



Chair Reports

2024 Fall HOD Meeting

October 13, 2024

General Chair - Brian Toay

1. USA SWIMMING UPDATES

- a. I attended the annual business meeting for USA Swimming and the Central Zone. Here are the updates from that meeting:
 - i. Club fees will increase from \$70/year to \$225/year beginning in 2025. These fees have not been increased in over 20 years.
 - ii. New Club fees will increase from \$70 to \$750 beginning in 2025.
 - iii. Recognized events for 13-14 athletes will now include the 50 breast/fly/back and motivational times will be created for those events.
 - iv. For 2025 Zones, Team ND has been assigned to the site in Rochester, MN.
 - v. Zones in 2026 will be in Minneapolis, MN and Evansville, IN.
 - vi. USA Swimming is focusing heavily on recruitment and retention of athletes as swimming competes with other youth sports.
 1. ND LSC should create a plan to increase awareness of the sport and focus on retention of younger athletes new to this sport.

2. ND SWIMMING UPDATES

- a. Amber Eberhardt has resigned as Finance Vice Chair and we need to fill that position. Please forward any candidates you may have in your club to me. Any person may serve but the ideal candidate would have some bookkeeping or finance background.

Administrative Vice Chair - Rachel Carter

No report provided at this time

Finance Vice Chair - (vacant)

Secretary - Kaylee Schell

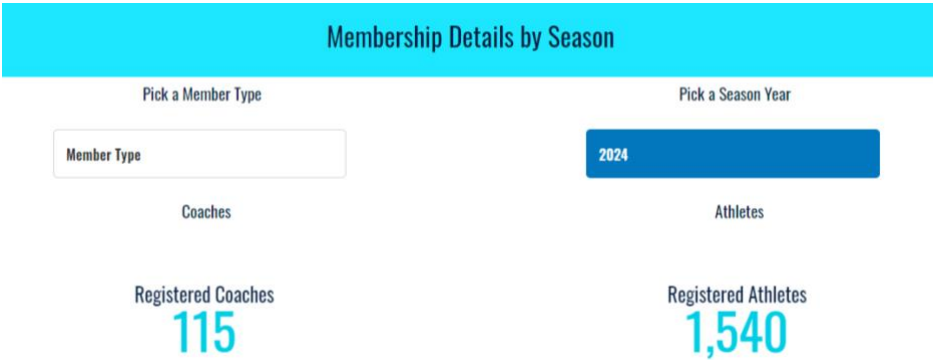
1. Updated the Directory and ND Swimming website throughout the year, as needed
2. Sent announcements, information, and deadline notices to BOD and Club members as needed
3. Compiled agenda items and related documents for the BOD and HOD meetings, and formulated the meeting minutes
4. Assisted other Chairs in navigating the ND Swimming website so they could update as needed.
5. Managed the ND Swimming email
6. Uploaded documents to the ND Swimming Google Drive

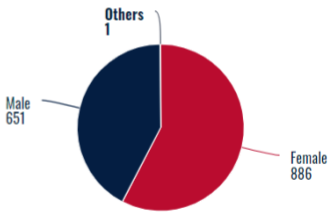


Treasurer - Angie Heckaman
No report provided at this time

Registration Chair - Kim Kuntz

ND SWIMMING MEMBERSHIP PROFILE 2024



Member Type by Age Group						Athlete Competition Category Breakdown	
Category	Detail	Members					
		10 & Under	11-12	13-14	15-18	19 & Over	
Athlete	Flex Athlete	114	32	2			
	Outreach Athlete	3	3	1	4		
	Premium Athlete	400	337	237	324		
	Seasonal Athlete	20	8	3	4		
Athlete Total		537	380	243	332		
Non-Athlete	Coach					3	
	Junior Coach					12	
	Official						
	Other						
	Provisional Coach						
Non-Athlete Total						15	
Grand Total		537	380	243	347		



North Dakota Swimming Club Membership Breakdown for 2024 (9/1/2023 - 8/31/2024)



Club	Premium Athlete	Flex Athlete	Outreach Athlete	Season 1 Athlete	Season 2 Athlete	Coach	Official	Other	Junior Coach	Provisional Coach	Total
AQST	327	0	0	0	0	19	17	8	1	0	372
BWST	22	1	0	0	0	4	1	2	0	0	30
DDST	54	52	1	0	0	8	7	4	2	0	128
FMY	106	2	0	0	3	8	16	8	0	0	143
JAWS	8	11	3	0	0	3	1	6	1	1	34
MMSC	124	46	0	0	0	4	9	7	1	0	191
MSC	156	0	3	0	24	12	17	9	0	0	221
NLSA	73	3	1	3	1	7	7	12	0	0	107
PRO	40	2	1	0	0	6	1	1	0	0	51
RRV	78	4	1	0	0	9	15	9	2	0	118
UN	3	0	0	0	0	11	3	5	1	2	25
VCST	17	0	0	0	0	3	0	6	0	0	26
WFF	206	22	0	0	0	12	40	10	3	0	293
WSL	114	4	0	0	1	7	14	11	1	1	153
CBSC	0	0	0	7	0	1	1	0	0	0	9
WCST	0	0	0	0	0	0	0	1	0	0	1
Total	1328	147	10	10	29	114	149	99	12	4	1902

ND 2024 RETENTIONN RATE PERCENTATES

LSC Retention Dashboard

Select Season

2024

Select Athlete vs Non-Athlete

Member Category

Select Age Group

Age Group

Select Competition Category

Competition Category

Retention Rate by Age Group/Competition Cateogry

Age Group	Competition Category	LSC Retention Rate	National Retention
10 & Under	Female	50.19%	49.62%
	Male	51.46%	49.19%
11-12	Female	72.02%	74.27%
	Male	70.54%	71.23%
13-14	Female	78.52%	80.06%
	Male	85.06%	79.67%
15-18	Female	75.00%	86.01%
	Male	84.55%	85.92%
19 & Over	Female	85.81%	78.30%
	Male	98.75%	82.24%



Safety Chair - Amy Mayer

1. Updated the ND LSC Website: <https://www.gomotionapp.com/team/czndslsc/page/home>
2. Safe Sport Meet 360 requirement at LSC sanctioned meets:
<https://www.usaswimming.org/docs/default-source/safe-sportdocuments/club-toolkit/2.-safe-sport-and-parents/lsc-sanctioned-meet-360.pdf>
3. SafeSport Club Recognition stats

SSRP Clubs Started + Achieved



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Rank	LSC Name	LSC	Number of Clubs Started App	Number of Clubs Achieved	Number of Clubs Started App or Achieved	Total Number of Clubs	Percent of Clubs Started or Achieved	Percent of Clubs Achieved
1	Inland Empire Swimming	IE	1	12	13	18	72.22%	66.67%
2	North Texas Swimming	NT	4	16	20	27	74.07%	59.26%
3	New Mexico Swimming	NM	3	12	15	21	71.43%	57.14%
4	South Texas Swimming	ST	7	24	31	43	72.09%	55.81%
5	Snake River Swimming	SR	2	6	8	12	66.67%	50.00%
6	Virginia Swimming	VA	11	22	33	47	70.21%	46.81%
7	North Carolina Swimming	NC	11	32	43	69	62.32%	46.38%
8	Maryland Swimming	MD	10	18	28	40	70.00%	45.00%
9	Utah Swimming	UT	12	13	25	33	75.76%	39.39%
10	Border Swimming	BD	3	3	6	8	75.00%	37.50%
11	New England Swimming	NE	20	31	51	90	56.67%	34.44%
12	North Dakota Swimming	ND	6	4	10	13	76.92%	30.77%
13	Niagara Swimming	NI	18	15	33	52	63.46%	28.85%
14	San Diego-Imperial	SI	7	8	15	30	50.00%	26.67%
15	Oklahoma Swimming	OK	4	4	8	17	47.06%	23.53%

- a. 3-month plan from USA Swimming to assist Clubs:
 - i. https://www.gomotionapp.com/gslsc/UserFiles/Image/QuickUpload/3-month-plan-toward-ssrp--final_076630.pdf
- b. 6-month plan from USA Swimming to assist Clubs:
 - i. https://www.gomotionapp.com/gslsc/UserFiles/Image/QuickUpload/6-month-plan-toward-ssrp--final_022515.pdf
- c. ND LSC SSRP participating clubs

North Dakota Swimming Clubs Initiated SSRP Report

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Club Name	Club Code	Status	Effective Date	Expiration Date	Points	Contact Email
A.S.K. Swim	ASK	In Progress				
Aquastorm	ACST	Achieved	5/6/2024	5/6/2026	54	schulz701@man.com
Aquastorm	ACST	Renewed	5/3/2022	5/6/2024		schulz701@man.com
Breckenridge-Vahpeton Swim Team	BVST	In Progress				
Dickinson Dolphin Swim Team	DDST	In Progress			0	ngsmith701@yahoo.com
Fargo-Moorhead YMCA Swim Team	FMV	In Progress			47	arcadiangmt@gmail.com
Fargo-Moorhead YMCA Swim Team	FMV	In Progress			47	yofederico2001@yahoo.com
Fargo-Moorhead YMCA Swim Team	FMV	Renewed	7/21/2021	7/31/2023		arcadiangmt@gmail.com
Fargo-Moorhead YMCA Swim Team	FMV	Renewed	7/21/2021	7/31/2023		yofederico2001@yahoo.com
Jamestown JAWS Swim Team	JAWS	In Progress			30	jill.schlesier@outlook.com
Mandan Marlins Swim Club	MMSC	Not Submitted			49	MMSC.as@gmail.com
Mandan Marlins Swim Club	MMSC	Renewed	8/28/2023	8/28/2025	65	MMSC.as@gmail.com
Minot YMCA Swim Club	MSC	In Progress				brandelast@hotmail.com
Northern Lights Swimming Association	NLSA	Achieved	8/7/2023	8/7/2025	57	cammiemiller@hotmail.com
Northern Lights Swimming Association	NLSA	Renewed	9/7/2021	8/7/2023		cammiemiller@hotmail.com
Prairie Rose Aquatics	PRO	Not Submitted			9	jenna.schill@gmail.com
Red River Valley	RRV	Not Submitted			56	jenna.schill@gmail.com
Red River Valley	RRV	Renewed	4/27/2021	4/30/2023		jenna.schill@gmail.com
Sharks Swim Team	VCST	Not Submitted			1	
West Fargo Flyers Swim Club	WFF	In Progress			52	ehardswimming@gmail.com
West Fargo Flyers Swim Club	WFF	In Progress			52	lisa.montplaisir@gmail.com
Williston Sea Lions	WSL	Achieved	9/12/2023	9/12/2025	59	ericamyers01@hotmail.com
Williston Sea Lions	WSL	Renewed	1/1/2021	1/31/2023		ericamyers01@hotmail.com



Technical Chair - Jill Schlenker

1. As of October 13th (based on a report ran 9/16/24) we will have 14 Non-Athlete memberships that are delinquent for a various amount of reason.
2. As of 9/16/24 we currently have 51 Non-Athlete registrations for the 2024 - 2025 season. Last years end total for registration was 341.
3. As of 9/16/24 of our 14 clubs, 3 clubs are not in good standing as either their head coach does not have all their certifications up to date or they do not have a head coach listed. (I can make this report available to others if requested.)
4. As of 9/16/2024, 3 of our 14 clubs have registered for the 2024 - 2025 season. (AQST, BWST, MMSC.)
5. Clubs were informed in August that we are currently not following a state law and one of our policies about the concussion training. Therefore, I (the technical chair) will be going into the system with each persons Non-Athlete membership and keeping their date of issue however, setting all to expire 9/1/26. However, if they completed their concussion training after 9/1/24 I will be using the completion date plus two years for their expiration date.
6. Teams will be (or have been depending on when this is read) sent reminders to register for the season as well as making sure to get their delinquencies taken care of as soon as possible the first week of October.
7. Awards will need to be ordered for this year but the order will not be too big as we have used less than estimated in the last two state meets. Orders will be put in for awards in late December or Early January as we will be set for the 10 & under meet and will not need anything other than the plaques and high point awards for that meet.

Officials' Chair - Chris Domitrovich

1. LSC Officials Chair Contact Information:

- a. Chris Domitrovich; 701-212-0696; Christopher_domitrovich@yahoo.com
- b. Looking for volunteers to be on the LSC Officials Committee and if interested, please call/text/email me. Thanks for your consideration!

2. Officials Counts:

- a. Able to now view who is certified for each position, current as of 12 Oct 2024:
 - i. Referee: 26 (1 apprentice)
 - ii. Starter: 38 (4 apprentices)
 - iii. Admin Official: 29 (1 apprentice)
 - iv. Stroke and Turn: 94 (7 apprentices)
- b. Requesting that each club's officials chair email me when they have a new apprentice's starting and then also when they become approved by the applicable Meet Referee. This allows me to update OTS in a timely manner!

3. ND LSC Officials Polo Shirt Inventory:

- a. Women's: 18 (various sizes)
- b. Men's: 16 (various sizes)
- c. Each newly certified official will be issued 2 shirts and then 1 after 3 years.



4. USA Swimming OTS Updates:

- a. 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.

5. OQM /State Meets:

- a. Submitted the Gator IMX Challenge & Fall Meet, held November 22-24, 2024 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. Per our Policies and Procedures 7.4, the LSC will provide \$1500 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.
- b. Sent an email to ND LSC Referees for their interest in being the Meet Referee for the 2025 Short Course State Meets and the 2025 Long Course State Meet. Thank you to those Referees who volunteered to be considered!
 - i. The following were selected as the 2025 Short Course State Meet Referees:
 - 1. 10 & Under: Jill Schlenker
 - 2. 11 & Over: Paul Sjurseth
 - ii. Sign-up will be live to those who are interested in officiating at the State Meet on 1 November

6. USA Swimming Official's Track Workshop (28 & 29 September 2024):

- a. Overall great workshop, as I was able to network with the other LSC Official's Chairs and members of the National Officials Committee (NOC), plus ask some specific questions. The NOC was very excited that ND will be running a Prelim/Final Championship Meet for our 2025 Short Course State Meet. Biggest takeaway is that there are more changes coming to OTS; however, hopefully making it easier for officials.

Senior Vice Chair - Sara Wolff

No report provided at this time

Age Group Chair - Lisa Montplaisir

No report provided at this time

Diversity, Equity & Inclusion Chair - Ben Smith

No report provided at this time



Disability Chair - Ben Richards

No report provided at this time

Senior Coaches Representative - Erich Richardson

No report provided at this time

Junior Coaches Representative - Sydney Graf

No report provided at this time

Athlete Representatives – Lauren McDonagh (Sr), Sienna Mrachek (Jr), Addison Cerney (At Large)

1. Attended the Athlete Summit at the Olympic Trials in Indianapolis
2. DEI and Safe Sport Takeaways
 - a. The Three Boundaries in Safe Sport are:
 - i. Physical
 - ii. Emotional
 - iii. Behavioral
 - b. How to do Safe Sport:
 - i. Recognize: be intentional and know the risks
 - ii. Respond: teach others and talk about it
 - iii. Report: tend to your culture
 - c. DEI → CAP ~ actions
 - i. “We are all different people who deserve fairness and inclusion and the actions behind these three letters makes that possible.”
 1. Diversity = Connect
 - a. synonyms: difference, variety
 2. Inclusion = Accept (doesn’t mean agreeing)
 - a. synonyms: incorporation, bringing together
 3. Equity = Provide
 - a. synonyms: fairness, justice
3. Takeaways from Kathy Fish on Leadership
 - a. “To have an impact you must be able to collaborate and communicate.”
 - b. “Put yourself in other people's shoes to help create a sense of community.”
 - i. Understand value vs. virtue
 - c. “Build teams with the skills you need and appreciate their importance.”
 - i. Practice what you preach
 - d. “Remember it’s not about you, it's about the team and its success.”
4. Understanding Leadership Styles Session Takeaways
 - a. We took a leadership quiz that told us what kind of leader we are. There were four different types:
 - i. Executing
 - ii. Influencing
 - iii. Relationship Building
 - iv. Strategic Thinking



5. LSC Marketing & Communication
 - a. My biggest takeaway from this session was to give each one of your posts a similar appearance/look so that when one of your posts shows up on someone's feed they can know without checking their username that it is your account.
6. Building your Personal Brand Takeaways
 - a. When making your personal brand you should brainstorm/know your:
 - i. Values
 - ii. Passions
 - iii. Unique experiences
 - iv. Life goals

At Large Athlete Representative - Logan Bjerke

No report provided at this time