

Illinois Swimming Board of Directors

Proposed Meeting Agenda

Wednesday January 8 @7:45PM

Location: ISI Office

For those who cannot attend in person

Conference Call 1-800-977-8002 (call in number) 356158# (participant code)

Time		Action
7:45	Roll Call	
	Adoption of Minutes	Vote Required
	Consent Agenda	
	This consent agenda groups the routine, procedural, informational and self-explanatory non-controversial items together for approval. All items on the Consent Agenda will be enacted with one motion for an up or down vote after allowing anyone to request that a specific item be moved to the full agenda for individual attention.	
	Reports From Staff	
	Executive Director	Report Submitted
	Reports of Officers	
	General Chair	Report Submitted
	Administrative Vice-Chair	Report Submitted
	Treasurers	Report Submitted
	Senior Vice-Chair	Report Submitted
	Age Group Vice-Chair	Report Submitted
	Program Operations Vice-Chair	Report Submitted
	Safety Chair	
	Athlete Protection Chair	
	Coaches Representative	Report Submitted
	Athlete Representative	
	Reports of Elected Non-Officers	
	Secretary	January Minutes
	Membership/Registration Chair	Report Submitted
	Officials Chair	
	Disability Chair	
	Diversity Chair	
	Rules & Regulations Chair	
	Review Section	Report Submitted
	Ex-Officio Member Reports	
	Jane Grosser (Immediate Past General Chair)	
	Pam Lowenthal (Registration Committee Chair)	
	Other Standing Committee Reports	
	Audit	2012 Audit Approval
	Budget	
	Personnel	2012 Bonus Award
	Finance	Investment Policy
	New Business	
	Approval of Carlos Ceja Diversity/Disability Chair	
	Key Performance Indicators	
	Old Business	
	BOD Meeting Schedule	
	BOD Meetings 7:45PM @ ISI Office 3/12, 4/9	
	BOD Retreat May 3&4, 2014 Location TBD	
	HOD Meeting Sunday April 13, 2014	
	Adjournment	

Illinois Swimming Board of Directors
Wednesday, January 8, 2014 @ 7:45 PM
 Conference Call

- Meeting Minutes -

Call to Order - Roll Call 7:45 PM		
Bob Welch, Steve Mitchell, Scot Warren, Michael Lawrence, Jeff Arce, Blake Moch, Adam Cremieux, Ryan Counihan, Mike Cunningham, Mimi Schneider, Judy Busse, Lauren Liberty, Pete Kozura, Pam Lowenthal		
Adoption of Minutes		
MOTION: To accept the November minutes as presented. PASSED		
Consent Agenda		
Reports From Staff		
Executive Director	Report Submitted	
Reports of Officers		
General Chair	Report Submitted	
Administrative Vice-Chair		
Treasurers	Report Submitted	
Senior Vice-Chair	Report Submitted	
Age Group Vice-Chair	Report Submitted	
Program Operations Vice-Chair	Report Submitted	
Safety Chair	Report Submitted	
Safe Sport Chair	Report Submitted	
Coaches Representative		
Athlete Representative		
Reports of Elected Non-Officers		
Secretary	November Minutes	
Membership/Registration Chair	Report Submitted	
Officials Chair		
Disability Chair		
Diversity Chair		
Rules & Regulations Chair		
Ex-Officio Member Reports		
Jane Grosser (Immediate Past General Chair)		
Pam Lowenthal (Registration Committee Chair)		
Other Standing Committee Reports		
Audit		
Budget		
Personnel		
Finance		

MOTION: To accept the Reports as presented. PASSED

DISCUSSION OF COMMITTEE REPORTS:

Safety Chair

- No Nut Policy - BW- There is a Health Department requirement that no food be allowed on the deck. A policy like this seems to be somewhat over-reaching. AC – The Health Department regulation is not always enforced in many cases. Westmont has had some experience with this topic – they have a “no nut on deck” policy. MC – has also had some experience with extreme nut allergies and would support a policy. It could be something that is placed in the meet packet. ML – This seems to be a little over-reaching for Illinois Swimming to create a policy. There are already rules and regulations in place and it seems that clubs are currently addressing the issue without influence from Illinois Swimming. AC – Would be willing to draft a policy that could be used by teams. It could raise the awareness for clubs. SM – This is probably not something that

Illinois Swimming should govern. Awareness would be the correct direction to go; not a policy that would need enforcing. SW – Supports SM’s perspective and thoughts. Enforcement would be a challenge and the consequences for non-compliance.

- SM – Announced that Illinois Swimming was formally approved for LEAP 2.
- ML – Distribution of the Rule Books ... Clubs, Meet Referees get rule books, but not coaches. It seems that there is no procedure in place for coaches to get additional rule books. PK – The rule book is placed on the website. PL – There are 700 coaches in Illinois. PK - We printed 300 Rule Books – we could print more, but it is a financial consideration. SM – This could/should be an issue for the coaches rep. to address. ML – Full-time coaches should receive a rule book. MC – Do all Illinois coaches receive the Blast Emails? PL – Yes, unless we do not have an email address, or have a bad email address. JA – Would a blast email with a link to the online rule book be a step in the right direction. RC – Is there an option to buy them? PK – Yes, we did that a couple of years ago and no additional requests for rule books. BW – Kinko’s can print the book in book format. Clubs can easily take the file to Kinko’s and have them make as many copies as they would like. PK – All Board Members are sent rule books as well.

COMMUNICATION

- ML – Communications are unreliable, unavailable and incorrect. Organization of information is poor. Incomplete minutes and
- BW – Minutes should be available in a more timely manner. Minutes and reports will be attached and posted on the website. There is room for much improvement
- ML – Fall HOD minutes are incorrectly approved. There is no mention of the senior report and it would appear that I am not fulfilling my responsibility.
- LL – New Board Member packet and information would be helpful. I wasn’t sure if or how I was to submit or create a report.
- JA – Agree that communication is an area where we can improve. I had to “piece together” what was going on and what was expected. Having the ability to pull-up previous reports would be helpful. Attaching reports to minutes should be pretty simple.
- RC – Agree ... there could have been a little more training (as a new member) and clarity in requirements and expectations.
- SM – It would be helpful if minutes could be distributed in a more timely manner to allow for adequate review prior to meetings. Errors should be corrected and require all to review and make corrections prior to approval. We do have a central hub/office which is the natural source for collecting and distributing information.
- MC – We have spoken about this in the past. Is the challenge the current format of the website or gathering the information?
- BW/PL/PK – The information is posted as soon as it comes into the office. Getting the information is the challenge, not posting it on the website.
- BM – A hard cut-off date prior to meetings is necessary for reports. When I came onto the board, I did not receive any instructions regarding reports .. how to put them together or when they were to be submitted.
- BW – The rule is to submit reports by the Friday prior to the meeting.
- SW – The challenge might be an accurate distribution listing.
- BW – Will create a distribution list for all to use. How does noon on the Friday prior to the meeting work as a deadline for submission of reports. (General feeling was “yes”)
- ML – Regarding SM comments – I did ask questions and was given one work answers. HOD minutes were
- BW – HOD minutes should be posted with a couple days of the meetings. If there is an error in approved minutes, we will make the correction. If a senior report is not included, we know there was a report given, we will amend the minutes to include the correct information.
- PL – An orientation packet for new board members would be a good thing to assemble. This might be a good topic to include in the Board Retreat agenda.
- ML – Information posted on a website appears as a news item first and then directs readers to another location for additional information.
- PL – E-Blasts are used for important information. Maybe all important information that is posted on the website should also be included in an E-Blast that redirects readers to the website.

SAFE SPORT –

- Guest Speaker to address the HOD on Safe Sport. ML – What would be the cost of bringing in a speaker and is that a budget item? RC – the exact cost is unknown at this time ... Safe sport has monies and USA Swimming might also be able to contribute. BW – The expectation is that the event will stay within
- Poster contest – Anti-Bullying theme

New

- ISI 990 - Due January 15, 2014
- Scot should be completely through the review by tomorrow, but does not see anything of concern in the report
- **MOTION: to accept the 990 as presented. PASSED**
- **Executive committee Report - Senior Championship Meet Host - Arlington Aquatics**
- **MOTION: to award the 2013 LC Senior championship Bid to Arlington Aquatics as recommended by the Senior Committee. PASSED**

Old Business:

- Investment Policy – Scot Warren
Requested that the Investment Policy proposal be placed on the February Agenda for review and approval. Scot will re-

- send the proposed policy for review.
- MimiS – Is there an update on a Senior Travel Trip? ML – It is not an easy task, more difficult than I initially expected, but I am still hopeful that the idea will become a reality sometime in the future.

BOD Meeting Schedule:

BOD Meetings: 7:45 PM @ ISI Office 2014 – Feb 12, Mar 12, April 9

BOD Retreat: May 3-4, 2014 Location TBA

HOD Meeting: Sunday, April 13, 2014

Adjournment: 8:54 PM

Respectfully submitted,

Judy Busse
Secretary



To: Board of Directors
Fr: Pete Kozura
Re: Report for Feb 12, 2014 Meeting

Winter Championship Meet preparations ongoing - Walk through completed at Lyons Regional site (first time host). In communication with all other Regional Hosts all of which have hosted Regionals recently. Senior Champ Meet host walk through scheduled for Monday, 2/10.

Winter Championship Meet Host agreements received from all Regional Hosts as well as Senior Champs and Age Group hosts. Summer Champ Meet agreements to be sent shortly.

Hotel room blocks for Winter Championship Meets information posted on website and emailed to membership. Reminder email blasted about upcoming reservation deadline.

Audit completed. Audit review to be presented at BOD meeting by Paul Ascheim.

Leap 2 submission complete and approved. Initial preparations for Leap 3 submittal begun.

Spring HOD scheduled for Sunday, April 13 at the Marriott Schaumburg. Information about meeting location and athlete representation emailed and posted on site.

Board of Directors Orientation Packet draft completed and submitted to Bob Welch and Steve Mitchell for review. See Admin Vice Chair report for further details.

Welcome to the Podium program information emailed to coaches and posted on site.

Inquiries into having court reporter/steno available at House of Delegates meeting to take meeting minutes.

Sponsorship Updates – Wintrust has agreed to a three year agreement as “Official Financial Partner of Illinois Swimming” - working out final details of partnership. Fitter and Faster Tour has agreed to an advertising position with Illinois Swimming. Greater Than has declined renewal for 2014 as they are reformulating their drinks and hope to be back with us in 2015. SkinnyPop Popcorn showed initial interest but has declined for this year with a possibility of looking towards 2015. Declined Gatorade partnership offer (via their youth marketing agency) as it only included sampling at Champ Meets and no sponsorship dollars were part of package. Will continue pursuit via Quaker/PepsiCo contacts. Finalizing terms of Athletico renewal.



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February 7, 2013

To: Illinois Swimming BOD
Fr: Bob Welch, General Chair
Re: Report

Diversity & Inclusion Committee Creation

Carlos Ceja has accepted my invitation to server on the Board of Director as the Diveristy & Inclusion Committee Chair. Carlos is currently the Head Coach of Northside Aquatics Club, Aquatics Director / Head Men's and Women's Swimming and Diving coach and Women's Water Polo coach at Northside College Prep H.S. and is in his 13th year in that position. He holds a B.S. in Kinesiology and majored in Movement Science at University of Illinois-Chicago. He is also on the Chicago Public Schools (CPS) Swimming and Water Polo Coach's Committee and is also a clinician for the CPS coaches.

Personnel Committee

The committee meet last week and based upon the achievements of Illinois Swimming last year awarded a 100% bonus payout for eligible staff. Actual bonus paid determined by individual performance as determined thru performance review process

Target bonus payout was based upon the overall performance of Illinois Swimming, Inc. in Key areas as identified by our mission statement and strategic plan. Some of the accomplishments for each area are shown below

- Govern in a fiscally responsible manner in accordance with USA Swimming and Illinois Swimming by-laws and rules and regulations;
Meet budget line items for 2013 and finished in good fiscal health, and passed audit with no major management notes, filed all required state and federal documents on time. Set and passed a set fee for membership for long-term fiscal health. Athlete Endowment fund now at over \$500K, development of Investment Policy, Policy Manual, Passing LEAP Level 1 & Level 2
- Support the growth and development of our membership through educational initiatives, financial assistance and program development at all levels;
Multiple Coaches Initiatives held including multi culture and disability clinics, Officials clinics local and national along with support for national mentors to develop volunteer officials, Club support dollars highest payouts in many years, New programs such as "welcome to the Podium", Coach Socials, and Coaches Grants. Athlete events that included, Connor Dwyer, Ryan Lochte, Matt Grevers. Coach Marks at the Coaches clinic and athlete awards banquette
- Promote the sport, athletes and membership to achieve excellence in swimming
Placed numerous ISI athletes on National & Junior National Teams, almost 10% of all ISI clubs "showed" in USA swimming club excellence program (5 Silvers and 6 Bronze) a 57% increase from previous year. ISI Swimmers on every national team (except open water) with a break out of 7 ISI Coaches serving as Nation or Jr National team coaches, 3 ISI Swimmers and 2 Coaches on Dual IN Pool Team, 4 ISI Swimmers on the FINA world Champ Team, 2 on World University Team.

The committee also decided upon a 0% 2013 compensation award and 10% 2013 Target bonus and dollars Additional dollars had been placed into the current operating budget to cover such expenses.

General Chair Report

Fall 2013 HOD

pg. 2

Petes review is in process and will be completed with in the next 30 days.



Illinois Swimming
Dec 2013
Financial Report

Balance Sheet:

Assets totaled \$1,036,120 as of Dec 2013. On a year over month basis, assets increased by \$9K or less than 1%. The change was driven by a gain in the AEF (+\$88K) which offset a decrease cash (-\$77K) which was used to fund operations.

Income:

Our year to date operating income was \$177K, which was \$250K positive vs. our '14 budget; however, we have yet to materially commence our '14 programs and associated expenditures. With the exception of our travel expense, where a significant portion is incurred early in our fiscal year with our convention, our general and administrative expenses are in-line with our '14 budget.

Budget:

Based upon our current cash position of \$387K we have adequate cash reserves, at approximately 13 months of budgeted general and administrative expenses, to cover the projected '14 expenditures. Looking at Dec '13 registrations, we are continuing to track registrations higher than our prior year while our budget forecast was for flat registrations levels.

**Illinois Swimming
Profit & Loss Budget Performance
December 2013**

	Dec '13 Actual	'14 YTD Actual	14 Annual Budget	Dollars Remaining	Remaining Percentage
Revenue					
Meets, Net	\$ 2,544	\$ 61,839	\$ 40,100	\$ (21,739)	-54%
Registrations, Net	\$ 25,526	\$ 196,917	\$ 272,200	\$ 75,283	28%
5740 - Sponsorships	\$ 2,000	\$ 13,197	\$ 105,000	\$ 91,803	87%
5900 - Revenue-Miscellaneous	\$ -	\$ -	\$ 1,250	\$ 1,250	100%
9000 - Interest Income	\$ 6	\$ 16	\$ 1,254	\$ 1,238	99%
Total Income	\$ 30,077	\$ 271,969	\$ 419,804	\$ 147,835	35%
Program Expenses					
Awards	\$ -	\$ 12,224	\$ 47,500	\$ 35,276	74%
Officials	\$ 3,175	\$ 4,327	\$ 22,568	\$ 18,242	81%
Program Operations	\$ -	\$ 1,000	\$ 48,500	\$ 47,500	98%
6940 - Sponsorship Expenses	\$ -	\$ -	\$ 1,698	\$ 1,698	100%
6950 - Public Relations	\$ -	\$ 1,250	\$ 15,000	\$ 13,750	92%
Total Program	\$ 3,175	\$ 18,801	\$ 135,266	\$ 116,465	86%
Net Program Revenue	\$ 26,902	\$ 253,168	\$ 284,537	\$ 31,370	11%
Expense					
Office & Occupancy	\$ 3,789	\$ 12,957	\$ 48,523	\$ 35,566	73%
Acct & Legal	\$ 7,776	\$ 8,717	\$ 12,750	\$ 4,034	32%
Salary & Benefits	\$ 18,238	\$ 71,428	\$ 243,129	\$ 171,701	71%
Meetings, Conventions & Travel	\$ 87	\$ 33,129	\$ 38,500	\$ 5,371	14%
Web, BOD & Other	\$ 2,446	\$ 4,887	\$ 15,114	\$ 10,227	68%
Total General & Admin Expense	\$ 32,336	\$ 131,117	\$ 358,016	\$ 226,899	63%
Net Operating Income	\$ (5,435)	\$ 122,051	\$ (73,478)		
Other Income/Expense					
9010 - Investment Income	\$ 8,789	\$ 9,910	\$ -	\$ -	
9020 - Unrealized gain(loss)/Investment	\$ (648)	\$ 44,782	\$ -	\$ -	
9510 - Investment Expenses	\$ -	\$ -	\$ -	\$ -	
Total Other Income	\$ 8,141	\$ 54,692	\$ -	\$ -	
Net Other Income	\$ 8,141	\$ 54,692	\$ -	\$ -	
Net Income	\$ 2,706	\$ 176,743	\$ (73,478)		

Illinois Swimming
Balance Sheet Prev Year Comparison
As of December 31, 2013

	Dec 13	Dec 12	\$ Change	% Change
ASSETS				
Current Assets				
Checking/Savings				
1040 · Checking-Fifth Third Bank	105,196.81	23,024.98	82,171.83	356.88%
1045 · Money Market - Fifth Third	20,455.63	180,301.09	-159,845.46	-88.66%
1070 · CD-JP Morgan	262,247.00	262,249.00	-2.00	-0.0%
Total Checking/Savings	387,899.44	465,575.07	-77,675.63	-16.68%
Accounts Receivable				
1200 · Accounts Receivable	7,875.00	6,875.00	1,000.00	14.55%
Total Accounts Receivable	7,875.00	6,875.00	1,000.00	14.55%
Other Current Assets				
1300 · Investments-Athlete Fund	631,725.00	543,472.00	88,253.00	16.24%
Total Other Current Assets	631,725.00	543,472.00	88,253.00	16.24%
Total Current Assets	1,027,499.44	1,015,922.07	11,577.37	1.14%
Fixed Assets				
1500 · Computer Equipment	24,968.70	24,968.70	0.00	0.0%
1510 · Office Furniture	14,180.65	14,180.65	0.00	0.0%
1600 · Accumulated Depreciation	-33,713.07	-31,040.07	-2,673.00	-8.61%
Total Fixed Assets	5,436.28	8,109.28	-2,673.00	-32.96%
Other Assets				
1800 · Deposits	3,184.00	3,184.00	0.00	0.0%
Total Other Assets	3,184.00	3,184.00	0.00	0.0%
TOTAL ASSETS	1,036,119.72	1,027,215.35	8,904.37	0.87%
LIABILITIES & EQUITY				
Liabilities				
Current Liabilities				
Accounts Payable				
2000 · Accounts Payable	0.00	0.00	0.00	0.0%
Total Accounts Payable	0.00	0.00	0.00	0.0%
Other Current Liabilities				
2500 · Club Overpayments	15,766.62	13,301.62	2,465.00	18.53%
Total Other Current Liabilities	15,766.62	13,301.62	2,465.00	18.53%
Total Current Liabilities	15,766.62	13,301.62	2,465.00	18.53%
Equity				
4000 · Net Assets-Unrestricted				
4100 · Net Assets-Athlete Assistance	266,577.14	305,229.03	-38,651.89	-12.66%
Net Income	577,033.00	540,910.00	36,123.00	6.68%
	176,742.96	167,774.70	8,968.26	5.35%
Total Equity	1,020,353.10	1,013,913.73	6,439.37	0.64%
TOTAL LIABILITIES & EQUITY	1,036,119.72	1,027,215.35	8,904.37	0.87%



ADMINISTRATIVE VICE CHAIR
Board of Directors Report
February 12, 2014

1. Posted message on ISI website home page announcing the date/location of the 2014 Spring HOD Meeting and communicating the Bylaw change for selecting representatives (delegates) from each Group Member club, including instructions on when/where to submit these representative (delegate) names.
2. Reviewed initial draft of a new Board Member Orientation packet, prepared by Pete. After submitting comments and having further discussion with Pete, a revised proposed packet is now being reviewed by Bob. This packet includes a welcoming letter from the General Chair, a brief review of Board activities and participation expectations, a Board calendar of events, examples of a typical Board Meeting agenda and reports, and the BOD Sections of the Bylaws. A full copy of the current ISI Rules and Regulations will also be provided.
3. Participated in a Personal Committee meeting to establish 2013 bonus guidelines for office staff and clarifying policy for annual timing of evaluations and compensation review.
4. Reviewed with Pam how ISI Swimming Records are maintained and updated. A statement will be included on the ISI website records page to communicate this process. Currently, this process is most applicable for Age Group records. Confirming with Senior Committee the review and confirmation process for Senior records.

Respectfully submitted,

Steve Mitchell

Administrative Vice Chair

6.0 ILLINOIS SWIMMING STATE RECORDS

Policy

- A. **Illinois State Records** may be achieved in one of the following ways:
1. An individual or relay time performance by a currently registered Illinois athlete(s) competing for a currently registered Illinois club (or UN) during a USA Swimming sanctioned/approved meet.
 2. An individual time performance by a currently registered Illinois athlete competing for a currently registered Illinois club (or UN) during FINA Swimming sanctioned competition.
- B. **Illinois Open Record** may be achieved by a currently registered Illinois athlete competing for a currently registered Illinois club (or UN) during a USA Swimming sanctioned, approved, or observed meet.

Procedure

1. Illinois Swimming Records are updated at the end of each Winter Season (March/April) and Summer Season (July/Aug) annually.
2. If an athlete has achieved an Illinois Swimming LSC record during the interim of these updates, the coach may notify the ISI office at ilswimoffice@ilswim.org to request the record be posted prior to the scheduled updates.
3. If there is a question regarding authenticity or eligibility of a potential record, the Administrative Vice-Chair, in consultation with the Membership Coordinator, Age Group Committee Chair and/or Senior Committee Chair, as applicable, will determine acceptance.



Sr Division Report February 2014

This report summarizes the activities within the Sr Division. I am happy to answer questions regarding anything in this report; please contact me at pegasus523@gmail.com or 847 220 3940.

Committee Chris Bertana (BDSC), Adam Cremieux (WEST), Nancy Reese (COHO), Mary Ruffin (AA), Bill Schalz (ACAD), Jeff Skeels (ACAD), Bob Strube (WHTN), Michael Lawrence (Chair, LFSC)

2014 ISI LC Sr Championship Meet -- 31-3 Aug 2014 @ Munster High School, Munster, IN (Arlington Alligators host)

2014 ISI LC Sr Championship Meet -- 6-9 Mar 2014 @ UIC (CATS/WEST co-hosts).

The Senior Committee is soliciting bids for future Championships Meets thru 2016. Please contact Michael Lawrence, pegasus523@gmail.com, or the ISI office if your club would like to bid for one of these meets.

Enduro Meet – The Wheaton Swim Club hosted an ISI Enduro Meet in December. A total of 8 heats were conducted. Feedback from WHTN is that the meet has potential for the future and the club would be open to hosting again.

The meets need greater promotion and involvement at the staff level in order to be more successful. The format can certainly be re-structured to increase the success potential as long as we maintain the objectives of the program. There is great potential for additional programming and creative recognition programs in the future.

Open Communication As directed by the Board a conference call was arranged to discuss lines of communication between technical committees. Additional follow-up email communications have occurred and (my view only, others may differ) been quite helpful in achieving more open communication objectives.

Calendar The following is accurate per information currently available but should only be used for general planning purposes:

2014

- | | | |
|-------------|-------------------------|----------------------|
| o 13-15 Feb | Arena Grand Prix | Orlando, FL |
| o 28-1 Mar | HS Boys State | |
| o 28-2 Mar | ISI Regional Champs | As Assigned |
| o 6-9 Mar | ISI Sr Champs | UIC (CATS/WEST) |
| o 13-16 Mar | SCS Short Course Champs | Pleasant Prairie, WI |
| o 14-16 Mar | ISI Age Group Champs | UIC (WSO) |
| o 18-22 Mar | NCSA Champs | Orlando, FL |
| o 1-4 Apr | YMCA SC Nationals | Greensboro, NC |



*Sr Division Report
February 2014*

This report summarizes the activities within the Sr Division. I am happy to answer questions regarding anything in this report; please contact me at pegasus523@gmail.com or 847 220 3940.

2014

- 24-26 Apr Arena Grand Prix Mesa, AZ
- 15-18 May Arena Grand Prix Charlotte, NC
- 12-13 Jun Zone Open Water Pleasant Prairie, WI
- 13-15 Jun OW Nationals Lake Castiac, CA
 - Selection Pan Pac
- 19-22 Jun Arena Grand Prix Santa Clara, CA
- 17-20 Jul SCS LC Champs Iowa City, IA
- 18-20 Jul ISI Regional Champs As Assigned
- 28-1 Aug YMCA LC Nationals Indianapolis, IN
- 30-3 Aug Summer Jr Nationals Irvine, CA
- 31-3 Aug ISI Sr Champs Munster IN (AA host)
- 1-3 Aug Zone Age Group Geneva, OH
- 1-3 Aug Zone Sr Champs Minneapolis, MN
- 6-10 Aug Summer Nationals Irvine, CA
 - Selection World Champs/Pan Pac/WUGS/Pan Am
- 17-22 Aug Youth Olympic Games Nanking, China
- 21-25 Aug Pan Pacific Champs Queensland, AUS
- 27-31 Aug Jr Pan Pacific Champs Maui, HI

- 16-20 Sept USAS Convention Jacksonville, FL
- 13-15 Nov Arena Grand Prix Minneapolis, MN
- 21-22 Nov HS Girls State
- 3-7 Dec SC World Champs Doha, Qatar
- 4-6 Dec Winter Nationals Greensboro, NC
- 11-13 Dec Winter Jr Nationals Federal Way, WA

2015

- OW
- 16-18 Jan Arena Grand Prix Austin, TX
- 13-15 Feb Arena Grand Prix Orlando, FL
- Mar Arena Grand Prix
- 27-28 Feb HS Boys State
- 27-1 Mar ISI Regionals As Assigned
- 5-8 Mar ISI Sr Champs TBD
- 12-15 Mar SCS SC Champs Iowa City, IA
- 13-15 Mar ISI Age Group Champs TBD



*Sr Division Report
February 2014*

This report summarizes the activities within the Sr Division. I am happy to answer questions regarding anything in this report; please contact me at pegasus523@gmail.com or 847 220 3940.

2015

- | | | |
|-------------|------------------------|-----------------|
| ○ 16-18 Apr | Arena Grand Prix | Mesa, AZ |
| ○ 14-17 May | Arena Grand Prix | Charlotte, NC |
| ○ 18-21 Jun | Arena Grand Prix | Santa Clara, CA |
| ○ 17-19 Jul | ISI Regional Champs | TBD |
| ○ 16-19 Jul | SCS LC Champs | Minneapolis |
| ○ 14-18 Jul | Pan Am Games | Toronto, CA |
| ○ 23-26 Jul | ISI Age Group Champs | TBD |
| ○ 30-2 Aug | ISI Sr Champs | TBD |
| ○ 31-2 Aug | Zone Age Group | Topeka, KS (?) |
| ○ 2-9 Aug | LC World Champs | Kazan, RUS |
| ○ 3-14 Jul | World University Games | Gwangju, KOR |
| ○ 30-3 Aug | Summer Jr Nationals | San Antonio, TX |
| ○ 6-10 Aug | Summer Nationals | San Antonio, TX |
| ○ Aug | FINA World Jr Champs | Singapore |
| ○ 29-3 Oct | USAS Convention | Kansas City, MO |
| ○ 12-14 Nov | Arena Grand Prix | Minneapolis, MN |
| ○ 3-5 Dec | Winter Nationals | Federal Way, WA |
| ○ 10-12 Dec | Winter Jr Nationals | |

2016

- | | | |
|------------------|------------------------|----------------------|
| ○ OW | | |
| ○ 15-17 Jan | Arena Grand Prix | Austin, TX |
| ○ 12-14 Feb | Arena grand Prix | Orlando, FL |
| ○ 17-20 March | SCS SC Champs (LC) | 2 interested bidders |
| ○ 14-16 Apr | Arena Grand Prix | Mesa, AZ |
| ○ 12-15 May | Arena Grand Prix | Charlotte, NC |
| ○ 9-12 June | Arena Grand Prix | Santa Clara, CA |
| ○ 3/4-10/11 July | Olympic Trials | Omaha, NE |
| ○ 21-24 July | SCS LC Champs | |
| ○ 2-6 Aug | US Open | |
| ○ 6-13 Aug | Olympic Games Swimming | Rio de Janiero, BRA |



**Age Group Vice Chair Report
Board of Directors Report
February 12, 2014**

Age Group Committee Members- Jeremy Messerole, Jacob Weber, Jacob Ayers, Kate Chronic, Teresa Fish, Alessio DeRossi, Tony Gallagher, Mirko Markov and Mark Hoeffler

Meeting Schedule-

February 11, 2014 in office 10am
March TBA

Championship Meets

- Age Group Champs hosted by UIC and Wildkit (March 13-16)
 - Need to set walk thru up
 - Will need to be sure to get up to date State records into meet file.
- Regionals (Feb 28-March 2)
 - Hosted by Scout, Barrington, Lincoln Way, Lyons, Academy (Springfield) and Fox Valley.
- Town Hall Meeting
 - Possible Town Hall Meeting before House of Delegates to discuss championship meet formats and layouts for future events. See attached for more information.

Camps

- Three camps being developed and worked on.
- 13-14 Camp at Olympic Training Center in May. Dates are set as May 5-8, 2014. More info coming! Thank you to Mirko and Pam for their work on this.
- 11-12 travel camp to coincide with a high level competition. (Tickets have been obtained for finals on Saturday, applications being put together and camp itinerary being put together).
- 10 and Under local camp (possible camp hosted by Chicago South)

Sincerely
Jeff Arce

Illinois Swimming 11-12 Elite Travel Camp Proposal

Date: May 15th to May 18th, 2014

Location: Charlotte, North Carolina

Swimmers would train long course in an area facility within drive to the Mecklenburg Aquatic Center. This will give the swimmers the opportunity to attend finals on Saturday of the Grand Prix meet. Staff of 4 to 6 coaches and “manager(s)”. 12 boys and 12 based on performance from the age-group state finals in March.

Schedule:

1. Friday travel & pool training session
2. Saturday pool training session & Attend finals session at Grand Prix Meet
3. Sunday pool session and travel home

Flights: Direct, Non-stop service from O'Hare to Charlotte-Douglas international on US Airways, American, and United (average cost as of end of September is \$350 to \$400 round trip).

Training Location: Contacted North Carolina Swimming for suggestions of a 50 meter location in Charlotte area.

Hotels: 3 to 4 star hotels range from \$90 to 125 per night, with no current major events scheduled for that weekend (other than Grand Prix meet).

Championship Meet Meeting and Sanctioning Task Force

1. Purpose
 - a. This meeting is being held to constructively discuss our current championship meet format, structure, and timeline and how we sanction them.
2. Goal
 - a. To gain a majority view of how, when and format of our championship meets.
3. Procedure
 - a. Participants
 - i. Coach Members of Illinois swimming in good standing
 - b. Structure
 - i. Topics to be discussed in a Pro and Con format. There will be more than one idea brought to the meeting so please keep your comments to ideas that you like and why or to why you dislike an idea.
 - c. Ground Rules
 - i. Members may speak when recognized by the Age Group Chair or Coaches Chair.
 - d. Consensus
 - i. Again the hope is to gain consensus from the majority, so that we may keep the HOD meeting more business centered.
4. Before the Meeting
 - a. The Age Group Committee will distribute the meeting information along with meet format and structure ideas.
 - b. Anyone who wishes to bring a meet format or structure idea please submit them to the Age Group Committee prior to March 10th. Additional materials will be made available to all clubs by March 12.
5. After the Meeting
 - a. The consensus plan will be brought to the HOD.

Possible Championship Meet Formats

1. December Meet
 - a. In December run two meets 11-14 and 10 and Under, prelim/final
 - b. End of February run Divisional/Regional Meets (March Madness)
 - c. March run a National Age Group Champ in Illinois
 - d. Summer run a true 4 day state championship meet
2. NCAA Option
 - a. Continue to run Regional Meets, keep Time Standards the same but work on expanding to 6-8 Meets Seasonally
 - b. Spring Champ meets would remain but with the following structure. Two sets of time standards one automatic championship qualifying time (based on top 10 from previous year). The other being a consideration time. The Championship Meet would be limited to the top 40 swimmers per event.
 - c. Summer Run a true 4 day Champ Meet
3. 3 Meet Format
 - a. Keep Regionals as they are
 - b. Run three winter age group championship meets
 - i. 10 and Under Timed Final (2 Day)
 - ii. 11-12 3 Day Prelim/Final
 - iii. 13-14 3 Day Prelim/Final
4. Two Championship Meets
 - a. Keep Regional Meets as they are
 - b. 12 and Under Prelim/Final
 - c. 13 and Over Prelim Final
5. Two Champ Meets
 - a. 10 and Under Meet 10 and Under
 - b. 11 and Over Meet 3 ¼ day format both seasons

Coaches Rep Report

From: Mike Cunningham <RCunningham@lifefitness.com>
Sent: Tuesday, January 28, 2014 4:45 PM
To: 'Bob Welch'; 'Pam Lowenthal'; Peter Kozura
Subject: Coaches Rep Report

Bob, Pete, and Pam:

Here is my report for the February meeting.

Coaches' social was a success! I would like to move it to September so that we can get more coaches involved, and am looking for idea's for the social for September.

Coaches' visits going well, and improving the program with each visit based upon feedback from the host club. I am looking for new clubs to be involved in hosting.

Lots of interest from coaches in knowing how the championship format is coming from the senior and age group committee's, and if there has been any progress. Many coaches ready for something new, but want the idea's and reasons behind them.

Thank you,
Mike Cunningham

Life Time Fitness, Inc., 2902 Corporate Place, Chanhassen, MN 55317.

Unsubscribe: <http://www.cprpt.com/LifeTimeFitness/10005/unsub.asp>

Life Time Fitness may monitor email communications. This email may contain confidential or proprietary information.

No virus found in this message.

Checked by AVG - www.avg.com

Version: 2013.0.3462 / Virus Database: 3681/7039 - Release Date: 01/28/14



To: Board of Directors

From: Vice Chair of Program Operations

RE: February Board Report

- Updated Meet Referee CEU credits and how they can be earned. Final revision will be out the week of 2/14/14 after Officials committee approval
- Updated Meet Referee meet summary report to consolidate to OTS from separate spreadsheet. I will be working out details to make sure the meet referees are completing. Now not all referees are completing the summary report.
- Continue to work on Meet referee transition workbook for Senior and Age Group Championship meets. This will assure a smoother transition from meet ref to meet ref for the meets.
 - I will be having Randy and Jack use the manual as beta and will update again after the short course season.

Respectfully submitted,

Blake Mock



February 2014 Safe Sport Board report

Executive Summary Report

Please read the Executive Summary Assessment of USA Swimming's Safe Sport Program. It is located on the usaswimming.org/protect. If you have any questions please contact Susan Woessner or Ryan Counihan.

I will keep everyone updated as I find out more information what needs to be done next.

Presidium Speaking at the HOD

I have spoke to Susan Woessner about Presidium speaking at The Spring or Fall HOD. USA swimming will split the cost – it would be about \$300 for Illinois swimming. We need to talk about when the Illinois BOD would like Praesidium to come out and do a presentation.

Regional and Championship Swim Meets

- Post posters and Fliers about the educational training for the Athletes and Parents at all the Championship meets.
- Safe sport will have a Poster board Contest at all the Winter Regional sites.

Hot Topics

I do not have any to topics to share since our last BOD meeting.

Please let me know if anyone has any hot topics that would like me to research and share with the Illinois board.

Illinois Swimming website

Have a Safe Sport link (web page) on our Website

USA Swimming Safe Sport Newsletter

The purpose of this newsletter is to provide a foundation that allows for direct on-going communication with each of you. Information contained within will cover the most current Safe Sport related information. If you have any feedback, comments or suggestions, please e-mail us at athleteprotection@usaswimming.org.

Safe Sport Updates

With the New Year upon us, it is a great time to set new goals for the Safe Sport initiative as well as reflect on all the great strides we have already taken. Let us know what you are doing in your LSC to spread the Safe Sport word and we'll highlight it in the next Safe Sport Newsletter.

Training and Education

As all of our schedules start to fill up for the New Year, please think about inviting Safe Sport staff to your LSC camps or clinics to facilitate the Athlete Training. If you are interested in this opportunity please contact Safe Sport Coordinator Liz Hoendervoogt at ehoendervoogt@usaswimming.org.

Zone workshops in 2014

USA Swimming will be hosting zone workshops in 2014. A draft agenda is attached to this email. If you are attending one of the workshops and have returned the reservation forms (also attached), you will receive a more detailed agenda prior to the workshop. Because the workshops are spread out over a six week period, there are different deadline dates to register. Please note the deadline for the workshop you wish to attend and return your reservation form before the deadline. This is an auto-fill reservation form; you should be able to open the Word document, click on the gray areas and type in the information, save and close the document, then email it to cdurance@usaswimming.org as an attachment.

Dates for the upcoming clinics

April 4-5-6 Central Zone Workshop Chicago Midway Marriott (fly into Midway Airport) Deadline to register is Thursday, March 6

April 11-12-13 Eastern Zone Workshop BWI Airport Marriott (Baltimore) Deadline to register is Wednesday, March 12

April 25-26-27 Western Zone Workshop Renaissance Denver Hotel Deadline to register is Friday, March 21

May 16-17-18 Southern Zone Workshop Emerald Green Resort/Carrollwood Country Club Deadline to register is Monday, March 31

Who should plan to attend?

LSC registration and membership coordinators, times officers, LSC office staff, safe sport chairs. All sessions are open to everyone, but most sessions are targeted to one of these specific positions. Because each session has limited seating, you do need to indicate on page two of the reservation form which sessions you plan to attend.

What expenses are involved to attend?

USA Swimming will provide meals or per diem if not providing every meal, the course materials, and a hotel room based on double occupancy. If you wish to have your own room, you or your LSC will be required to pay the difference in advance to USA Swimming. Page three of the reservation form specifically addresses this. Your LSC is expected to cover the cost of your travel – airport and hotel parking during the workshop, mileage reimbursement if you drive, airfare or train fare if that is your method of travel.

Respectfully Submitted

Ryan Counihan

Safe Sport Program

REPORT
AS CHAIRMAN OF THE ILLINOIS SWIMMING BOARD OF REVIEW
TO THE HOUSE OF DELEGATES, 2013-2014

With the passage of the legislation concerning Board of Reviews at the convention last fall, it would appear that my time for service to Illinois Swimming has come to an end after 20+ years. As most of you are aware, the legislation basically does away with LSC swimming boards of review and require or allows any decision previously made by the LSC's to now be heard on a zone wide basis at a zone board of review that should have been established or should be established in the very near future. While Illinois is still permitted to have a board of review, it does appear that it could be bi-passed at any time by any party by simply asking that USA Swimming rules be enforced and that the matter be decided at the zone level. Therefore, in my opinion, an Illinois Board of Review would be somewhat powerless. It does seem to be a waste of time to continue on with it and I assume that all future board of review matters will be handled on a zone wide basis as far as Illinois is concerned.

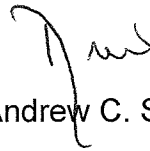
That having been said, I would like to be take this opportunity to thank everyone associated with swimming for the opportunity to serve. I have been involved in swimming since I got my first ribbon in 1956, before most of you were born, and it appears that my service will end today or in the very near future. A couple of thoughts. Swimming is obviously a great sport from just about every aspect, but I think most importantly it allows families to participate in an activity together, which in this day and age seems to be very difficult. The coaches are dedicated, the volunteers are tireless and the athletes continue to amaze me. If I can ever be of service again, I would be happy to do so.

A couple of observations. I had the opportunity as a young swimmer to meet with and get to know Ken Pedigrew and Doc Counselman. I swam for and knew Dick Smith out in Phoenix and was coached by Walt Schlueter. Most of you don't know who these people are but take my word for it, they were great. I have an old AAU card signed by Carolyn Lambert, when I was a swimmer, and later served on the Illinois swimming Board of Directors with Carolyn Lambert. One of my very best friends and associates, Jim Devine, former head of the National Board of Review, did remark on many occasions before his passing, that he thought what made swimming great was the fact that none of the officials or volunteers were paid and they did this out of the love of the sport. I have tried never to forget that and made sure that that is why I served. I am certain that is why the majority of the volunteers continue to step forward.

A couple of final observations. I cannot thank Helen Kelly and Pam Lowenthal enough for the guidance and help they have given me throughout the years. I want to thank the coaches and the people who have appeared before the Board of Review. They continually conducted themselves in a professional and civil manner and accepted the results of the hearings. I think this professionalism is what helps make our LSC one of the biggest and best in the Nation.

Finally, the best party I ever went to in swimming was at the Big 10 across from the Radisson in Minnesota at Sectionals in 2002 and it stands out more than any, and I have made a few parties. The best parent to party with was Doug Lennox and the best coach, although John Almedia runs a very close 2nd, to party with was Tim Lewarchick. Those of you who know me will understand that this took some sorting out and a lot of work but I thought it worth mentioning and is a good way to sign off.

Sincerely yours,



Andrew C. Schnack, III

ACSIIIpjb

Monthly Comparison

January	2013	2014
Athletes	1193	829
Outreach	34	38
Non-Athletes	222	96
Clubs	15	6

Athlete Breakdown Totals as of February 6, 2014

Athlete Age Groups	Female	Male	Total
8 and Under	1045	815	1860
9 yr olds	1016	737	1753
10 yr olds	1328	896	2224
11 yrs olds	1285	936	2221
12 yr olds	1270	891	2161
13 yr olds	1098	805	1903
14 yr olds	989	721	1710
15 yr olds	665	461	1126
16 yr olds	489	450	939
17 yr olds	335	400	735
18 yr olds	204	309	513
19 and over	61	93	154
Total Athletes as of 2/6/2014			17299

Year To Date	2013	2014*
Athletes	17309	17067
Outreach	188	232
Non-Athletes	1470	1607
Clubs	115	117

*Calculated on 2/6/2014

*** New Club: Sharks Swim Club, St Patrick HS, Chicago,IL Head Coach Kamil Kulczycki



**Illinois Swimming House of Delegates
Fall 2013
Sunday, October 13, 2013
1:00 PM
Chicago Marriott O'Hare – Chicago, IL**

MINUTES

- 1. Roll Call - Called to order at 1:00 PM by Bob Welch**
- 2. Approval of Agenda -**
 - MOTION: To approve the agenda as presented. PASSED**
- 3. Reading, Correction and Adoption of the minutes of previous meeting**
 - MOTION: To approve the 2013 Spring HOD minutes as presented. PASSED**
- 4. Opening Remarks**
 - **Bob Welch, General Chair - WELCOME!**
 - **Peter Kozura , Executive Director - Report included in the HOD packet**
 - Highlights:**
 - USAS Convention Overview –one-time-per-year meeting; FINA Governing Bodies\\
 - Championship Meet Results – Illinois/Zone
 - Illinois Swimming Corporate Sponsors
- 5. Reports of Officers**
 - **General Chair – Bob Welch – Report is included in the HOD packet**
 - **1-Age Group Chair – Jeff Arce – Report included in HOD packet**
 - **Championship Meet Bid format change – Discussion followed**
 - 2-day 10&Under meet
 - Timeline Challenges? ML – should be addressed via time standards
 - Problem – 10&unders? No ..ML it is the management of the Prelim session
 - JonC (STC)- 10&Under time standards have not been changes in years
 - Jon C Pressure comes when there is another session following the 10&Under session
 - Jon C - Create a manageable session
 - Bill S (ACAD) – if the timeline is consistently long – why plan for the same length timeline .. plan for a 4-hour session instead of the 4:30 session
 - Bill S. - is the target number of swimmers 700? JA – yes, this looks to be a good target number.
 - JA – we are looking to change the bidding process for the meet. “you are bidding on a 2-day 10 & Under meet”. The current perspective is that the AG meet is an “unmanageable event”.
 - AH (NT) – is more concerned with the length of time athletes spend at the meet. If flighting is in the proposal – I could support. Just removing the 10&U does not address my issue.
 - JA – the specific details of the meet (format) are the responsibility of the Age Group Committee and the BOD.
 - (Elgin Cyclones) – 13-14 cuts are almost the Senior cuts ... have you considered moving them to the senior meet? ... Considered making the relays 200's?
 - MC (LifETIME) – supports moving the 10-&U out .. moving them out would allow more swimmers to be included in the meet.
 - Todd (Acad) – Travel costs? Adding an additional championship meet for coaches and families. Transition of a large number of 10&U into a smaller 11-12 meet later.
 - Kelly B(GA) - Difference between “making cuts” as a 10&U .. then what happens when they are 11-12
 - Mike L (Acad) - shares Kelly’s opinion about the effect of “not making the cut” as an 11-12 .. particularly with boys.
 - JA – 700 ... preliminary number with the goal of making the championship model more pyramid-like instead of the diamond-shape that it is.
 - ML (Lake F) – does not favor. Not been presented in a way ... financially viable? No bidder? Time standards? ... this is not a stepping stone – this will be embedded as soon as

we present it and actually run it – you cannot redo it. Build-the-Base has to do with membership, not championship meets. We are not going to bring in additional 10&U with championship cuts. We have a safety valve – Regional meets. The presentation needs to be more comprehensive ... where are all of the layers.

- DaveK. (Fox) – all options will be painful ... FOX just ran the meet .. the meet is long, but we love the format of having the 10&U in the meet. Re-evaluation of the time standards is painful but also happens at the national level. 13-14 & Senior combo cannot be done unless you have a 4-day format. A-B flights were implemented previously only as a safety valve and utilized for the 400 IM/500 Free.
- (DesPlains River Races) - supports the removal of the 10&U .. cumulative effect of multiple=day meet needs to be addressed. Officials also experience the effect and stress of the meet. With the large population of the Illinois LSC .. we need to address providing an opportunity for more of our athletes to participate.
- DK (FOX) – we are an awesome and fast state ...
- John A (Redbird) – opposed to the proposal . Travel is a huge part of the reality of living in the south part of the state. We have to travel everywhere – all the time. The solution – build more pools!
- Bill S (Acad) – recommends that we table the motion and let the Age Group committee return with a more comprehensive plan. There are many layers to this proposal.
- Jon C (STC) – no in favor of slowing down time standards for any age group. Financial viability so someone would host should not be a major consideration when deciding on a format. Smaller meet format would allow more clubs to consider hosting - downstate, too.

MOTION: to table the Age Group Motion to move the 10&Unders to their own championship meet - PASSED.

MOTION: to table the Age Group Motion of moving the 10&Unders to their own championship meet and direct the Age Group committee to present a complete comprehensive package. PASSED

○ **Time Standards presented for Championship meets - Discussion**

- Time standards are too fast and
- Good job keeping the regional cuts consistent – allows for more swimmers to have a championship meet.

MOTION – to accept the time standards as presented - PASSED

MOTION – to accept the site assignments for the upcoming 2014 Regional meets

○ **Regional Meet Hosts – Summer 2014**

- Participation number in the down-state meet site do not warrant a down-state meet
- Downstate clubs indicated that they do not participate in the summer regional meet due to the increase in travel expenses.
- Wasn't the concern of the 5th meet officials motivated,
- ChrisV (Homewood-Flossmoor) – Our club was denied awarding of a bid .. how do we address that with the board.

MOTION – to award Regional host bids to the following teams ..Oswego, Lincoln-Way and Wheaton PASSED.

○ **Regional bid for the Lincoln college-prep bid.**

- Concerns centered around experiences that the air temperatures in the facility were excessive.

MOTION: To award a Regional Host bid to Northside Aquatics PASSED.

MOTION: To add another southern Regional site and accept the PAWW bid to host the summer regional meet. . PASSED

○ **Age Group Championship Meet –**

MOTION: To accept the recommendation of the BOD to award the Age Group Championship Meet bid to Academy/Blue Devil Meet utilizing a in a 3 1/4-day format. PASSED FAILED.

Discussion ..

- Bill S (ACAD) – We submitted the bid on time and prefer the 4-day format.
- Bob W – The bidder does not determine the format of the meet .. that is decided by Illinois Swimming. The bid packet did not address the format of the meet. Many formats were presented to the house and defeated by the house. The current format of the meet is the 3/1/4
- BS – admittedly, Bob Welch stated that the BOD did not do it's job. ACAD/Blue Devil will not host a 3 1/4-day meet.
- Was the original meet format (4-day) recommended by the Age Group committee? Yes.

MOTION: To award the Age Group Championship meet bid to Academy/Blue Devil Meet as presented in a 4-day format. PASSED.

MOTION: To utilize the 4-day format for 2014 and 2015 Long Course Championship Meet. 2nd. Discussion (Motion will require 9/10 vote to pass). FAILED

Amend: to charge the Age Group committee with determining a format of the meet and present the format to the HOD in the Spring. 2nd. Discussion

Call Question ... PASSED

Amendment Motion – FAILED

- In favor of the 4-day format .. allows for better timelines, inclusion of 10&U, & 200 length races for 12&U.
- This decision forces the meet to be held out of state.
- There are facilities in the state that could host a 4-day format.
- 4-day could include R/S/S/M meet format.
- Increases the costs associated with the meet at all levels
- Impact on volunteers, officials in particular
- What happens if we do not pass a format? Does it go back to the Age Group committee?
- Why do we need to decide on a format

MOTION: 2015-2016 bidding cycle the Age Group Committee will accept bids in either the 4-day or 3 ¼ day meet format. 2nd. Discussion. PASSED

- Time standards might not be able to be established as required (in the Fall) if the format of the meet is unknown.
- A 4-day format bid excludes all facilities in the state from hosting and only allows the meet to be hosted by a couple of teams who have access to the out-of-state facilities.

- **2-Senior Chair – Michael Lawrence** – Report included in packet
 - Thank you to the host teams of the 2013 LC Championships
 - Reported on new programming – “Welcome to the Podium”
 - Enduro Challenge – Wheaton will be hosting the first distance-based meet
 - Time Standards – Comparison between many meet levels shows some potential challenges as standards become faster. The Illinois Senior Championship meet becomes a meet where senior level athletes are able to compete as the advanced meets become more challenging.
 - Club Support for 2013 - funding levels are in the report
 - Sectional Meet
 - Senior Championship Meet - no bids were submitted at the deadline. We have received a bid within the last 72 hours – Arlington Aquatics at Muenster, Indiana.
 - Does the bid process need to be re-opened? Yes, the BOD decided at their Wednesday meeting to re-open the bid process until December 1st.

MOTION: To re-open the bid process on October 14th through November 30th, thus allowing additional teams to consider submitting a bid. PASSED.

- Club Support - Definition of “Season” Does the high school state meet qualify as a “preparatory meet”. Does a prep meet have to come prior to the Championship meet.

MOTION: To allow funding for one additional meet per season regardless of the? 2nd. Discussion.

- The primary focus meet was originally the Olympic Trials Meet. Preparatory meets were originally defined to include any meets Grand Prix, etc. that allowed athletes to get additional experience to better prepare them for Olympic Trials.
- High School girls do not have an opportunity to utilize the preparatory meet program. This becomes a gender equity issue.
- What is the financial implication of this adjustment? Not many teams take advantage of the preparatory meet funding program.

- **3-Safety Chair – Adam Cremieux** – Report included in HOD packet.
 - New programming is coming regarding Concussions and look for potential certification in this area.
 - There are a number of new policies that are required to be in place for all clubs. Working with Safe Sport, we will be able to make all of these new policies available for clubs to access.
- **4-Safe Sport Chair – Ryan Counihan.**- Report included in HOD packet.
 - Safe Sport information available on at usaswimming.org/protect.
 - Numbers are listed in the report for both Athlete and Parent videos. Illinois numbers are good, but our goal is to be number one. This should be a focus for all clubs.
 - USA Swimming Rules –
 - Adult Coach and Adult Swimmer relationships are no longer allowed.

- Added sexual abuse by a minor athlete against another minor athlete as a violation to the Code of Conduct
 - Safe Sport Handbook is available and may be downloaded to iPad, etc.
 - Athlete Protection Training geared for 12 & over athletes is available on the USA Swimming website
- **5-Coaches Representative – Michael Cunningham**
 - Website
 - Coaches Social - date – December 28th. Lucky Strikes
 - Coaches Education Grant
 - Club Visit Program - USA Swimming is matching money for coaches education for visiting programs and coaches.
 - Volunteer Clubs: Redbird - October Academy – November Fox – December
Other interested clubs should notify Mike if they are interested in participating in 2014.
- **6 -Administrative Vice-Chair – Blake Mock**
 - ONLINE meet packet template available
 - Task Force is in currently meeting to discuss Meets and Sanctioning Task Force.
 - Preliminary view of meet sanctions allowing for adjustments
 - Encouraging short course meets for novice swimmers during the long course season
 - Task force will report back to the House in the Spring
 - All-time high for Meet Officials – 705 Officials currently in Illinois
 - 4-Hour Rule will be strictly enforced. All meets must be “planned” to meet the 4-hour rule. You may not cut events from the session unless it has been clearly stated in the meet packet. Only races 200 yards and over are eligible to reduction or cutting.
 - The four-hour rule is to help protect the sport.
- **7- Program Operations Vice-Chair – Steve Mitchell** – Report included in HOD packet.
 - LEAP program requires a review of Bylaws and Policies and Procedures
 - Mandatory language for some Bylaws has been updated.
 - Recognized the At-Large Athlete Representative in attendance

Bylaw Changes –

***Item 1 - Amend 604.1.3 Athlete Representatives**

MOTION: To Approve the recommendation as presented. 2nd. Discussion Withdrawn

- Recommendation to change the term to 3-years ... sophomore/junior /senior representatives

AMENDMENT: To elect three athletes to serve for three years. PASSED

- What about athletes who go to college during their term?

MOTION: To elect four athletes to serve on the Board of Directors , two to be elected in even years, two elected in odd years. PASSED

***Item 2 – New 604.1.5 Athletes At-Large House Members**

- for attendance at the HOD meeting. Clubs (23) were randomly selected to provide athletes. At this Fall HOD – only 5 athletes attended the meeting.

MOTION: To define the club representation at the House of Delegates to include two representatives, one of which must be an athlete. PASSED.

***Item 3 – New 607.10 At-Large Board Members -**

- Powers and Duties of At-Large Members

MOTION: To accept the bylaw change as presented. PASSED

***Item 4 - Board Member Chairs and Coordinator Changes.**

Amend 607.7.2.1C Appointed Chairs and Coordinators

Amend 607.2.2 Duties and Powers of Non-officer Chairs and Coordinators

Amend 607.3 Members and Ex-Officio members of Standing Committees

MOTION: To accept the amended changes as presented. PASSED

***Item 5 - Reorganization of placement in the Board of Directors**

- Diversity and Inclusion do not have anything in common – why are these committees combined?
- Inclusion is the goal of both groups of people and combining them

- **8-Membership – Pam Lowenthal** – Report included in HOD packet,
 - One of two LSC's to have over 20,000 athletes
 - Athlete membership cards are sent directly from USA Swimming
 - Encourage all to use the Deck Pass app.
 - ISI requires that all coaches display their credentials at all times.

- **Officials – Tim Steffl - No Report**

6. Presentation and Approval of Financial Statement – Scot Warren –

Report included in HOD packet

MOTION: To approve the Financial Report as presented. PASSED

7. Presentation of the Budget – Scot Warren – Report included in HOD packet.

- Illinois Swimming and USA Swimming budget in a quad plan. The current budget presented poses a deficit. The proposed budget includes a number of new programs and cash reserves are in place to cover the potential deficit. However, in 2015-16, revenues may not meet budgeted expenditures

MOTION: To approve the 2024 Budget as presented. PASSED.

9. Announcements

- **Spring HOD Meeting – April 13, 2014 in the Chicagoland Area**

10. Adjournment - 4:30 PM

Respectfully Submitted,

Judy Busse
Secretary



International Relations Committee

Mission and Responsibilities: "To plan and develop the agenda and action items for USA Swimming in the international arena and to expand the influence of USA Swimming in those international organizations to which USA Swimming relates".

This report summarizes the activities with the USA Swimming International Relations Committee. I am happy to answer questions regarding anything in this report; please contact me at pegasus523@gmail.com or 847 220 3940.

The committee met in February 2014 in Colorado Springs. Highlights below:

- Discussion of the prospects for a US host city for the 2018 or 2020 FINA Short Course World Championships
- The Committee endorsed a proposal to invest \$110k in athlete/team support for World Cup participation
- Discussion regarding the qualification system for the 2016 Olympic Games
- The Committee viewed a video of the new "backstroke wedge" device approved at the TSC meeting, Bangkok, December 2013 (further review by Bureau, March 2014)
- Discussion of potential challenges within the TOWSC, particularly regarding qualification for 2016 Games
- Nominating and Succession Planning Sub-committee established (Fernando Canales- Chair, Chelsea Nauta, Bill Wadley, Carol Zaleski, Jim Wood)

IRC STRATEGIC PRIORITIES

- Autonomy and Sovereignty of the Federation
- Organizational Relationships
- Leadership Development
- Sport Development
- Sport Fairness
- Athlete Safety

Future Board and IRC meeting schedule: May Colorado Springs



Board Report

January 25, 2014

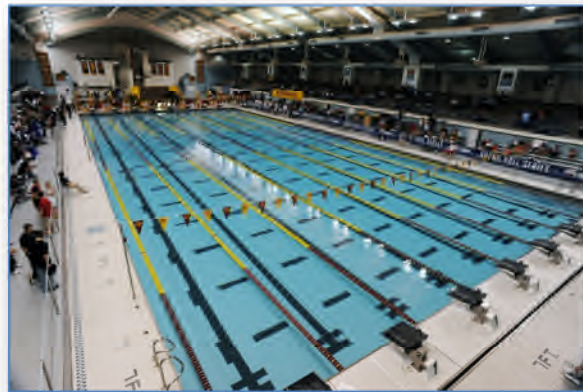
Dave Anderson – Coach Director

Steve Potter – Non-Coach Director

Senior Zone Task Force – Steve Potter

The task force agreed to not make date or venue changes to the August 1-3, 2014 championship to be held at the University of Minnesota. The team agreed to the proposed cuts at midway point between Section 3 Sectionals and Junior Nationals. Other points of agreement included:

- Leverage the great venue at the U and in Minneapolis
- Making it a cut meet rather than a age restricted entry meet
- Fast cut, but not as fast as Juniors – make it a prestigious event
- Promote bonus swims (1 cut + 2 bonus events; 2 cuts + 1 bonus event)
- Allow for club attendance rather than LSC attended format
- Encourage the colleges to attend – targeting athletes needing a fast August swim
- Identify the meet advocate within each LSC who can help publicize the event



Next Steps:

- Socialize the recommendations with Program Development Vice Chairs with the 15 LSCs
- Compile final recommendations, hold conference call to finalize plan February 3rd
- Develop formal marketing plan to drive success of summer 2014 meet
- Begin publicizing and building advocates
- Hold follow-up calls; get and stay motivated and organized

Winter
2014



Western Zone

Athlete Newsletter

Editor:
Steve Sholdra,
Western Zone
Athlete
Representative

QUOTE **OF THE ISSUE**

*“Don't practice until you get it right.
Practice until you can't ever
get it wrong.”*

-Anonymous

IN THIS ISSUE...

- Feature Story by
Mary Jo Swalley
- Two-Page Special on USA
Swimming Governance
Committees
- 2014 Open Water Nationals
Information
- Nutrition for Recovery

VIDEO **OF THE ISSUE**

Breaststroke Technique

Hosted by Bob Bowman and Michael Phelps, learn professional racing advice for breaststroke in this month's video. Some of the advice given is pulling your shoulders to your ears, pulling your lower back up during breathing, and sweeping your hands in front of your elbows. Enjoy! The video can be found [here](#).

USA SWIMMING **BY THE NUMBERS**

Total Members:	331,767
Total Athletes:	298,207
Club Swim Teams:	2,796
Non-Athlete Coach/Official:	30,642
LSCs:	59
New USA Swimming Athletes Jan. 1-31:	6,057
Top 3 Largest LSCs:	

Southern California, Illinois, Pacific

Thanks to Chuck Wielgus for statistics through Feb. 3, 2014

Western Zone Swimming



Open Water Swimming

2014 Open Water Nationals

Lower Castaic Lake

Santa Clarita, CA

June 13-15, 2014

2014 10K Time Standards:

Men: **800:** 8:28.69, **1000:** 9:19.89
 1500: 16:05.29, **1650:** 15:37.59

Women: **800:** 9:03.49, **1000:** 10:03.59
 1500: 17:20.49, **1650:** 16:46.19

2014 5K Time Standards:

Men: **800:** 8:33.79, **1000:** 9:25.49
 1500: 16:14.99, **1650:** 15:46.99

Women: **800:** 9:08.99, **1000:** 10:09.69
 1500: 17:30.89, **1650:** 16:56.29

Qualifying Period: Between July 1, 2013 and Entry deadline. Meet Host: Canyons Aquatic Club.

Why Do We Do This Drill?



"Jonny Quest"

(Underwater Breaststroke Pulls)

Named after a 1960s Hanna-Barbara cartoon character, "Jonny Quest" is a breath-control drill, and emphasizes maximum efficiency throughout the underwater pull. In the TV show, Jonny Quest would often escape from his enemies by swimming underwater breaststroke, as they were chasing him on the surface in boats.

Younger swimmers can use this drill to learn and practice pullouts, and senior swimmers can use it as a great breath control drill, with a limited number of breaths per length.

Instructions

Push off wall, complete underwater breaststroke pullout. Repeat pullouts for full 25, only surfacing to breathe.

Exclusive WZ Athlete Newsletter™

Injury Prevention

By Guest Correspondent **Tim Vagen**, Certified Strength and Conditioning Specialist (CSCS). Mr. Vagen is the founder and owner of Unlimited Athlete, Inc, an athletic development company in Kent, WA.

Muscular balance is the key to all injury prevention. Swimming (*except for the massive warm up at meets*) is a non-contact sport, so there should be no injuries. Swimmers tend to be more dominant with the muscles on the front, or anterior, part of the body. Keep working the strength on the back of the shoulder muscles, the lower back, the hips, and the hamstrings. This will balance out the musculature from all the front side work being done when swimming.

USA Swimming Governance

National USA Swimming Disability Committee

By **Jackie Kenny**

USA Swimming Disability Committee Athlete Representative

One of the most AMAZING (in my opinion) USA Swimming National Committees is the Disability Committee. The name is pretty straightforward and most of you can probably guess what their mission is. Officially, the Disability Committee's purpose is to facilitate inclusion in USA swimming programs through education and collaboration. Rather than creating entirely separate, unique opportunities for disability swimmers, the committee focuses on smoothing the path and providing ways for disabled athletes to become more easily integrated into existing programs and competitions. This way, all athletes are united under one umbrella (a.k.a. the swimmer umbrella), and it is made obvious that discrimination will not be tolerated. In short, the Disability Committee works on ensuring that every disabled athlete has the opportunity to have the same experience as any other swimmer.

This year, at the USA Aquatic Sports Convention, the Disability Committee met several times to discuss pertinent issues and upcoming events.

One of the major topics was the **Disability Coach Workshop**, which will either take place January 16-19, 2014 or October 16-19, 2014, depending on the availability of the Olympic Training Center in Colorado Springs. This interactive workshop will concentrate on educating coaches on how to properly train athletes with different disabilities. More information will be coming soon!

The **Deaf International Short Course Swimming Championships** will be hosted on January 14-18, 2014 at the Rochester Institute of Technology Judson Pool in New York. It is open to members of the International Committee of Sports for the Deaf (ICSD), is sanctioned by USA Swimming, and hosted by the United States Deaf Swimming and Fairport Area Swim Team. For more information, you can contact the Deaf Swimming Athletic Ambassador, Marcus Titus at marcustitus05@gmail.com.

As an athlete, coach, or swim instructor, if you are interested in learning more about how to teach children that face a variety of challenges (such as physical, emotional, sensory, cognitive, behavioral, etc.) in the water, a new course called **Aquatics for Children with Challenges** is starting up in 2014. It is classified as an Aquatic Therapy & Rehab Institute (ATRI) course and will assist aquatic professionals in structuring the aquatic environment, planning appropriate activities, adjusting to meet individual needs, designing progressions to facilitate success, and assessing progress toward child-specific activity. Because the course is brand-new, they are looking for interested persons who might be qualified to be trained to teach the course. If you would like more information, please don't hesitate to contact Sue Nelson at snelson@usaswimming.org or Tina Dessart at tdessart@usaswimming.org.

USA Swimming Governance

National USA Swimming Diversity Committee

By **Thomas Locke**

USA Swimming Diversity Committee Athlete Representative

The Diversity and Inclusion Committee works with members of USA Swimming to create a culture in the sport that is equal in opportunity. Many events were created within the past year that has impacted communities across the United States. One of the major events that was initiated was the **Diversity Zone Select Camp**. In addition to the National Diversity Select Camp, the Southern Zone hosted its first Diversity Select Camp and Summit in Charlotte, North Carolina. Seventeen athletes were selected to attend the camp by their LSCs. The camp was composed of training in the pool, motivational sessions, and team building activities. Olympians such as Cammile Adams, Micah Lawrence, Cullen Jones were invited to talk to athletes. Other LSC's such as the Western and Eastern Zone will also host Zone Select Camps soon.

Another event that took place in 2013 was the **OKS Native American Cultural Swim Meet**. This event took place at the Oklahoma City Community College hosted by the Oklahoma City Diversity Committee. This meet was hosted for 14 & under swimmers, which introduced Native Americans in the area an experience to the sport of Swimming. In addition, those who were 15& older had the opportunity to give back to their community.

Representing my LSC and USA Swimming, I am honored to be a part of a committee that is motivated to make impacts across the United States. As a **Diversity Select Camp** Member in 2011, the swimmers and coaches that were a part of the camp are considered a second family to me. As a current committee member I look back on my experience and realize that if it was not for the camp that I attended, I wouldn't be as involved in the sport of swimming as I am today. One of the main lessons I learned three years ago was to show others how special the sport of swimming is and to help give the sport of swimming the recognition it deserves. There are many ways to show others how great the sport of swimming can be. I would advise all swimmers in USA Swimming to show their love for the sport.

Feature Story

Did Your Alarm Clock Ring Early This Morning?

By **Mary Jo Swalley**

USA Swimming Vice President, Executive Director Southern California Swimming

Whether you are a swimmer, a parent driver or a coach, when you hear that very early alarm to take you to morning practice have you ever pondered, “Why am I doing this?” It would be easy enough to give yourself some extra rest time, but you don’t. Let’s take a look at answering that “why.” How do all of us involved in USA Swimming develop a passion that keeps us going like the dedicated postman, rain or shine?

First, our sport teaches a life-saving skill. It may seem simple to all of us – we swim. Statistics tell us that we are not the norm; 40% of Caucasians, 60% of Hispanics and 70% of African-Americans do not share the skill. Our USA Swimming Foundation Make a Splash program represents our passion to change the picture. Take a moment to help a child or an adult learn to swim. Maybe it is you teaching a neighbor in a backyard pool. Maybe it is helping organize a local spring vacation “learn to swim.” Maybe it is supporting Make a Splash.

Next, our sport teaches a life-long skill. A skill that can be learned in pre-school and enjoyed throughout a lifetime. A skill adaptable to recreation, vacation and fitness as well as competition. Take a moment to sit back and watch a heat of “no timers” at their first meet. Volunteer to help at a Masters meet. Enjoy joining friends and family at a beach party. You may be a former competitive swimmer; you will never be a former swimmer.

Finally, our sport teaches life management skills, including (but not limited to) work ethic, time management, goal setting, winning/losing, self-discipline. There are no losers among swimmers. A few reach the dream of being one of 52 Olympians while ALL gain the tools to succeed in life. Take a moment to look at all the volunteers who give tireless hours to help every swimmer have the chance to succeed. Consider how many have or had swimmers in their family and stay involved because they see the values swimming offers all its athletes.

The next time that alarm rings oh so early in the morning...just consider the investment it represents for your future and for all of our futures.

Nutrition

Nutrition for Recovery

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Knowing how much carbohydrate, protein and fat to get in a day is good. But knowing **when** you should be getting those nutrients is even better. In general, follow these guidelines for incorporating carbohydrate, protein and fat into your day.

- Spread carbohydrate intake out over the course of the day (i.e. smaller meals and frequent snacks). This keeps blood sugar levels adequate and stable.
- Eat *some* carbohydrate before morning practice. Note: This can be in the form of juice.
- Eat carbohydrate in the form of a carb-electrolyte drink, such as Gatorade or Powerade, during workout **IF** workout is 90 minutes or longer. Gels are also acceptable.
- Eat carbohydrate and protein within the first 30 minutes after practice. This enables the body to replenish glycogen stores and repair muscle tissue. **This is perhaps the most important time to eat!!!!**
- Eat again (something substantial, like a real meal) before two hours post-practice has elapsed. **This is critical to maximizing recovery!!!!**
- Incorporate fat into the day at times that are not close to workout. Fat is *necessary*, but contributes little to the workout or immediate post-workout recovery period.

Part of the reason good nutrition is critical during recovery has to do with the fact that the body is extremely good at making the most of what it is given. Following exercise, the body is very sensitive to the hormone *insulin*. Insulin is that hormone that rises every time blood sugar rises. In other words, every time a swimmer eats carbohydrate, which causes blood sugar to rise, insulin goes up. Well, it's insulin's job to remove sugar from the bloodstream, and it does so by facilitating its storage as **glycogen**. Glycogen, the storage form for carbohydrate, is what the body taps into for fuel when exercise is very intense. This can happen quite a bit during a tough workout, which is why it's important to see that glycogen is replenished before the next practice.

The American College of Sports Medicine, American Dietetic Association and Dietitians of Canada Joint Position Statement on Nutrition and Athletic Performance states that:

“After exercise, the dietary goal is to provide adequate energy and carbohydrates to replace muscle glycogen and to ensure rapid recovery. If an athlete is glycogen-depleted after exercise, a carbohydrate intake of 1.5 g/kg body weight during the first 30 min and again every 2h for 4 to 6h will be adequate to replace glycogen stores. Protein consumed after exercise will provide amino acids for the building and repair of muscle tissue. Therefore, athletes should consume a mixed meal providing carbohydrates, protein, and fat soon after a strenuous competition or training session.”

(ACSM, ADA, Dietitians of Canada, 2000, p 2131)

In addition, research (van Loon et al, 2000) has implicated immediate post-exercise carbohydrate ingestion (1.2 g/kg/hr for 5 hrs) in the enhancement of glycogen re-synthesis.

Body Weight in lbs (kg)	Carbohydrate Required (g) to meet Intake of 1.2-1.5 g/kg
120 (54.5)	65-82
130 (59.1)	71-89
140 (63.6)	76-95
150 (68.2)	82-102
160 (72.7)	87-109
170 (77.3)	93-116
180 (81.8)	98-123
190 (86.4)	104-130
200 (90.9)	109-136
210 (95.5)	115-143
220 (100.0)	120-150

Editor's Note: This article can be found on the USA Swimming Coaches Page [here](#).

The Last Page

SHOWTIME

Winter Break is over. Spring Break is coming up. That means that taper time is here, as you prepare for your big season-culminating championships in February or March. Whether you're an age group swimmer preparing for your LSC championships, a senior swimmer preparing for Sectionals or Nationals, or a college swimmer preparing for Conference, this is showtime. It's difficult to prepare physically for these championships, but the training has already been accomplished. Now it's time to mentally prepare for the meets, which is where the races are won or lost before they even begin.

Over winter training, you've had approximately a month of exhausting training preparing you for this moment. You've put the time, the effort, and the enthusiasm into your training, and these Feb/Mar meets are where you get to prove your winter training work ethic. It all comes down to that moment before you step up on the blocks for your championship races, where you either: 1) remain composed and confident, assured that you will give your physical and mental best performance, or 2) Break composure, second-guessing your previous training. Be the first. The training is over, and the racing has begun.

By Steve Sholdra

Jump In!

Every day, you show up to practice, ready to swim. As you walk to the end of the pool before practice, you are ready to swim hard.

You're behind the blocks, cap and goggles in hand, and you are ready to jump in the water.

But...the water looks cold. And you needed to adjust your goggles anyway. Might as well go start a conversation with your coach as you fix your goggles...and whoa, 10 minutes into practice, you still haven't gotten in to warm-up.

The time wasted by the pool, as you're about to get in, adds up. Don't worry about catching up on the latest news from your teammates; that's what rest time on the wall is for. If you get in on time, you are not only showing your coach that you are a dedicated swimmer ready to try your hardest; you are also proving to yourself that you truly are training your hardest to achieve your goals.

The water's not getting any warmer; you might as well dive in, and get swimming!

By Steve Sholdra

Swimming Memes of the Issue

In 2012-2013, Swimming Memes were a huge hit across the internet. Collected to recognize swimming humor, here are a few of the most popular swimming memes.



Contact Editor Steve Sholdra at ssholdra@yahoo.com

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