



Niagara Board of Director's Meeting Agenda

November 28, 2018 9:15PM

1. Call to Order
2. Roll Call
3. Approval of minutes for 11/1/2018 BOD meeting
4. Athletes
5. Proposal to hold 2019 Spring HoD Meeting at Keuka College (J. Stromski) attached
6. May 2019 Eastern Zone Workshop Discussion (J. Stromski) previously attached
7. Chair Communications Discussion
8. Rename Athlete/Coach/Volunteer of the Year Awards discussion (E. Stimson) previously attached
9. Reports Questions

Niagara LSC Board of Directors Meeting Minutes for
November 28, 2018

Position	Incumbent	Present	Absent
General Chair*	Jim Stromski	X	
Administrative Vice-Chair*	Brad Boyle		X
Senior Vice Chair*	Kim Corby	X	
Age Group Vice Chair*	Sara Smith	X	
Interim Finance Vice Chair*	Peter Koenig		X
Secretary	Colin Adams	X	
Treasurer	Adam Zaczkowski	X	
Senior Coach Representative*	Seth Williams		X
Junior Coach Representative*	Phil Baretela	X	
Junio Athlete Representative*	Molly Brennan	X	
Senior Athlete Representative*	Molly Hewett	X	
Safety Committee Chair	Leo Gibbons	X	
Technical Planning Chair	Will Chidsey	X	
Member/Registration Coordinator	Eric Stimson	X	
General Chairman Appointment	Brooks Howard	X	
General Chairman Appointment	Shawn Parkhurst		X
General Chairman Appointment	Nick Burdo		
Immediate Past General Chair	Eric Lind	X	
Diversity & Inclusion Chair	Mike Switalski	X	
Disability Chair	Courtney Christ	X	
At Large Athlete	Alex LaPointe		X

1. Call to Order – 9:15
 2. Roll Call – see attendance list
 3. Approval of minutes for October BOD meeting
 - Motion to accept the October meeting minutes as sent out
 - Seconded. All in favor.
 - Motion carries
 4. Athletes
 - Molly prepared the application to participate at the Leadership Summit
 - Forms looks good. Feedback included adding the submission deadlines and confirmation of the course for the interval requirement of 10 X 100, either yards or meters.
 - Jim suggested that the Mollys work with Will Chidsey on identifying a “rest room” for the athletes at the LSC Champs meeting.
 5. Proposal to hold 2019 Spring HoD Meeting at Keuka College (J. Stromski) attached
 - Seconded
 - Discussion – Not many options in this area. Could consider going back to MCC.
 - All in favor.
 - Motion carries
 6. May 2019 Eastern Zone Workshop Discussion (J. Stromski) previously attached
 - Motion to approve 6 individuals to attend the workshop
 - Seconded
 - All in favor
 - Motion carries
 7. Chair Communications Discussion
 - Letting our membership know what the board is working on.
 - There are a lot of opportunities to communicate but there isn't a point person to coordinate to do consistently or adequately.
 - Jim, Colin and Eric will discuss off line
 8. Rename Athlete/Coach/Volunteer of the Year Awards discussion (E. Stimson) previously attached
 - This might be better for the coaches and athletes to discuss offline as they are the ones who are the ones who decide on the award recommendations. This is to raise awareness.
 9. Reports Questions
 - Eric reminds that, if you hold a committee meeting, it should be held according Roberts Rules and notes should be taken and posted.
 - Courtney held a good first meeting and will send the committee member names to Eric
- Reports of officers, committees and coordinators:
- General Chair – Jim Stromski – Report attached

- Admin Vice Chair – Brad Boyle – No Report
- Senior Vice Chair – Kim Corby – No Report
- Age Group Vice Chair – Sara Smith – No Report
- Finance Vice Chair – Peter Koenig – No Report
 - Still processing his registration
- Treasurer – Adam Zaczkowski – Report Attached
- Sr. Coach Rep – Phil Baretela – No Report
- Jr. Coach Rep – Seth Williams – No Report
- Sr. Athlete Rep – Spencer Schultz – No Report
- Jr. Athlete Rep – Molly Hewett – Web form included
- Safety Committee Chair – Leo Gibbons – Attached
 - November Safety Report
- Tech Planning Chair – Will Chidsey – No Report
- Member/Registration – Eric Stimson –
 - Eric has processed 7 or so flex membership conversions
 - Registration are still steadily coming in
- Officials Chair – Brooks Howard – No Report
- Diversity Chair – Mike Switalski – No Report
-

Adjournment

- Motion to adjourn; seconded; all in favor. Meeting adjourned at 10:00.
- Addendum added for an appointment to the BOD on 12/7/2018



Our Mission: Supporting strong clubs, building stronger swimmers by providing opportunities from novice to elite.

Our Vision: Inspiring swimming for generations

General Chair Report

11/28/18

The Ramada Lakefront in Geneva was *WAY* out of our price range as they have a \$9,000 minimum on weekends during wedding season. Have gone through Hobart – William Smith College, Finger Lakes Community College, and the Ramada in Geneva. I'm reaching out to Keuka College now.

Beginning to Work with Eric Stimson to get a monthly webinar, called the Niagara LSC Education Series, off the ground. This will be where we invite EVERYONE (coaches, parents, athletes, clubs, etc). We can pick a topic and a presenter and it can be a Q&A or just straight information.

Charmaine Jarvis and Nick Burdo have been removed from the BoD. Looking for athletes to be involved, so if you know any....

A reminder to all to check your Niagara email regularly as things do come up that require responses.

Our Mission: Supporting strong clubs, building stronger swimmers by providing opportunities from novice to elite.

Our Vision: Inspiring swimming for generations.



General Chair <generalchair@niagaraswim.org>

Fwd: Update on 2019 Zone Workshops

Jim Stromski <jrstromski@gmail.com>
To: General Chair <generalchair@niagaraswim.org>

Thu, Nov 8, 2018 at 8:26 PM

----- Forwarded message -----

From: **USA Swimming** <denise.thomas@usaswimming.org>
Date: Thu, Nov 8, 2018 at 5:36 PM
Subject: Update on 2019 Zone Workshops
To: <jrstromski@gmail.com>



TO: General Chairs
Admin Vice Chairs
Safe Sport Chairs
Operational Risk/Safety Ed Chairs
Officials' Chairs
D&I Chairs
Registration Coordinators
Times Officers
LSC Staff
Zone Directors

Just a reminder that the 2019 Zone Workshops should be on your calendar already:

Southern/Western Zone Workshop Denver, CO May 9-10-11
(Thursday evening thru Saturday noon)
Eastern/Central Zone Workshop Chicago, IL May 17-18-19
(Friday evening thru Sunday noon)

The weekend will include a keynote speaker on the first evening; other sessions include:

- **General Chairs & Admin Vice Chairs' Workshop – multiple sessions some of which will include:**

Zone Directors
LSC Staff

- **Safe Sport Chairs' Workshop**
- **Officials' Workshop**
- **Operational Risk/Safety Ed Chairs' Workshop**

What happens when you get sued?
Warm Up Safety

Sports Medicine presentation – concussion update, sudden cardiac arrest, stoppage of swim, a team approach to better outcomes
Emergency Action Plan (EAP) update – active shooter
Insurance and Risk Management Update

- **D&I Chairs' Workshop**

Leadership Training
Curriculum building: learning what educational information to pass down and how to do it, and
Basic D&I topics including identity, privilege, and implicit bias

- **Registration Workshop**

Registrars' Workshop
Small group SWIMS Training for registrars: Beginning and Advanced

- **Registration & Times Combined Workshop**
- **Times Workshop**

How to get started as a times volunteer
Best practices for Observed & Approved Meets
How your LSC can take advantages of all the times reports
In need to set time standard, what's the best approach to take
Results go in how can I get data out of SWIMS?
Lists, rankings and a whole bunch more from times

USA Swimming will provide meals and housing; LSCs will be responsible for all transportation costs. Every effort will be made to hold the workshops at airport hotels or hotels with easy access on public transportation (light rails, etc.). Watch for hotel and registration information in January or February. **We hope to see you there!**

See what's happening on our social sites



USA Swimming | [1 Olympic Plaza, Colorado Springs, CO 80909](#)

[Unsubscribe jrstromski@gmail.com](#)

[Update Profile](#) | [About our service provider](#)

Sent by [denise.thomas@usaswimming.org](#) in collaboration with



Try it free today

--

James Stromski

"I'm all alone and I'm drivin' home
Oh, help me, I do declare It's a free for all"

-- Ted Nugent, 'Free for All'

Disability Report:

We had our first committee call on Tuesday 11/27. There were 5 people on the call. Below you can read the notes from the call. In addition to the first disability call, Will and myself have been working on expanding the USA Paralympic motivational time standards to include the Silver meet. While doing this we ran into some discrepancies with the times. I have been working with the USA swimming standards committee to get these resolved for the re-release of the times. I have also spoken with Brooks about the classification process to bringing these into our LSC. Brooks and I were originally shooting for Christmas to have all of the athletes who are interested in the classification process identified. However, since the new times have not been released I am holding off on blasting an email out to all teams since I am not sure we will be able to have a full release before Championship season. At minimum I am working with Will to come up with to allow the athletes into the meet.

I am also working on building a survey to send out to coaches about the makeup of their teams, if they can "handle" nontraditional athletes and what type of resources they are interested in.

11/27 Disability Committee Conference Call Notes

On the call:

Courtney Christ, Jim Stromski, Will Chidsey, Andrea Alessi, Elaina Spreter, Matt Spreter

Goals of the committee:

- Give coaches and club information on how to include these athletes. Reach out to clubs and see how many people fall within the criteria to get a demographic.
- TIES program geared toward 8 and older, having athletes having peer athletes to help them and look after them. (Elaina) offering a buddy program
- How to approach athletes that may have a disability to learn more and to find out how to best help and coach those athletes by getting the proper information with out offending.
- Determine how to get these athletes involved in swim meets
- Adding cognitive disabilities to P3 for our LSC

Paralympic time standards:

- Motivational time standards cut times scaling to P1, P2, and P3. Getting them in Silvers, gold's, and speedos this year.
- Determining how to classify athletes with Meet Refs

- Adding cognitive disabilities to P3

12/15 Special Olympic Meeting at Naz college and trying to get the notes since we do not have someone who can attend.

Article 105- officials education, and Meet Directors education and how to approach about seeding meets and accommodations. Have committee members look at it to see if there is anything additional they want included.

Ideas moving forward

- Looking for help with those with special needs background to direct the committee for those athletes

Next call end of January/ early February

Niagara Swimming, Inc.
Profit & Loss
September 1 through November 28, 2018

Ordinary Income/Expense

Income

4040 · Investments	0.40
4070 · USA Swimming Registration	238,859.26
4080 · Meet Sanctions	1,575.00
4090 · Swim Meet Surcharges	9,597.70

Total Income 250,032.36

Expense

5100 · Administrative Expense

5101 · Accounting	1,500.00
5105 · Bank Service Fees	178.29
5115 · Convention	13,107.68
5135 · Internet Services	194.97

5140 · Meetings

5143 · NI House of Delegates	
5144 · Fall Meeting	1,095.00

Total 5143 · NI House of Delegates 1,095.00

Total 5140 · Meetings 1,095.00

5150 · Postage 18.11

5160 · Registrar Stipend 2,250.00

5165 · Supplies 279.97

5175 · Travel 264.24

Total 5100 · Administrative Expense 18,888.26

5300 · Club Strengthening

5320 · Coach Training 3,222.39

Total 5300 · Club Strengthening 3,222.39

5500 · Eastern Zone Age Group Champs

5550 · Long Course 58.20

Total 5500 · Eastern Zone Age Group Champs 58.20

5700 · Officials 1,095.60

5750 · Athlete Committee 1,045.48

5800 · Registration

5801 · USA Swimming Registrations

5803 · Athlete (Full Year) 106,716.00

5804 · Athlete (Seasonal) 30.00

5805 · Athlete (Outreach) 485.00

5806 · Athlete (Single Meet) 110.00

5807 · Athlete (Flex) 2,030.00

5808 · Non Athlete 19,858.00

5809 · Life Member 1,000.00

5810 · Club & Organization 3,850.00

Total 5801 · USA Swimming Registrations 134,079.00

Total 5800 · Registration 134,079.00

5950 · Board Discretionary Fund 698.21

12:50 PM
11/28/18
Cash Basis

Niagara Swimming, Inc.
Profit & Loss
September 1 through November 28, 2018

Total Expense	159,087.14
Net Ordinary Income	90,945.22
Net Income	<u>90,945.22</u>

Bank Balances

Chase	Checking:	\$75,365.09
	Savings:	<u>\$20,000.00</u>
	Cash Total:	\$95,365.09

Investment Balance As of 10/31/2018

\$600,859.89



Proposal to hold the 2019 Spring House of Delegates Meeting at Keuka College

As Geneva, NY was approved by the HoD this past Fall as the location for the 2019 Spring HoD meeting and I have not had any success finding a suitable location in Geneva, I propose that the 2019 Spring HoD meeting be held at Keuka College. I have been in contact with their Director of Conference Services and the date is available. They are also well within our price range as:

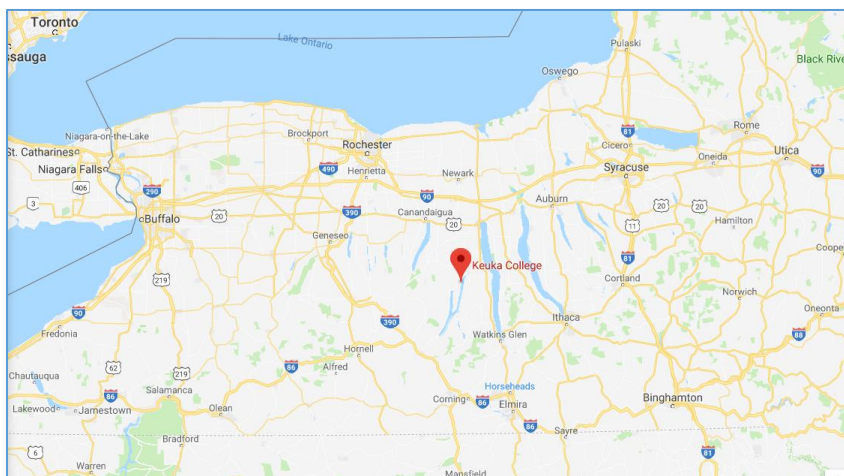
Breakout session rooms \$ 125 per day/ per room

General session rooms \$ 250 per day/ per room

Plus catering selected for morning, lunch, afternoon

All meeting rooms have presentation capabilities, and the general session locations have public address sound system.

Keuka College is centrally located:



Also, for those inclined to, there is a small Keuka Lake Wine Trail for afterwards:

<https://www.fingerlakes.org/things-to-do/wineries/keuka-lake>

I did some advanced research for you and most of these are open until 5pm on Saturdays in May.

Our Mission: Supporting strong clubs, building stronger swimmers by providing opportunities from novice to elite.

Our Vision: Inspiring swimming for generations.

When the scholarships were dropped, we were going to rename the awards for Athletes and Non athletes for some of the people that were previously recognized with the Scholarship.

We should make sure to do that so we don't forget. There are others like Jim Bowen that we might want to pull into that naming. Barb Paradis and Frances were also in there. Maybe a name for each? I'm open to suggestions but I think the coaches, sr and ag chair, and athletes could brainstorm that since those awards are closer to them?

Addendum to the 2018 November BOD Meeting:

- Jim made a motion via email on December 7, 2018 to appoint Maddie Panus (CLSC) as an Appointed Athlete member of Niagara LSC's Board of Directors.
 - Maddie was recommended for the role by Leo Gibbons and a letter of recommendation from Coach Tom Steuer is attached.
 - Maddie can offer another athlete voice to Board meetings and looks forward to working with the Junior and Senior Athlete Reps.
- Jim asked for an email response to this consent resolution be received by Wednesday, Dec. 12th, so, if approved, Maddie can be an active participant with voice and vote on our next BoD conference call at the end of the month.
- All replies that are made by the deadline will be incorporated for the record as an addendum to November 2018 meeting minutes.
- Affirmative emails were received from 12 members
 - Motion passes

I have had the pleasure of coaching Maddie Panus for past 5 years.

Through that time she has demonstrated the highest level of character. As a young swimmer she was always one level behind most of her peers. She was never discouraged and never complained. Over time she quietly emerged as one of our top swimmers just by coming in a working hard.

Maddie was an easy choice to be our team Athlete Representative just as she was an easy choice to be Captain of the Girls Varsity team. Maddie is incredibly humble and has lead by example for the last couple years. This year she has grown as a leader and a person has been more vocal in encouraging and challenging her teammates.

I am more than confident that Maddie would be an excellent representative to Niagara Board and give her my strongest recommendation.

Tom Steuer

Head Coach, Clarence Swim Club