

METROPOLITAN SWIMMING, INC.

House of Delegates

September 28, 2019



1. CALL TO ORDER, WELCOME, and INTRODUCTIONS:

- a. **Call to order:** General Chairman Eric Fisher welcomed all in attendance at House of Delegates. The list of clubs in attendance at the mandatory HOD is at the Metro Office. The September 28, 2019 meeting was held at the Wellness Center of Mercy College – New Rochelle Campus (formerly the College of New Rochelle). The meeting came to order at 10:12am.
- b. **Introductions:** Eric introduced **Kurt Thiel** of Potomac Valley as today's Parliamentarian. Kurt is also the Eastern Zone and USA Swimming parliamentarian! Two guests' swimmers were downstairs with the athletes at the pool: **Emily Escobedo** (COND) and **Laura Sogar** (NYAC).
- c. **Recognition:** **Mary Fleckenstein** was recognized by the Eastern Zone with the Service Award. **John McIlhargy** received the Phillips 66 Lifetime Achievement Award. Congratulations to Mary and Mac.

2. MOMENT OF SILENCE:

In memory of two members of Metropolitan Swimming that passed away this year: **Joanna Ioannou** (Swimmer – Queens Aquatic) and **Dave Heller** (Official – Unattached).

3. ACCEPTANCE/CORRECTIONS OF MINUTES:

A motion to accept the minutes of the April 17, 2019 House of Delegates' meeting was made, seconded and approved by all. **Motion carries.**

4. ACCEPTANCE OF AGENDA:

A motion to approve the agenda of the September 28, 2019 House of Delegates meeting was made, seconded and approved by all. **Motion carries.**

5. CONSENT AGENDA: All Reports are available online and attached to these minutes.

REPORTS OF OFFICERS:

- a. GENERAL CHAIRMAN
- b. TREASURER'S REPORT
- c. FINANCE CHAIR
- d. SECRETARY
- e. ADMINISTRATIVE VICE CHAIR
- f. SENIOR CHAIR
- g. AGE GROUP CHAIR
- h. COACHES REPRESENTATIVE
- i. ATHLETES' REPRESENTATIVES
- j. OPERATIONS REISK
- k. SAFE SPORT
- l. ADMINISTRATIVE MANAGER
- m. TECHNICAL PLANNING

There were no objections to the reports of officers as posted on the Metro Website. The reports were approved unanimously.

COMMITTEES REPORTS:

- n. OFFICIALS CHAIR
- o. DISABILITIES COORDINATOR
- p: SWIM-A-THON
- q: SWIMS/TOP 10
- r: OPEN WATER COORDINATOR
- s: DIVERSITY
- t: HALL OF FAME:

There were no objections to the committees' reports as posted on the Metro Website. The reports were approved unanimously.

6. MEMBERSHIP/REGISTRATIONS: Mary Fleckenstein (*report is attached*)

- a. New requirements for all Non-Athletes: Concussion Training Protocol – please do the training that is available on USA Swimming Website. Also, all Coaches must take the USDA Advantage Training (on drug prevention).
- b. Athlete Protection and USDA will be one-year certifications. Remember when taking APT to finish all 3 sections and take survey!
- c. It is the responsibility of the club to only enter swimmers that have been registered with USA Swimming. As we know – meets fill up early – **swimmers should have been registered prior to you sending your meet entry.** There is no excuse for not knowing who is on your roster – i.e.: Club Portal is live 24/7. You should not send in an entry that has any unregistered swimmers into a meet – this is not allowed!!!
- d. Any swimmer that swims in a meet while not been properly transferred (still officially registered with former club) that's the way the results are going into SWIMS – Forms must have been submitted to the Metro Office prior to swimming unattached or for a new club. The 120-day rule will apply to the last day SWIMS has them competing for old club. If a swimmer has not been registered or transferred properly – it can result in the records being deleted from SWIMS.
- e. Any swimmer that has ever been registered to any club must fill out a transfer form – even if they have not participated in several years. They remain in a holding tank until the form is completed.
- f. Registrars – remember that if you put in a preferred name – that name goes in the database and appears on results, awards etc. Parents have been complaining about cute names. It is meant for Anthony – to Tony etc. Do not put any other names. If no preferred name – leave it blank!
- g. Member validation - as you are aware – we can now use the Team Unify and just recently Active to upload our registrations – Please use the member validation part of this method. (you must activate this service!) It is there to verify that the registration matches the USA Swimming database. It will notify you of any errors prior to sending in the registration batch – i.e. – middle initials, spelling, transfer. You can then take care of the issues before sending it in. This will help match the databases and prevent slow down on registrations and recons!
- h. Bulk forms for registration are available on the website.
- i. Foreign athletes – 120 day applies if they are attached to another club in another country – does not apply if they represented country.
- j. Transgender athletes – In order to change genders of an athlete it must go to USA Swimming where a panel will evaluate. This applies to already registered athletes only. If new athlete – registration is done by gender identification only – not birth certificate. Birth certificate can only be used for age verification.

- k. MAAPP – Every non-athlete should know about MAAPP – Each Club received cards to hand out to officials, timers, meet marshals at their meets

7. GOVERNANCE: Eric Fisher

- a. A motion to approve the following proposals was made, seconded and approved by all. Motion Carries

7a: **308.13** *Policy and Procedures Change. Host Club may waive meet entry fees & facility surcharge for registered outreach swimmers. Coaches should contact meet director and identify registered swimmers whom they wish considered for waiver of fees when submitting meet entries*

7c: **205.2** *Swimmers 11 and over must travel and room with the team for the duration of the meet. Swimmers 10-under must travel and stay with their parents; they are under their parent's responsibility for the duration of the meet. Swimmers 11 and over may be released to a parent/guardian upon completion of their age group's session on the final day of the meet, provided they do not qualify for finals/participate in a relay. The Zone coordinator/ Age Group Chair must be in possession of the athlete release form prior to the final day of competition. The participation for all swimmers will be determined and posted in the meet notices. Metro arranges for and pays transportation, lodging, meals and equipment for all swimmers 11 and over. Metro arranges equipment for 10 & under.*

7d: **205.6** *Athletes who compete in the 10 & under category will be encouraged but not required to attend the meet in its entirety. They will be required to stay for the full session on the day which their event(s) fall.*

- b. The following proposals were pulled.

7b: **104.10** *Metro registered clubs, in order to maintain good standing, must pay all invoices, registrations, fines, meet surcharges and any like items to Metro within 30 days of their invoicing. At the 30-day mark, the club will receive a written warning with copies sent to Finance Vice-Chair, the Admin Vice-Chair and the General Chair. After 60 days, the club will receive a written notice of " PAST DUE" with copies sent to Finance Vice-Chair, the Admin Vice-Chair and the General Chair with the addition of a 5% of the amount due as a late fee but not less than \$100. After 90 days, the club will no longer be considered in good standing and any combination of the following penalties below may be imposed on the club as recommended by the Finance Committee and approved by the Board of Directors.*

A motion to accept this proposal was made and seconded. Discussion followed and the motion was put to a vote – Vote resulted in 52 over 91 eligible delegates. **Motion carries.**

7e: **P&P addition** - *Any Club, Association or Organization associated with the Metropolitan Swimming LSC must not offer any financial support or monetary incentive, based solely on individual swimming performance, for any of its current or prospective athlete(s) under 18 years of age.*

~~*Metropolitan Swimming Inc. member clubs Associations or Organizations may offer financial support only for outreach swimmers, designated as such by Metropolitan Swimming Inc., based on an approved application supported by the appropriate documentation.*~~

A motion to accept the P&P addition was made and seconded. Long discussion followed.

A motion to **strike** the second paragraph was made and seconded. The vote on this amendment resulted in 59 over 91 eligible delegates. **Motion to amend the main motion carries.**

Long discussion on the amended motion followed. Motion to Commit the motion was called. ("to commit" means to send the motion back to the committee so that it may be reviewed

before presenting it again to the House of Delegates). The vote to commit the main motion resulted in 62 over 91 eligible delegates. **Motion carries.**

7: UNFINISHED/OLD BUSINESS:

None.

8. NEW BUSINESS:

- a. The Aquaracers Club (small club in Bergen County) - NJ-LSC is requesting to move to MR-LSC. A motion to accept the Aquaracers to move to Metro, if NJ accept their request, was made, seconded and approved by all by acclamation. **Motion carries.**
- b. Mark Amodio – Officials Chair – Thanks to all the coaches that have been supporting the efforts in recruiting more officials. We still need more!
- c. Jeff Chu – OW Committee Co-Chair – the championship of September 7th was canceled due to Hurricane Dorian. They have T-shirts for the swimmers that had registered to swim so please contact Jeff or George Fleckenstein about that.
- d. Sandy Graham – Thanks to Jeff and George for all their work in organizing the Open Water Championship. **Applause!**

A motion to adjourn the meeting was made, seconded and approved by all. Meeting adjourned at 11:09am.

Respectfully submitted

Monique Grayson, Secretary
September 29, 2019



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HOUSE OF DELEGATES MEETING

Saturday September 28, 2019

1: CALL TO ORDER, WELCOME, RECOGNITIONS AND INTRODUCTIONS:

2. MOMENT OF SILENCE - Queens aquatics Joanna Ioannou (Swimmer) - Unattached - Dave Heller (Official)

3: ACCEPTANCE/CORRECTIONS OF MINUTES:

4: ACCEPTANCE OF AGENDA: Corrections- Approval of agenda as presented

5: CONSENT AGENDA

REPORTS OF OFFICER

All Reports Available Online

5a: GENERAL CHAIRMAN:

5b: TREASURER'S REPORT:

5c: FINANCE CHAIR:

5d: SECRETARY:

5e: ADMINISTRATIVE VICE CHAIR:

5f: SENIOR CHAIR:

5g: AGE GROUP CHAIR:

5h: COACHES REPRESENTATIVE:

5i: ATHLETES' REPRESENTATIVES:

5j: Operations Risk:

5k: SAFE SPORT:

5l: ADMIN MANAGER:

5m: TECHNICAL PLANNING:

COMMITTEE REPORTS:

5n: OFFICIALS CHAIR:

5o: DISABILITIES COORDINATOR:

5p: SWIM-A-THON:

5q: SWIMS/TOP 10:

5r: OPEN WATER COORDINATOR:

5s: DIVERSITY:

5t: HALL OF FAME:

6: Membership/Registration

7: GOVERNANCE

7a: **308.13** Policy and Procedures Change. Host Club may waive meet entry fees & facility surcharge for registered outreach swimmers. Coaches should contact meet director and identify registered swimmers whom they wish considered for waiver of fees when submitting meet entries.

7b: **104.10** Metro registered clubs, in order to maintain good standing, must pay all invoices, registrations, fines, meet surcharges and any like items to Metro within 30 days of their invoicing. At the 30 day mark, the club will receive a written warning with copies sent to Finance Vice-Chair, the Admin Vice-Chair and the General Chair. After 60 days, the club will receive a written notice of "PAST DUE" with copies sent to Finance Vice-Chair, the Admin Vice-Chair and the General Chair with the addition of a 5% of the amount due as a late fee but not less than \$100. After 90 days, the club will no longer be considered in good standing and any combination of the following penalties below may be imposed on the club as recommended by the Finance Committee and approved by the Board of Directors:

7c: **205.2** Swimmers 11 and over must travel and room with the team for the duration of the meet. Swimmers 10-under must travel and stay with their parents; they are under their parent's responsibility for the duration of the meet. Swimmers 11 and over may be released to a parent/guardian upon completion of their age group's session on the final day of the meet, provided they do not qualify for finals/participate in a relay. The Zone coordinator/ Age Group Chair must be in possession of the athlete release form prior to the final day of competition. The participation for all swimmers will be determined and posted in the meet notices. Metro arranges for and pays transportation, lodging, meals and equipment for all swimmers 11 and over. Metro arranges equipment for 10 and under.

7d: **205.6** Athletes who compete in the 10 & under category will be encouraged but not required to attend the meet in its entirety. They will be required to stay for the full session on the day which their event(s) fall.

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Metropolitan Swimming Inc. member clubs Associations or Organizations may offer financial support only for outreach swimmers, designated as such by Metropolitan Swimming Inc., based on an approved application supported by the appropriate documentation.

8: UNFINISHED/OLD BUSINESS:

9: NEW BUSINESS:

Aquaracers Club NJ LSC wants to move to Metro

There being no further business to come before the Board.... motion to Adjourn



September 2019 House of Delegates & USAS convention Reports

HOD Report

- Website seems to be working well. Information is being posted almost daily. Results and top times will be updated at a faster pace
- Grassi going well. it took a few months to get all the process worked out
- Online forms are going well, and we are still looking implementing more and tweak existing as we receive feedback
- Still looking into part time office employee to help handle the workload

USA Swimming Convention Report

- General Chairs Meetings

All General chairs from the might mega got together to share some successful processes that have worked for them and how we might be able to implement those processes successfully at each of our respective LSC's.

Discussion about board structures and more coach involvement on them.

Discussion about coaching education, development, clinics and how USA Swimming can help.

- Eastern Zone Meeting

Zones- No more 15-18 Age groups. Time standards released for respective age groups.

Discussion about hosting LC zones at Liberty university. Voted and passed Anti-Discrimination policy

Mary Received lifetime service award

Voted in new board members Age group, Technical Chairman and Director Non-Coach

- USAS HOD Meeting

Memoriam and special awards (John McIlhargy received surprise lifetime membership)

Items pulled for discussion included MAAPP and fee increase's

All other items passed. The USA fee increase was sent back to the USA board of directors to lay out exactly how the increase in dues would be distributed. The general increase in services to the programs and clubs is too vague.

New BOD members voted in and announced.

Metropolitan Swimming Inc.

BALANCE SHEET

As of August 31, 2019

	TOTAL
ASSETS	
Current Assets	
Bank Accounts	
1001 Checking	471,010.86
1005 Savings - Chase	65,698.82
1072 Bill.com Money Out Clearing	49.62
Total Bank Accounts	\$536,759.30
Accounts Receivable	
1100 Accounts Receivable	5,872.01
Total Accounts Receivable	\$5,872.01
Other Current Assets	
1007 Fidelity & Guaranty	222,280.34
1008 National Integrity	220,848.36
1200 Prepaid Expenses	0.00
1210 Credit Card Receivables	0.00
Undeposited Funds	677.00
Total Other Current Assets	\$443,805.70
Total Current Assets	\$986,437.01
Fixed Assets	
1300 Furniture & Fixtures	
Depreciation	-156.30
Original Cost	0.00
Total 1300 Furniture & Fixtures	2,969.59
1301 Hall of Fame - Lehman	
Depreciation	-3,907.35
Total 1301 Hall of Fame - Lehman	20,844.62
Total Fixed Assets	\$23,814.21
Other Assets	
Long-term Investments	13,189.00
Total Other Assets	\$13,189.00
TOTAL ASSETS	\$1,023,440.22
LIABILITIES AND EQUITY	
Liabilities	
Current Liabilities	
Accounts Payable	
Accounts Payable	400.00
Total Accounts Payable	\$400.00
Credit Cards	
2200 American Express	0.00
Total Credit Cards	\$0.00
Other Current Liabilities	
2001 Accrued Expense	0.00

	TOTAL
2005 Deferred Revenue	9,375.00
Payroll Tax Liability	92.17
Total Other Current Liabilities	\$9,467.17
Total Current Liabilities	\$9,867.17
Total Liabilities	\$9,867.17
Equity	
3900 Retained Earnings	74,048.90
Opening Balance Equity	0.00
Temporary Restricted Funds	13,189.00
Unrestricted Funds	868,060.74
Net Income	58,274.41
Total Equity	\$1,013,573.05
TOTAL LIABILITIES AND EQUITY	\$1,023,440.22

Metropolitan Swimming Inc.

BALANCE SHEET SUMMARY

As of August 31, 2019

	TOTAL
ASSETS	
Current Assets	
Bank Accounts	536,759.30
Accounts Receivable	5,872.01
Other Current Assets	443,805.70
Total Current Assets	\$986,437.01
Fixed Assets	23,814.21
Other Assets	13,189.00
TOTAL ASSETS	\$1,023,440.22
LIABILITIES AND EQUITY	
Liabilities	
Current Liabilities	
Accounts Payable	400.00
Credit Cards	0.00
Other Current Liabilities	9,467.17
Total Current Liabilities	\$9,867.17
Total Liabilities	\$9,867.17
Equity	1,013,573.05
TOTAL LIABILITIES AND EQUITY	\$1,023,440.22

Metropolitan Swimming Inc.

PROFIT AND LOSS COMPARISON

September 2018 - August 2019

	TOTAL	
	SEP 2018 - AUG 2019	SEP 2017 - AUG 2018 (PY)
Income		
5000.00 General Income Accts		
5001.00 Investment Income		0.45
5001.10 Interest Income	2,948.19	5,745.48
Total 5001.00 Investment Income	2,948.19	5,745.93
5002.00 Fee & Surcharge		
5002.10 Sanctions Fee	16,300.00	15,625.00
5002.15 Post Meet Fee (20%)	296,839.27	321,717.45
5002.18 JO Surcharge		5,365.00
5002.19 Silver/Bronze Surcharge	14,656.00	13,077.00
Total 5002.00 Fee & Surcharge	327,795.27	355,784.45
5005.10 Fines		
5005.17 Admins Fines	8,119.00	2,166.00
5005.19 Senior Fines	750.00	
Total 5005.10 Fines	8,869.00	2,166.00
5006.00 Registrations		
5006.10 Club-Received	16,700.00	16,250.00
7006.10 Club-Paid	-5,950.00	-6,230.00
Total 5006.10 Club-Received	10,750.00	10,020.00
5006.20 Athlete-Received	760,037.95	717,518.00
7006.20 Athlete-Paid	-628,255.00	-617,013.00
Total 5006.20 Athlete-Received	131,782.95	100,505.00
5006.30 Non Athlete-Received	71,784.00	73,780.00
7006.30 Non Athlete-Paid	-61,794.00	-62,462.00
Total 5006.30 Non Athlete-Received	9,990.00	11,318.00
5006.40 Transfers-Received	4,500.00	4,155.00
5006.50 Flex Athletic-Received	4,840.00	
7006.50 Flex Athletic-Paid	-1,110.00	
Total 5006.50 Flex Athletic-Received	3,730.00	
Total 5006.00 Registrations	160,752.95	125,998.00
5010.00 Bounced Check Fee		
5010.10 Bounced Check Fee	0.00	50.00
Total 5010.00 Bounced Check Fee	0.00	50.00
5011.00 Misc - Office	-366.83	-71.68
5014.00 Sales	1,125.00	6,578.00
Total 5000.00 General Income Accts	501,123.58	496,250.70
Total Income	\$501,123.58	\$496,250.70
GROSS PROFIT	\$501,123.58	\$496,250.70
Expenses		
6100.00 Athletics Service Program		
6110 Travel Program		-5,923.92

	TOTAL	
	SEP 2018 - AUG 2019	SEP 2017 - AUG 2018 (PY)
6110.00 Travel Reimbursement	1,000.00	5,923.92
6110.11 SC Sectional	14,000.00	18,800.00
6110.12 LC Senior Zone/Sectional	9,678.00	8,800.00
6110.14 SC NCSA Junior	25,200.00	30,800.00
6110.15 LC NCSA Junior		2,000.00
6110.16 LC Futures	2,400.00	17,600.00
6110.18 USA JR National SC	24,566.42	11,062.58
6110.19 USA JR National LC	12,000.00	19,200.00
6110.22 USA National/Open SC	6,757.84	3,600.00
6110.23 USA National/Open/Phillip66 LC	6,000.00	5,804.38
6110.30 USA Open Water Champ	1,200.00	600.00
Total 6110.00 Travel Reimbursement	102,802.26	124,190.88
6120.00 Scholarships	-2,100.00	-2,100.00
6120.20 Galuzzi Scholarship In		-1,000.00
7120.10 Joe Stetz Scholarship Awards	2,000.00	2,000.00
7120.30 Galuzzi Scholarship Awards	2,000.00	
Total 6120.00 Scholarships	1,900.00	-1,100.00
6130.00 Programs		
6131.00 Age Group Zone Meet		
6131.10 LC Zone		
6131.11 LC Zone fees collected	-109,286.84	-80,058.43
6131.12 LC Zone Entry fees	-472.00	5,179.00
7131.10 LC Zone Entries Fees Paid	7,128.00	
7131.11 LC Zone Uniforms	38,476.05	29,154.28
7131.12 LC Zone Petty Cash & supplies	1,200.00	1,820.44
7131.13 LC Zone Bus	31,794.00	23,353.93
7131.14 LC Zone Hotel & meals	93,403.61	78,507.31
Total 6131.10 LC Zone	62,242.82	57,956.53
6131.20 SC Zone		
7131.24 SC Zone Hotel		-675.28
Total 6131.20 SC Zone		-675.28
Total 6131.00 Age Group Zone Meet	62,242.82	57,281.25
6133.00 Diversity Program	4,944.25	-356.52
6137.00 Distance Meets	1,200.00	6,000.00
Total 6130.00 Programs	68,387.07	62,924.73
Total 6100.00 Athletics Service Program	173,089.33	180,091.69
6200.00 Officials	206.11	
6200.10 Travel Reimbursement	7,858.25	8,200.00
6200.11 Clinic & Training Expenses	4,462.58	4,807.08
6200.12 BGC Reimbursement	2,116.00	1,494.50
6200.13 Incentives	4,549.00	4,497.04
Total 6200.00 Officials	19,191.94	18,998.62
6400.00 BOD		
6410.00 USAS Conferences/Convention Fee	10,555.00	22,937.21
6410.20 Travel Expenses	6,875.14	1,710.95
6410.30 Par Diem/Meals	1,859.28	3,111.00
Total 6410.00 USAS Conferences/Convention Fee	19,289.42	27,759.16

	TOTAL	
	SEP 2018 - AUG 2019	SEP 2017 - AUG 2018 (PY)
6411.00 EZ Conferences & Conventions	3,479.02	761.46
6411.10 Eastern Zone Meeting Host -IN		-375.00
6411.11 Eastern Zone Meeting Host - OUT		4,049.71
6411.20 Lodging/Transpotation	1,950.85	4,888.17
6411.30 Par Diem/Meals	2,313.39	118.00
6411.40 Eastern Zone Dues		2,888.25
Total 6411.00 EZ Conferences & Conventions	7,743.26	12,330.59
6420.00 BOD Travel Reimbursement	500.70	3,094.00
6430.00 Board Members Clinics	18.00	
6450.00 BOD Misc Expenses	3,486.23	628.27
Total 6400.00 BOD	31,037.61	43,812.02
6500.00 Clubs Recognition		
6510.00 Club Excellence Program	32,200.00	39,000.00
Total 6500.00 Clubs Recognition	32,200.00	39,000.00
6600.00 Administration & Operations Support		9.95
6601.00 Salary & Wages	70,558.00	60,927.37
6601.10 Payroll Tax	-3,256.35	7,297.98
6601.20 Workers Comp Insurance	1,024.27	6,097.57
6601.30 ADP Payroll Service Fee	1,040.46	814.03
Total 6601.00 Salary & Wages	69,366.38	75,136.95
6605.00 IT Service Fee	2,500.00	6,000.00
6605.10 Web Site ChargesB	3,914.89	
Total 6605.00 IT Service Fee	6,414.89	6,000.00
6606.00 SWIMS Stipends	5,000.00	5,000.00
6607.00 All Office Essential Supplies	742.91	922.20
6607.10 Annual Membership/Program Dues	646.31	428.11
6607.20 Printing/Ink/Paper	788.01	644.24
6607.30 Postage/Mailing	200.84	690.33
6607.40 Misc Expenses	87.86	846.49
Total 6607.00 All Office Essential Supplies	2,465.93	3,531.37
6608.00 Operation Expenses		
6608.10 Internet Expense	2,272.47	2,320.89
6608.20 Telephone	800.47	776.93
6608.30 Storage Room Rental	294.00	
6608.50 Professional Service Fee	47,986.00	13,450.00
6608.60 Subscription Fee	645.00	
6608.61 QB Monthly Fee(current)	132.16	89.55
6608.62 QB Fee (old)	31.35	19.90
Total 6608.60 Subscription Fee	808.51	109.45
Total 6608.00 Operation Expenses	52,161.45	16,657.27
6609.00 Office Equipment/Hardware	5,625.65	177.53
6610.00 Bank & Credit card expenses	21,880.14	27,139.41
6610.10 Bank Service Charge/Fee	3,824.88	1,824.49
Total 6610.00 Bank & Credit card expenses	25,705.02	28,963.90
6611.00 HOD/BOD Meetings	1,199.06	579.05
6611.10 Refreshment - BOD/ LSC	1,065.48	956.59
Total 6611.00 HOD/BOD Meetings	2,264.54	1,535.64

	TOTAL	
	SEP 2018 - AUG 2019	SEP 2017 - AUG 2018 (PY)
6614.00 State Filing Fees	220.00	100.00
6615.00 Hall of Fame		
6615.30 HOF - Display	5,000.00	5,000.00
Total 6615.00 Hall of Fame	5,000.00	5,000.00
6630.00 Golden Goggles Dinners	62.00	
6630.10 Golden Goggles Dinner	10,247.08	
Total 6630.00 Golden Goggles Dinners	10,309.08	
6640.00 Other Misc Expenses	1,832.64	0.00
6650.00 Metro Run Meets		
6650.10 Sr. Mets SC		
6650.12 SrM - SC Meet Entries	-20,240.55	-20,094.82
6650.13 SrM - SC Admissions & Programs	-16,040.00	-12,721.00
6690.11 SrM - SC Personnel/Admin/AO	8,133.78	4,408.00
6690.12 SrM - SC Pool rental	14,000.00	17,720.00
6690.13 SrM - SC Officials (Evaluator/MR/TLCJ)	1,300.26	954.00
6690.14 SrM - SC Refreshments	3,403.28	2,609.82
6690.15 SrM - SC Awards	936.79	851.18
6690.16 SrM - SC Misc Supplies Expenses	1,333.83	1,000.00
Total 6650.10 Sr. Mets SC	-7,172.61	-5,272.82
6650.20 Sr Mets - LC		
6650.22 SrM - LC Meet Entries	-17,298.85	-15,459.30
6650.23 SrM - LC Admission & Programs	-13,628.30	-9,245.00
6690.21 SrM - LC Personnel/Admin/Ao	4,836.16	4,192.20
6690.22 SrM - LC Pool Rental	19,509.00	17,640.00
6690.23 SrM - LC Officials(Evaluator/MR/TLCJ)	1,999.71	1,363.53
6690.24 SrM - LC Refreshments	3,483.08	2,196.30
6690.25 SrM - LC Awards		965.31
6690.26 SrM - LC Misc Supplies Expenses	1,429.37	677.85
Total 6650.20 Sr Mets - LC	330.17	2,330.89
6650.40 Open Water	765.19	
6650.60 Distance Meets	6,000.00	
Total 6650.00 Metro Run Meets	-77.25	-2,941.93
Total 6600.00 Administration & Operations Support	186,288.33	139,170.68
Total Expenses	\$441,807.21	\$421,073.01
NET OPERATING INCOME	\$59,316.37	\$75,177.69
Other Expenses		
6700.00 Depreciation	1,041.96	1,128.79
Total Other Expenses	\$1,041.96	\$1,128.79
NET OTHER INCOME	\$ -1,041.96	\$ -1,128.79
NET INCOME	\$58,274.41	\$74,048.90



September 2019 House of Delegates Meeting
Metropolitan Swimming Finance Vice-Chair Report

External Accounting Firm

- Grassi and Company moving very smoothly. Pretty much all functions transitioned.

Delinquent Clubs

- Multiple clubs have been delinquent this past year with balances due past 90 days plus. This is unfair to Metro and all the clubs. Please pay your invoices promptly.
- P&P proposal to determine what can be done with delinquent clubs.

Budget 2019-2020

- Committee chairs sent no new requests or changes.
- D&I allotted \$5000 in budget for next year for outreach, see finance committee minutes. Request was approved by the full board.

Expense/Travel Reimbursements

- Please have your expense reports submitted within 30 days of the event or by August 31 for season ending events. Any request past 30 days will be returned by the office.

Internal Audit

- Metro will be submitting an RFI to accounting firms to perform an internal audit.

Report to the House of Delegates
September 28, 2019
Treasurer – National Times Verification

NTV – Times Report:

- Scholastic All-America (SAA) - There were 1634 swimmers selected for the 2018-2019 Team – including 51 swimmers from Metropolitan Swimming. The names are posted on the Metro Website! The certificates and bag tags are being processed. There were 2 perfect scores (National Champion and 4.0 GPA) – Regan Smith from Riptide, MN and Emma Weyant from Sarasota Sharks, FL.
- National Age Group Records (NAG) – A total of 121 NAG records were broken over the 2018-2019 year. Metropolitan Swimming NAG Records:
 - *** Tess Howley – LIAC – 13-14 girls 200 fly
 - *** AGUA 15-16 – 200 Mixed Medley Relay:
Tristan Pragnell, Kai Yamamoto, Diana Bates, Amelia Butler
- Updated Age Group Motivational Times for 2021-2024 will be announced after the next USAS Convention in September 2020

Observed and Approved Meets:

- A new section has been added to the Metro Website for the 2019-2020 Observed Meets (High School) and Approved Meets – meets will be posted only after a sanction is given.
<https://www.teamunify.com/team/mrlsc/page/meet-central/observed--approved>
- All Observation Requests MUST be submitted at least 10 days BEFORE the first day of the meet. Requests received AFTER the meet took place will be rejected and the swimmer's times will not be uploaded in SWIMS.
- Reminder to all high school coaches: register your swimmers with their official name: First name (no nickname), Middle initial, Official Last Name, and USA-S Registration #s
- For all Approved Meets (YMCA as well as League Meets Championships):
 - *** Teams that are not USA-S teams should not be in database with LSC – leave that info blank
 - *** Swimmers that are NOT USA-S registered members should NOT have a USA-S # in the meet database – I only import swimmers with a Registration #

Request to all Administrative Officials at meets:

- Please review each event properly to make sure it is correct.
- Do not email me a few days later to tell me that you just found a mistake for a swimmer
- Do Not send a new database with the corrections as I will not accept it. Just write all info in an email

Respectfully submitted
Monique Grayson – September 18, 2019



September 2019 House of Delegates Meeting Metropolitan Swimming Administrative Vice Chair Report

HOD Report

- **Policies and Procedures Manual:** All up to date as of April 2019 and posted to website. Any voted changes at HOD meeting will be edited and updated within two weeks of September 2019 HOD meeting.
- **Bylaws:** Up to date and posted to website.
- **Post Meet Reports:** All clubs that hosted LCM meets in Summer of 2019 received 15-Day Reminders and 30-Day Reminders if materials were not submitted by those dates relative to the end date of their meets. With all materials and forms being online and with reminders, all summer post meet reports were submitted in a timely manner. OTS Reports with actual start and end time as well as 4 hour mark indication are required materials and usually what the meet director or submitter of report is waiting on. Kindly ask your Meet Referees to complete OTS Report promptly after meets. Will work to send those reminders throughout short course.

USA Swimming Convention Report

Friday 9/13

- **Stroke Technique – Russell Mark**

Russell discussed the results of the “butterfly revolution” and the improvement of USA Swimming at the Junior and Senior level.

Latest analytics observed the underperformance of international performance by USA Swimming distance, specifically on the men side. Example, men only have 1 athlete who has achieved the Olympic ‘A’ time standard in the 400m Freestyle.

Russell discussed the differences between culture, personalities, and attitudes at World Championships vs. World Junior Championships. The different meet and race preparation between older and younger athletes and different ability to navigate performances at the meet.

- **Coaches Open Forum**

Discussion of ways to improve upon the international performance of USA distance swimmers, including potential camps specifically directed at rising distance talents. Long discussion about the reasons for the gap/issue in distance swimming, including promotion of ‘easier’ and ‘less’ work surrounding sprint oriented programs.

Small discussion regarding wellness of coaches.

Discussion about parent information, outbound marketing, and outbound parent education. Updates to USA Swimming website will be able to provide more information and send more educational information to parents in the future.

- **Meet the Candidates**

Forum to meet the 8 candidates for the USA Swimming Board of Director positions. Questions included how they would provide new insight to the Board? How do their life experiences prove an asset to the Board? What forward vision do they have for the Board? All were well rounded candidates.

- **HOD Meeting**

Memoriam and special awards

Items pulled for discussion included discussion of MAAPP regulations and fee increase for USA Swimming club registration.

Items passed with exception of Fee Increase for USA Swimming club registrations. Discussion followed presentation of proposal, no specifics were provided as to where the increase in fees would be directed. A lot of support for returning fee increase proposal to USA Swimming BOD to provide a more transparent description of how an increase in fees would be distributed.

New BOD members were announced.

2019 USA-S Convention

Senior Co-Chair Notes / Report

Eastern Zone Coaches Meeting

1. Recruiting
 - a. 1st - Look yourself in the mirror and have a honest assessment
 - b. When someone comes – call previous team right away
 - c. 1 Team – not just once every 4 years
2. MAAPP
 - a. USADA & Concussion
 - i. Link in email to LEARN
3. Increase in team membership dues
 - a. 1st increase in 30 years
 - b. New teams high charge
 - c. Waiver process for outreach team
4. Supersectionals
 - a. Scheduled / Canceled / Re-scheduled
 - b. Discussion on dates
5. Looking at how much money an LSC is sitting on
 - a. ½ your operating budget set aside
 - b. Discussion - Shouldn't swimmers have the same opportunities no matter what LSC they are in?
 - c. How do we share best practices though the LSC's
 - i. 5 Pillars – USA Swimming is collecting info from clubs
6. LSC's should refer to their mission statements as a guiding light as to what they should be doing
7. Discussion on Coach Advocacy
 - a. MAAPP – 2 sided coin, also protects coaches
 - b. We don't do a good enough job of promoting how good of a job our coaches are doing
8. Long Course Zone Meet for 15-18
 - a. Not well attended
 - b. Opinion – possibly add another 13-14 swimmer and another heat of finals for 11-12's and 13-14
 - c. What are the philosophy of the meets? Know the purpose, then you know the place of it
9. How does Jeff select what meets he attends?
 - a. Go to meets that he gets to see the most coaches
10. Loss of 10&U membership
 - a. NE – gives stipends for 10&U / 12&U meets
 - b. Keep meet high energy / quicker in time lines

- c. Look at prices / socioeconomic / population
- d. D&I
- e. Get demographic reports on your community
 - i. Growing or shrinking?
 - ii. Average Income?

Club Development Meeting

1. Membership Trends discussion
 - a. 2nd highest year, next to 2017 (post Olympic year)
 - b. 352,529
 - c. About 11% upgrade from Flex membership
 - d. 9600 downgraded to Flex Membership
 - e. 8 & U-10 year old memberships are trending up from last year
 - f. 246 Junior Coach members (1st year over 20,000 coach members)
 - g. 4,285 (20%) full time coaches
 - h. Steady increase in female coaches – 10,443 (1,056 female head coaches vs 2,427 male head coaches)
 - i. Majority - 7,058 between ages 21-30
 - j. Total Clubs – 2,901 – holding the virtually the same
 - k. # of clubs of 500 or more members have gone from 18 in 2008 to 45 in 2019
 - l. Discussion
 - i. Flex Membership Long Term Goal
2. Multi-Site Task Force Report
 - a. Do another webinar on “Running a multi-site team”
3. Discussion of New Team Fees
 - a. Teams can petition if they are unable to afford the fee
4. Impact of MAAPP on Clubs –
 - a. Observation - Teams are moving away from Team Travel
 - b. Junior Nationals – 18 year olds getting a separate lockerroom
 - i. 14 year old at Nationals did not have anyone to help her put her suit on
 - c. Discussion on communication
 - i. Difference between employee/employer vs swimmer/coach situations
 - d. Discussion on applicable adult
 - e. Discussion on Safe Sport Certified Club
5. OME Updates and Improvements
 - a. Identifying faster times / update times
 - i. Click a button and automatically do it
 - b. Updating bonus times to hard cut – bonus tag automatically removed
 - c. Hand entered times automatically updated when SWIMS is updated
 - d. Suggestion
 - i. Platform should mirror entry process for TU or TM
 1. Ability to see in one screen both entered & non-entered events
 - ii. Midway though completely re-writing OME entry process

6. Virtual Club Championships Discussion
 - a. Recognition based on team size
 - i. Teams may not register swimmers to stay in category and stagnate growth
 - b. Talk of expanding analytics availability to teams
7. Discussion on Coach Incentive Programs
 - a. 18 & U athlete who have a history of developing athletes

Senior Development Committee

1. Futures 7/30-8/2, 2020 – Ohio State
2. USA Swimming 2020 Invitational (combined US Open & Juniors) Task Force
 - a. Who are we serving?
 - b. Finals – same a current format, D heat = 18&U
 - i. Not many 19&O typically attend
 - c. Format – Use current Juniors 5 Day Format
 - i. Remove non-conforming distance qualifying (for time concerns)
 - ii. Relay only swimmers will be allowed, but not allowed time trials
 - iii. Foreign delegations are not invited, a foreign athlete on a registered team is allowed
 - iv. Team Scoring – regardless of age
3. National Junior Team Report
 - a. Most successful World Juniors ever (see posted report)
 - i. Consider doing a stinger in suit a few days before to get them prepped
 - b. 17 people 18&U on club programs who are National Team
 - c. Junior Team Roster posted on Website
 - d. Top 8 – 18&U World Ranking
 - e. 18&U World 100 List Discussion
4. Trials
 - a. Blast every 3-4 weeks with OT updates
 - b. Make sure 18 & O athletes MAAPP are up to date, may expire right around that time
 - c. Possibly flighted on days 1 & 2
 - d. 10 lanes for prelims
5. Pro Swim Series
 - a. May meet at Indy – Winter Junior Cuts may offer another meet (location) if filled

USADA – Andrew Gemmell

1. Why -3 Pillars
 - a. Preserve the integrity of competition
 - b. Inspiring True Sport
 - c. Protect the Rights of Athletes
2. Rights

- a. Have a representative and if available, an interpreter
 - b. Ask for additional information about the Sample collection process
 - c. Request a delay in reporting to the Doping Control Station for valid reason
 - d. Request modifications for Athletes with disabilities
3. Responsibilities
 - a. Remain within direct observation of the DCO / Chaperone at all times
 - b. Comply with Sample collection procedures (and be advised of the possible consequences of Failure to Comply)
 - c. Report immediately for a test, unless there are valid reasons for a delay, such as obtain medical treatment
 4. Prohibited at all times
 - a. Steroids
 - b. Insulin
 - c. EPO
 - d. Beta-2 Agonists (inhalers)
 - e. Fertility Treatments
 - f. Non-Approved Substances
 5. In Competition
 - a. Amphetamines
 - b. ADD Medications
 - c. Cocaine
 - d. Cortisone
 - e. Oxycodone
 6. Resources
 - a. www.GlobalDRO.com
 - b. Wallet Card & Athlete Guide
 - c. Athlete Express (800) 233-0393
 7. TUE Pre-Check Form
 - a. Fill out before going through all the steps of applying for a TUE
 8. Dietary Supplements
 - a. Use at your own risk

Autism 101 for Swim Coaches

Amanda Pope – amanda@tidewateradaptive.org 856-986-SWIM

National Disability Committee

1. #1 Cause of accidental death in the autism population – 91%
 - a. Why
 - i. Elopement and Wandering
 1. If a autistic child goes missing, first place to look is a body of water
 - ii. Lack of Generalization
 - iii. Lack of Perceived Danger
 - iv. Lack of Awareness & Services
2. What is Autism?

- a. A disorder that represents the manifestation of allele or allele groups being turned on or off respectively as well as the consequence of a multi gene interaction
 - b. National rates are on the increase
 - c. 1 in 59 individuals currently have an Autism Diagnosis
 - i. Estimates 1 in 40 Children have Autism
 - d. Autism occurs in a racial, ethnic and socioeconomic groups
3. Area of Impairment Social Skills
- a. Lack of intuition
 - b. Feeling of looking from the outside in
 - c. Lack of Social Understanding
 - d. Expressive Communication
 - i. Ability to put language out
 - ii. Functional Communication
 - 1. Echolalia (repeating)
4. Receptive Communication
- a. Understand what is being said to you
 - b. Complex Language Skills
 - i. Figurative Language, Comprehension, and Experience
 - ii. Better at basic language skills
 - c. Understanding non-verbal communication
 - i. What your athletes is trying to communicate
 - ii. What you are expressing to your athlete
5. Repetitive Behaviors
- a. Physical
 - i. Movements that generate sensory stimulation
 - a. Ex. Hand flapping
 - ii. Self-Injury
 - b. Cognitive
 - i. Focus on a specific topic – restrictive interests
 - ii. Compulsive Behaviors
 - 1. -Ex. Checking something multiple times, things needing to be a certain way
 - c. Perseveration
 - i. Hyper fixation on a specific thing or movement, unable to shift focus and demonstrates irritability or rationalism when unable to focus on anything else
 - ii. “not available” is for things, “not appropriate” is for behavior
 - d. Rigidity
 - i. Ritualistic Behavior
 - ii. Sameness / resistance to change
 - e. Box Thinking – Rigidity and Generalization
 - i. Rigidity in thinking means that it is harder to put things in different boxes
 - a. Concrete Box vs Mesh

- ii. Using evidence-based practices to generalize and put things in multiple boxes to see the behavior you want to see or
 - iii. What is generalization
 - a. The concept of applying the same reaction to multiple situations
- f. Swimming and Autism
 - 1. Swimming is a repetitive behavior
 - 2. Structured activity
 - 3. Sport participation does not depend on social interaction
 - 4. Builds muscle mass, particularly core strength
 - 5. Helps facilitate coordination
 - 6. Facilitates social interaction
 - 7. Extended motor planning time
 - a. Reduced risk of injury
- g. Tidewater Model
 - i. Everyone has a place here – “where swim friends become swim family”
 - ii. Mainstream
 - 1. The environment doesn’t change, the standards don’t change
 - a. Supports are provided only to the individual athletes
 - 2. Inclusion
 - a. The environment shifts, supports provided to group
 - b. Additional supports provided to the individual
 - 3. Self-Contained
 - a. The environment is built around supporting the athletes
 - b. Both the environment and the instructor/coach provides support
- h. Athlete considerations
 - 1. Impairment
 - 2. Level of impairment
 - 3. Age and ability
 - 4. Supports required
 - 5. Accommodations required
 - 6. Program mission statement
- i. 10 Things Every Child with Autism Wishes you knew
 - 1. I am first and foremost a child
 - 2. My sensory perceptions are disordered
 - 3. Distinguish between won’t and can’t
 - 4. I am a concrete thinker – I interpret language literally
 - 5. Be patient with my limited vocabulary
 - 6. Because language is difficult for me, I am very visually oriented
 - a. Be a mirror, be what you want to see
 - 7. Focus and build on what I can do rather than what I can’t do
 - 8. Help me with social interactions
 - 9. Identify what triggers my meltdowns

10. Love me unconditionally
- j. Program and Building Considerations
 1. Co-ed changing rooms
 2. Handicap Accessibility
 3. Noise levels
 4. Lane Space considerations
 5. Group size
 6. Program mission statement
- ii. Coach Considerations
 1. Training – Knowledge
 2. Experience – Background
 3. Personal Temperament
 4. Athlete Behaviors
 5. Personal Coaching Mission Statement
 6. Program Mission Statement
- k. Best Fit
 - i. Ability Level
 - ii. Supports needed
- l. Person First Language
- m. Google – Evidence Based Practices
- n. First This Then That
 - i. First This Then That is language used by behavior management professionals to keep individuals on task
 - ii. Prepares individual for transitions – reducing anxiety
 - iii. Can be implemented as first what I want then what you want or simply for transition prep

Russell Mark – Trending Up

What the Best Club Swimmers are Doing & How it Compares to the Best Pro / National Team Athletes

1. Look for 60% improvement from selection meet to games
2. Titled due to the success of our Junior Team – most successful trip ever
3. Butterfly Revolution Update
 - a. Culture of training butterfly
 - b. Facebook page and webinars
4. Fly Technical Focus Points
 - a. Flat & forward fly
 - i. Press forward with chin and chest
 - ii. Don't dive the forehead down with the chin tucked
 - iii. Drive forward with the hands
 - iv. Get the head down before the hands enter, but don't press it pas
bodyline
 - b. Two Kicks

- i. 1st kick – when hands enter – should engage as hands enter or just before
 - ii. 2nd kick – when hand finish – should engage half way through the pull and finish
 - iii. Emphasize catch more than finish (may get the body up high)
 - 1. Rounded finish
 - iv. Breath after initiating the catch
- 5. Event Focus – What’s Next
 - a. USA Distance Pride
 - i. Men’s 400 FR – Our second best American did not medal at World Juniors
 - 1. Takes a 3:43 low to podium
 - ii. Men’s 800 FR – No medals at Worlds / World Juniors
 - iii. Men’s 1500 FR – At least 14:38 to medal
 - 1. Worst placing men’s event – Average place from 2012 Olympics to 2019 Worlds is 9th
 - iv. Women’s 400 FR – Best placing women’s event
 - 1. Average place of 3.75 in last 6 Olympics / Worlds
 - 2. 3 US women 17& Under sub-4:10
 - v. Women’s 800 FR – 3rd best placing women’s event
 - 1. Average 4.75 in last 6 Olympics / Worlds
- 6. What are the challenges?
 - a. Athletes
 - i. Do we have the athletes that want to do the work? (Time, sustained intensity, volume)
 - ii. How do we help those athletes that do?
 - b. Coaches
 - i. Do we have a program to help a distance athlete thrive?
 - ii. Increasing volume is not the answer
 - iii. We need **sustained speed**
 - 1. Bruce Gemmell – “volume is not always the answer”
 - iv. Train at faster speeds for longer
 - v. Our best tools – Urbanchek’s color system
 - 1. Clubs – NCAP – Bruce Gemmell, Carmel – Chris Plumb
 - 2. College – Michigan (Josh White), Stanford Greg Meehan, NC State Bernardino
 - a. Learn from our successful peers and then adapt it to fit for you
 - c. Cultural & Systematic
 - i. NCAA success / pressures
 - ii. Trials cuts (always less swimmers and harder due to heat considerations)
 - iii. Training environment
 - 1. Pool time / lane space to separate distance
 - a. Gemmell – 2-3x per week
 - 2. Great females can often train / chase males in workout, but not vice-versa

3. Our best women train together and have a community, but not our best men
- iv. Men's History
 1. The current world elite are accustomed to 3:45 / 7:45 / 14:45
 2. Elite in the US is still 3:50 / 7:50 / 15:00
 3. The best 16 yo boys at 3:52 are on an island, far ahead of everyone else
 - a. "We need to shift the paradigm of what is fast"
7. World Juniors & Worlds – Differences (meet prep – 1-2 weeks leading into the meet)
 - a. Meet prep
 - i. Pace work (Junior level – ton of pace work – but not race specific – need "educated pace work" to look at stroke counts and tempos too) , power work (taking power towers to training sites) (cords or socks), suited efforts (1/2 doing stingers 2 days out)
 1. 125 then a 50 off the block
 - ii. Pre- and post-workout routines
 1. Juniors – getting in and out as quick as possible
 2. National – more focused on the routine
 - iii. Quantity of starts (filmed and watched – over the top) – too much mental energy exhausted
 1. National – just maintaining 1-2 starts a day
 2. It's an explosive movement – do you want to do it that much during taper
 - b. Ability to process results (good and disappointing)
 - i. Impressed by the Junior teams ability to talk about their results objectively
 - c. Relay Swings
 - i. Trending towards the stepover
 - ii. Wedge toward the front
 - iii. Stay low through the arm swim and step – don't stand up
 - iv. Most people finish the arm swim too early
 1. The forward arm extension should coincide with the leg extension
 - v. Eyes should be looking forward at the moment of jump
 1. If eyes are down, you're not engaging and are locked up
 - d. Broader Technical Observations
 - i. Awesome
 1. Dolphin Kick, Free quick breath, free catch, back catch, fly flat & forward, breaststrokes exploding forward
 - ii. Mixed
 1. Relay swings, starts, back starts, mid/distance free
 - e. Current Areas of Focus
 - i. Free – Connected & aggressive recoveries into forward hand entry
 1. Through your body
 - ii. Free – Release finish

- 1. Caleb – especially – focused on catch
 - 2. No one locking out elbow
 - iii. Breast – high hips, downward kick action
 - iv. Breast – Tempo (multiple gears)
 - v. Back – High hips & body
 - vi. Fly – Breath timing? Kick size?
 - 1. Caleb – big kick on 2nd kick and smaller kick on 1st kick
 - vii. Athlete Mental Health
 - viii. Coach Wellness – balance mental and physical health
 - 1. To be the best to the people we are trying to give energy to
- 8. Breaststroke Tempo
 - a. Efficiency is important but we need to be open to being more aggressive with tempo
 - i. There is no way you can maintain your distance per cycle, you have to cycle up to maintain speed
 - b. SCY 100 – Tempos aggressive to start, then fades 0.1 – 0.2 each length
 - c. LCM 100 – 1st 50 Tempo fades 0.1 or more
 - i. 2nd 50 Fades less
 - d. You can have a high tempo and not spin, it's all about being explosive getting forward



September 2019 House of Delegates
Metropolitan Swimming Age Group Chairs Report

Eastern Zone Meet 2019

- Thank you to the zone coaches and chaperones who volunteered their time. Thanks to them we had a fun and successful meet!
 - Coaches: Will Trussler (YFD), Brian Clarke (MAKO), Dom Boccio (LIAC), Pete O'Donnell (NYSA), John Fedena (AGUA), Mike Lennon (LIAC), & Ethan Fergus(MWDA)
 - Chaperones: Sonia Vega (WEST), Ann Herr (TVSC), Karen Gennerelli (COND), Netherland Walton (WEST), Luis Lugo (LIE)
- Recap of the results
 - Metro had 196 athletes compete at the meet (the largest team at the meet)
 - Metro Team placed 1st with 1,167 points (2nd place earning 942 points)
 - 143 top 8 swims, 14 first place individual finishes, 22 top 3 relays
- Online registration worked well for the 2nd year. Addition of using online Jot Forms for add/changes to events worked out great. The meet registration is now almost completely online.

Convention Notes/ Eastern Zone Meet 2020

- The eastern Zone voted to remove the 15-18 age group from the 2020 Long Course Age Group Zone Championships. The meet will now be a 14 & under meet
- The meet will be held at the Liberty University Pool in Lynchburg, VA (change from the past few years)



99 Sheep Pasture Road, Port Jefferson, NY 11777
(631) 736-6422 - FAX (631) 938-7418
Email address: metro.office@metroswimming.org



SAFE SPORT/Operational Risk Management Report Submitted September 17, 2019

Year- To -Date: 12 Accidents reported 7 reported at team practices or dryland and 5 at meets

Attended USAS Convention

USAS St. Louis

EZ Coaches well attended went –

USAS board meeting 1-closed session after discussion about foundation and Hesse

safe sport packed room all about MAAPP and resources and educational docs from website

- Minor Athlete Abuse Prevention Policy
- Minor Athlete Abuse Prevention Policy - Full Policy
- Minor Athlete Abuse Prevention Policy - Customizable for Clubs

Other educational:

- Applicable Adults
- One-On-One Interactions
- Social Media and Electronic Communications
- Travel
- Locker Rooms and Changing Areas
- Massages, Rubdowns and Athletic Training Modalities
- APT Requirement for Adult Athletes

LSC Development

- New LEAP format for 2021
- Revamp lsc portal (analytics)
- Analytics /workshops/LEAP
- LEAP - adding a leap not 1-2-3 just leap for everyone Getting rid of older stuff Library adds GC handbook updates Volunteer Recruitment
- Focus on coach leadership
- Bright ideas

Operational risk

- Concussion training
- Sudden cardiac arrest

Mighty meg

Bright Idea- maybe a series of -10 Under in day two hour and similar 11-14?

Large LSC's like Metro all going to CEO led organizations with much more engaged office support

Report to the House of Delegates
September 28, 2019
Office Administration

Membership Statistics

	<u>End of 2018</u>	<u>End of 2019</u>
Coaches:	634	620
Officials:	426	396
Other:	105	104
Single Meet:	0	0
Athletes:	10,576	10,434
Flex:	0	241
Outreach:	108	185
Total Membership:	11,771	11,909

Coaches Certifications – Repeat- Repeat- Repeat

Coach's current certifications are listed in club portal and on deck pass 24/7. Coaches are emailed 30 prior to an expiration – giving ample time to renew. **No excuse to not renew before expiration dates.** There is no grace period for uncertified coaches. Many LSC's fine or deny membership to coaches that let their certifications expire. Please be diligent. Reminder to send in updates as you do them – do not wait until the day before you need them.

*Coaches without full certifications are **NOT** allowed on the pool deck in any capacity – practice or meets.* Officials can't let you on deck with a copy of your updated CPR – must be in database.

Safety Training for Swim Coaches – please attach your current lifeguard certification OR the skills sheet with your online course.

New requirements – Concussion Training and Coaches USDA Advantage. All coaches must take
All officials must take concussion training.

Athlete Protection and USDA will be one year certifications. Remember when taking APT to finish all 3 sections and take survey!

Safety Training – Must have completion certificate with bar code. Reminder there are 2 parts to your Safety – online and in-water – you must take both!

Please help your coaches with the club portal for their certs – Too many coaches emailing the office asking what they need – It is in the portal and on deck pass!!

Club Portals

Club Portals should be your best friend! All of your club information is in it, and up-to-date to what is in the database. This includes athlete registration and coach's certifications. There is no reason you don't know who is or is not registered. Please check your club portals frequently!

Meet Recons

Meet recons are due to the office no later than 1 week prior to the meet – many meets are closed and recons should be submitted as soon as possible. Do not wait for last minute – clubs need time to make corrections.

It is the responsibility of the club to only enter swimmers that have been registered with USA Swimming. As we know – meets fill up early – **swimmers should have been registered prior to you sending your meet entry.** There is no excuse

for not knowing who is on your roster – ie: Club Portal is live 24/7. You should not send in an entry that has any unregistered swimmers into a meet – this is not allowed!!!

If a swimmer is not registered and swims in a meet – there is a \$100 fine to the team that entered the swimmer and a \$100 fine to the host club for allowing the swimmer in the meet. There will be no grace period to correct this issue. Times achieved at the meet will not be uploaded into the SWIMS database.

Please pay attention to emails with meet recon information in it. Fix what needs to be fixed! You need to fix housekeeping issues too – and let any meet directors of any meets the swimmer is already in know of all changes.

Any swimmer that swims in a meet that has not been properly transferred OR results are unattached can't be changed after. The 120 day rule will apply to the last day SWIMS has them competing for old club. If a swimmer has not been registered or transferred properly – it can result in the records being deleted from SWIMS.

Registration

Everyone can print a temporary card from their home computer using deck pass. If your certifications are up-to-date – it will show on your deck pass. Reminder that no printed cards will be sent from the Metro office.

Just a reminder that USA Swimming has raised the dues \$2 so registration fees for 2019-2020 will be \$74. Club applications – please read all directions and please fill out completely and neatly. Clubs have been invoiced for club dues, but need applications to register clubs!

Reminder – the SWIMS database does not know if you move, change your name, etc. Please let the office know of any changes.

Registrars – remember if you put in a preferred name – that name goes in the database and appears on results, awards etc. Parents have been complaining about cute names. It is meant for Anthony – to Tony etc. Do not put any other names.

Middle names – USA Swimming prefers full middle name – not initial.

Member Validation!!!!!! - as you are aware – we can now use the Team Unify and just recently Active to upload our registrations – Please use the member validation part of this method. (you must activate this service!) It is there to verify that the registration matches the USA Swimming database. It will notify you of any errors prior to sending in the registration batch – ie – middle initials, spelling, transfer. You can then take care of the issues before sending it in. This will help match the databases and prevent slow down on registrations and recons!

Transfers – Any swimmer that has ever been registered to any club must fill out a transfer form – even if they have not participated in several years. They remain in a holding tank until the form is completed.

Foreign athletes – 120 day applies if they are attached to another club in another country – does not apply if they represented country.

If a swimmer has dual citizenship – they can represent their Federation but must apply to Mike Unger – if they have represented USA in international competition or vice versa. 9 step process.

Jr. Coaches – we have some in Metro – be sure they have their certifications in – same as a regular coach – except no background. JR coaches must be 16 – do NOT send in before. The system won't allow!

Transgender athletes – In order to change genders of an athlete it must go to USA Swimming where a panel will evaluate. This applies to already registered athletes only. If new athlete – registration is done by gender identification only – not birth certificate. Birth certificate can only be used for age verification.

Respectfully submitted,

Mary Fleckenstein

Officials' Chair's Report
September 2019

As of September 20, 2019, there are 363 wet-side volunteer officials registered with Metropolitan Swimming. This number includes all active and currently certified and apprentice officials and those interested in becoming a certified official who have to date signed up for a new officials' clinic.

In August 2019, the OTS records of all certified officials were reviewed, verified and, where needed, corrected, and former, inactive, or lapsed members were removed. The records of the dry-side Administrative Officials will go through a similar process sometime in the coming months.

From September 2018 through August 31, 2019, 19 Metro officials were reimbursed to the established limits for travel to 26 regional and national meets, including long- and short-course Nationals and Junior Nationals, Open Water Nationals, TYR Pro Series, Futures, Speedo Sectionals, and Zones. At several of these meets, Metro officials were members of the assigned team.

As has been the case for the past several years, more and more Metro officials are pursuing national evaluations and we currently have more N2 and N3 Stroke and Turn Judges, Chief Judges, Starters, and Referees than we have ever had. Consistently offering two Officials' Qualifying Meets a year has played a large part in this, and we are working on offering a third one.

Because moving the training clinics for new officials on-line has been so successful (the response from participants has been very positive), we are experimenting this year with moving the required recertification clinics for all Stroke and Turn Judges and Starters on-line as well. The feedback from the group that attended the one clinic that has been held to date was very positive, but this way of conducting these clinics will be reviewed once they have all been offered. Referees are still required to attend an annual in-person meeting in order to maintain their certification.

As usual, our wet-side numbers are not where they should be, and they pale in comparison with the numbers of other LSCs, including those of comparable sizes to Metro and some of those that are smaller than we are. We are constantly working to recruit new members and appreciate the various ways in which clubs and coaches support and help further our recruitment efforts.

Respectfully submitted,

Mark Amodio
Metro Officials' Chair



September 2019 House Of Delegates
Metropolitan Swimming Disabilities Coordinator Report

USA Swimming Motivational Times:

- USA Swimming released motivational times specific for athletes with disabilities
 - o Multiple levels including LSC and Zone
 - o “ Intended to foster and promote the inclusion of athletes with a disability within USA swimming LSC Championships... designed to provide a fair, equitable and structured approach by using a combination of three groupings of similar disabilities.”
- Metro intends on adopting these motivational time standards for LSC Championship meets to further our inclusive mission
- <https://www.usaswimming.org/utility/landing-pages/club/disability>

Professional Development for Coaches:

- Children with Challenges- Online course available for coaching looking to expand their knowledge when working with children who are differently abled (cost associated)
- <https://mailchi.mp/57f4ebaa54eb/cwc>
- USA Swimming/ US Paraswimming will be hosting another coaches' conference with a focus on athletes on the autism spectrum
 - o Tentative date Nov 2020

New Website:

- In the process of updating information including important links to the website
 - o Motivational time standards
 - o Classification information/meets
 - o Adapted sports/ special Olympic contacts
- Any other information you may find helpful please reach out to the disabilities coordinator.

Diversity & Inclusion Year End Report

This past season the focus of the committee with its newly appointed co-chairs was to focus its resources on finding ways to support outreach. Our goal was to work on implementing a program that would allow outreach swimmers to compete more frequently and be included in LSC sanctioned meets. In doing so through hard work and extensive research we developed and proposed to the Metro Board the “Meet Entry Fee Reimbursement Program”. This program was proposed as a way to financial support qualifying outreach athletes within the LSC.

The D & I committee with the support of the Metro Board was offered an opportunity to have a table at the Golden Goggles event. This was groundbreaking as we do believe it was the first time such a table was dedicated just for Diversity & Inclusion. Those that attended the event and that were seated at the D&I table are listed below:

- 1) Lamar DeCasseres D&I Co-chair
- 2) Amine Boubsis D&I. Co-chair
- 3) Jocelyn Fisher -Senior Athlete rep
- 4) Mark Owens - Junior Athlete rep
- 5) Ian Liu - Cond-MR national diversity select camp attendee
- 6) Miranda Perez -KMB-MR
- 7) Dexter Vizhco -CAS-MR
- 8) Lexie Hernandez -MHH-MR
- 9) Aren Heywood -MCBY-MR

The D & I committee also sent 5 swimmers and 1 coach to represent at the Diversity Swim Camp held at the University Of Maryland. Of the 5 swimmers one of the swimmers was registered outreach. Additionally, as neither co-chair was available to attend the camp, it was collectively decided that we would send BJ Reynoso to represent in place of D&I co-chairs. The co-chairs also chose Florence King to attend as coach/chaperone as not only did we feel she would benefit from such a rewarding experience, but also, she is one of Metro’s actively involved coaches with outreach athletes. All participants reported back that they all had a great time!!

The Metro Board provided Co-chair Lamar DeCasseres with a substantial amount of generously donated items that was personally distributed by him to each of our highly populated outreach teams. Donations consisted of, Googles, swim suits, shirts, caps, etc.

The D&I committee was able to successfully collaborate with LIAC in getting a total of 5 registered outreach swimmers entered in the Long Course Metro Championships and entry fees were all paid for via the D&I budget.

We have been extended an offer from Ginny Nussbaum to use the LIAC Freedom Pool free of charge to host a D&I clinic this upcoming season.

We also were successful in collaborating with many Long Course host teams to agree to waive meet entry fees for registered outreach swimmers, of which a handful of swimmers have benefited from thus far.

We were successful in collaborating with the Metro Senior Mets staff in getting entry fee waivers for registered outreach swimmers to compete in Long Course Senior Mets.

Committee collaborated with Age Group Chairs to assist with offering financial support for registered outreach swimmers to compete in Eastern Zone LC Age Group Champs, of which 2 swimmers qualified. Additionally, 1 of the 2 swimmers parent also attended as a chaperone as well.

In conclusion, although this is just a brief summary of some of the things the committee has done this past season, we would like to point out that there were many other tasks that were completed as well. We were very active this past season in trying to gather the support of all members of Metro LSC to support the direction the D&I committee is going. Subsequently, we are happy to report that we are seeing a positive change and look forward to continuing the work that needs to be done.

Thank You,
Lamar DeCasseres
Amine Boubsis
Metro Diversity & Inclusion Committee Co-Chairs

The 2019 Metropolitan Swimming Open Water Championships scheduled for Saturday, September 7 was cancelled due to the effects of Hurricane Dorian.

THANK YOU TO THE:

131 Swimmers registered in either the 500 Meter, 3K, or 5K race.

17 USA Swimming officials ready to work.

Half dozen volunteers that were helping with the registration, the awards, setting out the food and helping at the finish.

15 lifeguards and kayakers helping.

Rye, Rye Brook, Port Chester EMS that had a two EMTs onsite with a vehicle and one in a boat.

City of Rye Marine Division who had three boats scheduled to patrol the course and four other local department's Marine Divisions on standby.

Eagle Timing, ready with timing chips to record each swimmer's times.

Rye Town Parks Department for reduced price usage of the beach and parking.

Playland Park for provided free parking.

THANK YOU:

Race Director - Jeff Chu

Meet Referee- Bob Menck

Safety Director - John McIlhargy

Independent Safety Monitor - Allen Wone

and the members of our committee.

T-shirts were printed for both the volunteers and the swimmers.

Medals were purchased.

Seven Buoys, with lines and anchors, and were tested (inflated and deflated) and ready to drop.

In 2019 we organized the first Metro Open Water Championship in many years. We also promoted open water swimming to Metro swimmers and provided an open water swimming clinic to Metro Officials. Members of our committee participated in both the Zone and National Open Water Championships.

Our plans for 2020 are to continue to provide open swimming opportunities for the Metro Swimming athletes.

Working with Metro clubs, we hope to add 2-3 additional open water swim meets to the schedule by providing open water meet director trainings - providing them the tools and information they need to feel comfortable running a quality open water swim meet.

Offering additional open water swimming clinics for officials will ensure that we have the personnel to run safe open water swim meets.

Through the metro web site, ongoing promotion opportunities and inviting swimmers that qualify, we hope to enlighten the athletes and their families of the possibilities of open water swimming.

The Eastern Zone provides a national qualifying open water swim meet. We will participate and encourage Metro swimmers to participate in that meet.

Establishing ties and cooperating with US Masters, local kayak clubs, and local boating groups will make it easier to receive support from them for our open water swim meets.

Our 2019 Metro Open Water Swimming Championships was on track to be an outstanding first effort. Except for the storm, we were very comfortable with the planning, organization and participation. For 2020, we plan to use the same game plan. We are considering using the same venue and time of year. A few items will be corrected and improved and/or expanded.

Open Water Swimming is the fastest growing sport in the world. Our committee would like to take advantage of the abundance of open water within the geographic area of Metropolitan Swimming and become a national model for open water swimming.

Open Water Cochairs

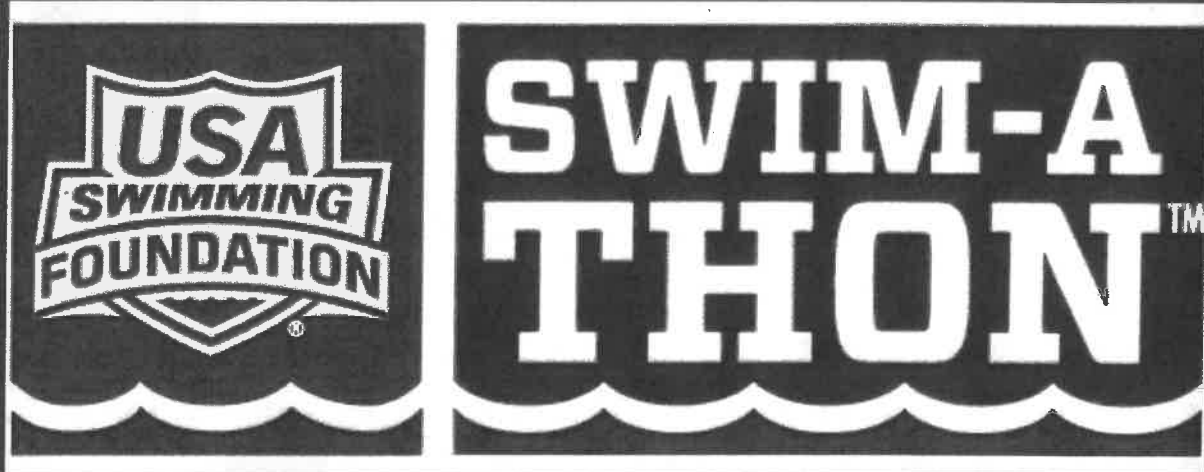
George Fleckenstein

Jeff Chu

From: finkfly33@aol.com
Sent: Saturday, September 07, 2019 07:31
To: Finkelstein, Richard (DSNY)
Subject: Fwd: Choose the 2020 Swim-a-Thon Prizes!

From: foundation@usaswimming.org
To: finkfly33@aol.com
Sent: 9/4/2019 1:28:42 PM Eastern Standard Time
Subject: Choose the 2020 Swim-a-Thon Prizes!

September 2019



2020 Swim-a-Thon Prize Survey

***We're mixing up the prizes for the 2020 Swim-a-Thon season! This is your chance to weigh-in on the prizes you and your team can earn!
Please select one item from each prize-level category:***

Raise \$300.00 - \$599.99



Rally Towel

Select one:

Rally Towel

Select

Nose Clip

Select



Nose Clip

Raise \$600.00 - \$799.99



Polar Bottle

Select one:

Polar Bottle

Select



Stainless Steel Sports Bottle

Stainless Steel Sports Bottle

Select

Raise \$800.00 - \$1,199.99



Long Hair Silicone Swim Cap

Select one:

Long Hair Silicone Swim Cap

Select



Wrinkle Free Silicone Adult Swim Cap

Wrinkle Free Silicone Adult Swim Cap

Select

Raise \$1,200.00+



Mirrored Goggles

Select one:



Large Dry-Off Sport Towel

Mirrored Goggles

Select

Large Dry-Off Sport Towel

Select

What is the Swim-a-Thon Contest... and how can I get my team involved?

***Are you hosting a
Swim-a-Thon between
December 1, 2018 and
November 30, 2019?***

Submit your results and contribution of 5% (or more) to the USA Swimming Foundation within 60 days of your event and you'll be automatically entered into our 2019 Swim-a-Thon contest!



What's the contest?

The Swim-a-Thon contest is a points-based contest where teams earn points for every dollar raised at their Swim-a-Thon.

Within our four categories (based on team size), points are earned through total funds raised and contributed to the USA Swimming Foundation. Bonus points can be earned in various ways, including using #USASwimAthon on social media posts. For more ways to earn bonus points, check out the contest rules here. If your team has the most points in your category, then you're a **Gold Medal winner!**

What do Gold Medal winners get?

The Gold Medal winners get amazing prizes, including a customized Deck Pass Patch for your team, \$200 in Visa gift cards AND a gift certificate for a pizza party. They're also entered into the Grand Prize drawing to win a personal visit in 2020 from **USA Swimming Foundation Swim-a-Thon Ambassador, Olympian Kelsi Dahlia!**

When will the winners be announced?

Gold Medal winners will be announced the first week of February 2020 and the Grand Prize winner will be drawn the following week.

Want to be a part of the contest?

Sign up today!

USAS Convention Swim-a-Thon Panel



// CONVENTION
2019

GATEWAY THROUGH TOKYO

How to Fundraise for Swim-a-Thon Based on Participants

Curious about Swim-a-Thon? Want to raise more money at your event? Join the USA Swimming Foundation and experienced Swim-a-Thon veterans for a presentation and panel discussion on Wednesday, September 11, 2019 from 3:00 - 3:50pm in Sterling Studio 9 at the Hyatt Regency St. Louis at the Arch. Register for Convention [here](#).

The panel is your chance to ask questions and learn from successful teams (of all sizes) on how they run their Swim-a-Thons and encourage their members to raise money! Attendees will be entered to win a GoPro!

Panelists include:

MEGHAN FERAN
Head Coach
SOLO Aquatics

TRAVIS SANDIFER
Executive Director
KATY Aquatics

TIM LAROCHE
VP of Sales & Success
TeamUnify

APRIL WALKLEY
Inland Empire Swimming Representative,
Tri-City Channel Cats

Team Spotlights

Terre Haute Torpedoes



Congratulations to the Terre Haute Torpedoes on hosting their very first Swim-a-Thon on August 17! Right out of the gate, this team out of Indiana has utilized all of the tools at their disposal to reach their community. From contacting local business to reaching out to their local news, the Terre Haute Torpedoes have maximized their efforts to make their first Swim-a-Thon a success. After sending out their personalized version of our sample press release (found in the [Swim-a-Thon Resources Dashboard](#)), they were featured in their local [Tribune](#) and [WTHI-TV10](#)!

Of their community outreach strategy, Sponsorship Chair Dr. Bridget Roberts-Pittman said, "We ask every Board member to send out so many emails. This (Swim-a-Thon) is very Board driven...Really utilize your membership and have parents talk it up." Roberts-Pittman credits the great work of Board President Lisa Moore, the Terre Haute Torpedoes Coaching staff and local businesses for helping build momentum.

Crawfish Aquatics



During their 2019 Swim-a-Thon, Crawfish Aquatics raised \$81,758 - a more than a 37% increase from 2018! They also added to their contest point total by sending in a highlight video! Check out all the fun from the Crawfish Aquatics' 2019 Swim-a-Thon!

Send in a video of your Swim-a-Thon and you'll be featured in the newsletter, as well as earn 5,000 bonus points for the contest.

2019 Swim-a-Thon Contest Leaderboard

The Swim-a-Thon leaderboard shows the current standings* of eligible teams in the 2019 contest. To join the 2019 contest, your team must host a Swim-a-Thon between December 1, 2018 and November 30, 2019, then submit your results and 5% contribution to the USA Swimming Foundation within 60 days of your Swim-a-Thon event date.

Category #1 (0-75 Member)

Rank	LSC	Club Name	Swimmers Who Participated	Points to Date
1	AK	Seward Tsunami Swim Club	58	45,133
2	PN	Shadow Seals	15	32,964
3	SC	Swim Charlston	83	29,961
4	CO	Mission Aurora Colorado Swimming	61	29,724
5	PC	Monterey Bay Swim Club	45	29,292

Category #2 (76-150 Member)

Rank	LSC	Club Name	Swimmers Who Participated	Points to Date
1	IE	Spokane Waves	140	46,212
2	NJ	YMCA of Montclair	112	45,672
3	PN	Fife Area Swim Team	95	37,626
4	FL	Gulf Coast Swim Team	55	36,039
5	PN	West Coast Aquatics	72	34,805

Category #3 (151-300 Member)

Rank	LSC	Club Name	Swimmers Who Participated	Points to Date
1	MD	North Baltimore Aquatic Club	244	85,787
2	CA	Swim Torrance Swim Team	115	54,591
3	OR	Hillsboro Swim Team	125	54,353
4	OR	Mt. Hood Aquatics	96	49,751
5	NT	O2 Performance Aquatics	66	45,750

Category #4 (300+ Member)

Rank	LSC	Club Name	Swimmers Who Participated	Points to Date
1	CA	Rose Bowl Aquatics	372	153,000
2	NA	Nova of Virginia Aquatic Club	443	143,478
3	PN	Seattle Metropolitan Aquatic Club	371	116,132
4	LA	Crawfish Aquatics	270	97,934
5	GU	Katy Aquatics	233	90,955

*Results as of 8/13/2019

**Have a Story to Share?
We Want to Hear It!**



Tell us how your Swim-a-Thon goes this year. Give us a quote from your coach or a swimmer and 2,000 bonus points will be awarded to your team toward the 2019 Swim-a-Thon contest.

Also, don't forget that by submitting photos or a team video you can earn even more bonus points! ***Your team might also be featured in the Swim-a-Thon newsletter!***

Email your story, photos, or video to Amanda at amanda.nusbaum@usaswimming.org to earn your bonus points toward the 2019 Swim-a-Thon Contest!

USA Swimming Foundation
719-866-3235 | foundation@usaswimming.org | usaswimmingfoundation.org



Proposal to Amend Policy and Procedures Manual

Proposed Change is to Article(s) 308.13

Submitted by Lamar DeCasseres from WEST-MR/ Diversity Inclusion Co-Chair

Check one: Non-Athlete Member Member of the House of Delegates
 Member of the Board of Directors Member of Board of Review

Check one: Change Article Delete Article (and renumber if appropriate)
 Add Article (and renumber if appropriate)

The meet template on Metro website MUST be used and shall include the following: sanction #, date(s), site, class(es), events, start time for warm-up and competition, entry fees, mailing address, meet Director's phone number, method of cutting entries, awards (number and type), and warm-up procedures. The following items shall also appear in the meet information:

.1 "Metropolitan Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet."
.2 "Swimmers with disabilities are encouraged to enter and participate. Please notify the meet director of any accommodations you might require."

.3 Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms and behind the blocks. The use of drone operation also must be included.

.4 USA 2011 - 202.3.7 "The meet announcement shall include information about water depth measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls."

.5 The meet announcement shall include the pool has/has not been certified in accordance with Article 104.2.2C (4)

.6 Meet announcements and requirements for approval of competition shall include the all requirements as per USA swimming rules and regulations, as well as Metro meet template

.7 Beginning September 1st, 2017 All Meet bids must include four officials that are registered to the host team.

.8 Host Club may waive meet entry fees & facility surcharge for registered outreach swimmers. Coaches should contact meet director and identify registered swimmers whom they wish considered for waiver of fees when submitting meet entries.

Reasoning:

Adding this proposed language into meet announcements will spotlight the continued efforts of Metropolitan Swimming with the help of all registered clubs, to help and encourage the economically disadvantaged youth who are unable to afford costs associated with competitive swimming.

Proposal to Amend Policy and Procedures Manual

Proposed Change is to Article(s) 104.10

Submitted by Allen Wone from Metro Board

Check one: Non-Athlete Member Member of the House of Delegates

Member of the Board of Directors Member of Board of Review

Check one: Change Article Delete Article (and renumber if appropriate)

Add Article (and renumber if appropriate)

Write out the Article to be changed. Underline new text. Draw a line through deleted text.

104.10 – Metro registered clubs, in order to maintain good standing, must pay all invoices, registrations, fines, meet surcharges and any like items to Metro within 30 days of their invoicing. At the 30 day mark, the club will receive a written warning with copies sent to Finance Vice-Chair, the Admin Vice-Chair and the General Chair. After 60 days, the club will receive a written notice of "PAST DUE" with copies sent to Finance Vice-Chair, the Admin Vice-Chair and the General Chair with the addition of a 5% of the amount due as a late fee but not less than \$100. After 90 days, the club will no longer be considered in good standing and any combination of the following penalties below may be imposed on the club as recommended by the Finance Committee and approved by the Board of Directors:

- Swimmers will be required to swim as Unattached in all future meets until the club is in good standing
- Clubs hosting meets will pay 20% surcharge on all athletes including the host club up to the amount owed Metro
- Clubs hosting meets will have 100% of the splash fees surcharged by Metro up to the amount owed to Metro
- Loss of future sanctions for meets, including Time Trials
- Club will not be able to re-register as a club the next USA swimming season until past due amounts are paid

Proposal to Amend Policy and Procedures Manual

Proposed Change is to Article(s) 205.2

Submitted by Kate Hallex & BJ Reynoso from _____ Metro Board _____

Check one: Non-Athlete Member Member of the House of Delegates

Member of the Board of Directors Member of Board of Review

Check one: Change Article Delete Article (and renumber if appropriate)

Add Article (and renumber if appropriate)

Write out the Article to be changed. Underline new text. Draw a line through deleted text.

205.2 Swimmers 11 and over must travel and room with the team for the duration of the meet. Swimmers 10-under must travel and stay with their parents; they are under their parent's responsibility for the duration of the meet. Swimmers 11 and over may be released to a parent/guardian upon completion of their age group's session on the final day of the meet, provided they do not qualify for finals/participate in a relay. The Zone coordinator/ Age Group Chair must be in possession of the athlete release form prior to the final day of competition. The participation for all swimmers will be determined and posted in the meet notices. Metro arranges for and pays transportation, lodging, meals and equipment for all swimmers 11 and over. Metro arranges equipment for 10 and under.

Reasoning: By allowing 11 & over athletes who do not make finals (individual or relay) the opportunity to be released to parents/guardians at the end of their session allows the Zone coaches & Team managers a more organized transition to dismissal. This will allow for a more functional and safe group management on the last day of the meet.

Proposal to Amend Policy and Procedures Manual

Proposed Change is to Article(s) 205.6

Submitted by Kate Hallex & BJ Reynoso from Metro Board

Check one: Non-Athlete Member Member of the House of Delegates

Member of the Board of Directors Member of Board of Review

Check one: Change Article Delete Article (and renumber if appropriate)

Add Article (and renumber if appropriate)

Write out the Article to be changed. Underline new text. Draw a line through deleted text.

205.6 Athletes who compete in the 10 & under category will be encouraged but not required to attend the meet in its entirety. They will be required to stay for the full session on the day which their event(s) fall.

Reasoning: The financial burden of attending the Eastern Zone meet in its entirety can be to severe for families. Additionally, planning time off from work, child care, and other family factors would prevent swimmers the opportunity to compete at this championship.

Athletes/parents will indicate their commitment upon registration

32 Proposal to Amend Policy and Procedures Manual 933 934 Proposed Change is to Article(s) _____ 935 Submitted by _____ from _Dragos Coca Twisters S.C. and Carleane Fierro Westchester Aquatic Club_____ 936 Check one: ___ Non-Athlete Member ___X___ Member of the House of Delegates 937 ___ Member of the Board of Directors ___ Member of Board of Review 938 939 Check one: ___ Change Article ___ Delete Article (and renumber if appropriate) 940 ___X___ Add Article (and renumber if appropriate) 941 942 Write out the Article to be changed. Underline new text. Draw a line through deleted text. 943 . . .

This is a new proposal to be added to Metropolitan Swimming Inc. Bylaws:

Any Club, Association or Organization associated with the Metropolitan Swimming LSC must not offer any financial support or monetary incentive, based solely on individual swimming performance, for any of its current or prospective athlete(s) under 18 years of age.

Metropolitan Swimming Inc. member clubs Associations or Organizations may offer financial support only for outreach swimmers, designated as such by Metropolitan Swimming Inc., based on an approved application supported by the appropriate documentation.

Rationale:

The addition of this bylaw article will protect against centralization, monopolization, and segregation of Metro LSC member clubs and will promote fair competition and ethical practice within our LSC Age Group competitive swimming.