

**Florida Gold Coast
Board of Directors Meeting
May 23, 2017 @ Plantation Central Park
Plantation**

I. Call to Order- Allan Williams called meeting to order 7:51pm

II. Roll Call/Excused Absences

Chair-	Allan Williams-P	Guests:
Vice-Chair-	Jim McCombs -P	Melanie Andrews
Sr. Chair-	Sid Cassidy-P	Terrell Woods
Age Gr Chair-	Jennifer Gibson-P	Allan Golding
Coaches Rep (PB)(2yr)	Alf Aguirre-P	Bruce Wigo
Coaches Rep (B)(1yr)	Bruno Darzi-P	Hector Acevedo
Coaches Rep (D)(1yr)	John Turnipseed-Ex	Eric Scheingoltz
Treasurer-	Dick Cavanah -P	
Secretary-	Lori Bosco-P	
Official Chair	Steve Goldman-P	
Finance Chair	David Hammond-P	
Safety Chair	Jimmy Parmenter-P	
Safe Sport Coordinator	Mike Averett-P	
Athlete Rep Sr. Rep	Kelly Fertel-Ex	
Athlete Rep (D)	Alicia Mancilla-Ex	
Athlete Rep (B)	Marta Ceisla-Ex	
Athlete Rep (PB)	Cameron Anderson-Ex	
At-Large-(1yr)	Gordon Andrews-P	
At-Large-(1yr)	Kathleen Klein-Prindle-P	
At-Large-(2yr)	Duffy Dillon-Ex	
At-Large-(2yr)	Gianluca Alberani-Ex	
Chair Advisor	Chris Anderson-P	

(Technical planning committee members: Vice-Chair -Jim McCombs, Sr. Chair- Sid Cassidy, Age Gr Chair Jennifer Gibson, Coaches Reps: Alf Aguirre, Brunno Darzi, Jeff Poppell, Official Chair Adam Zeichner, Athlete Reps: Kelly Fertel, Marta Ceisla, Alicia Mancilla, Cameron Anderson)

(Executive Board: General Chair-Allan Williams, Administrative Vice-Chair-Jim McCombs, Sr. Vice Chair-Sid Cassidy, Age Group Vice Chair-Jennifer Gibson Finance Vice Chair-David Hammond, Two Athlete Reps-Kelly Fertel and _____, and Coach Rep-Alf Aguirre)

III. Approval of minutes- January 24, 2017 meeting minutes.

Motion: To approve January meeting minutes. Kathleen Klein-Prindle **Second** Jim McCombs **Passed.** *No Opposed.*

IV. Officers Reports

A. General Chair

Allan Williams

1. Registration fees due at time of registration.
2. Entering an FGC met under a false team subject to fine
 - a. Unregistered team 302.4-host need to look at the names of teams entering in meets.

Motion: Meet host in the FGC not accept TM files from team not registered in FGC. Dick Cavanah. **Second** Jim McCombs. **Withdrawn.**

3. Outreach/Diversity committee Chair—working on filling.
4. ISHOF FL and FGC establishing a state of Florida Hall of Fame-(Bruce Wigo)-talked about keeping in Ft Lauderdale involving FGC and FL Swimming. Induction ceremony will be held August 25-27, 2017 in Ft. Lauderdale with Dara Torres and Mel Stewart Master of Ceremonies.
5. USAS convention registration- Sept 12-17: Attendees: Allan Williams, Jim McCombs, Cameron Anderson, Jennifer Gibson, Sid Cassidy, Dick Cavanah, Michael Averett, Bruno Darzi, Steve Goldman, Kathleen Klein-Prindle, Adam, Jay Thomas, David Hammond.

B. Vice Chair

Jim McCombs (Technical Planning)

1. 2018 Schedule-total of 95 meets-9 Area Champs-still looking for one, 3 Senior Meets, 57 Open Invites, 6 Developmental meets, 20 Sizzlers.

Motion: To Approve for Spring 2018 Area Champs: Area 1-Lake Lytal, Area 2-Sunrise and Area 3-SOFLO. Jim McCombs. **Second** Sid Cassidy. **Passed.** *No Opposed.*

Motion: To Approve for Summer 2018 Area Champs: Area 1-BRST and Area 2-Sunrise. Jim McCombs. **Second** Sid Cassidy. **Passed.** *No Opposed.* (Area 3-currently no host)

Motion: To Approve for Summer FGC-JO Champs 2018 & 2019: Martin County and NPB co-host. Jim McCombs. **Second.** Sid Cassidy. **Passed.** *No Opposed.*

2. Tech Planning report-Talked about items discussed to improve meets: create a 4th area Champs—decided to keep at 3 as the 4-hour rule does not apply to Championship Meets; Create a BB Championship—decided to keep as is; making JO cuts faster for summer—since haven't swum yet—keep as is.

Motion: To Allow Summer Area Champs host to create the meet either short course or long course as well as order of events with the consent from County Coaches Rep. Jim McCombs. **Second.** Sid Cassidy. **Failed.** 7 Opposed.

C. **Athletes** Cameron Anderson (SR)/Marta Ceisla/Alicia Mancilla
1. Team athlete committee representative-trying to get in line with USA Swimming. Will be putting forth a proposal.

D. **Coaches** Bruno Darzi (Sr rep)/Alf Aguire (Jr Rep)/John Turnipseed
1. No Report

E. **Senior** Sid Cassidy
1. No Report.

F. **Age Group** Jennifer Gibson
1. Recap of All Star Meet-Mike Averett- good meet-sign up process good, good coaching staff (3 first time coaches). Boys won. Girls lost. Good positive feedback.
2. Future of All Star Meet vs Other possibilities-progressing with All –Star meet but looking at moving toward a Sectional Route or an Age Group State Meet— will talk about at convention with FL Swimming.
3. 2017 Zone Meet team & staffing details-working on hotel rooms, flights and staffing. 3 staff confirmed: Cathy Silveira, Norman Abril and Jennifer Gibson Age groups 11-14 years.
4. LC Area Champs & JO Meets-concern about warm-ups with meets getting bigger.

G. **Registration** Dick Cavanah
1. Registration report-Handout. 2016-Annual Swimmers-5,323 and Seasonal Swimmers-166; 2017 Annual Swimmers-5,394 and Seasonal Swimmers-23 and 430 non athletes.
2. Beginning 2018-USA swimming will not provide cards to officials or USA coaches-available on Deck Pass. Discussion about having pictures on cards.

Treasurer Dick Cavanah
1. Financial Report-Handout. Bank Balance-\$206,826; Wells Fargo Investments-\$589,725; Accounts Receivables-\$22,627; Escrow Balances- -\$8,645 and Unpaid Registrations- -\$8,026. Total of \$876,891.00

Motion: To Donate \$2,000.00 to USA Swimming Foundation in honor of Chuck Wielgus.
Dick Cavanah. **Second** Sid Cassidy. **Passed. No Opposed.**

H. **Officials** Steve Goldman
1. Officials Committee report and recommendations: 31 Apprentices-14 Stroke and Turn with 11 AO. 165 Certified Officials who worked 1,181 sessions. Also held 7 Stroke and Turn Clinics, 1 Starter Clinic and 1 AO clinic for a total of 9 Clinicians.
2. Extensive meeting about high school swimming—What to do about those meets?
3. Continue to move to Administrative Referee. Certified 3.

4. It is the responsibility of the host team to protect the officials against any harm.

V. Committee Reports

A. Safe Sport

Michael Averett

1. Find attachments and copies-on line on USA website.
2. Report from workshop in Atlanta-develop Club Safe Sport Coordinator for each team:

Club Safe Sport Coordinator

Charge:

The purpose of the Club Safe Sport Coordinator is to identify, plan, and execute efforts to raise awareness for Safe Sport within the club's coaches, parents, and athletes.

Requirements:

1. Be a registered non-athlete member of USA Swimming
2. Successfully pass the required USA Swimming criminal background check
3. Complete the USA Swimming Community Safe Sport Chair Workshop in the first year in the role and subsequently every other year.

Selection and Term of Service:

Selection and Term of Service shall be dictated by each member club.

Responsibilities:

1. Serve on Club Board of Directors or Report directly to the Owner
2. Be a resource for the club on how to create and foster positive Safe Sport Culture
3. Work with Club Leadership to:
 - a. Update Club Safe Sport website content
 - b. Include Safe Sport Information/fliers in Club met information, heat sheets, meet packets, etc.
 - c. Coordinate the successful completion of the Safe Sport Certified Club application
4. Works with new athletes and parents to:
 - a. Educate them about the Safe Sport Program
 - b. Encourage participation in online Athlete Protection Training
5. Organize in person training
 - a. Secure trainer
 - b. Coordinate logistics club members: room/location, any refreshments, communicates date/time/location
6. Solicit and receive feedback and suggestions on the Safe sport policies and programs from the club's membership, and provide that feedback to the LSC's Safe Sport Chair.

B. Social Media:

Kathleen Klein-Prindle

1. Recap of USA-Swimming Women's leadership summit-handout
2. Social media update-Bring more awareness to Butterfly stroke 3 points: how butterfly is presented at club level, how butterfly is taught at club level, and how butterfly is trained at club and senior level. Attempting to make butterfly more

popular. Named USA butterfly revolution—created a facebook page with hash tag USA butterfly.

C. Volunteerism/Social Events Lori Bosco

1. Swimposium- on April 9, 2017. Held at Pine Crest. Presenters for Athletes: Josh Davis and Anthony Ervin (149 total swimmers) David Benzel from Growing Champions for Parents. Stroke and Turn Clinic- 3 for the clinic Coaches/Admin Clinic- 3 total and 8 for CPR and Coaches Safety Training. Date for next Swimposium? Looking at 7 or 8 of April 2018

D. Financial investment: David Hammond

1. No Report

E. Open Water Sid Cassidy

1. Open Water Nationals- had an FGC swimmer place 14th- Blake Manganiello
2. Zone Trip June 2-4, 2017

F. Operational Risk Chair Jimmy Parmenter

1. No report

G. Records/Times/NTV David Hammond

1. Improving on submitting of times.

H. Board of Review Allan Williams

1. FGC pursuing action against a team

I. Disability Swimming Kirk Peppas/Sandra

1. E-mail about clinic sent to all teams

J. Outreach/Diversity

1. 2 swimmers attending USAS Camp w/ Coach chaperon

VII. Old Business-

- A. None

VIII. New Business – Action Items (Before 9:30pm)

- A. None

IX. Announcement of New Teams Dick Cavanah

- A. Mater Lakes Swim Team (Dade)

X. Meeting Dates

- May 23, 2017 @ TBA (possibly Plantation)
August 22, 2017@Pembroke Pines-save the date
November 14, 2017 HOD @ Plantation

X. Adjournment -10:00pm



USAS 2017 Women's Leadership Summit Recap

For FGC Board of Directors 5/23/17 meeting

Prepared By: Kathleen Prindle, PAQ

- History: WLS is in its 4th year. Has promoted inclusion for approx. 300 female coaches since inception
 - 2 nights in the Black Forest, Colorado
 - Cabins/rustic group living & nature provided scenic (and cold) backdrop!
- 31 female coaches participated. Ages ranging 22-55
 - Wide range of skills/experience: former athletes/coaches/USAS staff
 - gathered to learn leadership & communication skills
- Facilitator: Dr. Roberta Kraus, PhD, USOC Sports Psychologist
 - Expert in Leadership for Top Performance & Resiliency for Female Leaders
 - Consultant with:
 - USA Swimming
 - USA wrestling
 - USA Paralympic wheelchair basketball
- Examples of topics covered in Summit:
 - Personality analysis
 - Communicating effective feedback
 - Getting your athletes to perform under pressure (neurological stimulation)
 - Crazy Orienteering activity to illustrate leadership styles within a group
- **TOP TAKE-A-WAYS:**
 - **Communication is the KEY to great leadership!**
 - **SARA** method used by CEO's is effective and can be used by coaches to provide feedback to peers/athletes, other coaches. Focus on the situation & behavior, not the person. Great tip for all of us to use!
 - **S** – describe the situation
 - **A** – report the observed action
 - **R** – share your (supervisor) reaction
 - **A** – offer a new action/behavior
 - Understanding your own strengths/weaknesses can help you be a better communicator for your athletes.
 - Team USA is using personality tests to help top athletes perform
 - **Lots of fantastic young female coaches out there!**

