

SCSCA Meeting Tuesday, July 29, 2025

Meeting Minutes

Meeting began at 12:28pm following the Rules Clinic
Minutes taken by Tiffany Watson, Eastside High

- I. **Welcome** by Cindy VanBuskirk, Fort Mill, President –
-Excited for another season! Great session this morning with our fishbowl ideas (see below).
Introduced officers: Laura Henry, Treasurer; Tiffany Watson, Secretary; Amy Bailey, VP; McGee Moody, VP; and Susan Snyder, VP (absent – already back in school)
- II. **Approval of May 6, 2025 minutes** – Motion by Leslie McDuffy, Newberry; 2nd by Kim Ashworth, Ft. Inn
- III. **Budget report by Laura Henry** – Current balance of \$3,161. Expenses last year: \$180 – Awards for State Meet, \$250 – Herlong Scholarship Fund; Gains: \$1,000 in membership fees! Woohoo! We hit 100 members! 2024 balance: \$2,416.66.
- IV. **Proposed Revisions of SCSCA Bylaws' -- Vote on revisions. All Passed unanimously.**
Revision #1: *needed because of the change of the way SCACA selects the Coach of the Year. We used to submit 3 names and SCACA chose based on a resume/application. However, now SCACA wants our group to choose the winners.

X. SCACA (South Carolina Athletic Coaches Association) COACH OF THE YEAR:
A. Nominees will be as follows:
SCSCA Girls Team Coach of the Year (for current year); SCSCA Boys Team Coach of the Year (for current year); 2nd highest vote getter for Girls Team Coach of the year (for current year); 2nd highest vote getter for the Boys Team Coach of the Year (for the current year); 3rd highest vote getter for the Girls Team Coach of the Year (for current year); 3rd highest vote getter for the Boys Team Coach of the Year (for current year)

Revision #2:*needed due to Revision #1
B. NEW: The Secretary will place all nominees for this award on a google form ballot and emailed to all on the current SCSCA Distribution list. Voting will be tallied by the SCSCA President/SCSCA Secretary.

D. NEW: Recipients of the SCACA award will be notified by the SCACA office. This award will be presented by the SCACA at the Hall of Fame Banquet.

Revision #3:

E. Election of Officers: 1. Officers will be elected at the July meeting in all even numbered years. 2. Nominees for all offices will be selected by a nomination committee appointed by the president. Nominations may be made from the floor on the day of the elections. 3. Nominees for president should come from the present Executive Board, whenever possible. 4. The secretary and treasurer will be selected by the new president and approved by the membership. 5. Officers may be re-elected for the same or different offices. 6. NEW: Officers terms: President: unlimited consecutive terms. Vice-President, Secretary, Treasurer: unlimited consecutive terms. Elections held every two years.

Motion to pass revisions: Becky Van Evera, SJO; 2nd: Janie Carnes, Indian Land

- V. State Qualifying times: good decision to relax the consideration time multiplier – needed due to new classifications and empty lanes in 2024 State meets. All new times are posted to the SCSCA website and the SCHSL AD Notebook.
- VI. 2025 season:
- * Season begins Thursday, July 31
 - * Athlete Rosters due to Sportstiming Friday, August 8th *or* before your 1st meet; also make sure to send amended rosters if any new swimmers join your team later
 - * First meet/contest Monday, August 8
 - * Last Contest, Saturday, October 4th
 - * State meet: USC Natatorium. Entries are due Sunday, Oct. 5th by 9pm. All entry times must be verified on Sportstiming for the 2025 season.
 - Thursday, October 9: 2pm- 5A D2 Girls; 6pm – 5A D1 Boys
 - Friday October 10: 10am - 2pm 6pm – 3A
 - Saturday, October 11: 10am 2pm- 5A D2 Boys; 6pm – 3A
- VII. Hall of Fame nominations: due by August 30
- The nomination form is on the SCSCA website. Please be thorough in your nomination reasons. Eddie Hughes is the Chairman. The committee reviews nominations and selects 2 per season.
- VIII. SCSCA 2024 Swim Coach(es) of the year
- Plaques to be presented at 2025 state meets
- Girls Team: Kim Gould, AC Flora
- Boys Team: Laura Henry, Daniel

IX. SCACA 2024 Swim Coach(es) of the Year

Girls Team: Cindy Van Buskirk, Fort Mill

Boys Team: Laura Henry, Daniel

X. Old Business/ Review:

The Region Championship meet – even though it is called a Championship meet, is NOT a championship meet. Because it counts as 1 of the 8 meets on the schedule, the Region meet is the final Qualifying meet leading up to State. Since it is a Qualifying meet, all swimmers should have this 8th meet opportunity. Regions can decide how best to handle this – but swimmers should not be denied the right to swim.

XI. New Business:

McGee Moody would like to create a proposal that allows for an invitational/ jamboree that gives coaches the freedom to change the order of events and / or create new events. NFHS already states that coaches can agree to change the order, but SCHSL has to “adopt” this as well. For example – Coach Moody’s Sprint Classic idea for 50’s in every stroke + normal events.

Benefits: creates a fun environment for all swimmers, builds energy and motivation for seasonal swimmers to build confidence in 50’s first, allows more opportunities to swim (rather than just the 50 free)

Discussion/ Concerns: how to name the meet (jamboree or scrimmage?); when to host this meet (must be before the 1st meet); would times count? (they can’t if they aren’t the standard events... and they can’t if it is not one of the 8 official meets)

McGee would like to write the proposal – present to our organization – then move on to the SCHSL.

XII. Post season Zoom meeting: Sunday, November 2nd at 7:30 p.m.

Meeting adjourned at 1:03pm.

Addendum // Notes from the morning session of the Swim Clinic:

-Cindy reviewed all of the “Documents” under the Documents tab of the SCSCA website – the Structure of the NFHS, SCHSL, SCACA; Preparation for the season; District Officials map; Instructions for Submitting entries to State, etc.

-Fundraiser Ideas shared by Coaches:

1. Cindy says the Fort Mill swim team serves ice cream at Bruster’s for 2 hours. The seniors get to scoop. The others serve and clean up. The team earns a % of the profits and the tips during that time.

2. One coach says they sign up to work concessions at the USC Football games or USC basketball games with Aramark. The time slots can be shared with another team as well. They make \$2,000+ doing this.

-Dryland Discussion:

-very mixed bag – some teams do none, some teams do some yoga and stretching, some teams do power/ explosive/ core strength and dryland 2-3 days a week for the 1st 5 weeks and then taper off; some use it for stretching, some use it for more space in lanes (groups rotate)

-very mixed reviews on Strength and Conditioning coaches and whether or not swimmers can get into the Team Sports Weightlifting classes – totally depends on the school!

-Favorite Sets Sharing Session:

1. Cindy Van Buskirk:

6 x 25 free – 3 on 0:25, 3 on 0:20

1x50 Smooth on a 1:10

All Out 25 off Blocks – no breath; climb out other end

3 step dive out – hard butterfly back 25

Do 3 Rounds

2. Jan Rice, Greenville:

21 Club = 21 x 100's – sets of 3, descending the times.

Those who complete get a 21 Club Cap

3. Kim Ashworth, Ft. Inn:

44 Club = 44 x 50's – sets of 11, descending by 5 seconds

Also earn a 44 cap.

4. Coach Tim Carmody:

Need 5-8 per lane. 1 on block, a few in middle of the pool.

Start/ Sprint off the block – swim hard 12.5 – tag the person in the middle.

Middle swimmer swims hard to turn wall – turn – swim hard back to middle (25 total). Tag next.

Next swimmer – hard 12.5 finish to block end.

Next swimmer – relay exchange (using the finisher)...

Continuous – goes for 10 min or so... hard sprints. The more people, the more rest and better

5. Amy Bailey, Dorman:

Test Sets/ Evaluations done beginning of every season. Good to see growth over the years.

20 x 25 kick on 0:30. Once they miss the interval, they must get out.

6. Tiffany Watson, Eastside:

Stations on Saturday mornings with music. Each lane is 400-ish yards. Each station takes 8-ish minutes. Kids look forward to these – need to be grouped in similar abilities to that intervals are appropriate for their level.

6 lanes are all different. 7th station is dryland/ wetland = core work.

Ideas for lanes: 2 x 200 IM/ free. 4 x 100. 8 x 50. Kick lane. Pull lane. 5 x 75 (kick-drill-swim). 500 free with a training regimen.

7. McGee Moody, Gray Collegiate:

Ghost Turn 25's – need notes

9 x 100's with fins: Broken 100's like this...

50 free on 1:00 // 3rd 25 – underwater dolphin (*focus lap) // 15 sec rest – last 25 = all out choice stroke

Distance set: 300 (smooth) → 200 build → 100 goal pace

3 Rounds: Round 1 = 1 x 100, Round 2 has 2 x 100's goal pace, Round 3 has 3 x 100

8. Bengal Breakouts// Mirror Swims –

2 swimmers side by side – mirror the other swim until the designated one breakouts out and then they race

9. Coach Kate Litton

Racer Chaser = 1 starts on block for 25 sprint.

Other starts in water with fins. Has 2 Mississippi delay from block start.

The swimmer in water chases the racer!

Fun to pair different ages... the fins change the playing field!