



Niagara Board of Director's Meeting Agenda

September 25, 2019 9:17PM

1. Call to Order
2. Roll Call
3. Approval of minutes for 8/29/2019 BOD meeting
4. Athletes
Consent Agenda (Items #5, #6, #7 and #8):
5. BAAC Club Strengthening Request (J. Stromski) attached
6. EAST Club Strengthening Request (J. Stromski) attached
7. STAR Club Strengthening Request (J. Stromski) attached
8. Motion to approve travel expense reimbursement for 2019 USA Swimming Girls National Select Camp (K. Corby) attached
9. Motion to approve Courtney Christ, Will Chidsey, and Mike Switalski as Appointed At Large Member of the BoD
10. Motion to approve the 2020 Summer Bid Calendar as presented (E. Stimson) Eric will send out
11. VIA EMAIL initiated on 9/26/2019 – Motion to approve SDSC reimbursement for 3 coaches to the Eastern States Swim Clinic 10/5-6
12. Reports Questions

Niagara LSC Board of Directors Meeting Minutes for
September 25, 2019

Position	Incumbent	Present	Absent
General Chair*	Jim Stromski	X	
Admin Vice-Chair*	Colin Adams	X	
Senior Vice Chair*	Kim Corby	X	
Age Group Vice Chair*		X	
Finance Vice Chair*	Peter Koenig	X	
Secretary	Colin Adams	X	
Treasurer	Adam Zaczkowski	X	
Senior Coach Representative*	Seth Williams		X
Junior Coach Representative*	Phil Baretella	X	
Junior Athlete Representative*	Molly Brennan	X	
Senior Athlete Representative*	Suzanne Sokoloski	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			
Immediate Past General Chair	Eric Lind		X
Diversity & Inclusion Chair	Mike Switalski	X	
Disability Chair	Courtney Christ	X	
At Large Athlete	Alex LaPointe	X	
At Large Athlete	Maddie Panus		X

1. Call to Order – 9:15
2. Roll Call – see attendance list
 - a. Adam Z made a motion to move item # 9 up in the agenda order to #3.
 - i. Seconded.
 - ii. All in favor. No opposed. Motion carries
 - b. Jim S made a motion to approve the agenda as amended.
 - i. Seconded.
 - ii. All in favor. No opposed. Motion carries
3. Approval of minutes for August BOD meeting as presented
 - Although the minutes were posted on the Drive, no one reviewed them
 - Approval postponed until October meeting
4. Athletes – Molly Brennan
 - After convention they came back with a lot of good ideas
 - Funding an athletes committee to encourage greater representation from all areas of the LSC and not just JR and Sr reps
 - Wellness Wednesday postings on Instagram
5. Motion to approve Courtney Christ, Will Chidsey, and Mike Switalski as Appointed At Large Member of the BoD
 - Seconded
 - Discussion – Adam Z is concerned that the bylaws removed the roles and we are adding them back. Is this counter-productive? Eric explained that it was done to focus on key processes and continuity. Brooks asked for clarification length of the appointment. Governance Committee will make the decision on term lengths.
 - All in favor. Motion carries

Consent Agenda (Items #5, #6 and #7):

- Motion to approve items #5, #6 and #7
- Seconded. All in favor. Motion carries
- Motions #5, #6 & #7 approved

8. Motion to approve travel expense reimbursement for 2019 USA Swimming Girls National Select Camp (K. Corby) attached

- Seconded
- Adam Z made a motion to amend original motion into 2 separate reimbursement requests, 1 for the coach and 1 for the swimmer
 - Seconded by Will
 - Discussion:
 - All in favor, Kim abstains, no opposed. Motion carries.
 - **Motion A** is to reimburse travel for the coach to attend the Select Camp and funded it as “coaches training” at 50%.
 - Seconded

- Discussion: Adam’s concern is the reimbursement for both coach and swimming and is new territory for the LSC. He can’t find a previous record of a previous reimbursement. Will suggests that we “clear” the current motions and establish a policy. Adam suggests that this be treated as “Coach training”. No specific USAS reimbursement requirement for this camp. Will questioned if this payment part of what she’s eligible for the year and not in addition. It was determined that is part of her allocation for the year.
 - All in favor, Kim abstain, no opposed.
 - Motion carries
 - **Motion B** is to reimburse the athlete for travel to the Select Camp
 - Seconded
 - Discussion: Adam questioned the impact of this on the athlete’s NCAA eligibility. Eric said yes it does.
 - Motion to amend Motion B to reimburse the athlete’s Home team at 50% if the club pays for the athlete’s travel to the Select Camp after the \$200 USAS reimbursement.
 - All in favor, Kim abstain, no opposed.
 - Motion carries
 - **Motion C** - Will made a follow-on Motion to create a policy to reimburse of athlete attendees to the Select Camp 50% of the net travel costs to the payable to the club.
 - Seconded
 - All in favor, Kim abstain, no opposed.
 - Motion carries
10. Motion to approve the 2020 Summer Bid Calendar as presented (E. Stimson)
- Seconded
 - All in favor. No Opposed
 - Motion carries
 - Eric suggested that the BOD needs to set the date of the Spring HOD meeting
 - Jim made a motion to hold the Spring HOD meeting on Saturday 4/25 in the Finger Lakes region, probably Geneva
 - Seconded
 - All in favor. No opposed
 - Motion carries

New Business

- HOD meeting will have light food and beverages because it won’t be a largely attended for the entire day. Communicate to the attendees to be prepared
- Reminder to keep the report overviews short and concise
- Dani Richards provided an overview of the Age Group Development Committee.

They summarized some data on how we can conduct Zone activities. Can be more effective and efficient with the funding. See the recommendation in the attached report which they feel could better benefit more people. Would like to present at HOD for feedback and solicit comments. This is informational for the BOD but in place to the next LC season. There is still a lot work to do with the P&P changes.

11. VIA EMAIL initiated on 9/26/2019 – Motion to approve SDSC reimbursement for 3 coaches to the Eastern States Swim Clinic 10/5-6 (see separate attachment)

12. Reports Questions

- Reports deferred until Fall HOD meeting

Reports of officers, committees and coordinators:

- General Chair – Jim Stromski – No Report
- Admin Vice Chair Interim – Colin Adams – No Report
- Senior Vice Chair – Kim Corby – No Report
- Age Group Vice Chair — No Report
- Finance Vice Chair – Peter Koenig – No report
- Treasurer – Adam Zaczkowski – No Report Attached
- Sr. Coach Rep – Seth Williams – No Report
- Jr. Coach Rep – Phil Baretel – No Report
- Sr. Athlete Rep – Molly Brenna – No Report
- Jr. Athlete Rep – Suzanne Sokoloski – No Report
- Safety Committee Chair – Leo Gibbons – No Report Attached
- 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
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Adjournment

- Motion to adjourn; seconded; all in favor. Meeting adjourned at 10:35.



Niagara Swimming Club Strengthening Program

Coach Training Approval Request

Niagara Swimming has implemented a program to help the education and development of our coaches. The program provides financial assistance to help member clubs cover the cost of educating their coaches. During the year (Sept 1st – Aug 31st) a club is eligible for up to \$500 in matching funds per coach.

Eligibility Requirements:

- The club has completed at least USA Swimming’s Club Recognition Program Level 1.
- The club has received approval from Niagara’s Board of Directors.
- Approval was granted prior to attending the training.

Submit this form with a letter of request to the General Chair of Niagara Board of Directors. The letter will include a description of the training that the coach/coaches will attend and the dates of the training.

Club Name Buffalo Area Aquatic Club

Club Recognition Level 3

Training to be Attended Eastern States Swim Clinic

Date(s) of Training October 5&6, 2019

Coach’s Name(s)

Michael Cutler

Martina Puzanov
Name of Club Representative Submitting Request

Signature

09/12/19
Date

Jim Stromski
871 Strong Rd
Tully, NY 13159-3069
(315) 238-7124
generalchair@niagaraswim.org

Board Approval _____
Signature Date

September 13, 2019

Letter of Request

To: Mr. Jim Stromski
General Chair of Niagara Board of Directors

Dear Mr. Stromski,

I would like to submit request for financial assistance under the Niagara Swimming Club Strengthening Program on behalf of Buffalo Area Aquatic Club.

Our team would like to send Head Coach Mike Cutler to Eastern Sates Swim Clinic held on October 5 and 6, 2019 at the Crowne Plaza in Cherry Hill, NJ. Coaches' sessions will include 10 presentations from various speakers, an open forum and the opportunity to observe the Olympians in a drill demonstration. Coaching a novice swimmer, Level-2 stroke school and the effective coaching at a swim meet are additional optional courses. The full information can be found here: <https://swimclinic.com/eastern-states-swim-clinic-2/>. Coach Cutler is interested in attending the add-on stroke clinic. The expected total cost for our coach would be \$1005.00(travel, hotel, clinic fee, additional stroke clinic fee and meals).

Buffalo Area Aquatic Club will be extremely grateful if this request is approved and our swimmers and other coaches can benefit from all the new information gained through this program.

Sincerely,

Martina Puzanov
Buffalo Area Aquatic Club
BOD member



Niagara Swimming Club Strengthening Program

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- The club has completed at least USA Swimming's Club Recognition Program Level 1.
- The club has received approval from Niagara's Board of Directors.
- Approval was granted prior to attending the training.

Submit this form with a letter of request to the General Chair of Niagara Board of Directors. The letter will include a description of the training that the coach/coaches will attend and the dates of the training.

Club Name East Aurora Swim Team

Club Recognition Level 2

Training to be Attended Eastern States Swim Clinic

Date(s) of Training 10/4/19-10/6/19

Coach's Name(s)

Chris Musshafen

Kala McCarrison

Kevin Murnock

Paula Zagrobelny

Anna Davidson

Chris Musshafen
Name of Club Representative Submitting Request


Signature

9/16/19
Date

Jim Stromski
871 Strong Rd
Tully, NY 13159-3069
(315) 238-7124
generalchair@niagaraswim.org

Board Approval _____
Signature Date



Niagara Swimming Club Strengthening Program

Coach Training Approval Request

Niagara Swimming has implemented a program to help the education and development of our coaches. The program provides financial assistance to help member clubs cover the cost of educating their coaches. During the year (Sept 1st – Aug 31st) a club is eligible for up to \$500 in matching funds per coach.

Eligibility Requirements:

- The club has completed at least USA Swimming's Club Recognition Program Level 1.
- The club has received approval from Niagara's Board of Directors.
- Approval was granted prior to attending the training.

Submit this form with a letter of request to the General Chair of Niagara Board of Directors. The letter will include a description of the training that the coach/coaches will attend and the dates of the training.

Club Name Sea Dragons Swim Club

Club Recognition Level 3

Training to be Attended Eastern States Swim Clinic

Date(s) of Training October 5+6, 2019

Coach's Name(s)

Karen Orcutt

Corey McMichael

Jim Wishart

Loretta Muelh
Name of Club Representative Submitting Request

[Signature]
Signature

9/25/19
Date

Jim Stromski
871 Strong Rd
Tully, NY 13159-3069
(315) 238-7124
generalchair@niagaraswim.org

Board Approval _____
Signature Date

September 24, 2019

I would like to submit a request for financial assistance from Niagara Swimming to help fund the travel expenses for Megan Deuel and Kim Corby to attend the 2019 USA Swimming Girls National Select Camp at the Olympic Training Center in Colorado Springs on October 10-13.

Each fall, USA Swimming brings 96 of the top USA Swimming member athletes in the nation for a once-in-a-lifetime camp experience. Swimmers are selected from the SWIMS database of top times. During the camp, these swimmers will learn about post race recovery, drug and supplement rules, psychological training skills, nutrition, race strategy and more. 48 male and 48 female athletes shall be selected to participate in each camp. 42 athletes male/female shall be selected following the September 1, 2018 through August 31, 2019 qualifying period based on the SWIMS database. The fastest three eligible athletes in each event will be invited. Doubles will be resolved by placing the athlete in his/her highest HY-tek power point event. 6 additional females and 6 additional males will be selected based on their individual IMX Power Point scores. The 6 highest scoring age 14-15 females, not previously selected for an individual event and the 6 highest scoring age 15-16 males, not previously selected for an individual event, will be invited. Male and female camps will be held separately.

The coach of each athlete is invited for it is thought crucial to the success of this program that each home coach attends with their athlete. Playing a major role in the National Select Camp are members of the National Team Performance Support staff as well as the Sport Development Performance Consultants. Separate educational tracts for the athlete's and the coach are offered.

Home coaches are required to fly with their athlete. Athletes and home coaches each receive a maximum of \$200 travel reimbursement from USA Swimming for purchased tickets *following* attendance at the National Select Camp. Our round trip airfare was \$918.20 per person through American Airlines. \$718.20 would be the remaining travel cost for each of us after the USA Swimming reimbursement. All meals and lodging will be at the Olympic Training Center.

The invitation to attend this camp was an honor and quite an accomplishment for Megan. We hope Niagara can support us with this very exciting opportunity!

Kim Corby
Pack Swim Team of Pittsford



Niagara Swimming 2020 Summer Bid Calendar

Applying for a Sanction:

If your club is interested in hosting a meet during the period of May 1st through August 31st, your Sanction Application, sanction fee, and meet packet must be received by **September 24, 2019 at 9PM**. All applications are to be submitted electronically (<http://niagaraswim.org> -> Swim Guide -> Meet Management -> Applying for a Sanction). Do not send paper copies via mail. All payments may be sent to:

Eric Stimson
1185 Doebler Drive
North Tonawanda, NY 14120

Before bidding for any meet, please make sure to follow all the guidelines and instructions found in the sanction application. Only submit bids for meets that you are certain that you have the logistical and technical ability to host. Once the calendar is approved, the meet becomes part of the competitive calendar and integral to the overall programmatic direction of the LSC.

Niagara LSC meets are under the guidance of the Technical Planning Committee. Clubs selected to host these meets must agree to run a format designed by the Committee. The meet host does not have the authority to alter any meet details specified by the Technical Planning Committee without prior approval of the Committee.

Clubs bidding for meets on open dates need to be aware that you may have to change your date if something unforeseen occurs, or if there are conflicts with Niagara, Eastern Zone or Speedo Champions series meets within the geographical area of Niagara Swimming.

If you are bidding on more than one open date meet, please prioritize them.

Per Niagara Policies and Procedures 202.2: Each geographic region [Buffalo, Rochester, Southern Tier and Syracuse] will be permitted two 'open meet' sanctions on the calendar for any given date. The second sanction will be issued as long as one meet is an LCM format. Unlimited 'restricted meet' sanctions will be permitted when there is no open meet on the calendar for any given date.

When designing your meet formats, you must to adhere to the USA Swimming 4-hour rule 205.3 F: *"With the exception of championship meets, the program in all other age group competition shall be planned to allow the events for swimmers 12 years and younger to be completed in 4 hours or less for a timed finals session or in a total of 8 hours or less per day for a preliminaries and finals meet."* Ensure that your Order of Events and age category detail does not allow swimmers aged 12 or less to swim in more than one session, as this would likely exceed 4 hours.

Any questions about the bidding process should be directed to sanctions@niagaraswim.org.



Niagara Swimming 2020 Summer Bid Calendar

Niagara Meets:

Dates in which Niagara designated meets are held are closed to other meets within the LSC. This restriction does not apply to the Super Circuit meets.

Niagara Super Circuit - **Open bids accepted.**

This Niagara program is a series of long-course meets. The meets will be single session LCM meets consisting of 8-12 events and lasting less than 4 hours.

The Super Circuit meets are designed for either Saturday or Sunday, but weekday meets are a possibility with approval from Technical Planning. Hosts whose bids are approved at HOD are eligible for a \$1,000 stipend from Niagara Swimming to assist with facility rental costs.

For the 2019-2020 fiscal year, \$9,000 is budgeted for Super Circuit meets. Each geographic region will be allotted \$3,000 (Syracuse/Southern Tier, Rochester, and Buffalo). If the \$9,000 is not fully allocated at the Fall HOD meeting, other geographic regions can bid on additional Super Circuits starting April 1st, 2020. Those bids will be handled on a first come first serve basis and require approval from the Board of Directors.

Niagara Long Course Championships - **Open bids accepted.**

This meet will be a 3.5-day championship long course format meet. Prelims/Finals split into 2-3 session per day. A 6-8 (preferred) lane 50-meter facility. Technical Planning will work with meet host to implement format.

Niagara Open Water Championship - **Open bids accepted.**

This is a single day meet. We are linking this meet to the weekend of the Niagara LC Championship to help promote attendance to this meet. Although there is a tie-in, there are no restrictions as to where the two meets can be held (one meet may be in Buffalo, the other in Syracuse). USA Swimming has initiated rigid requirements for hosting Open Water meets. Host clubs submitting bids need to ensure they have thoroughly reviewed the requirements for hosting the event and include in their bid package confirmation that they will be able to meet the requirements.

Niagara Sizzler - **Open bids accepted.**

This is a 2-day short course format meet to be held in any 6+ lane facility. Format and event list to be determined at a later time. Technical Planning will work with meet host to implement the format.



Niagara Swimming 2020 Summer Bid Calendar

2020 Schedule Overview

Date	Meet/Event	Location
TBD	Eastern Zone Meeting	TBD
TBD	Niagara Spring HOD	TBD
May 28-31	Eastern Zone Super Sectionals	Collegiate School Aquatic Center, Richmond, VA (hosted by Virginia Swimming)
June 27	Zone Open Water Championship	Lake Quassapaug, Middlebury, CT (hosted by Shoreline Aquatic Club)
July 23-26	Niagara LSC LC Championship	TBD
Aug 4 – 8	Combined US Open and Speedo Junior Nationals	Indianapolis, IN
August 5-8	Eastern Zone Age Group Championships	Liberty University, Lynchburg, VA (hosted by Virginia Swimming)
August 6-9	Long Course Senior Zone Championships	Buffalo, NY (hosted by STAR Swimming)



Niagara Swimming 2020 Summer Bid Calendar

Please note: all Niagara weekends, including Super Circuit recommendations, are not final until the calendar is approved by the HOD. These are simply recommendations for weekends that have worked in the past or have fit in recent calendars. They are not fixed dates and clubs are encouraged to work with technical planning to bid on dates that are different. Also, the date of HOD is a recommendation and may be modified from the floor by the HOD.

May 2020						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28 Eastern Zone Super Sectionals	29 Eastern Zone Super Sectionals	30 Eastern Zone Super Sectionals
31 Eastern Zone Super Sectionals						
June 2020						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27 Zone Open Water Championships
28	29	30				



Niagara Swimming 2020 Summer Bid Calendar

July 2020						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23 Niagara LSC LC Championships	24 Niagara LSC LC Championships	25 Niagara LSC LC Championships
26 Niagara LSC LC Championships	27	28	29	30	31	
August 2020						
S	M	T	W	T	F	S
						1
2	3	4 US Open & Junior Nationals	5 US Open & Junior Nationals	6 US Open & Junior Nationals	7 US Open & Junior Nationals	8 US Open & Junior Nationals
			EZ Age Gr Zones	EZ Age Gr Zones	EZ Age Gr Zones	EZ Age Gr Zones
				EZ LC Sr Zones	EZ LC Sr Zones	EZ LC Sr Zones
9 EZ LC Sr Zones	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

- Yellow – Niagara Swimming Designated Meet – Closed from any additional sanction
- Green – USA Swimming Meets
- Blue – Eastern Zone Age Group Meets
- Red – Eastern Zone Senior Meet
- Orange – Eastern Zone Super Sectional Meet

To: Niagara BOD
 Subject: Redesign Summer Zone Team Model and Re Purpose Funding
 Rationale: Programs to Rebuild Our Base
 From: Niagara Age Group Development Committee

Members of the Age Group Development Committee have been looking into our current summer zone team model. We have gathered data for the last few years on athletes attending and the financial support given by Niagara.

The numbers below represent the last 4 years of attendance.

2019		
Girls	Qualified	Non-Qualified
10 and U	1	2
11-12	4	1
13-14	5	3
15-18		6
Boys	Qualified	
10 and U	1	
11-12	1	3
13-14	3	6
15-18	2	4
2018		
Girls	Qualified	Non-Qualified
10 and U	2	4
11-12	9	2
13-14	4	1
15-18	2	3
Boys	Qualified	
10 and U	1	2
11-12	3	2
13-14	4	
15-18	3	3
2017		
Girls	Qualified	Non-Qualified
10 and U	3	2
11-12	7	1
13-14	14	1
15-18	4	3
Boys	Qualified	
10 and U	1	3
11-12	4	3
13-14	5	3
15-18	3	2

2016		
Girls	Qualified	Non-Qualified
10 and U	3	0
11-12	11	2
13-14	14	4
15-18	4	3
Boys	Qualified	Non-Qualified
10 and U	3	3
11-12	2	6
13-14	5	1
15-18	3	2

There is a noticeable decline in the attendance as well as the percentage of qualifiers. In 2016, you will see that approx. 68% qualified, in 2017 approx. 72%, in 2018 approx. 62%, and in 2019 approx. 38%. In addition to a change in the ratio of qualified versus non-qualified, there is also a decrease in attendance (66, 59, 45, and 42 from 2016-2019). While some of that may be attributable to Olympic cycles, Niagara's registration has been relatively flat during this four-year period (5703, 6029, 5711, and 5643). I believe there is some impact in the higher percentage of qualifiers for 2017 along with the bump in registration but beyond that, I do not see much that stands out.

For a few years there has been discussions surround the "New Jersey Model." Five members of the AG Development Committee met with the NJ zone team manager, Stephanie, at the USAS Convention. Stephanie explained their process and the basic 'rules' for their team.

The new model will still provide a Niagara Zone Team manager and coaches relative to the size of the team. There will be a \$100 charge per swimmer to Niagara. The funds are used to fund the coaches/team manager. Families will be able travel on their own and are not required to stay the duration of the meet if not swimming in events. It is important to note that an adult must accompany the athlete for the duration. Athletes are required to purchase 2 shirts, 1 suit, and 2 caps. Those items will be purchased directly from a vendor. Additional items may be available for purchase as well. We are currently working on other details and hope to have a full groundwork by the end of this year.

Niagara LSC spent approximately \$8500 in 2019 (this is after charging the families \$600 per athlete). The new model will free up this amount to be re-purposed for funding to rebuild our age group base with mini camps/large-scale camps to benefit multiple skills and the LSC as a whole. USA Swimming has an LSC camp guide/program we will use.

Our modified zone team proposal: Support the coaches/manager, leave the travel up to the families, charge \$100 per swimmer to pay for the coaches fees.