

**Middle Atlantic Swimming LSC
Age Group Committee
Meeting #2 Minutes**

Meeting Date: Thursday, March 7 2024

Meeting Time: 8 pm

Meeting Location: Age Group Committee Meeting was held via Zoom.

<https://us02web.zoom.us/j/85285577987?pwd=djExdTVXdFI6UzdzUHhaTFZlZm4wQT09>

Present at Meeting: Michelle Spooner (Age Group Chair/DCAA), Mike Seip (MA), Ashley Suchecki (SSC), Lou Williams (SACAC), Strohm Edwards (Mako), John Fedena (DST), Jon Franchetti (DCAA/athlete representative).

I. Approval of Agenda

The Agenda for the meeting was distributed to committee members and approved.

II. Approval of Previous Meeting Minutes

Meeting Minutes from the Thursday, December 28 2023 Age Group Committee minutes were reviewed and approved.

III. Introductions

- Regular Committee members were joined by MA coach John Fedena and athlete representative Jon Franchetti
 - Fedena is joining call in support of planning for the upcoming George Breen MA Age Group Camp. This year's camp will be at Fedena's club (DST) pool. Fedena offering valuable insight from his experience working at USA Swimming National Select Camps.
 - Franchetti, athlete representative from DCAA, attended the last MA AG Camp before COVID. Fond memories of interaction with clinician Kristy Kowal.

IV. Old Business

- Secretary-Lou Williams agreed to continue secretary responsibilities moving forward.
- Mike Seip introduced Fathom note taking system which will record MA AG Committee meetings and use AI technology to generate meeting notes. Fathom Meeting notes were sent to all committee members after the 3/7/24 meeting.

IV. New Business

- **SC Championship Series**
 - AG Committee coaches encouraged to take notes and interact with MA athletes, coaches, and parents as they navigate the MA SC Championship series over the next month. Committee members to report back with observations at next meeting.

- **George Breen Age Group Camp (Camp Flyer Attached)**
 - Shelly outlined confirmed details for Camp
 - Saturday 4/20/24
 - 2150 New Castle Avenue, New Castle DE 19720
 - 56 MA athletes between the ages of 11-14.
 - Must be premium athletes
 - Must have at least one AAA time
 - Must have swum in at least 2 MA sanctioned meets in previous year
 - Registration deadline is set for March 25th, 2024.
 - Discussion of what the age cutoff date should be for camp
 - Committee agreed to use age as of 2024 MA SC Champs.
 - Rough draft of what clinicians will be participating in the 2024 camp.
 - Megan Cannon—Mindset specialist with kids and maybe parents
 - Allison Mitidieri (Jersey Wahoos)—nutrition talk
 - Leah Gingrich (KA)—in-water session with kids (start, turns, finishes, UW
 - MA AG Committee coaches who will be on deck
 - Shelly Spooner, Strohm Edwards, Ashley Suchecki, Lou Williams, John Fedena
 - AG Committee coaches should ask around at Champs series to maybe track down another coach or two for the Camp.
 - Ideally ratio of 1 coach to 7-8 athletes.
 - Registration for George Breen AG camp is set to open around 3/12/24 on the MA website. \$10 fee to apply.
- **MA 10-U participation numbers increase.**
 - Mike Seip offered update on 10-u participation in MA
 - 1400 athletes in 2022-23
 - 1700 athletes in 2023-24

V. Announcement of Date of Next Meeting

- Next AG Committee Meeting will be Thursday, May 2 2024

VI. Meeting was adjourned by Age Group Chair Michelle Spooner at 8:47 pm