



2025 Fall Meeting Minutes

Capital Ice Complex, in Bismarck, ND
October 12, 2025

OUR MISSION: Providing opportunities for athletes to achieve lifelong success through swimming

OUR VISION: Swim Now – Lead Forever

1. The 2025 Fall HOD meeting was called to order by Mike Stromberg @ 9:09am
2. Roll Call
 - a. HOD (Present) – Alicia Bungum (MMSC), Amy Mayer, Ben Richards, Chris Huravitch(WSL), Jeanne Miranowski (BWST), Jeff Steele (AQST), Jill Schlenker, Kaylee Schell, Kim Kuntz, Nathan Enderle, Pat Anderson (NLSA), Rachel Carter, Sara Wolff,
 - b. HOD (Online) – Ben Smith, Berit Hillmer, Chris Domitrovich, Chris Swee (WFF), Erich Richardson, Gabrielle Thomas (DDST), Lisa Kramer (MSC), Lisa Montplaisir, Madi Schue, Paul Sjurseth (FMY), Sydney Graf,
 - c. Guest (Present) - Alex Lucy, Thomas Wheeling
 - d. Guest (Online) – Talia Butery,
3. Chair Reports – *see corresponding attachment below*
 - a. SafeSport Chair (Amy Mayer) shared the WSL have completed the SSRP
 - b. Ben Smith, Mike Stromberg, Lisa Montplaisir, and Kaylee Schell attended the USA Swimming Summit in Denver, CO and provided a brief overview of their takeaways and experience.
4. Approve Meeting Minutes
 - a. Spring 2025 – *see corresponding attachment below*
 - i. Kim Kuntz made a motion to approve the Spring 2025 minutes
 1. Rachel Carter second
 2. Motion passed
5. Policy Revisions – *see corresponding attachment below*
 - a. Jeanne Miranowski made a motion to approve the Policy 1.2 Revision
 - i. Jeff Steele second
 - ii. Motion passed



6. 2025-2026 Budget – *see corresponding attachment below*
 - a. Budget was amended to include \$5,000 for the 2026 Central/Western Zone Athlete Summit in St. Louis, MO
 - b. Budget was amended to account for additional expenses that will be accrued with Zones transitioning to 4 full days (additional night in hotel, per diem, etc)
 - c. Treasurer, Nathan Enderle, informed those in attendance there is roughly \$175K in the bank
 - d. Mike Stromberg made a motion add \$6,000 to the budget for the CZ open water meet
 - i. Pat Anderson second
 - ii. Motion passed
 - e. Nathan Enderle made a motion to admen the budget to include up to \$2,000 to purchase equipment to enhance HOD meetings
 - i. Pat Anderson second
 - ii. Motion passed
 - f. Nathan Enderle made a motion to approve the 2025-2026 Budget
 - i. Jeanne Miranowski second
 - ii. Motion passed, budget approved
7. Central Zones
 - a. Minnesota, one of the host sites for the 2026 Central Zones, was approved to have their dates pushed back by 1 week.
 - i. Central Zones new dates: August 6-9th, 2026
 - ii. CZ will now be 4 full days, with the 10&Unders swimming in Finals
 - b. ND BOD voted, and approved, pushing back the 2026 ND LC State Championships by 1 week.
 - i. 2026 ND LS State Championships dates: July 24-26, 2026
 - c. Due to the increase in size and attendance of the CZ meet, there will be a CZ meeting on November 2nd. The meeting will discuss moving to 3 CZ sites starting in 2027, and if the CZ should be divided into sections or kept arbitrary.
8. NDLSC
 - a. General Chair, Mike Stromberg, with approval from the BOD appointed former Treasurer, Angie Heckaman, to the vacant Finance Vice Chair position.
 - b. LSC Self-Assessment Survey was sent out by USA Swimming
 - i. Jane Grosser from USA Swimming held a meeting to discuss survery results, which revealed a significant amount of animosity and not enough love within our LSC
 - c. Website Updates
 - i. Ben Richards, Mike Stromberg and Kaylee Schell will be updating and redesigning the ND LSC website in the upcoming months



- d. Coaches & Officials Clinic
 - i. Guest Speakers
 - 1. Possible speaker from ASCA - Russel Marks
 - 2. Gabi Sofia
 - a. Head Associate Coach with HRA of Colorado
 - b. Nominated for the ASCA Age Group Coach of the Year 5 times
 - ii. New addition – Official Clinic
 - 1. Mike Stromberg will be working with the ND LSC and SD LSC Official's Chair for topics to be covered
 - iii. Dates: May 1-2, 2026
 - e. Swim Camps
 - i. Mike Stromberg is working with USA Swimming to hold an upper Age Group camp
 - ii. Erich Richardson is working with representatives from SD LSC on a combo camp and training trip to the Olympic Training Center in Colorado Springs, CO.
 - 1. Ages would be 11-12 and older, and potentially be in the second half of June
 - iii. Mike Stromberg is also working on a racing camps for athletes 10&Under
 - 1. Potential to have one in the East and one in the West
 - 2. Camp would include swimming, goal setting, and nutrition
 - f. ND LSC Coaches Representative will be hosting Zoom meetings every 2 months to give coaches the opportunity to collaborate, more than just in passing on the pool deck
9. State Meet (skipped 8 and went to 9)
- a. 2026 Meet Referees
 - i. 10&Under Short Course State Championships – Nathan Enderle (WFF)
 - ii. 11&Over Short Course State Championships - Chris Domitrovich (WFF)
 - iii. Long Course State Championships - Lisa Montplaisir (WFF)
 - b. FMY Gator's IMX meet will have official's evaluations up to N3
 - c. 2026 LC State Championships: July 24-26th (formerly July 17-19th)
 - d. Athlete Representative Proposal
 - i. Hospitality provided to athletes at both ND LSC Short Course State Championship meets
 - 1. Athlete Representatives would be at the 10&Under Championships to run the table, and the 11&Over Championships would be on your honor
 - ii. Madi Schue made a motion to add \$900 to the approved 2025-2026 approved budget for hospitality at the ND SC State Championships
 - 1. Nathan Enderle second
 - 2. Motion passed



- e. State Meet Committee
 - i. Length discussion occurred
 1. Kaylee Schell called to question
 - a. Pat Anderson second
 - b. Motion passed
 2. Nathan made a motion to approve the state meet events as presented, prelim/final, in a single pool format
 - a. Pat Anderson second
 - b. Motion passed
 3. Pat Anderson made a motion to take the order of events and put into a two-pool format for prelims
 - a. Jeff Steele second
 - b. Motion passed

2026 Event Order Revised - September

Thursday	Entries	Heats	Time	Friday Prelims	Entries	Heats	Time	Saturday Prelims	Entries	Heats	Time	Sunday Prelims	Entries	Heats	Time
13 over Mile	36	5	110	400 Freestyle Relay	60	10	50	400 Medley Relay	56	11	55	50 Free	258	34	34
11-12 Mile	14	2	48	100 IM	196	25	50	200 Freestyle	170	22	60	200 IM	116	17	56
800 Free Relay	54	7	70	50 Breaststroke	112	14	14	100 Breast	129	18	36	100 Fly	84	11	22
				200 Butterfly	32	4	12	200 Backstroke	57	7	21	200 Breaststroke	61	8	24
				100 Free	196	25	50	50 Butterfly	150	20	20	100 Backstroke	148	21	42
				50 Backstroke	109	15	15	400 IM (TF)	13	2	14	1000 Freestyle (ALL)	50	7	105
				500 Free (TF)	66	9	63								
				228			254				206				283

Friday Finals	Entries	Heats	Time	Saturday Finals	Entries	Heats	Time	Sunday Finals	Entries	Heats	Time
200 Medley Relay		9	27	200 Free Relay		9	27	50 Free		8	16
100 IM		8	24	200 Freestyle		8	32	200 IM		8	32
50 Breaststroke		8	16	100 Breast		8	24	100 Fly		8	24
200 Butterfly		8	32	200 Backstroke		8	32	200 Breaststroke		8	32
100 Free		8	24	50 Butterfly		8	16	100 Backstroke		8	24
50 Backstroke		8	16	400 IM (TF)		8	50				
500 Free (TF)		8	48								
			187			0	181				128

10. Future Dates

- a. February 21-22, 2026 – 10&Under SC State Championships (FMY @ HAC)
- b. March 19-22, 2026 – 11&Over SC State Championships (@HAC)
- c. May 1-2, 2026 – Coaches and Officials Clinic
- d. May 3, 2026 – Spring HOD Meeting @ 9am (@HAC)
- e. June 11-14, 2026 – Central & Western Zone Athlete Summit (@ St. Louis, MO)
- f. July 24-26, 2026 – LC State Championships (@HAC)
- g. August 6-9, 2026 – Zones (@Minneapolis, MN)

11. Alicia Bungum made a motion to adjourn the meeting

- a. Jeff Steele second
- b. Motion passed
- c. Meeting ended @ 10:54am



Chair Reports

2025 Fall HOD Meeting

October 12, 2025

Administrative Vice Chair – Rachel Carter

I updated all policies and procedures as necessary and aided the Secretary and General Chair as needed. I worked with Erich on updating the policy for Senior and Junior Coaches Representatives election, and with Kaylee to secure a location for the Fall HOD meeting. I am actively working with the Athlete Representatives to simplify the Athlete Rep Policies as well as a proposal to restructure the Athlete Representative election procedure.

I also sat on the State Meet Committee. I want to send thanks to my fellow committee members for their time and effort, especially, Alicia for heading up the committee and all of the number crunching and restructuring options.

Treasurer – Nathan Enderle (WFF)

- Thank you Angie for all of your hard work in this position over the years!
- All of the accounts (bank, credit card, software, etc.) were successfully transferred to me from Angie in September.
- I have updated the forms to include my contact information.



Secretary - Kaylee Schell (WFF)

Secretary Report

- Maintained the directory, and updated as needed
- Answered the NDLSC emails as able
- Gathered information for BOD and HOD meeting agendas
- Formulated the meeting minutes
- Posted and updated information on the website as needed
- Sent **numerous** emails and reminders
- Assisted other chairs as needed, and when able
- Participated in Woman in Governance
- Attended the USA Swimming Summit

Women in Governance

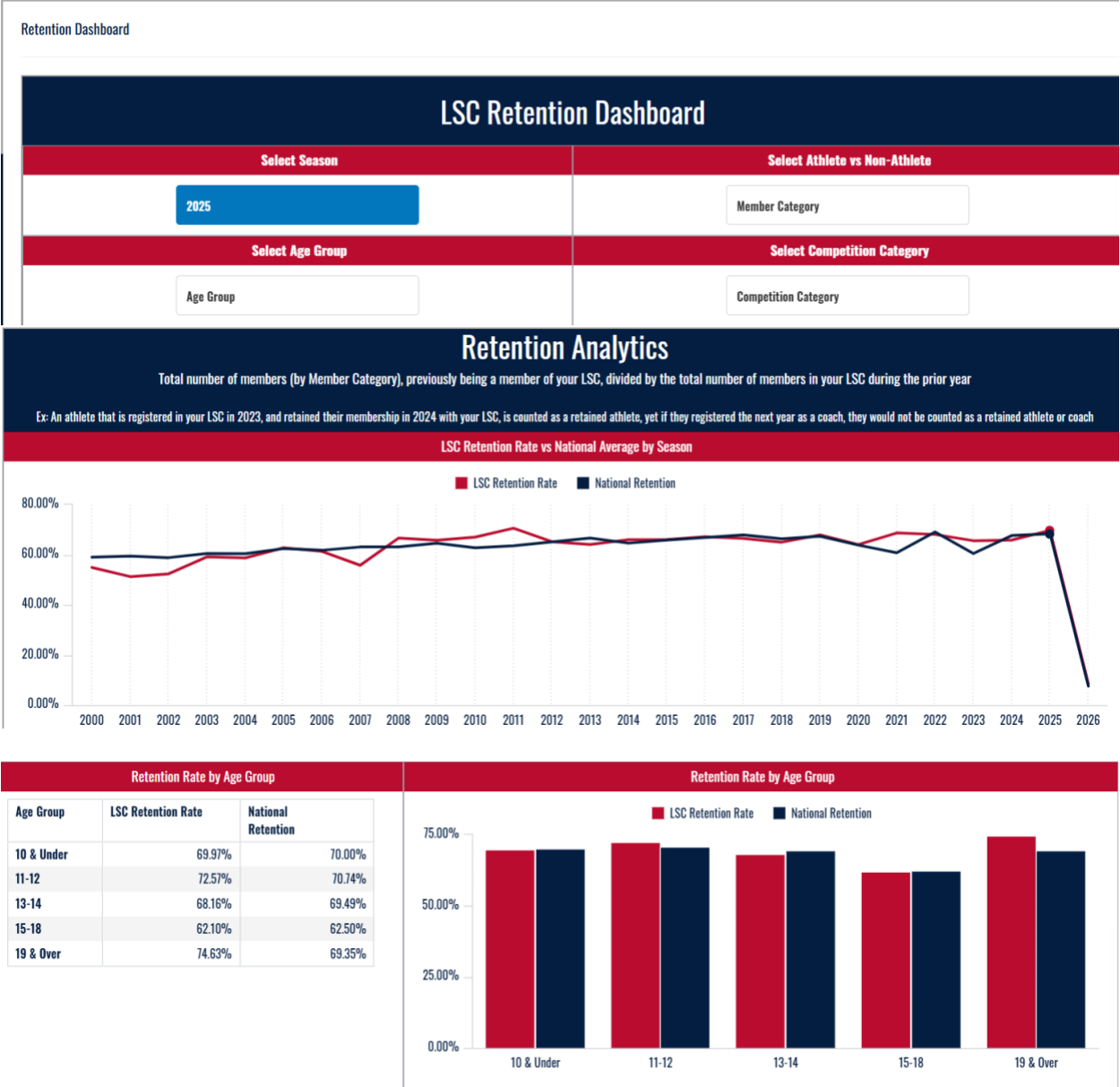
Thank you to Brian Toay for the nomination! Every Tuesday, for an hour, women every LSCs meet via Zoom to discuss opportunities, challenges, fears, ask questions, and support one another. I have enjoyed this opportunity immensely, and would highly recommend it to any female in our LSC. Each week, guest speakers with years of service to USA Swimming log on, to share their insight. Week four was an in-person at the USA Swimming Annual Summit in Denver, CO, which I was fortunate enough to attend. Not only was it an opportunity to meet everyone in person, but to network as well.

USA Swimming Summit

Wednesday evening and Thursday morning I attended Women in Governance. For several of the women, myself included, it was their first time at the USA Swimming Summit, so we were not quite sure what to expect come Saturday. One of the last speakers WIG had Thursday was someone to come in and explain how to read the Legislative Review packet, give insight on what to expect and answer any questions. Mike Stromberg and I were able to meet with Justin McCarthy SportsEngine, and discuss options and ways to update the NDLSC website. On Friday, I attended the Coaches' Track which I found to be insightful. One session was guest speakers sharing a major obstacle/setback they had in their USA Swimming career, how they overcame it, what they learned, and wished they had known at the time. Another session, which was combined with the General Chair's track was a workshop on how to attempt to tackle obstacles most LSCs are challenged with. Saturday was the Legislative session, which I found very educational. Overall, I would like to thank the LSC for allowing me the opportunity to attend, and would encourage other Chairs to attend. One take away is that it was heartwarming to see all the athletes from other LSCs interacting, going hiking together, laughing, having fun, etc. I hope moving forward ND is more proactive about having athlete(s) attend.

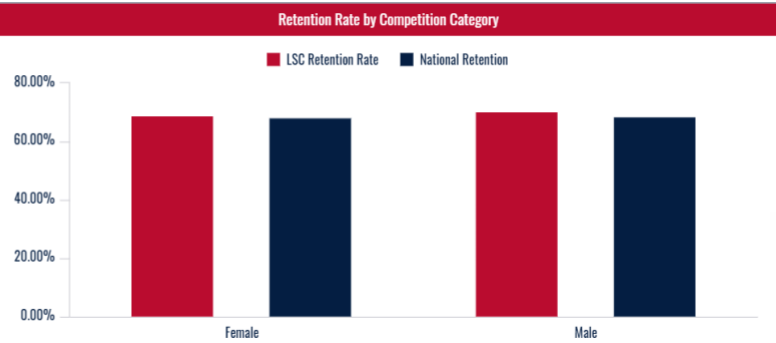


Registration Chair - Kim Kuntz (MMSC)



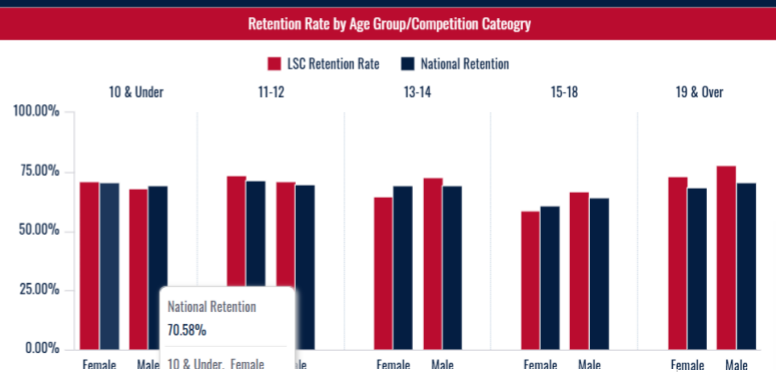


Retention Rate by Competition Category		
Competition Category	LSC Retention Rate	National Retention
Female	68.90%	68.36%
Male	70.38%	68.47%



Advanced Retention Analytics

Retention Rate by Age Group/Competition Category			
Age Group	Competition Category	LSC Retention Rate	National Retention
10 & Under	Female	71.19%	70.58%
	Male	68.18%	69.26%
11-12	Female	73.63%	71.36%
	Male	71.14%	69.99%
13-14	Female	64.79%	69.51%
	Male	72.82%	69.48%
15-18	Female	58.66%	60.91%
	Male	66.67%	64.17%
19 & Over	Female	73.08%	68.58%
	Male	77.78%	70.71%



North Dakota Swimming Club Membership Breakdown for 2025 (9/1/2024 - 8/31/2025)



Club	Premium Athlete	Flex Athlete	Outreach Athlete	Individual Season Athlete	Coach	Official	Other	Junior Coach	Provisional Coach	Total
AQST	322	0	0	0	16	18	7	0	0	363
BWST	21	4	0	3	3	2	2	0	0	35
DDST	67	65	1	7	6	7	7	0	2	162
FMY	100	8	1	10	8	16	6	0	0	149
MMSC	118	47	0	0	6	9	10	2	2	194
MSC	164	0	8	18	11	18	6	0	2	227
NLSA	92	16	0	6	9	8	12	0	0	143
PRO	35	10	1	3	8	2	3	0	0	62
RRV	83	1	2	0	8	10	12	1	0	117
VCST	23	0	0	0	3	0	3	0	0	29
WCST	8	0	0	0	1	1	3	0	0	13
WFF	232	6	0	0	15	34	10	0	1	298
WSL	101	9	0	2	3	12	9	2	0	138
CBSC	0	0	0	8	1	1	0	0	0	10
UN	0	0	0	0	10	2	6	0	1	19
Total	1366	166	13	57	108	140	96	5	8	1959



Technical Chair - Jill Schlenker (UN)

Non-Athlete Registration as of 10/1/2025

Club Code	Club Registered 2025 - 2026	Non-Athletes Registered 2024-2025	Non-Athletes Registered 2025-2026	Current Non-Athlete delinquencies
AQST	Yes	41	14	5
BWST	Yes	7	2	
CBSC	No	2	0	
DDST	No	21	4	1
FMY	No	30	0	
MMSC	Yes	29	24	1
MSC	Yes	37	0	
NLSA	No	29	3	1
PRO	No	13	1	1
RRV	No	31	1	
VCST	No	6	1	1
WCST	Yes	3	1	
WFF	No	60	3	1
WSL	No	25	8	1
UN	N/A	23	1	1



Awards Inventory as of 7/1/2025

Description	Quantity		Description	Quantity
Custom 1st place medal	926		4th Place Medal	218
Custom 2nd place medal	665		5th Place Medal	426
Custom 3rd place medal	929		6th Place Medal	450
4th Place Ribbon	346		7th Place Medal	766
5th Place Ribbon	347		8th Place Medal	697
6th Place Ribbon	305		Girls 8 & Under (1-3)	1st- 2 / 2nd-2 / 3rd- 2
7th Place Ribbon	300		Boys 8 & Under (1-3)	1st- 2 / 2nd-2 / 3rd- 2
8th Place Ribbon	217		Girls 9-10 (1-3)	1st- 1 / 2nd- 1 / 3rd- 1
9th Place Ribbon	509		Boys 9-10 (1-3)	1st- 1 / 2nd-1 / 3rd- 1
10th Place Ribbon	511		Girls 11-12 (1-3)	1st- 1 / 2nd- 1 / 3rd- 2
11th Place Ribbon	645		Boys 11-12 (1-3)	1st- 2 / 2nd- 2 / 3rd- 2
12th Place Ribbon	816		Girls 13-14 (1-3)	1st- 1 / 2nd- 1 / 3rd- 1
13th Place Ribbon	337		Boys 13-14 (1-3)	1st- 1 / 2nd- 1 / 3rd- 1
14th Place Ribbon	318		Girls 15-18 (1-3)	1st- 3 / 2nd- 3 / 3rd- 3
15th Place Ribbon	319		Boys 15-18 (1-3)	1st- 3 / 2nd- 3 / 3rd- 3
16th Place Ribbon	316		Girls 15-16	
			Boys 15-16	
			Girls 17-18	
			Boys 17-18	

Inventory update will be completed on 10/5/25 and will be available for review at the HOD meeting on request



Safety Chair - Amy Mayer (AQST)

RECOGNITION:

The USA Swimming Safe Sport Club Recognition program allows a USA Swimming member club to demonstrate its commitment to creating a healthy and positive environment free from abuse for all its members through the development and implementation of club governance measures, Safe Sport policies and reporting mechanisms, Safe Sport best practices and training to athletes and parents.

Reports are using end of September 2025 information

ND Clubs Current SSRP

Club	Effective Date	Expiration Date
Aquastorm	5/6/2024	5/31/2026
Fargo Gators	1/28/2025	1/31/2027
Mandan	7/1/2025	7/31/2027
West Fargo Flyers	10/7/2024	10/31/2026
Williston	9/12/2023	9/30/2025
Expired		
Northern Lights	8/7/2023	8/31/2025

Keep up to date on all information regarding safe sport <https://www.usaswimming.org/safe-sport>



Officials' Chair - Chris Domitrovich (WFF)

LSC Officials Chair Contact Information:

Chris Domitrovich; 701-212-0696; Christopher_domitrovich@yahoo.com

Looking for volunteers to be on the LSC Officials Committee and if interested, please call/text/email me.

Thanks for your consideration!

Officials Count:

Able to now view who is certified for each position, current as of 22 September 2025:

Referee: 27 (1 apprentice)

Starter: 41 (7 apprentices)

Chief Judge: 23 (1 apprentice)

Admin Official: 28 (2 apprentices)

Stroke and Turn: 98 (14 apprentices)

****Requesting that each club's officials chair email me when they have a new apprentice starting and then also when they become approved by the applicable Meet Referee. This allows me to update OTS in a timely manner!**

USA Swimming OTS Updates:

USA Swimming has made many updates since changing the way officials are certified/re-certified following the R9 implementation on 1 February 2024. I have updated the ND LSC website (Officials Tab) with step-by-step procedures. Additionally, USA Swimming has now removed the Stroke & Turn, Admin Official, and Starter tests, due to the implementation and roll-out of the new Stroke & Turn, Admin Official, and Starter Certification Courses found on the USA Swimming Website, under the Education Tab. To access and receive credit, you will have to be registered with USA Swimming and have a log-in. These new courses take approximately one hour to complete and will be required for re-certification (every 3 years). What I can do now is LSC Bulk Recertification, which I will do for ALL Officials in December prior to their expiration.

OQM /State Meets:

I will be submitting the Gator IMX Challenge & Fall Meet, held November 21-23, 2025 at the Hulbert in West Fargo as an OQM to allow for up to N3 evaluations for those officials attending. Please email the Meet Referee, Paul Sjurseth (psjurseth@msn.com), if you are interested in an evaluation from Phil Barnes. Per our Policies and Procedures 7.4, the LSC will provide up to \$2000 each year for reimbursement of expenses related to travel, lodging, and food for the OQM evaluator. The Gators will send all receipts to the ND LSC Treasurer for reimbursement on the reimbursement form, following the meet.



Age Group Chair - Lisa Montplaisir (WFF)

Meets

- 52 total meets sanctioned; 37 SC meets and 15 LC meets
- 6 meets observed in SC, boys and girls EDC, WDA, and HS State
- 43,572 individual times loaded into SWIMS; 27,324 during SC and 16,248 during LC. Many meets had times anomalies, some are still in process of being corrected.
- I did not track number of total athletes as I didn't get all financial reports to determine.
- There are multiple dates where we have more than one meet. Please put your team abbreviate in your meet file name so it loads correctly. Things like "iSquad" or "Last Chance" are used by multiple teams and it makes loading a bit more tricky to confirm.
- or 2025-26 there are currently 30 meet intents that have been submitted.

Sanctioning Process

A few reminders of the steps for sanctioning.

- Complete the online google form found at ND Swimming, Forms, Meet request forms. Note: the Admin official, Meet Referee, and Team contact must be 3 different non-athletes in good standing through the meet dates; as long as they renew any expiring credentials before they actually expire, all is good.
<https://docs.google.com/forms/d/e/1FAIpQLSdsfS7xECgslwWN5KXIRIOhRzR57vugKpA4Oul4dn-MWRd30Q/viewform?c=0&w=1>
- Submit and email with the meet info and event file to ndlscagegroupchair@gmail.com
- Once all approved, enter the sanction onto the meet info and send a pdf to be posted to the ND Swimming website.

Pre/during/post meet Process

At least a week before the meet date,

- submit a meet recon file after you've imported entries to the Registration Chair (Kim Kuntz). She will send back a list of issues that need to be addressed before the meet happens.
- After seeding, send a session report to the Officials Chair (Chris Domitrovich) and AGC for approval of the sessions. Identify any changes from meet info (combining events/sessions, etc).

During the meet

- the AO should be checking that the times "make sense" to reduce errors that are submitted to SWIMS.

After the meet,

- send a meet backup, results file, and pdf of results to the AGC for entry into SWIMS.
- send a results file to the Coaches Reps (Erich Richardson and Sydney Graf) for the top 10 list.
- Send the financial report to the Treasurer (Nathan Enderle) for billing.



General Chair – Mike Stromberg (UN)

No report provided

Finance Vice Chair – Angie Heckaman (NLSA)

No report provided

Senior Vice Chair - Sara Wolff (AQST)

No report provided at this time

Diversity, Equity & Inclusion Chair - Ben Smith (PRO)

No report provided at this time

Disability Chair - Ben Richards (AQST)

No report provided at this time

Senior Coaches Representative - Erich Richardson (FMY)

No report provided at this time

Junior Coaches Representative - Sydney Graf (FMY)

No report provided at this time

Senior Athlete Representative – Sienna Mrachek (AQST)

No report provided at this time

Junior Athlete Representative – Madi Schue (NLSA)

No report provided at this time

At Large Athlete Representative - Addison Olson (RRV)

No report provided at this time

At Large Athlete Representative – Berit Hillmer (WFF)

No report provided at this time



2025 Spring HOD Meeting Minutes

Hulbert Aquatic Center in Fargo, ND

May 4, 2025

OUR MISSION: Providing opportunities for athletes to achieve lifelong success through swimming

OUR VISION: Swim Now – Lead Forever

1. Meeting called to order by Brian Toay at 9:02am
2. Roll Call
 - a. HOD Members (Present)
 - i. Berit Hillmer, Brian Toay, Chris Domitrovich, Chris Swee (WFF), Erich Richardson, Jeanne Miranowski (BWST), Jeff Steele (AQST), Jill Schlenker, Kaylee Schell, Lisa Kramer (MSC), Melissa Pehrson (WSL), Pat Anderson (NLSA), Paul Sjurseth (FMY), Rachel Carter, Sara Wolff, and Sydney Graf
 - b. HOD Members (Online)
 - i. Alicia Bungum (MMS), Amy Mayer, Angie Heckaman, Anna Ellerkamp (DDST), Ben Richards, Ben Smith, Kim Kuntz, and Shawn Peterson (RRV)
 - c. Guest (Present)
 - i. Airabella Carter, Alex Lucy, Allie Elliott, Jeremy Engelstad, Jocy Schmuhi, Kristi Englestad, Madelyn Beyer, Mark Hesse (USA Swimming), Miki Brackin, Nancy Hutton, Nathan Enderle, Stacey Cokeley, Talia Butery, and Thomas Wheeling

OLD BUSINESS:

3. The ND LSC no longer has access to an OWL for the HOD meetings. Thus, the Zoom option will not be as convenient going forward. If the LSC would like to purchase their own, the cost is roughly \$1,000.
4. Chair Reports can be found on the ND LSC website
 - a. SafeSport Chair, Amy Mayer, shared that in late March an upgrade to the SafeSport education system went live, and it is more user friendly
 - b. Officials' Chair, Chris Domitrovich, requested to please have new officials who are starting apprenticeship to email him
5. Approve Meeting Minutes – *see corresponding attachment below*
 - a. Motion made by Jill Schlenker to approve the 2024 Fall HOD Meeting Minutes
 - b. Chris Swee second
 - c. Motion passed



NEW BUSINESS:

6. Elections

- a. Floor vote was called for, and passed, to approve all, non-contested, positions up for election
 - i. Treasurer – Nathan Enderle
 - ii. Age Group Chair – Sara Wolff
 - iii. Technical Chair – Jill Schlenker
 - iv. Safety Chair – Ben Richards
- b. Jeff Steele nominated Mike Stromberg for the General Chair position
 - i. Results: Brian Toay (11), Mike Stromberg (14)
 - ii. Mike Stromberg will work with Brian Toay, and take over as General Chair in the fall, per ND LSC Policy

7. Registration

- a. The following coincide with Policy Revision 2.1 – REGISTRATION & MEMBERSHIP FEES
- b. Non-athlete registration
 - i. USA Swimming recommends all non-athlete registration be the same
 - ii. BOD voted, and passed, to increase and set all non-athlete registration to \$8.00 for 2026, with and addition increase to \$10.00 for 2027
- c. Athlete registration
 - i. BOD voted, and passed, to increase athlete registration to \$15.00

Proposed Offerings / Club Revenue									
Membership Type	2025 Qty	2025 Fee	Total In	2026 Qty	2026 Fee	Total In	2026 Qty	2026 Fee	Total In
Full Coach	89	\$ 5.00	\$ 445.00	89	\$6.00	\$534.00	89	\$7.00	\$623.00
Junior Coach	4	\$ -	\$ -	4	\$6.00	\$24.00	4	\$7.00	\$28.00
Junior Official	0	\$ -	\$ -	0	\$6.00		0	\$7.00	
Official	136	\$ 5.00	\$ 680.00	136	\$6.00	\$816.00	136	\$7.00	\$952.00
Other	92	\$ 5.00	\$ 460.00	92	\$6.00	\$552.00	92	\$7.00	\$644.00
Provisional Coach	6	\$ -	\$ -	6	\$6.00	\$36.00	6	\$7.00	\$42.00
Total	327		\$1,585.00	327		\$1,962.00	327		\$2,289.00

NDLSC Offerings / Club Revenue									
Membership Type	2025 Qty	2025 Fee	Total In	2026 Estimate Qty	2026 Fee	Total In	2027 Estimate Qty	2027 Fee	Total In
Full Coach	90	\$ 5.00	\$ 450.00	90	\$8.00	\$720.00	90	\$10.00	\$900.00
Junior Coach	4	\$ -	\$ -	4	\$8.00	\$32.00	4	\$10.00	\$40.00
Junior Official	0	\$ -	\$ -	0	\$8.00		0	\$10.00	
Official	136	\$ 5.00	\$ 680.00	136	\$8.00	\$1,088.00	136	\$10.00	\$1,360.00
Other	92	\$ 5.00	\$ 460.00	92	\$8.00	\$736.00	92	\$10.00	\$920.00
Provisional Coach	6	\$ -	\$ -	6	\$8.00	\$48.00	6	\$10.00	\$60.00
Total	327		\$1,590.00	328		\$2,624.00	328		\$3,280.00



NDLSC Athlete Fees / Club Revenue						
Membership Type	2025 Qty	2025 Fee	Total In	2026 Qty Estimate	2026 Fee	Total In
Premium Athlete	1274	\$10.00	\$12,740.00	1274	\$15.00	\$19,110.00
Flex Athlete	122	\$10.00	\$1,220.00	122	\$15.00	\$1,830.00
Individual Season Athlete	36	\$10.00	\$360.00	36	\$15.00	\$540.00
Outreach Athlete	13	\$2.00	\$26.00	13	\$2.00	\$26.00
Totals	1445		\$14,346.00	1445		\$21,506.00

8. Policy Revisions – *see corresponding attachments below*

- a. Policy 1.2
 - i. Kristi Englestad offered to assist Coaches Representatives in getting records up to date
 - ii. Coaches Representatives will investigate the possibility of the ND LSC TeamUnify account to upload new records automatically
- b. Policy 2.1
- c. Policy 2.2
 - i. Ben Smith and Kim Kuntz are working on creating a form to submit for reimbursement
 - ii. Until the form is available, if any Club has an athlete who qualifies, please email Kim Kuntz, Registration Chair
- d. Motion made by Paul Sjurseth to ratify the changes made by the BOD to Policy 1.2, 2.1 and 2.2
 - i. Pat Anderson second
 - ii. Motion passed

9. Swim Meets

- a. Block Party Meets
 - i. Brian Toay educated those in attendance on Block Party Meets:
 - 1. Basically, a fast, easy way for a club to host a meet
 - 2. Smaller clubs have to apply to Block Party and be approved
 - a. Block Party is its own organization
 - b. Meet can be an isquad, dual, etc.
 - 3. Central Zone was an even split on if times from a Block Party Meet could count as a state qualifying time
 - 4. Made the HOD aware that Block Party Meets aren't in the ND LSC Policy
 - 5. Block party takes all the fees, thus the LSC does not receive any splash fees
 - ii. PRO has been approved by USA Swimming to host Block Party meets
 - iii. The following motions were made, and passed, by the BOD regarding Block Party meets
 - 1. State qualifying times would count in block party meets, except for individual medley and backstroke events
 - a. All block party times would count if there are two high school and/or USA Swimming officials on deck
 - 2. Block party times cannot break a state record



- b. Central Zones Open Water participation – *see corresponding attachment below*
 - i. Talia Butery presented information about the Central Zones Open Water Championship, and asked for discussion on if was an opportunity the LSC wanted to explore
 - 1. Would be a Team ND meet
 - 2. Athletes would not need to have swum an open water event prior, but would need an A time in a distance freestyle event
 - ii. Motion made by Paul Sjurseth to provide resources from the LSC to attend the CZ Open Water Championship, annually, including June 2025, as long as a coach is secured within the next 8 calendar days
 - 1. Pat Anderson second
 - 2. Motion passed
- c. Long Course
 - i. BOD voted, and passed, to keep 15-16 and 17-18 age groups for LC season and State Meet

**** Break from 9:56 – 10:07 ****

- d. Short Course
 - i. BOD voted and passed:
 - 1. Addition of a B Final for all age groups
 - a. Reasoning: finals went too fast, so they needed a break. A b final would give more kids an opportunity to swim instead of taking a break
 - 2. Decrease the number of individual events from seven to six
 - 3. 800 Freestyle relay moved to Thursday
 - 4. Adjust qualifying standards to the 50 backstroke, breaststroke and butterfly, and 100 individual medley – *see table below*
 - ii. Motion made by Jeff Steele to return to the 15-16 and 17-18 age groups for the Short Course State Championship meet
 - 1. Pat Anderson second
 - 2. Call to question by Jeff Steele
 - a. Pat Anderson second
 - b. Motion passed
 - 3. Motion passed
 - iii. Motion made by Talia Butery to remove the B final and only have an A final
 - 1. Sara Wolff second
 - 2. Motion passed
 - iv. Motion made by Chris Swee to change the 19&Over SQ times to the 17&Over SQ time; the 15-18 SQ times to become the 15-16 SQ time
 - 1. Jeff Steele second
 - 2. Motion passed



v. Motion made by Pat Anderson to ratify the 50s and 100IM SQ times

1. Paul Sjurseth second
2. Motion passed

Girls				Boys			
	Current	Proposed	Relative to 100 SQ		Current	Proposed	Relative to 100 SQ
50 Back				50 Back			
11-12	38.09	38.09	45%	11-12	38.19	38.19	45%
13-14	34.30	34.30	44%	13-14	33.70	33.70	45%
15-18	34.30	33.61	45% -2	15-18	33.70	31.36	45% -1
19	34.30	33.16	45%	19	33.70	30.46	45%
50 Breast				50 Breast			
11-12	42.99	42.99	45%	11-12	42.89	42.89	45%
13-14	38.90	38.90	44%	13-14	37.21	37.21	45%
15-18	38.90	38.65	45% -1	15-18	37.21	35.63	45% -6
19	38.90	38.20	45%	19	37.21	34.82	45%
50 Fly				50 Fly			
11-12	36.49	36.49	43%	11-12	37.72	37.72	45%
13-14	35.83	35.83	46%	13-14	37.72	32.48	45%
15-18	35.83	33.61	45% -9	15-18	37.72	30.95	45% -3
19	35.83	33.11	45%	19	37.72	30.28	45%
100 IM				100 IM			
11-12	1:24:39	1:24:39	46%	11-12	1:20:89	1:20:89	45%
13-14	1:21:02	1:21:02	47%	13-14	1:19:03	1:14:46	46%
15-18	1:21:02	1:16:72	46% -10	15-18	1:19:03	1:10:97	46% -5
19	1:21:02	1:15:61	46%	19	1:19:03	1:09:27	46%

vi. Motion made by Pat Anderson to keep Policy 6.20.C, allowing athletes to swim 7 individual events at the Short Course State Championship meet

1. Jeff Steele second
2. Motion passed

vii. Motion made by Paul Sjurseth to add the following to the State Meet information: two pools can be ran at the Short Course State Championship Meet at the State Meet Referee's discretion

1. Chris Swee second
2. Motion passed

viii. Motion made by Pat Anderson to ratify the 800 Free Relay moving to Thursday

1. Jeff Steele second
2. Motion passed

10. Paul Sjurseth's Section

a. Paul Sjurseth would like to see more recognition for the athletes at the State Meets

i. Recognition Committee was formed

1. Paul Sjurseth, Sydney Graf, Rachel Carter, Kristi Englestad, Bella Carter, Sara Wolff, and Kaylee Schell volunteered

b. Motion made by Paul Sjurseth to have 200 and under events be swam prelims and finals for 13&Older

i. Pat Anderson second

ii. Call to question by Pat Anderson

1. Jill Schlenker second
2. Motion passed

iii. Motion passed



11. Future Dates

- a. June 1st – *10&Under State Bids Due*
- b. June 9th – *BOD Meeting*
- c. July/August – *Budget Meeting*
- d. October - *Fall HOD will look at the HS Girls' Swimming & Diving calendar*
- e. February 21-22 – *10&U SC State Championships*
- f. March 19-22 – *11&O SC State Championships*
- g. July 17-19, 2026 – *LC State Championships*

12. Please send Age Group Chair, Lisa Montplaisir, SC meet dates

13. Motion made by Jill Schlenker to close the meeting

- a. Sydney Graf second
- b. Motion passed
- c. Meeting adjourned at 11:20am

Policy 1.2

K. Coaches Representative

(1) Senior Coaches Representative

- (a) Will be the former Junior Coaches Representative and will assume office as Senior Coaches Representative immediately following the Long Course Zones meet. They will serve a one-year term.
- (b) Will train the incoming Junior Coaches Representative on all duties and responsibilities of the Senior Coaches Representative
- (c) Shall represent coaches at the House of Delegates and Board Meetings.
- (d) Shall call meetings of all coaches as needed to maintain communication and to faithfully represent coaches' views at ND LSC meetings.
- (e) Shall serve on committees as assigned by the General Chair.
- (f) They will be the Head Coach for Team North Dakota at Zones and All Stars and will choose and confirm appointment of the assistant coach(es) with the General Chair. (See Part 8 for further details.) In the event the Senior Coaches Representative and the Junior Coaches Representative are unable to attend Zones or All Stars the Senior Coaches Representative will be responsible for arranging and getting approval for an alternative coaching staff.
- (g) The Zone Coach is expected to do the entries, and if not, \$50 will be deducted from his/her pay. Responsibilities also include the ordering of team suits, caps, shirts, etc.
- (g) Shall serve as the Records Chair.
- (i) Shall update and post the Top Ten List, State Times, overall records and on a regular basis

(2) Junior Coaches Representative

- (a) Will be voted on by the Coaches at the Long Course State Meet and will assume office immediately following the Long Course Zones Meet.
- (b) Will serve one year as Junior Coaches Representative and then progress to Senior Coaches Representative.

(c) Will train under Senior Coaches Representative on all duties and responsibilities of Senior Coaches Representative

(d) Will assume the role of Head Coach for Team North Dakota in the event that the Senior Coaches Representative is unable to fulfill the role.

(3) Election: A special vote at the Long Course State Championship Meet will happen every year to confirm promotion of Junior Representative to Senior Coaches Representative and elect a new Junior Coaches Representative.

(a) In the event that the Coaches do not confirm the promotion of the Junior Representative to Senior Representative, new candidate(s) will be selected and voted upon. The outgoing Senior Representative will be expected to train the new incoming Senior Coaches Representative as necessary.

Company name: North Dakota Swimming Inc.

Budget name: Budget_FY26_P&L

Budget type: Profit and loss

Period: FY 2026 (Oct 2025 - Sep 2026)

Consolidated

Accounts	Budget totals
Coaches Clinic Income	\$4000.00
Team ND - All Star - Fees Received	\$7000.00
Team ND - Zones - Fees Received	\$8000.00
Total NDLSC - Team ND Income	\$15000.00
Meet Fees - Officials Fine	\$300.00
Meet Fees - Sanction Fees	\$4500.00
Meet Fees - Splash Fees	\$52000.00
Total NDLSC Meet Fees Income	\$56800.00
USA Swimming Reg Fees Received	\$19000.00
Total USA Swimming Registration Fee Income	\$19000.00
Total Income	\$94800.00
Coaches Clinic Expense	\$6500.00
National Level Meet - Athlete Expense Reimb	\$20000.00
National Level Meet - Coach Expense Reimb	\$4000.00
National Level Meet - Officials Expense Reimb	\$3000.00
Total NDLSC Expense - National Level Meet Reimbursed Expenses	\$27000.00
NDLSC Expense - Outreach	\$7500.00
State Meet Expense - Ribbons, Medals, Plaques	\$7000.00
Total NDLSC Expense - State meet expense	\$7000.00
Team ND - All Star - Hotel Fees	\$2100.00
Team ND - All Star - Salaries & Per Diem	\$3000.00
Team ND - All Star - Transportation	\$1750.00
Total Team ND - All Star - Coach Expenses	\$6850.00
Team ND - All Star - Entertainment/Meals	\$1200.00
Team ND - All Star - Gear - Apparel	\$1400.00
Team ND - All Star - Gear - Swim Bag	\$0.00
Team ND - All Star - Gear - Swim Caps	\$1000.00
Team ND - All Star - Meet Fees Paid	\$2650.00
Total Team ND - All Star - Swimmer Expenses	\$6250.00
Total NDLSC Expense - Team ND - All Star Meet Expenses	\$13100.00
Team ND - Zones - Hotel	\$3500.00
Team ND - Zones - Salaries & Per Diem	\$6875.00
Team ND - Zones - Transportation	\$1500.00
Total Team ND - Zones - Coach Expenses	\$11875.00
Team ND - Zones - Entertainment/Meals	\$1000.00
Team ND - Zones - Gear - Apparel	\$2000.00
Team ND - Zones - Gear - Swim Bags	\$1500.00
Team ND - Zones - Gear - Swim Caps	\$1200.00
Team ND - Zones - Meet Fees Paid	\$3300.00
Total Team ND - Zones - Swimmer Expenses	\$9000.00
Total NDLSC Expense - Team ND - Zones Meet Expenses	\$20875.00
Athlete Summit	\$5000.00
Meetings & Conferences - Athlete Meeting	\$200.00
Meetings & Conferences - BOD/HOD Meeting Expenses	\$1000.00
Meetings & Conferences - Conference & Travel Expenses	\$8000.00
Total NDLSC Expenses - Meetings & Conferences	\$14200.00
Office/General - Checking Acct Exp (Checks, NSF, etc)	\$100.00
Office/General - Comp Equip/Software	\$1300.00
Office/General - Misc - Postage, office suplies, etc.	\$100.00
Office/General - Tax Expenditure	\$750.00
Office/General - USA Registration/BackGround	\$150.00

Accounts	Budget totals
Office/General - USA Swim Central Zone Memb Dues	\$375.00
Total NDLSC Expenses - Office/General	\$2775.00
Officials - Name Tags	\$180.00
Officials - OQM Reimbursement	\$2000.00
Officials - Shirts	\$3150.00
Officials - Supplies & Equipment	\$0.00
Officials - Thank You Gifts	\$400.00
Officials - Training/Evaluations	\$0.00
Total NDLSC Expenses - Officials	\$5730.00
Total NDLSC Expenses	\$104680.00
Total Expense	\$104680.00
Total Other Income	\$0.00
Total Other Expense	\$0.00
Total Net Income	\$-9880.00

Monday, October 6, 2025 at 9:20 PM CDT