



Niagara Board of Director's Meeting Agenda

January 30, 2019 9:15PM

1. Call to Order
2. Roll Call
3. Approval of minutes for 11/26/18 and 12/26/2018 BOD meetings
4. Athletes
5. Leadership Summit Attendees (Athlete and Coach Reps)
6. Sponsor an athlete to Attend the She Leads Summit (attached)
7. Athlete Wellness Consultant (attached)
8. Addition of "Late Entry Provision" to Niagara P&P Manual (attached)
9. Reports Questions

Niagara LSC Board of Directors Meeting Minutes for
January 30, 2019

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		
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	
Junior 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	Maddie Panus	X	
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 – 9:17
2. Roll Call – see attendance list
3. Approval of minutes for November and December BOD meetings
 - November Safe Sport needs to be added to the November minutes
 - Consent Resolution for Maddie Panus appointment to the December minutes
 - Motion made to accept both meeting minutes with the above amendments.
 - All in favor. Motion carries.
4. Athletes
 - Selected Josh Stegner from STAR Swimming to attend the Leadership Summit from a group of 5 candidates. Jim will work with Cathy Durand, USA Swimming's Director of Member Services, on the registration process for Josh.
 - Jim suggested that perhaps one of the 4 remaining candidates could be considered for the She Leads Summit that will be decided on later in the agenda
 - Humby (STAR) and Pearce (Horseheads) were viable candidates and it might be better to select someone from the Southern Tier area.
 - The reps were going to review the candidates and confirm their recommendation.
 - Will start the selection process for the next athlete's rep at SC Champs. It will be promoted on the Instagram site with candidate profiles.
5. Leadership Summit Attendees
 - See #4 for the athlete recommendations
 - Seth would like to attend the Summit as the coach representative
 - Jim will also process his registration
6. Jim made a motion to review and approve agenda items 6, 7 & 8 as a Consent Agenda
 - 6 – Sponsor an attendee to the She Leads Summit
 - 7 – Late Entry Provision add to the P&P
 - 8 – Engage Athlete Wellness Consultant
 - Motion was seconded
 - All in favor as presented
 - Motion carries
7. Rental Car Consent Resolution as reviewed and approved via email
8. Reports Questions or Other Comments:
 - Adam questioned where do the expenses for the She Leads Summit get charged to
 - There was a lot of discussion on the relay cuts requirements for the SC Champ meets that was recently released.
 - Will emphasize that the intent was to encourage more focus on relay participation at the Champ meet.
 - Relay swimmers have to be in the correct age as there is no Open categories
 - Will send additional clarification on the cuts to the coaches

- There will be a 2 LSC Q&A conference call on Feb 7 and this time there will be identified topics that will be discussed:
 - Tech suit ban
 - Relay cut times
- Eric described some of the learned from the recent USA Swimming roundtable meeting he recently attended. He is very excited about the coming changes, specifically some of the Governance things, but the LSC will need to get prepared for them.

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
- 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
 - January Safety Report
- Tech Planning Chair – Will Chidsey – No Report
- Member/Registration – Eric Stimson –
- Officials Chair – Brooks Howard – No Report
- Diversity Chair – Mike Switalski – No Report
- Disability Chair – Courtney Christ – Attached

Adjournment

- Motion to adjourn; seconded; all in favor. Meeting adjourned at 9:50pm.



Niagara Board of Director's Meeting Agenda

February 7, 2019 9:15PM

1. Call to Order
2. Roll Call
3. Item #1:
 - a. Motion: To modify Niagara's Policies & Procedures (W. Chidsey)
Modify P&P Section 205.3.1.H as:
 - i. Qualifying time standards for the Niagara (short course) Championship Qualifier and Championship Meets must be updated with any changes and posted to the Niagara website no later than August 31 preceding the championship meets. Qualifying time standards for newly added events and adjustments to qualifying time standards that benefit athlete participation (i.e., slower qualifying time or increased athlete participation) may occur after such date with the approval of the Board of Directors.

New sentence highlighted....

4. Item #2:
 - a. If the above is approved, follow on motion to:
 - i. Accept relay cut times for 2019 Short Course Championships as presented by Tech Planning (W. Chidsey)
5. Item #3:
 - a. General Chair Appointee to Admin Vice Chair Role (J. Stromski)
 - i. I am expecting a resignation letter/email from Brad Boyle at any moment. As such, I seek the Board's approval to appoint Colin Adams as Admin Vice Chair until the election at the Spring HoD meeting.
6. Item #4:
 - a. LSC would like to send another Athlete rep to Leadership
7. Reports Questions

Niagara LSC Board of Directors Meeting Minutes for
February 7, 2019

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	
Junior 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	Maddie Panus	X	
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 – 9:17
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3. Item #1:
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New sentence highlighted....

 - Motion was seconded:
 - Discussion:
 - We shouldn't be changing this policy again.
 - There was a lot of discussion about what happened and what should have been done
 - Votes – 2 votes in favor and majority of votes against.
 - Motion does not pass.
 - Jim and Will to talk off line about next steps.
4. Item #2:
 - a. If the above is approved, follow on motion to:
 - i. Accept relay cut times for 2019 Short Course Championships as presented by Tech Planning (W. Chidsey)
5. Items #3 & 4 – Were discussed as consent agenda
 - Item #3: General Chair Appointee to Admin Vice Chair Role (J. Stromski)
 - a) Jim received a resignation letter/email from Brad Boyle and it is posted on the G Drive. As such, I seek the Board's approval to appoint Colin Adams as Admin Vice Chair until the election at the Spring HoD meeting.
 - Item #4: LSC would like to send an additional athlete rep to the Leadership Conference
 - a) LSC is allowed to send an additional athlete rep to the Leadership conference as long as the LSC pays for the airfare.
 - All in favor
 - Consent agenda passes – the Mollys will circle back to the interested athletes who were selected in the first round
5. Reports Questions or Other Comments:

Reports of officers, committees and coordinators:

- General Chair – Jim Stromski – No Report
- 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
- Treasurer – Adam Zaczkowski – No Report
- Sr. Coach Rep – Seth Williams – No Report
- Jr. Coach Rep – Phil Baretella – No Report
- Sr. Athlete Rep – Spencer Schultz – No Report
- Jr. Athlete Rep – Molly Hewett – No Report
- Safety Committee Chair – Leo Gibbons – No Report
- Tech Planning Chair – Will Chidsey – No Report
- Member/Registration – Eric Stimson – No Report
- Officials Chair – Brooks Howard – No Report
- Diversity Chair – Mike Switalski – No Report
- Disability Chair – Courtney Christ – No Report

Adjournment

- Motion to adjourn; seconded; all in favor. Meeting adjourned at 9:23pm.

Niagara LSC Board of Directors Consent Resolution Votes

Date: January 2019

Resolution: We have a request from Leo to rent a car while in Colorado Springs for the 2019 Safe Sport Leadership Conference. I originally sent the request to the Financial Committee, but just saw in the P&P that the request must be approved by the board. The request is for a rental car from arrival on Wed., 1/30, to Sat., 2/2. Leo's onsite travel itinerary is:

I appreciate the help here let me go back and tell you what I am intending to do on this trip (transportation wise)

1. I need to go from Colorado Springs Airport (COS) to Colorado Springs Marriott Wed 1/30/19 flight arrives at 12:10pm.

2. I am visiting USA Swim HQ & OTC on Wed 1/30/19 around 1:30 - 2:00pm to meet Liz Hahn (Safe Sport Mgr)

So I need to and from the Marriott to USA HQ & OTC on 1/30/19 around 1:30pm.

3. Then I need to get back to Colorado Springs Airport from the Marriott on Sat 2/2/19 to fly home on a 9:30am flight.

I think that these 4 UBER trips are going to be close to \$100.00, not sure there....but with a tip etc it could be. The car I reserved is a total of \$172.69 (not charged to me yet) at Enterprise Car Rental.

I figured that getting a car would work out much easier and it gives me a little flexibility as well. I do or "was" intending to pick up Mike Switalski from COS on Thursday to help him out a little on getting to the Hotel, that now looks uncertain.

Monetarily, it's a near wash between a rental vehicle and Uber, taxi, tips, etc., especially if you add in Mike's 'shuttle' from the airport to the hotel.

With all of that said, the resolution is to reimburse Leo for the cost of the rental car while he is in Colorado Springs. Please respond with your approval or disapproval of this consent resolution by Noon of Sunday, 1/27. Thank you!!

Position	Incumbent	Aye	Nay	No Reply/Abstain
General Chair*	Jim Stromski	X		
Administrative Vice-Chair*	Vacant	-	-	-
Senior Vice Chair*	Kim Corby	X		
Age Group Vice Chair*	Sara Smith	X		
Finance Vice Chair*	Pete Koenig	X		
Secretary	Colin Adams			X
Treasurer	Adam Zaczkowski	X		
Senior Coach Representative*	Seth Williams	X		
Junior Coach Representative*	Phil Baretela	X		
Senior Athlete Representative*	Molly Hewett	X		
Junior Athlete Representative*	Molly Brennan			X
Safety Committee Chair	Leo Gibbons			X
Technical Planning Chair	Will Chidsey	X		
Member/Registration Coordinator	Eric Stimson	X		
Diversity Chair	Mike Switalski			X
General Chairman Appointment	Brooks Howard	X		

General Chairman Athlete Appointment	Shawn Parkhurst			X
General Chairman Athlete Appointment	Alex LaPoint	X		
General Chairman Athlete Appointment	Maddie Panus			X
Immediate Past General Chair	Eric Lind			X



Proposed by: Jim Stromski

1/25/19

Motion to engage Samantha Livingstone for an initial 4 hours of consult in helping us establish an 'Athlete Wellness' program.

From the 'Ideas' list:

I propose creating or gathering a resource (or resources) that would address the stigma of talking about these issues (from the athlete perspective) and recognizing the warnings signs (from the coach perspective) so that preventative action can be taken. The resources can be in the form of links to web resources from a Niagara webpage or through a series of presentations given by a Psychologist specializing in issues that young athletes face. The goal is to increase awareness and 'If you see something, say something' so that issues can be addressed before they become huge problems for our athletes. As a side benefit, a lot of these resources can be applied to our coaches as well to help avoid burnout, etc.

I reached out to, and spoke with, Samantha Livingstone (Speaker at Convention) about what an Athlete Wellness program in the LSC might look like and she described something much broader that included coaches and even parents. She also envisioned Safe Sport being involved as well. For some background:

On her competitive career:

https://en.wikipedia.org/wiki/Samantha_Arsenault

On her current career:

<https://www.usaswimming.org/news-landing-page/2018/06/28/samantha-arsenault-livingstone-is-helping-athletes-find-their-own-paths#sts=Samantha%20Arsenault%20Livingstone%20is%20Helping%20Athletes%20Find%20their%20Own%20Paths>

Samantha's website:

<https://www.samanthalivingstone.com/speaking/>

Cost: \$900



Proposed by: Jim Stromski

1/28/19

Motion to sponsor an athlete to attend the She Leads Summit (4/5 - 7/19). This summit is designed to inspire leadership in our female athletes and build their confidence to achieve success both in and out of the pool. For more info:

<http://www.cvent.com/events/she-leads-summit/event-summary-6eccf480c79d47b8b3aa531bcc6350e8.aspx>

Cost: \$225 registration fee (meals, lodging, airport shuttle) plus airfare. Approximately \$650 total.

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

Our Vision: Inspiring swimming for generations.



General Chair Report

Prepared by: Jim Stromski

1/30/19

Recruited Jim Bowen to assist in By Law project.

Brad Boyle has effectively stepped aside. Working to find someone to appoint to the position through at least the Spring HoD.

Tech Suit ban enforcement. Still gathering info. NE and NJ are pretty much using the honor system.

Reached out to Samantha Livingstone re Athlete Wellness program. Had a call with the Mollys, Maddie P., and Alex L. about the initiative. They all thought it was a great idea. If funding is approved, I've asked Alex and Maddie to take point.

Received Spring HoD invoice from Keuka College and sent to Adam. We should be all set and we can start looking at food options.

Budget time is approaching. I'm thinking that I need to engage the 3 League Presidents in the process this time around. I may try to organize a ½ day meeting where Adam, Peter, and I can get face to face with the 3 League Presidents and start hashing out some understandings that can be put into writing.

2019 Phillips 66 Outstanding Service Award nominations. Each year Local Swimming Committees have the opportunity to select a recipient for the Outstanding Service Award. This award, sponsored by Phillips 66, is presented to a volunteer in each LSC in recognition of service to swimming. Recipients of the Outstanding Service Award are selected by the LSC and receive the award and an Outstanding Service Award pin. Send me your nominations, please, and we'll have a vote during our March BoD call. I, also, want to plant the seed to start thinking about our LSC 'Volunteer of the Year' awards as well.

A reminder to those approved to attend the Zone Workshops in Chicago this coming May should be making their travel arrangements. I haven't received any further info, but I expect it shortly.

Scheduled next LSC-wide Info and Q&A call for Wednesday, 2/6, at 9pm.

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

Our Vision: Inspiring swimming for generations.

Date – 1/31/19

Subject – Monthly Safety Report / 2019.1

From – Leo Gibbons, Jr. / Operational Risk & Safe Sport Chairperson

To – Niagara BOD & Chairs



1. Safe Sport Club Coordinators –
 - We currently have 67 actives to date
 - 2 are in progress / NEWW, SKAN
 - January 2019 Safe Sport Newsletter posted to FB and Niagara Website 1/12/19
 - SSCC Monthly Info Letter sent on 1/12/19
 - **BRAD** was proactive this Month and got the **“Gold Star of the Month”**
2. Reports of Occurrence – (3) (3 YTD) (2018 = 43) *
 - TTSC / F / 7 / Practice-Exiting Pool / Slip-Trip-Fall / Face-Mouth / Chipped Tooth
 - SDSC / M / 13 / Meet-Bleachers / Other-Previous / Thumb / Wound opened
 - SAAC / F / 15 / Meet-Competition / Respiratory-Anxiety / Panic Attack
3. Safe Sport Club Presentations – (0)
 - Several Clubs have been sent presentation details
 - SKAN requested info on 1/23/19
 - TWST received Safe Sport Recognized Club status on 1/16/19
4. Operational Risk –
 - Referees are advising Officials to complete Concussion Training
 - I also have been providing advice to Officials at meets that I work
 - Becky Sapio TWST Coach is now the Coach Rep on Operational Risk Committee
5. Athlete Wellness Program –
 - We had an online meeting 1/14/19
 - Jim is going to speak with Samantha Livingstone and setup the next online meeting
 - I reached out to Western Zone & Liz Hahn for info about Wellness Programs
6. New Core Center Safe Sport Training –
 - Information from the Director of Safe Sport Abigail Howard received on 1/24/19
 - New training will go live on 2/4/19 on USA Swimming LEARN Platform
 - My intention is to take the training on the day it goes live

Disability Report

We had our second committee call on 1/22.

Time Standards- Disability time standards are out! To get an athlete classified have them contact disability@niagaraswim.org. The classification process and entry process will go through me. Brooks and select officials will be included for clarity. Due to the fast turnaround to Championship season we will be using USA Swimming definition of intellectual impairment.

- a. IQ at or below 75
- b. Significant limitations in adaptive behavior
- c. The onset has to be before age 18

LEND Program- Strong Center for developmental Disability with a goal of creating more opportunities for this population through their training curriculum

- a. Jennifer will be coming to Syracuse in the evening on 4/4/19 for a training, any who are interested in are invited to attend
- b. If you are interested in having your own training for your organization you can contact Jennifer at Jennifer_Ward@urmc.rochester.edu
- c. Training is about 90 minutes, with a focus on administrative work, inclusion during the entrance process, behavioral and social inclusion and how to evaluate a program

Special Olympics- Spoke with Betsy a Special Olympics coach, Sport Director for Genesee Region and a Webster Bluefins coach and Martha a Special Olympics Coach.

- a. They would like help with
 - i. Volunteers at events
 - ii. Clinic days with inclusion relays
 1. Bluefins have done inclusion relays
 2. Clinics would be USA Swimming athletes working with Special Olympic athletes one on one and ending the day with combined relays
 - iii. Programing for both school age and adult athletes
 - iv. Officials- have a briefing they need to go through
- b. To include Special Olympic athletes in your program there is a free certification
- c. Webster will be hosting the Special Olympics Regional Swimming Meet 5/11/19

Moving forward: Working on a survey to go to LSC to find out the nontraditional athlete make up and programs they are interested in moving forward. Also looking into other LSCs to see what they do and if we can/are interested in incorporating them.