



A

**Sierra Nevada Swimming
Board of Directors Meeting
March 15, 2017 @ 6:30pm
Mike Shellito Indoor Pool ~ Roseville CA**

Board of Directors 1845

General Chair

- ✓ • Mark Brown

Admin Vice Chair

- ✓ • Ray Wieser

Secretary

- ✓ • Dana Covington

Treasurer

- ✓ • Bill Fisher

Senior Vice Chair

- ✓ • Billy Doughty

Age Group Co- Chairs

- ✓ • Courtney Martellucci
- Kainoa Pistorius

Technical Chair

- Darin Mai

Safe Sport Chair

- Rebecca Landre

Athlete Representatives

- Lizzy Fugit - SR
- ✓ • Tim Lee - SR
- ✓ • Jamie Deas - JR CAJ
- ✓ • Dylan Sewell - JR

Coaches Representative

- Barry Henderson

At-Large

- ✓ • Bill Rose

Staff

- ✓ • Denna Culpepper
- ✓ • Mark Brown

Roll Call of Board Members

Reading, correction and adoption of minutes from May 24, 2016

Reports of Officers

Reports of Committees and Coordinators

Advice and Consent to Appointments

Unfinished (old) business

- Report of CCS/SNS Merger Update
 - Jim Patterson, General Chair of Central Cal Swimming

New business

- Special Funding Requests
 - World Champ Trials
 - Deaflympics
- 2017 Age Group Western Zone Meet
 - Athlete Selection Process (30 minimum/48 maximum)
 - Head Coach Appointment - Kainoa Pistorius, AG Co-Chair
 - Swimmer Co-pay (\$400-\$500) not finalized
- Technical Committee
 - Jr + & Sr + Time Standards for SNS
 - Policy in place for checking Coach Credentials at SN Meets
 - Warm-up procedures/# of swimmers in each lane at meets
- 2017-2018 Meet Schedule
 - Open bidding process (Mark Brown)
- Policies & Procedures Manual Update (R/R included)
 - Late Bid Fee policy
 - Minutes reviewed/added motions to current copy
- Grant Funding Program
 - Develop one similar to Pacific to aid in requests
- USA Swimming Foundation Donation
 - Bill Krumm Celebration of Life
- SN Camps update
- BOD Meetings schedule and HOD Meeting

Approval of applications for Group Membership Elections

Resolutions, Orders & Announcements

Adjournment

Next BOD Meeting scheduled for: _____

Next HOD Meeting scheduled for: _____

B

Sierra Nevada Swimming Inc Balance Sheet As of September 30, 2016

asis

	<u>Sep 30, 16</u>	
ASSETS		
Current Assets		
Checking/Savings		
110 · General Fund Checking x7210	348,397.54	
115 · Debit Account x7155	4,281.02	
Total Checking/Savings	<u>352,678.56</u>	
Other Current Assets		
Deposits in Transit	15,396.00	
Team Receivable	27,004.75	
156 · First Western Trust 612442-14-7	474,778.39	514,273
$\langle 42,494.67 \rangle$ *		
Total Other Current Assets	<u>514,179.08</u>	
Total Current Assets	<u>866,857.64</u>	
TOTAL ASSETS	<u>866,857.64</u>	909,352.31
LIABILITIES & EQUITY		
Liabilities		
Current Liabilities		
Other Current Liabilities		
USA Swimming Payable	9,363.00	
24000 · Payroll Liabilities	1,396.03	
Total Other Current Liabilities	<u>10,759.03</u>	
Total Current Liabilities	<u>10,759.03</u>	
Total Liabilities	10,759.03	
Equity		
32000 · Unrestricted Net Assets	875,635.44	
Net Income	-19,536.83	
Total Equity	<u>856,098.61</u>	
TOTAL LIABILITIES & EQUITY	<u>866,857.64</u>	909,352.31

Sierra Nevada Swimming

March 15, 2017

Board of Directors Meeting

C/F

Age Group Chairs Report

Kainoa Pistorius

Cortney Martellucci

13/14 Age Group Elite Camp on 1/27-1/28 - Head Coach Todd Schmitz (Colorado Stars)

- Positive reviews from swimmers and coaching staff
- Todd was very complimentary of our LSC and opportunities we provide our swimmers. Said he wished Colorado LSC hosted a wide range of camps like we do.
- Took swimmers to Beat The Room in Rocklin

Leadership Camp on 2/10-2/11 - Head Coach Ricky Silva (SASO)

- Brought in multiple speakers to cover a number of different topics, good idea for future camps
- Took swimmers to Top Golf
- Very positive reviews

SWAGR 3/16-3/19 - Hosted by CCA

- Hoping for growth in size from last years inaugural meet in Clovis

Catch The Spirit Camp 4/30 - Head Coach John Dalton (SMST)

Diversity & Inclusion Camp - 5/27 - Camp Director Justin Lomas and Head Coach John Dalton (SMST)

2017 Western Zones 8/9 -8/12 - Hosted by CCA in Roseville

- SNS will fund a minimum of 30 athletes, maximum of 48
- If athlete has a WZ cut they will automatically make the team
- SNS will fill up to five spots per age group if we do not have enough qualified to make relays
- Team will be finalized at LCM JO's
- Coaching staff - Kainoa Pistorius, Cortney Martellucci, John Dalton, Shelby Guillory, Summer Treadwell

F

D'

March 15, 2017 Officials Report

Here is a little review about the status of some of the potential Officials who have attended a clinic in the swimming year 2017, starting in October of 2016, and have not completely finished their requirements.

New "Trainees" who have attended a 2017 clinic and paid their USA Swimming membership fee of \$62 and did nothing else:

15 potential Officials have spent \$62, but haven't started any of their certification requirements. REMAINED THE SAME, SINCE MARCH 1, 2017.

New "Trainees" who have attended a 2017 clinic and paid their USA Swimming membership fee of \$62, paid \$36.50 and completed their Background Check and then did nothing else:

4 potential Officials have spent \$98.50, but haven't started their APT; six deck training sessions or the completion of their online test. REMAINED THE SAME, FOR SEVERAL MONTHS.

New "Trainees" who attended a 2017 clinic and paid their USA Swimming membership fee of \$62, paid \$36.50 and completed their Background Check, completed and passed their online test and then did nothing else:

1 potential Official has spent \$98.50, but hasn't started their APT or six deck training sessions. REMAINED THE SAME, FOR MANY MONTHS.

New "Trainees" who attended a 2017 clinic and paid their USA Swimming membership fee of \$62 and passed their online test and then did nothing else:

1 potential Official has spent \$62, but hasn't started their APT, Criminal Background Check or six deck training sessions. REMAINED THE SAME, FOR MANY MONTHS.

New "Trainees" who only have to complete their six deck training sessions:

11 potential Officials have spent \$98.50 and still have their six deck training sessions to complete. HAS DROPPED A FEW EACH MONTH.

New "Trainees" who only have to complete their six deck training sessions and online Certification Stroke and Turn/Timer test:

8 potential Officials have spent \$98.50 and only have their six deck training sessions and online test to complete. HAS DROPPED A FEW EACH MONTH.

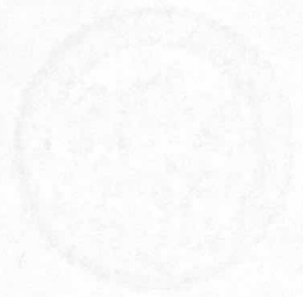
The Online Testing Site on the USA Swimming website, will be shut down from April 15th to May 1st, so that all the questions will be aligned with the 2017 Rulebook. If you have not finished a previously started test by April 14th, the test will be deleted and you will have to start all over on May 1, 2017.

Some High School League Championships will need to have applications for "observation" in order for these swum high school times to count as USA Swimming times. Check out the April Officials Newsletter for more details, but remember, the Meet Referee has to have in Bill Rose's hands, the application for "observation" at least 10 days before the meet is to take place.

There is now two Stroke and Turn Clinics on the calendar. The Weaverville Swim Club and California Capital Aquatics will host these two clinics. The WST clinic will be on Saturday, March 25, 2017 and will be held at the P.U.D. Boardroom, in Weaverville, California. The CCA clinic will be on Wednesday, March 29, 2017 at the Roseville Aquatic Center near Woodcreek High School.

D²

Out of the 299 people who have attended our offered 2017 Clinics since October of 2016, ten are Administrative Officials only, fifty-six have not completed their training requirements to be certified S/T Officials and two hundred and thirty-three have become certified Officials for the current swimming year.



Fr

**Sierra Nevada Swimming
Board of Directors Meeting
Date: 3/15/17**



**Reported by:
Denna Culpepper
Executive Director**

LEAP – LSC Evaluation and Achievement Program ~

- Level 3 – in progress

Club Recognition Program ~

- Level 4 – Two clubs have recently been awarded Level 4, the highest level for this voluntary USA Swimming Program – Northern Sierra Swimming and Sierra Marlins Swim Team – Big Congratulations!
- Level 1 – Truckee Tahoe Swim Team was just awarded Level 1, already working towards Level 2!
- Achievement checks will be sent to the above clubs per the SN Club Recognition Program ~

Club Achievement Program ~

- Spring 2017 – Applications due April 1st – emails have been sent out on 3/15/17 and also on SN website

USA Swimming Coach Mentoring Program ~

- No updates

LSC Strategic Planning Session ~

- No report

SNS Meetings & House of Delegates ~

- Remaining meeting schedule to be discussed/set at March 15, BOD meeting

Athletes Committee ~

- Teams have submitted names for the Athlete’s Committee to be chaired by SN Reps

Programs & Events ~

- **USAS Convention**
 - 2016 – Atlanta, completed
 - 2017 – Dallas, TX September 10-17
- **Awards Banquet** – October 29, 2017 @ Falls Event Center, Roseville (new location)

SNS Record Breakers ~

- Records through 4/4/17 will be updated by April 30th, 2017 both SC and LC

Camps & SN Travel Meets ~

- **Leadership & Character Training Camp**
 - February 10-11, 2017 COMPLETED
 - 36 athletes ages 13-17 attended the camp
 - Positive feedback from athletes, coaches, & parents – will offer in 2018
- **Age Group Elite Camp**
 - January 27-28, 2017 COMPLETED
 - Included top ten of 11-12 athletes (2 male and 8 female)

139 0 5041

- 40 athletes attended
- Colorado Stars Head Coach, Todd Schmitz was Head Coach
- Will offer in 2018
- **OTC/High School Elite Camp**
 - 20 of the top athletes selected to attend this camp – April 12-15, 2017
 - Locations: Tahoe, Reno & Carson City NV
 - Head Coach, Billy Doughty – Asst Coaches, Scott Shea and Justin Brosseau
 - Denna Culpepper as Camp Manager
- **Catch The spirit Camp**
 - Sunday, April 30th, Roseville Aquatics Center
 - John Dalton, SMST, Head Coach of camp
 - Information set to go out by March 27th, will accept up to 60 athletes, ages 9-12
- **SN Diversity & Inclusion Camp**
 - Saturday, May 27th, 2017
 - Davis Community Pool, Justin Lomas is Camp Manager, John Dalton is Lead Coach
 - Application ready to go!
- **2016 Age Group Western Zone Meet**
 - August 9-12, 2017 (travel dates 8-13)
 - Roseville, CA
 - Application process – in discussions
- **Open Water Camp**
 - Noting to report
- **NVAL Summer Coaches Clinic 2017**
 - April 30th, 2017
 - Pete Motekaitis, Presenter
- **All Star Meet**
 - Nothing to report

2017-2018 SNS Meet Schedule ~

- Scheduled for discussion at March 15, 2017 BOD meeting

Committee Reports ~

- **CA/NV Sectional Committee secretary** - conference call 3/14/17
 - December 14-17, 2017 Location TBD – East LA is not available
 - March 1-4, 2018 @ North Coast Aquatics, Carlsbad CA
 - July 19-22, 2018 @ Canyons Aquatics, Santa Clarita CA
 - December 16-19, 2018 @ East LA College – ELAC – FAST Aquatics Host
- **Western Zone Championship Meet Coordinator** – working with CCA Zones volunteers to coordinate the August meet – meet announcement should be published by mid April

SNS Team Unify Email Platform ~

- Work in progress – Bill Rose sends spreadsheet after each Officials clinic for updates
- All SN coaches have been added to the database (170+)

SN Scholar Athlete ~

- 101 swimmers named to the 2014-2015 Roster, pins/certificates available 4/5/16
- 2015-2016 Application due date will be August 31, 2016 and roster/distribution will take place in October of each year (500 pins ordered) – more in line with USA Swimming SAA

LSC Workshop – Phoenix, AZ April 28-30, 2017 ~

- Mark Brown, Denna Culpepper, Bill Rose, Rebecca Landre, Timothy Lee & Jamie Deas attending this 3 day workshop for the Western Zone

Operation Swim, Roseville CA ~

- Swim lessons, suit and towel provided to children (low income) at risk of never learning how to swim – this diversity initiative has been supported by SNS in the past. Would like to suggest \$2000 donation to support the Make A Splash program.

Respectfully submitted,

Denna Culpepper
dennac@snswimming.org

Sierra Valley Swimming

2017 House of Delegates - Club Delegation Sizes

Orig.	LSC	Club	Year	Season	Season	Season	Ind.	Total	Y/R	Total	Req'd	Req'd	Req'd	Any	5 Del.	4 Del.	3 Del.	2 Del.	1 Del.
SN	SN	Club	Rnd	1	2	3	Season	Season	Equivs	Delegates	Coaches	Athletes	Athletes	Any	Club	Club	Club	Club	Club
SN	AH	AH	34	9	0	0	0	9	38	2	0	1	1	1	0	0	0	1	0
SN	ANDR	ANDR	0	0	60	0	0	60	24	1	0	0	0	1	0	0	0	0	1
SN	AQUA	AQUA	144	13	1	0	0	14	150	3	1	1	1	1	0	0	1	0	0
SN	BTA	BTA	77	0	22	0	0	22	86	2	0	1	1	1	0	0	0	1	0
SN	CAJ	CAJ	168	3	43	0	0	46	186	4	1	1	1	2	0	1	0	0	0
SN	CCA	CCA	250	0	9	0	0	9	254	5	1	1	1	3	1	0	0	0	0
SN	COR	COR	10	0	51	0	0	51	30	2	0	1	1	1	0	0	0	1	0
SN	DART	DART	500	40	3	0	0	43	517	5	1	1	1	3	1	0	0	0	0
SN	DDUR	DDUR	14	0	96	0	0	96	52	2	0	1	1	1	0	0	0	1	0
SN	EGAC	EGAC	105	22	8	0	0	30	117	3	1	1	1	1	0	0	1	0	0
SN	FAST	FAST	12	1	6	0	0	7	15	1	0	0	0	1	0	0	0	0	1
SN	FBST	FBST	41	2	3	0	0	5	43	2	0	1	1	1	0	0	0	1	0
SN	FRAC	FRAC	58	0	1	0	0	1	58	2	0	1	1	1	0	0	0	1	0
SN	FWST	FWST	80	0	1	0	0	1	80	2	0	1	1	1	0	0	0	1	0
SN	GOLD	GOLD	118	0	0	0	0	0	118	3	1	1	1	1	0	0	1	0	0
SN	GOSL	GOSL	7	4	0	0	0	4	9	1	0	0	0	1	0	0	0	0	1
SN	GRID	GRID	0	0	122	0	0	122	49	2	0	1	1	1	0	0	0	1	0
SN	LTNC	LTNC	33	0	0	0	0	0	33	2	0	1	1	1	0	0	0	1	0
SN	NSS	NSS	181	3	6	0	0	9	185	4	1	1	1	2	0	1	0	0	0
SN	ORCA	ORCA	2	0	34	0	0	34	16	1	0	0	0	1	0	0	0	0	1
SN	ORLN	ORLN	15	0	81	0	0	81	47	2	0	1	1	1	0	0	0	1	0
SN	PARA	PARA	7	0	105	0	0	105	49	2	0	1	1	1	0	0	0	1	0
SN	PRST	PRST	2	0	39	0	0	39	18	1	0	0	0	1	0	0	0	0	1
SN	RAD	RAD	85	0	66	0	0	66	111	3	1	1	1	1	0	0	0	0	0
SN	RBT	RBT	0	0	63	0	0	63	25	2	0	1	1	1	0	0	0	1	0
SN	RMAV	RMAV	49	1	1	0	0	2	50	2	0	1	1	1	0	0	0	1	0
SN	SACP	SACP	2	0	0	0	0	0	2	1	0	0	0	1	0	0	0	0	1
SN	SASO	SASO	110	1	5	0	0	6	112	3	1	1	1	1	0	0	1	0	0
SN	SMST	SMST	246	15	3	0	0	18	253	5	1	1	1	3	1	0	0	0	0
SN	SOAR	SOAR	25	0	18	0	0	18	32	2	0	1	1	1	0	0	0	1	0
SN	SPKS	SPKS	139	0	0	0	0	0	139	3	1	1	1	1	0	0	1	0	0
SN	SSST	SSST	0	0	97	0	0	97	39	2	0	1	1	1	0	0	0	1	0

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Sierra Valley Swimming

2017 House of Delegates - Club Delegation Sizes

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Orig. LSC Club	Year Rnd	Season		Ind. Season	Total Seasonl	Y/R Equivs	Total Delegates	Coaches Req'd	Athletes Req'd	Any	Delegation Sizes				
		1	2								5 Del. Club	4 Del. Club	3 Del. Club	2 Del. Club	1 Del. Club
SN STAS	149	64	1	0	65	175	4	1	1	2	0	0	0	0	0
SN SUN	7	13	0	0	13	12	1	0	0	1	0	0	0	0	1
SN SVST	3	0	30	0	30	15	1	0	0	1	0	0	0	0	1
SN TAC	16	0	2	0	2	17	1	0	0	1	0	0	0	0	1
SN TCA	56	0	6	0	6	58	2	0	1	1	0	0	0	1	0
SN TTST	83	0	1	0	1	83	2	0	1	1	0	0	0	1	0
SN UCD	48	5	0	0	5	50	2	0	1	1	0	0	0	1	0
SN VACA	168	4	2	0	6	170	3	1	1	1	0	0	1	0	0
SN WAC	202	5	2	0	7	205	4	1	1	2	0	0	0	0	0
SN WHJ	3	0	40	0	40	19	1	0	0	1	0	0	0	0	1
SN WINN	22	0	0	0	0	22	1	0	0	1	0	0	0	0	1
SN WOOD	119	15	3	0	18	126	3	1	1	1	0	0	1	0	0
SN WST	0	0	60	0	60	24	1	0	0	1	0	0	0	0	1
SN YCRC	0	0	0	0	0	0	1	0	0	1	0	0	0	0	1
CC BAC	191	0	2	0	2	192	4	1	1	2	0	0	1	0	0
CC BSC	57	0	0	0	0	57	2	0	1	1	0	0	0	0	0
CC CLOV	488	0	1	0	1	488	5	1	1	3	0	0	0	1	0
CC CSUB	3	0	0	0	0	3	1	0	0	1	0	0	0	0	1
CC DOGS	12	0	0	0	0	12	1	0	0	1	0	0	0	0	1
CC FDST	124	13	0	26	39	140	3	1	1	1	0	0	1	0	0
CC FGST	88	0	2	0	2	89	2	0	1	1	0	0	0	1	0
CC FPU	1	0	0	0	0	1	1	0	0	1	0	0	0	0	1
CC FRES	2	0	0	0	0	2	1	0	0	1	0	0	0	0	1
CC HSC	0	0	0	0	0	0	1	0	0	1	0	0	0	0	1
CC IWV	42	0	6	0	6	44	2	0	0	1	0	0	0	0	1
CC KSC	25	0	2	0	2	26	2	0	0	1	0	0	0	0	0
CC MAT	21	0	3	0	3	22	1	0	0	1	0	0	0	0	0
CC MERC	43	0	6	0	6	45	2	0	0	1	0	0	0	0	1
CC RA	135	0	5	0	5	137	3	0	1	1	0	0	1	0	0
CC RCA	3	0	0	0	0	3	1	0	0	1	0	0	0	0	0
CC SCOR	31	0	8	0	8	34	2	0	0	1	0	0	0	0	1
CC TNT	351	0	0	0	0	351	5	1	1	3	0	0	0	0	0

Sierra Valley Swimming

2017 House of Delegates - Club Delegation Sizes

#3

Orig. Club	Year Rnd	Season 1	Season 2	Ind. Season	Total Seasonl	Y/R Equivs	Total Delegates	Req'd Coaches	Req'd Athletes	Any	5 Del. Club	4 Del. Club	3 Del. Club	2 Del. Club	1 Del. Club
LSC															
CC VAST	1	0	0	0	0	1	1	0	0	1	0	0	0	0	1
CC VSC	31	0	0	0	0	31	2	0	1	1	0	0	0	1	0
CC YMISC	77	0	1	0	1	77	2	0	1	1	0	0	0	1	0

House of Delegates Totals: 148 20 46 82 Clubs: 5 5 10 26 21

Percentage of Delegation: 100.0% 13.5% 31.1% 55.4%

(61)
1

Proposal 1 for Jr. ⊕ time standards

Women	Junior + Time Standards	Men
0:28.09/0:27.99	50 Free	0:26.09/0:25.69
1:01.09/1:00.69	100 Free	0:57.09/0:56.29
2:12.09/2:11.29	200 Free	2:04.09/2:02.59
5:50.09/5:50.89	400/500 Free	5:30.09/5:31.39
12:10.09/12:01.69	800/1000 Free	11:30.09/11:26.69
19:35.09/20:02.99	1650/1500 Free	18:30.09/19:07.59
1:11.09/1:06.19	100 Back	1:08.09/1:01.79
2:30.09/2:23.39	200 Back	2:28.09/2:14.69
1:20.09/1:15.99	100 Breast	1:15.09/1:09.79
2:54.09/2:44.59	200 Breast	2:44.09/2:32.89
1:09.09/1:05.99	100 Fly	1:05.09/1:01.29
2:35.09/2:25.79	200 Fly	2:27.09/2:15.69
2:30.09/2:26.99	200 Individual Medley	2:22.09/2:17.19
5:15.09/5:13.59	400 Individual Medley	5:00.09/4:52.99
	200 Free Relay	
	400 Free Relay	
	800 Free Relay	
	200 Medley Relay	
	400 Medley Relay	
Current Redding Meet vs. USA Swimming Motivational 13-14 "A" Time Standards		Current Redding Meet vs. USA Swimming Motivational 13-14 "A" Time Standards

Proposed SC/LC Women	Senior + Time Standards	Proposed SC/LC Men
0:26.79/0:29.59	50 Free	0:24.69/0:28.29
0:58.19/1:04.29	100 Free	0:53.89/1:01.99
2:05.79/2:18.99	200 Free	1:57.49/2:14.79
5:36.29/4:54.29	400/500 Free	5:17.59/4:46.69
11:31.59/10:05.29	800/1000 Free	10:58.09/9:56.29
19:12.89/19:06.19	1650/1500 Free	18:19.79/18:58.89
1:03.39/1:10.09	100 Back	0:59.19/1:09.29
2:17.39/2:31.89	200 Back	2:09.09/2:30.09
1:12.89/1:20.49	100 Breast	1:06.89/1:17.89
2:37.69/2:54.29	200 Breast	2:26.49/2:49.49
1:03.19/1:09.79	100 Fly	0:58.69/1:06.79
2:19.69/2:34.39	200 Fly	2:10.09/2:29.69
2:20.89/2:35.59	200 Individual Medley	2:11.39/2:32.19
5:00.49/5:31.99	400 Individual Medley	4:40.79/5:22.59
	200 Free Relay	
	400 Free Relay	
	800 Free Relay	
	200 Medley Relay	
	400 Medley Relay	
USA Swimming Motivational 13-14 "AA" Time Standards		USA Swimming Motivational 13-14 "AA" Time Standards

672

Proposal



JUNIOR + TRIALS/FINALS SATURDAY



Event # Women	Time Standard Women	Order of Events	Event # Men	Time Standard Men
201		200 Medley Relay ++	202	
203	1:01.09	100 Free	204	0:57.09
205	2:54.09	200 Breast	206	2:44.09
207	1:09.09	100 Fly	208	1:05.09
209	2:12.09	200 Free	210	2:04.09
211	1:11.09	100 Back	212	1:08.09
213	5:15.09	400 I.M.	214	5:00.09
215		400 Free Relay ++	216	
217	12:10.09	1000 Free+	218	11:30.09

SUNDAY

Event # Women	Time Standard Women	Order of Events	Event # Men	Time Standard Men
219		200 Free Relay ++	220	
221	5:50.09	500 Free	222	5:30.09
223	1:20.09	100 Breast	224	1:15.09
225	2:30.09	200 Back	226	2:28.09
227	2:35.09	200 Fly	228	2:27.09
229	0:28.09	50 Free	230	0:26.09
231	2:30.09	200 I.M.	232	2:22.09
233		400 Medley Relay ++	234	
235	19:35.09	1650 Free +	236	18:30.09

+ Timed Finals. Heats will be swum fastest to slowest alternating women/men, 10 minutes after prelims of that day. Swimmers are expected to provide their own lap counter, lap counter device and timers.

++ Timed Finals. Relays will be swum during prelims.

Bonus Event: Swimmers that qualify for fewer than 3 individual events in a day may enter up to two (2) additional events that day, but may not swim more than three (3) individual events per day.

Please Note: This meet will run concurrently with the AGO Meet. Swimmers may ONLY swim in one of the meets per day.

G3

Qualifying Time Standards:

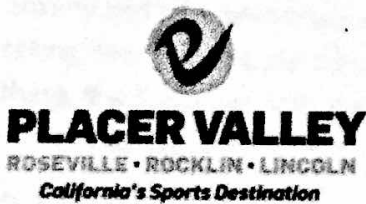
WOMEN'S EVENTS

MEN'S EVENTS

<u>WOMEN'S EVENTS</u>			<u>MEN'S EVENTS</u>		
<u>Number</u>	<u>Meters</u>	<u>Yards</u>	<u>Number</u>	<u>Meters</u>	<u>Yards</u>
<u>Thursday, June 9</u>					
800 Freestyle (W)	1	10:18.79			
1500 Freestyle (M)			2	18:37.39	18:15.49 (1650)
<u>Friday, June 10</u>					
200 Freestyle	3	2:25.29	4	2:16.49	2:00.09
100 Butterfly	5	1:15.39	6	1:11.09	1:02.79
200 Individual Medley	7	2:45.39	8	2:36.99	2:18.59
100 Backstroke	9	1:17.29	10	1:15.79	1:07.19
<u>Saturday, June 11</u>					
200 Backstroke	11	2:45.49	12	2:39.59	2:21.59
100 Breaststroke	13	1:27.59	14	1:22.49	1:12.49
50 Freestyle	15	0:30.99	16	0:28.79	0:25.19
400 Individual Medley	17	5:52.29	18	5:29.86	4:51.39
<u>Sunday, June 12</u>					
200 Butterfly	19	2:50.09	20	2:40.09	2:21.69
200 Breaststroke	21	3:10.89	22	2:59.89	2:38.49
100 Freestyle	23	1:06.79	24	1:02.69	0:55.09
400 Freestyle	25	5:02.49	26	4:45.09	5:19.39 (500)

Thank you to **Placer Valley Tourism** for coordinating **SPECIAL HOTEL ROOM RATES** for this year's Summer Sanders Meet. Information can be found at the following link:

<http://placertourism.com/events/2016SummerSanders>



I

Athlete's Committee Report SNS Board of Directors Meeting 3/15/17

As athlete representatives Tim and I had the opportunity to attend the Leadership camp that Sierra Nevada Swimming hosted. The camp had guest speakers Jordan Mahallati, Rebecca Landre, and Megan Hylton as well as Coach Ricky Silva from SASO and Coach Eddie Maximo from EGAC. It provided information on the qualities of a leader, managing competition anxiety, and different types of goals.

To begin, being a leader is more than taking charge and having people being inspired by your actions. While these are excellent things to do, they do not define a leader. In order for someone to be truly seen as a leader they first must be able to envision, enlist, embody, empower, evaluate, and encourage. Otherwise known as the 6E's of leadership. When you envision you want to know what to work towards to, not just for yourself, but for the whole group. Do not get stuck on the past, learn from today, so you can make tomorrow better. In order to enlist, first you want to bring people together, second listen to their ideas, and finally make the dream become reality. To embody is to become a role model and portray what the team believes in whether it is always having a positive attitude or giving it a 100% at practice. Empowering is giving the people what they need to better themselves, in other words providing useful tips for your teammates. While evaluating is giving immediate feedback to others on if we are being excellent and ethical towards each other. To finish off, encouragement is to inspire, and motivate others by passion and example.

Competition anxiety also known as stress makes it difficult for swimmers to swim at their best. Some symptoms that come along with stress are jitters, fidgeting, tense stomach, etc. While we swimmers might think stress is a bad thing, it is really not. Having stress makes our heart rate increase, therefore making us ready to swim fast. Although if your anxiety goes past a certain point your performance will decrease, that is why we should know how to control our anxiety and take advantage of it. To manage stress, there are a few exercises to do such as taking deep breaths, positive thinking, and controlling your mind. Once you are able to master these, it will just not help you with swimming but also with school work, tests, or a project to finish by a certain deadline.

A goal is something that we try to achieve, but there are different types, such as short term, long term, process, and performance. Short term goals in swimming, otherwise known as in season goals, are the times that we want to accomplish this year. However, long term goals are over a span of 2 or more years. On the other hand, process goals are stepping stones on how to achieve your big goal. For example they could be times you want to hit in practice in order for you to reach that insane goal. While performance goals are specific things you want to improve on such as your stroke, turns, breakouts, and dives.

Things that we took away from the camp were the practices of a leader, managing your stress to use it as an advantage, and goal setting.



J.

March 1, 2017

Rebecca Landre

Sierra Nevada swimming has been making consistent and positive strides in the arena of Safe Sport. Three specific highlights:

1. What I do: I've traveled to teams and do on-site training with athletes, coaches, parents and team board leaders. This has probably taken 50% of my time. Traveling to teams that invite me to teach about Safe Sport and their responsibility has been very successful. I have conducted training at WAC, SASO, CCA, Vacaville, leadership camps and have the Mavericks scheduled. Additionally, I work with USA swimming to assist in the development of Safe Sport tools and resources for officials. I've been asked to lead our Zone in coordinating Safe Sport activity and synchronized program implementation. Dave Coddington asked for me to present at convention a review of Safe Sport for the Western Zone.
2. My training: I traveled to Denver for 3 days of rigorous Safe Sport leadership training. Topics included: FBI: Why do kids disclose, Engaging Safe Sport trainers and volunteers, Making it safe to talk about Safe Sport, Sexting: moving beyond scandal to opportunity.
3. Telephone and email activity: This takes up the other 50% of my times. I spend time talking (email, telephone, one on one) with head to coaches, team leaders, athletes and parents to answer their questions about Safe Sport and help them get the resources that they need.

My two main goals are still working with our Safe Sport committee. Unfortunately, not much progress has been made here but, it will happen and we have a great team. My other goal is to have our LSC lead in the Zone at the implementation of the marshal role.

Summary: Initially, Safe Sport was a bit awkward and overwhelming. Coaches, parents etc., were in an uncomfortable situation as talking about these things had be done by team on a consistent bases. People began looking around and questioning behavior and actions. There were even well intentioned vigilante efforts. With ongoing training and education, there seems to be a growing understanding of the benefits of this program. We were expected to immediately adopt new athlete protection policies and a new code of conduct. It has taken time and education. But, what we've learned and continue to benefit from is that Safe Sport is a process. It takes time and an ongoing commitment for everyone, (team leadership, coaches, parents, fans, athletes) to keep clear rules, boundaries and understand of the benefits of a positive team culture. An outstanding concern of mine is how we monitor our open decks at swim competition

J2

as there is no clear process on confirming credentials of coaches. Sierra Nevada needs to adopt a procedure to address this.