

Arkansas Swimming 2025 Summer HOD Meeting Minutes

Sunday, May 4th 2025

2-4PM on Zoom

Position	BOD/Executive	Name	Present
General Chair	BOD / Executive	Adam Nelsen	yes
Admin. Vice Chair	BOD / Executive	John Moseley	yes
Senior Vice Chair	BOD / Executive	Mo Abdelaal	yes
Age Group Vice Chair	BOD / Executive	Eric Paden	yes
Finance Vice Chair	BOD / Executive	Bob Laster	yes
Secretary	BOD / Executive	Jackie Bracey	yes
Senior Coach Rep.	BOD / Executive	Steve Hall	yes
Senior Athlete Rep.	BOD / Executive	Josh Smith	no
Junior Athlete Rep.	BOD / Executive	Holland Herron	yes
Treasurer	BOD	vacant	
Athlete At-large	BOD	Lex O'Brient	yes
Athlete At-large	BOD	Dylan Nelsen	no
Athlete At-large	BOD	Jack Bracey	yes
Technical Planning Chair	BOD	Shawn Klosterman	yes
Operational Risk Coordinator	BOD	Chuck Slocum	Yes
Safe Sport Chair	BOD	Chuck Slocum	
Ex-officio GC	ex-officio (non-voting)	Stephanie Miller	no
Diversity Chair	BOD	Caitlin Green	no
Disability Chair	BOD	Anna Lawhon	yes
Ex-officio Membership / Registration Coordinator	ex-officio (non-voting)	Evan Johnston	yes
Sanctions Coordinator	ex-officio (non-voting)	Evan Johnston	
Officials Chair	ex-officio (non-voting)	Joe Potts	no
ARSI House of Delegates			
HOD Team Representative	HOD Member	Name	
ARMS	HOD	Quincey Johnson	no
	Alternate		
ATAC	HOD	Chad Price	no
	Alternate		
BEST	HOD	Alfredo Aleman	no

	Alternate	David Sonnier	no
BZRK	HOD	Shawn Klosterman	
	Alternate	Nate Oberley	no
CASC	HOD	Adam Nelsen	
	Alternate	Monica Nelsen	yes
SWAT	HOD	Will Green	yes
	Alternate	Caitlin Green	
FSTR	HOD	Thomas Bullock	yes
	Alternate		
HAK	HOD	Brian Gainey	yes
	Alternate	Melissa Britt	No
HAWG	HOD	Mo Abdelaal	
	Alternate		
JETS	HOD	Brandon Charitat	No
	Alternate		
LRAD	HOD	Steve Hall	
	Alternate	Keith McAfee	No
NWAA	HOD	Mark Gole	Yes
	Alternate	Trey Roggenstein	No
PAC	HOD	Anna Lawhon	
	Alternate		
SPA	HOD	Chris Kohler	Yes
	Alternate		
SWAT	HOD	Will Green	yes
	Alternate	Leslie Cothorn	No
UARK	HOD	Neil Harper	No
	Alternate		
Athlete At-large House Members (18 members)			
Athlete-ATAC		Grace Esteban	No
Athlete- BEST			
Athlete-BZRK		Chloe Miller	No
Athlete-CASC		Aubrey Nelsen	No
Athlete- SWAT		David Hernandez	No
Athlete- FSTR		Abigail Simon	No
Athlete- HAK		Christian Longo	No
Athlete- HAWG		Diego Romero Flores	Yes

Athlete- JETS			
Athlete-LRAD		Noah Peery	Yes
Athlete-NWAA		Katie Rowe	Yes
Athlete- PAC		Alexis Lawhon	Yes
Athlete-SPA			
Athlete- SWAT		Lauren Olson	Yes
Athlete-UARK			
Non-Athlete At-large House Members (18 members)			
NTV / Records Coordinator	appointed		
Member at Large	appointed	Trip Strauss	No

The meeting covered various reports from officers and committee chairs, followed by discussions and votes on several proposals.

Key topics included:

1. Reports from officers including the Chair, Admin Vice Chair, Senior Vice Chair, Finance Chair, Age Group Chair, and others
2. Updates on athlete representation and the upcoming athlete summit
3. Discussion of the SOAR initiative to improve LSC governance and mission statement
4. Financial report
5. Updates on open water swimming events and zones participation
6. Technical planning proposals for long course championships format changes
7. Athlete committee proposal for a 14 and under athlete summit
8. Proposal for an open water championship
9. Proposal for standardized operating procedures for championships
10. Announcement of Jana Olson as the new ARSI admin position hire
11. Discussion of individual seasonal registration options

Several proposals were voted on and passed, including changes to the long course championship format, the open water championship proposal, and standardized operating procedures for championships. A proposal for championship meet rotation was rejected.

Action items

- Adam to reach out to teams to find someone to attend the athlete summit.
- BOD to work on creating a new mission statement over the summer.
- Teams to send athlete representative information to Adam.
- Eric to get merchandise ordered for open water zones.
- Coaches to submit applications to Eric for zones coaching positions.
- Technical Planning to implement the approved long course championship format changes.
- Josh to work with Technical Planning to develop more concrete details for the 14 and under athlete summit.
- Mark to coordinate with Bonnie and Sandy Drake for the open water championship logistics.
- Anna to explore implementation of the individual seasonal membership option.
- Hall of Fame banquet to be scheduled for October 4th with HOD the following day.
- Athlete representatives to be given access to Instagram accounts with a checks and balances system.

Topics

- Adam discussed the athlete summit this summer and USA Swimming's push for Arkansas Swimming involvement.
- Adam mentioned the SOAR initiative and plans to overhaul the mission statement
- Eric presented updates on open water zones and registration deadlines
- Josh proposed a 14 and under athlete summit to build statewide connections
- Technical planning committee presented a proposal for long course championships format
- Mark proposed a championship meet rotation system
- Mark proposed an Open Water Championship for Arkansas Swimming
- Mark proposed standard operating procedures for championships
- Jana Olson was proposed for the ARSI admin position
- Anna discussed individual seasonal registration options

Review

Adam reviewed the current state of athlete representation, noting that some coaches need to inform the secretary about their athlete representatives

John (Admin Vice Chair) acknowledged the significant work done through technical planning and governance over the past four to five months

The Senior Vice Chair mentioned impressive performances by athletes from many teams at high levels in recent seasons

Bob (Finance Chair) reported positive financial status with approximately \$160,000 between checking and investment accounts, with \$65,000 income and \$47,000 in expenses

Eric (Age Group Chair) discussed the open water zones event being available for registration with limited participation so far

Chuck reported that about 65% of teams (9 out of 14) have completed their Safe Sport Recognition Program

The registration coordinator reported that athlete registrations are down by about 100 premium athletes and 46 flex athletes compared to last year

Progress

Adam mentioned that USA Swimming is pushing Arkansas Swimming to be involved in an athlete summit this summer, with plans to reach out to teams for athlete representation

Adam discussed the SOAR initiative through USA Swimming, which focuses on improving governance through the LSC, with plans to overhaul the mission statement this summer

Eric reported that open water zones registration is open on the ARSI site, with Coach Bonnie Adams set to lead the team as she did last year

Eric mentioned that the entry deadline for open water zones is June 9th, with the event taking place on June 13-14th

Eric noted that currently three coaches are going to zones, with applications still being accepted to fill out the staff

The coaches committee reported they are working on a coaches social for Long Course State and revamping the Coach of the Year award, adding an Impact Coach of the Year category

Beverly has been leading the governance committee in updating job descriptions and conducting a deep dive on outdated rules and regulations

Steve reported that four new touchpads and a new harness for the central Arkansas system were ordered in October and finally arrived two weeks ago

The Hall of Fame banquet was proposed for October 4th, with the fall HOD meeting the following day

The records coordinator confirmed that records have been updated since the end of the short-course season and are published on the website

Issues

Issue: Some athlete representatives are not properly registered with the secretary Solution: Adam suggested coaches should reach out to the secretary to inform them who their athlete representatives are

Issue: Limited participation in open water zones despite registration being open Solution: Eric is promoting the event and highlighting its value as a gateway to national level meets

Issue: Only three coaches have applied to staff the zones team Solution: Eric is seeking more applications to have at least four coaches to cover every age group

Issue: The treasurer position is currently open Solution: Adam proposed adding this to new business to get nominations and fill the position

Issue: Athletes don't have access to Arkansas Swimming's Instagram accounts Solution: Holland suggested giving athlete reps access to make posts, with Mo recommending a checks and balances system for approval

Issue: The proposed long course championship format included A cuts for certain events, which wasn't agreed upon by all Solution: The proposal was amended to maintain BB time standards across all events

Issue: Concern about removing B finals for 15 and older swimmers Solution: Technical planning explained that adding events requires compromises, and the proposal passed with just A finals to manage the timeline

Issue: Awards ceremonies during meets take up too much time and interfere with warm-up periods Solution: Athletes suggested moving all awards to the end of sessions or having two sets of podiums to streamline the process

Issue: Heat sheets not being available early enough before championship meets Solution: Mark proposed standard operating procedures to ensure heat sheets are available the night before, following the same procedures as junior nationals and sectionals

Issue: Need for more affordable membership options to attract high school swimmers Solution: Anna proposed adding an individual seasonal membership option for a continuous period of 150 days at \$40, half the regular membership price

Decisions

Adam decided to move forward with October 4th as the date for the Hall of Fame banquet, with the fall HOD meeting the following day

The Board approved Josh's proposal for a 14 and under athlete summit to build statewide connections, with 91% voting in favor

The technical planning committee's proposal for long course championships format was approved, including mixed-age prelims, adding 50 back/breast/fly for 15+ age group, adding 800 free and 200 stroke events for 11-12 age group, and maintaining BB time standards across all events

The Board rejected Mark's proposal for a championship meet rotation system, preferring to maintain the current bid process

The Board unanimously approved Mark's proposal to create an Open Water Championship for Arkansas Swimming, to be held in conjunction with the OzMile event at Beaver Lake

The Board approved Mark's proposal for standard operating procedures for championships, ensuring heat sheets are available the night before meets

Adam announced Jana Olson as the new ARSI admin, noting her six years of experience with the AquaHawgs and that she meets all the requirements for the position