assisted with on deck coaching at both national championship events. Thank you, Rob, for all you do the CT-LMSC Board Chair.
- ✚ Marty McMahon completed the Triple Crown. The Triple Crown is achieved by swimming the 20 Bridges event, the English Channel, and the Catalina Channel. Marty recently completed the Catalina Channel Swim.
- ✚ Marcy McDonald was the first swimmer to complete the crossing from England to Belgium. Marcy recently completed this historic swim.

Congratulations to Marty, Marcy, and all who participated in YMCA Nationals and USMS Spring and Summer National Championships. We encourage all CT-LMSC members to participate in local, regional, and national championship events. Congrats to all who participated in person and virtual events this year.

Upcoming USMS National Coaches Clinic

- ✚ CT-LMSC Coaches Chair George Hebner sent out an email to all of the CT-LMSC certified coaches. George reported that he has not received any emails back expressing interest in the event. George mentioned that he emailed Bill Brenner in relation to the national coaches clinic and in relation to having coaches certification courses that CT-LMSC certified coaches could attend locally. Bill Brenner mentioned to George that there would be USMS Level 2 and 3 Coaches certification classes in New York City in the Spring of 2023.

- ✚ CT-LMSC Chair Rob Duguay mentioned that he was interested in attending the USMS National Coaches Clinic. He also mentioned he would talk off line to George Hebner about hotel accommodations and coordinating travel plans for the USMS National Coaches Clinic. CT-LMSC Treasurer Barb Baker mentioned meeting with those attending the USMS National Coaches Clinic to get an accurate cost of potential expenses to help with reconciling financial matters as she prepares to draft the 2023 CT-LMSC Budget.
- ✚ CT-LMSC Diversity and Inclusion Chair Ally Sega mentioned that for those coaches looking for a local coaching clinic, there will be a coaches clinic in King of Prussia, Pennsylvania on October 1st and 2nd. Ally Sega sent George Hebner the link to the coaches clinic so that George could send the link out to the CT-LMSC certified coaches.
- ✚ The link to the King of Prussia Coaches clinic is <http://swimclinic.com>

New Agenda Items

- ✚ CT-LMSC Chair Rob Duguay mentioned that the CT-LMSC will be creating a database of clubs and workout groups within the CT-LMSC. The CT-LMSC is looking to pay the fees for workout groups for the 2022-2023 season. The CT-LMSC wants to update its list of places to swim and club contacts so that the CT-LMSC can better serve our membership.
- ✚ Joseph Zelson mentioned that there are various open water swim workout groups within the CT-LMSC. Joseph swims out of Branford. He gave an update on the Branford Open Water Swim Workout Group in addition to other open water workout groups within the CT-LMSC.
- ✚ CT-LMSC Chair Rob Duguay mentioned that the Quassy Open Water Swim Fest will be held this upcoming weekend. The CT-LMSC has ordered more green open water latex and silicone swim caps. Rob will be handing out swim caps to CT-LMSC members swimming at the Quassy Open Water Swim Fest.
- ✚ Congrats to all who swam in open water events and swim meets this summer. CT-LMSC member Rob Duguay mentioned this past weekend's End of Summer Spectacular LCM Swim Meet held at the Avon Aquatic Center in Avon, Ohio. This long course meet is a great end of season meet to put on your calendar for next summer if you are looking for a late August long course swim meet. This year's End of Summer Spectacular LCM Swim Meet was attended by CT- LMSC board members Rob Duguay and Sarah King.
- ✚ Upcoming Swim Meets: CT-LMSC Chair Rob Duguay mentioned that the New England LMSC will be holding two meets in October. Those swim meets are to be held in Rhode Island on October 16th and Upper Valley Aquatic Center in Vermont on October 30th. Rob also mentioned that he received an email from the CT Aquatic Club in Groton. The CT Aquatic Club is looking to sanction an upcoming meet. Bill Geoghegan and Rob will be working with the CT Aquatic Club regarding the meet sanctioning process.

CT-LMSC Meeting was adjourned at 7:21 p.m.