

# Florida Gold Coast Board of Directors Meeting June 7, 2022 via Video Conferencing

**I. Call to Order-** Jennifer Gibson at 7:30pm

**II. Roll Call/Excused Absences**

Chair-	Jennifer Gibson-P
Vice-Chair-	Bruno Darzi-P
Senior. Vice-Chair-	Chris Anderson-P
Age Gr Vice-Chair-	Liz Kershaw-P
Coaches Rep	Christi Wathen-P
Treasurer/Registration Chair-	Richard Cavanah-P
Secretary-	Lori Bosco-P
Officials Rep	Steven Goldman-P
Finance Vice-Chair	Kathleen Prindle-P
D.E.I Chair	
Op Risk/Safe Sport Chair	Michael Averett-P
Athlete Sr. Rep	Angelo Martinez-P
Athlete Jr. Rep	Camille Schechter-P
Athlete Rep	Rebecca Montero-A
Athlete Rep	Isabella Chambers-A
Athlete Rep	Kate Kaplan-A
Athlete Rep	Ariadne Villar-P
At-Large-(1yr)	Jesse Vassallo-P
At-Large-(1yr)	Gordon Andrews-P
At-Large-(1yr)	Allan Golding-P
Chair Advisor	Jim McCombs-P

**(Technical planning committee members:** Vice-Chair –Bruno Darzi, Senior Chair- Chris Anderson, Age Gr Chair-Liz Kershaw, Coaches Rep.-Christi Wathen, Officials Rep-Steven Goldman, and Two Athlete Reps).

**(Executive Board:** General Chair-Jennifer Gibson, Administrative Vice-Chair-Bruno Darzi, Senior Chair-Chris Anderson, Age Group Vice Chair-Liz Kershaw, Finance Vice Chair-Kathleen Prindle, Coaches Rep-Christi Wathen and Two Athlete Reps)

**III. Approval of FGC Board Meeting minutes-**

***Motion:*** To approve meeting minutes from March 1, 2022 with amended date of FGC LEAP Program updated deadline from June 30, 2022 to July 31, 2022. Steve Goldman. **Second** Christi Wathen. **Passed.** No Opposed.

#### **IV. Consent Agenda=Discussion Items to Pull or “See attached” with document**

##### **A. General Chair-Jennifer Gibson**

**1. FGC Mission Statement:** Florida Gold Coast Swimming promotes the growth and development of a diverse swimming community through education, innovation, and by supporting a safe environment and a commitment to excellence.

**Vision Statement:** To create an environment which develops excellence and life fitness through competitive swimming in the Florida Gold Coast.

##### **2. Announcements**

a. USA Swimming National Workshop-Upcoming SWMS3.0, On-line membership, new coaches’ education, and updated technology

b. Recognition and accomplishments-Izzy Wilson-SOFL qualified for Open Water Nationals, Open Water Worlds Team-Anna Auld-swim with University of FL, Southern Zones select camp-Giulian Martin-CANES, Sofia Jorge-MAC; 4 swimmers on Jr. team to Jr PanPac in Hawaii (Aug)-Julie Podkoscielny-PCS, Kaii Winkler-EA, Josh Zuchowski-FLOOD, Erika Pelaez-EA. Five (5) FGC Swimmers made Southern Zone diversity select camp; and Two (2) coaches-Norman Abril-Southern Zone select camp coach and Liz Kershaw-head manager for dual in the pool in Australia in August.

##### **B. Vice Chair-Bruno Darzi**

1. See attached reports:2022 Admin Vice Chair,

a. Coach mentorship Program update-Todd DeSorbo to talk to FGC Coaches September 24, 2022 at Coral Springs.

b. Rules and Regulations:

**Motion: To approve rules and regulation changes.** Dick Cavanah. **Second.** Chris Anderson. **Passed. No Opposed.**

c. Survey results-attached

d. FGC Championship committee report-see attached

e. Review FGC Policies and Procedures-attached-to be discussed later

##### **C. Senior: Chris Anderson**

1. No Report Submitted

##### **D. Age Group: Liz Kershaw**

1. See attached reports: Age Group Chair report

a. Announcement of Zone Staff: Head Coach - Rodrigo Mendes (MWA) Assistant coaches - Daniel Asencio (SAS), Sean Arrington (CANE), Brittany Bellomo (CSSC), Chris Fay (PS), Becky Richey (WOW).

##### **E. Coaches: Christi Wathen:**

1. No report

**F. Treasurer/Registration/Club Liaison: Dick Cavanah**

1. See Four (4) Attached reports: Registration Report, Coaches with issues, Officials with Issues, and Non-Athletes-Non Coach with issues.

**G. Secretary/Swimposium: Lori Bosco**

1. No report

**H. Officials: Steven Goldman**

1. No report

**I. Finance/Investments: Kathleen Prindle**

1. See Attached Budget Committee Report-
  - a. Already voted on registration changes
  - b. Flex membership is going to \$30 for those 12 and Under
  - c. FGC will "Opt-in" for online processing.

**J. DEI:**

1. No Report

**K. Safe Sport/Safety Chair: Mike Averett**

1. See Attached Report-
  - a. Complete the following three (3) Action items

**1.** E-mail asap to 21 teams set up a group ZOOM to offer a 30-minute talk team-1 to 2 times. **2.** E-mail the 7 teams renewing safe sport and check status and **3.** Assist the 8 teams to finish by the end of summer.

**L. Athletes: AJ Martinez**

1. See Attached Report/Proposal-discussion to look for a mentor for the athletes by July 1.
2. USA Swimming National Workshop-Athletic Experience-Camille.
3. Sr. Rep-AJ Martinez/Jr Rep-Camille Schechter/At Large-Becca Montero, Kate Kaplan, Isa Chambers and Ariadne Villar

**VI. Committee Reports-**

**Ongoing Committees**

1. Athletes In Action=
2. Governance Committee=Dick Cavanah, \*Kathy Fish, \*Dave Gibson, Chris Anderson, Jesse Vassallo
3. Coach Support Network=Gordon Andrews, Jennifer Gibson, Chris Anderson, Christi Wathen, and Mike Averett
4. FGC Coach Mentoring Program 2022 Grant=Bruno Darzi, Jennifer Gibson, Chris Anderson and Liz Kershaw
5. FGC Meet Committee=Liz Kershaw, Allan Golding, Bruno Darzi, Christi Wathen
6. MSD Scholarship 2022 Committee=

7. Relief Grant Committee=Kathleen Prindle, Dick Cavanah, Liz Kershaw, Bruno Darzi, Steven Goldman, Kathy Fish\*.
  8. Technical Planning Committee= Bruno Drazi, Chris Anderson, Liz Kershaw, Allan Golding, Steven Goldman
  9. Swimposium=Lori Bosco, Jennifer Gibson, Mike Averett, Athletes
  10. Website Upgrade/Upkeep=Dick Cavanah, \*Terrell Wood
  11. FGC Board Protection Measures=Liz Kershaw, Bruno Darzi, Steven Goldman, Dick Cavanah
  12. Budget Committee=Kathleen Prindle, Dick Cavanah (to develop)
  13. Senior Committee=Chris Anderson, Bruno Darzi, and at least 3 board members (to develop)
  14. Meet Sanctioning Committee-Christi Wathen, Allan Golding, Mike Averett
- \*=Denotes Non-Board Members

**A. COVID committee: Gordon/Bruno/Liz/Kathleen**

1. No Report.

**B. FGC Swim Meets/Sanctioning/Updates Allan G/Bruno/Liz/Christi**

1. No report
2. Sanction Committee-add 1 Official; 1 more At Lg Coach and Athlete

**VII. Old Business**

**A. Audit/Tax update**-Dick Cavanah

**B. 2022 FGC Coach Mentorship Seminar-Sept. 24, 2022**-Bruno

**C. 2022 FGC Swimposium Update**-Lori

**D. USA Swimming Workshop-Review/Comments-Workshop Attendees**

**E. FGC LEAP Program Details/Assignments**-Deadline July 31, 2022-  
Jennifer Gibson-So Zone/FGC Team Services advisor Terry Jones assisting.

**F. FGC Committee Updates**-Jennifer Gibson

**a. Budget Committee**-Kathleen Dick Athete

**b. Senior Committee**-Chris, Bruno, At large Coach, 2 athletes

**G. General Chair FGC Team Visit Tour**-Spring 2022

- a. to begin charging visit schedule will share with BOD prior to beginning
- b. Goad of visits
- c. Target start-to begin week of June 6th

**VIII. New Business-Action items (introduced no later than 9:30pm)**

**A.** Set up meeting for post LC season-Season Review/Preview for change/updates

**B.** What LSC Athlete programming do we want to focus on for 2022-2024

**IX. FGC B.O.D 2022 Meeting Schedule**

**A. Meeting Dates 2022 (Subject to change)**

1. Tues. 7/5 @ 12 noon-FGC Board Meeting via ZOOM
2. Tues., August 23: @12:00pm-FGC Board Meeting via ZOOM
3. Wed., Sept 7-Sat., Sept 10-ASCA World Clinic, Las Vegas, NV
4. Tues., Sept 20: @7:30pm-FGC Board Meeting via ZOOM
5. Thurs., Sept 22-Sat., Sept 24-USA-S Annual Business Meeting-(virtual)
6. Sat. Sept. 24-USA Swimming Annual HOD
7. Sat., Sept 24-FGC Coaches Seminar (Mentorship) w/Coach Todd DeSorbo
8. Sat., Oct 22-FGC Swimposium/HOD/Board Meeting
9. Sun. November 13-FGC Board Retreat @Wyndham, Boca Raton
10. No December Board meeting

**X. Adjournment – 10:04pm**

***Motion: To adjourn*** Liz Kershaw. **Second** Dick Cavanah. **Passed.** *No Opposed.*

2022 Admin Vice Chair Report – 05/24/22

- Coach Mentorship Program update – Todd DeSorbo – 09/24/22
- Review and approve FGC Rules and Regulations
- Present survey results (see attached) – Palm Beach (100% - 10 teams) Broward (100% - 17 teams) Dade (61.5% - 16 teams) Total: 43 teams = 81.1%
- Discuss FGC Championship Committee report (see attached)
- Review and approve (partially) FGC Policies and Procedures
- Discuss TPC job description/ duties – form a committee to draft language to be added to the Bylaws (TPC as a standing committee) and presented at the next FGC HOD – See preliminary draft

# Florida Gold Coast Swimming



## Rules and Regulations





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## Florida Gold Coast Swimming Rules and Regulations

- FG 1.1 **FG Championship Meets:**
- FG Short Course and Long Course Junior Olympics, Short Course and Long Course BB Championships, FG Short Course and Long Course Senior Championship.
  - Other meets may be designated as such by the sanctioning officer(s) and use FG Championship procedures.
- FG 1.2 **Non-Championship Meets:** All FG sanctioned meets not designated as a Championship Meet in FG 1.1.
- FG 1.3 **Entries Deadline-** All entries are due ten days prior to the first day of the meet. The meet host must forward a registration export file to the Registration Chairman seven days prior to the meet.
- FG 1.4 **Entry Times** – FG Championship Meets Swimmers will enter events with “Submitted Times”. The definition of submitted times is “those filed with an entry, as having been previously achieved.” Swimmers will enter meets with conforming and non-conforming times. The lead conforming time will match the course of the championship being swum.
- FG 1.5 **Seeding** – All FG Championship meets’ events will be seeded fastest to slowest.
- FG 1.6 **Non-Championship Meets** - Swimmers will enter the meet with times conforming to the course of the meet.
- FG 1.7 **Qualification Period** – Duration of Times for Championship Meets – Submitted times for any FG Championship meet must have been achieved within two years of the same meet and the first day of the meet. Example: Meet date–March 13, 2004 – Qualification period 03/13/02–entry deadline.
- FG 1.8 **Online Meet Entry (OME) and Proof of Times**
- FG Championship Meet entries will be accepted only through the USA Swimming On-Line Meet Entry system (OME).
  - Entry times for FG Championship Meets must be achieved during the correct qualifying period and must be proven prior to the scratch deadline for that event through the SWIMS database.
  - Deck entries are not allowed for FG Championship meets.
  - Other meets may use OME if approved during the sanction process.
- FG 1.9 **FG Scratch Policy:**
- ~~CHECKED IN – A swimmer or relay team may be checked in by the swimmer, coach, or other authorized representative by placing initials next to the swimmer or relay team’s name on the positive check-in sheet, or by following other check-in procedures specified in the meet announcement.~~  
**CHECKED IN – A swimmer is checked in by initialing the swimmer’s name by the swimmer, coach or other authorized representative. A swimmer checked in at the close of positive check-in will be seeded.**
  - ~~SCRATCHED – A swimmer or relay team may be scratched by the swimmer, coach, or other authorized representative by drawing a straight line through the swimmer or relay team’s name and placing initials next to the swimmer or relay~~

~~team's name on the positive check-in sheet, or by following other check-in procedures specified in the meet announcement.~~

~~SCRATCHED – Swimmer has been removed from an event by annotation on the check-in sheet (normally a single line drawn through the name). Swimmers that are annotated as scratched at the time check-in closes are permanently removed from that event, unless the scratch is rescinded before scratch deadline.~~

- ~~c. NOT CHECKED IN – Swimmers or relay teams who have not checked in prior to the positive check-in deadline specified in the meet announcement shall be scratched from the event.~~

~~NOT CHECKED IN – Swimmers who have not checked in or scratched from an event. For seeding purposes, these swimmers will be removed from seeding.~~

~~If a swimmer has not scratched or checked in and the swimmer subsequently declares they desire to swim, they may swim in open lanes on a first come, first served basis. If there is no open lane, the swimmer shall not swim.~~

~~If time standards are required, deck entry times must be proven in advance for all non-championship meets. Swimmers not entered in the meet must also prove current registration.~~

- I. a. FG Championship Meets will follow the National Championship Scratch Procedures as outlined in the USA Swimming Rulebook 207.11.6 - .7 except as noted below:
- II. b. In all events where preliminary heats are necessary or in any timed final event for which the swimmer has been positively checked in, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which such swimmer entered and has not been properly scratched shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for that day's events.
- III. c. Any swimmer qualifying for a bonus, consolation or championship final in an individual event who fails to compete in said final shall be barred from their next individual event. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for that day's events.
- IV. d. FG Non-championship meets containing events where preliminary heats are necessary will follow the scratch procedures outlined in paragraphs a-c above unless alternate scratch procedures are approved during the sanction process and described in the meet announcement.

#### FG 1.10 **Warm-up Procedures:**

- a. Feet -first entry is required. At no time should the athlete enter the water head -first unless practice starts are being directly supervised by their coach.
- b. All swimming should be done in a counter-clockwise direction – keep right.
- c. No equipment in general warm-up at the competition pool. No paddles, pull buoys, fins, assisted or resisted cords and/or similar such devices that could result in injuries to swimmers or damage to equipment. Equipment may be used at the warm-down pool.
- d. The Referee may permit equipment in specially designated areas with prior coordination.

## GENERAL WARM-UP PERIOD

1. Usually consists of the first 30 – 45 min. of the warm-Up session.
2. NO DIVING... Swimmers must enter the water feet first.
3. No sprinting or pace work.
4. All lanes - GENERAL WARM-UP

## CONTROLLED WARM-UP PERIOD

1. Pace lanes – last 40 minutes of warm-up. Push- off one or two lengths, circle swimming only (counter -clockwise), NO DIVING, feet first entries only.
2. Practice Racing Starts – Last 30 Minutes of warm-up. Number of lanes as needed. Swimmers must exit the pool at the far end or return to the start end via a general warm-up lane. Do NOT return via the pace lanes.
3. General Lanes - Circle swimming only (counter clockwise only).

### Normal Lane Assignments

Pool Size	Push/pace	Race starts/ Sprints	General
5 lanes	Lanes 1 & 5	Lanes 2	Lane 3 & 4
6 lanes	Lanes 1 & 6	Lanes 2 & 5	Lanes 3 & 4
8 lanes	Lanes 1 & 8	Lanes 2 & 6	Lanes 3,4 & 6
10 lanes	Lanes 1 & 10	Lanes 2, 6 & 9	Lanes 3,5,7 & 8

### FG 1.11 Seeding:

- a. Deck Seed Policy – Deck entries will be accepted at all FG non-championship meets unless specifically prohibited by a statement in the meet announcement.
  1. If the missing entry is an administrative error on the part of the meet host, the Administrative Official will enter the swimmer into the appropriate events as follows:
    - i. Non-Championship Meets: The swimmer will be entered into the open lane most appropriate to the swimmers' seed time. If there are no open lanes, the swimmer may stand by for an open lane. If no open lane exists at the conclusion of the event, the meet referee will add an extra heat for the swimmer.
    - ii. Championship Meets: The event will be re-seeded.
  2. If the entry problem is not an administrative error on the part of the meet host, the following procedure will be followed:
    - i. Deck entry fees and surcharges are double the normal published fee.
    - ii. Deck entries may be accepted after the meet has been seeded into open lanes only, first come – first served.
    - iii. The meet host may accept deck entries prior to the first day of the meet.
    - iv. Deck entries will be accepted on the day of the meet up to 30-minutes before the start of each session.

- v. Deck entries after the 30-minute prior deadline will be at the discretion of the Meet Referee.
- vi. The Meet Director will provide the Meet Referee with a master heat sheet that contains all deck entered swimmers to that point.
- vii. The coach or athlete is responsible for paying deck entry fees when the swimmer is deck entered.
- viii. The meet host may specify a different method of payment for deck entries in the meet announcement.
- ix. Prior to accepting a deck entry, the meet host must confirm that the swimmer is properly registered with USA Swimming and that they have current APT training, if applicable. If the swimmer is registered as FLEX, the meet host must confirm that the swimmer has not already competed in two sanctioned meets.

- b. Seeding of 400 and greater events – Unless otherwise specified in the meet announcement, for FG non-championship meets, the standard order for seeding events of 400 or greater will be fastest to slowest. Where only one course is available, the event will be alternated Women's heats then Men's heats.

**FG 1.12 Scoring:**

- a. The BB Championship meets will not be scored.
- b. All FG Championship meets will be scored using standard point values equal to the number of lanes used in championship finals. If more than one final is scheduled, For the FG 14 and under Championships, only the "A" final will be scored. For the Senior Championships, "A" and "B" finals will be scored. Any other meet may be scored using point values as delineated in the meet announcement.

**FG 1.13 Change of Program and Postponement:** Meet Committee – The meet committee will be appointed to handle all issues pertaining to non-rule situations at the meet. Examples of issues under the jurisdiction of the meet committee are: Severe weather, equipment issues, etc. The composition of the meet committee is left to the discretion of the Meet Referee but must include at least one athlete and one coaching representative.

**FG 1.14 Officials** – The FG Officials Chair and the Officials' Committee shall ensure that a sufficient number of qualified meet referees are available to run FG meets, and shall assign the referee with consultation with the meet host for all FG Championship Meets.

**FG 1.15 Retention of Records** – The following meet material must be retained for a period of one year after each sanctioned meet. One heat sheet from each session, lane timers' sheets, Referee order of finish, DQ log, DQ Slips, no show log, positive check in sheets, relay cards, relay takeoff slips, any other paperwork the Referee deems appropriate, and meet host must retain digital files (MM backup database) for at least 2 years.

**FG 1.16 Age Group Program:**

- a. Application of USA Swimming 4-hour rule - USA Swimming Rule 205.3.1 F – In this section of USA Swimming rule book, it states that "with the exception of championship and open water meets, the program in all other age group competition shall be planned to allow the events for swimmers twelve (12) years and younger to be completed in four (4) hours or less per session (prelims, finals, timed finals). Events for the same 12 & under swimmers shall be limited to one

session per day, except for prelim/final meets where events for 12 & under swimmers may be offered in both prelims and finals.” FGC will enforce the “4-hour rule” for 12 & under swimmers as follows:

- i. Meets shall be planned to not exceed a 4 hour (timed finals) or 8-hour day prelims- finals for 12 & Under swimmers.
- ii. Definition: Time Limit Point: 4 hours – timed finals meet. 8 hours minus the estimated timeline for finals (prelims/finals). The timelines will be computed using a heat interval as determined by the technical planning committee; which are - :25 sec. + :15 sec. for one course meets and :00 sec. + :15 sec. for chase starts.
- iii. If the pre-meet timeline shows the last 12 & Under event will be completed after the time limit point, all 12 & Under relay events scheduled prior to the time limit point for that session will be automatically canceled. This cancellation will be made prior to the meet.
- iv. Relay events for older swimmers scheduled after the 12 & under events have completed swimming will be retained in the session.
- v. If the cancellation of the relay events does not result in the last 12 & Under event being completed by the time limit point, all 12 & Under events scheduled after the time limit point will be canceled. This cancellation may be made pre-meet or during the meet.

#### FG 1.17 **LSC Age Group Championship Meets:**

- a. Athlete Eligibility – The Florida Gold Coast Junior Olympic Championship is a closed meet. To be eligible to swim at the Florida Gold Coast Junior Olympics or BB Championship, the swimmer must be registered in FG at least 120 days prior to the first day of the meet unless the following conditions are met:
  - i. In order to accommodate former FG Swimmers who are not registered/re-registered by the 120-day point are JO or BB Championship eligible provided they did not register for any other team outside the LSC, or foreign club or team during the 120 days prior to Championship meet.
  - ii. In order to accommodate swimmers who transfer into the LSC within the 120-day window, transfer swimmers may apply for an exemption to the 120-day rule provided that they petition the Registration Chair and provide proof of permanent residence by athlete and parent or guardian within the LSC boundaries.
  - iii. Proof of residence requires copies of two of the following documents:
    1. Florida Driver’s License.
    2. Florida Vehicle Registration.
    3. Utility Bill.
    4. Others as determined by the registration chair.

FG 1.18 **Satellite teams** – Teams that train at more than one location may compete at meets in the county in which the team trains. Teams may travel to compete in the county of the satellite with prior coordination with the meet director.

FG 1.19 **Non-championship meets - Unattached teams/swimmers**– As more and more swimmers seem to be appearing as "unaffiliated" / Unattached swimmers requesting to enter swim meets here is how you should handle these swimmers until further notice.

- a. Individuals not registered with any teams must enter via email with in-line text (host will charge additional fees for these read below) or own the license for their

own computer program to create entry files. Host teams can still and should still accept UNA swimmers with teams that are listed as USA-S members.

- b. Individual swimmers that are not registered with any recognized swim teams can NOT send a single email with multiple swimmers to be entered into the meet by the meet manager unless they are direct family members. Host teams should only accept an entry with one swimmer per email.
- c. Swim meet hosts shall recoup additional fees to additional work caused by unregistered teams, the meet host may charge a "manual entry fee" to the already established fee structure until the FGC accepts changes to the current rules about swim meet fees. **The "manual entry fee shall be a minimum of double the surcharge and double the individual event entry fee.**
- d. Swim meet hosts will be responsible for payments from these individual swimmers that are not registered with any recognized swim teams.
- e. If for some reason an unregistered team slips past you when you host a swim meet, the Registration Chair will contact you and inform you to delete that team's entry and to contact the said team and explain to them the correct entry procedure. At that point in time, it will probably be late enough that the said team may have to deck enter to get in the meet.

# Florida Gold Coast Swimming



## Policies and Procedures Manual



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## Florida Gold Coast Swimming Policies and Procedures

- 1.1 **Introduction:** Florida Gold Coast Swimming is the Local Swimming Committee (LSC) which governs USA Swimming's teams and competitive swimming events in our designated geographic area. There are a total of 59 semi-autonomous LSC's in USA Swimming. Florida Gold Coast Swimming, Inc. may be referred to as Florida Gold Coast, Gold Coast, FGC Swimming, FGC, or the official two letter abbreviation FG. There are three internal documents which govern Florida Gold Coast Swimming:
- a. By-Laws – The Florida Gold Coast By-laws are our corporate governance documents. The content and structure of this document is largely determined by USA Swimming Rules and Regulations. Modifications to this document may only be made by action of the Florida Gold Coast House of Delegates.
  - b. The Florida Gold Coast Policies and Procedures Manual is a document which seeks to define the day-to-day operation and governance of the LSC. Changes to this document may be made by the FGC Board of Directors. Changes to this document will be posted on the LSC Website at <http://www.fgcswim.org>, and emailed to each team.
  - c. The Florida Gold Coast Standing Rules are specific rules and procedures that govern the conduct of FGC competitive swim meets. Changes to this document may be made by the FGC Board of Directors. Changes to this document will be posted on the LSC Website at <http://www.fgcswim.org>, and emailed to each team.
- 1.2 **Mission Statement:** Florida Gold Coast Swimming promotes the growth and development of a diverse swimming community through education, innovation, and by supporting a safe environment and a commitment to excellence.
- 1.3 **Vision Statement:** To create an environment which develops excellence and life fitness through competitive swimming in the Florida Gold Coast.
- 1.4 **Contact Information:** Florida Gold Coast Swimming, Inc. is a not-for-profit Florida Corporation. Direct all correspondence to:

Florida Gold Coast Swimming  
951 U. S. Highway 1  
North Palm Beach, Florida 33408

Phone: 561-691-3426, Email: [fgcoffice@fgcswim.org](mailto:fgcoffice@fgcswim.org)  
Website: <https://www.teamunify.com/team/szfgslsc/page/home>

The following email groups have been established for the use of our members. The Registration Chair will notify the webmaster as team contacts change.

General Chair – [genchair@fgcswim.org](mailto:genchair@fgcswim.org)  
Admin. Vice Chair – [adminchair@fgcswim.org](mailto:adminchair@fgcswim.org)

Senior Vice Chair – [srchair@fgcswim.org](mailto:srchair@fgcswim.org)  
Age Group Chair – [agchair@fgcswim.org](mailto:agchair@fgcswim.org)  
Coaches' Rep – [coachrep@fgcswim.org](mailto:coachrep@fgcswim.org)  
Registration Chair – [fgcoffice@fgcswim.org](mailto:fgcoffice@fgcswim.org)  
Officials' Rep – [officials@fgcswim.org](mailto:officials@fgcswim.org)  
Secretary – [lori.bosco@cfk.edu](mailto:lori.bosco@cfk.edu)  
Treasurer – [fgcoffice@fgcswim.org](mailto:fgcoffice@fgcswim.org)  
Finance Vice Chair – [scholarship@fgcswim.org](mailto:scholarship@fgcswim.org)  
DEI Chair –  
Operational Risk/ Safe Sport Chair – [safesport@fgcswim.org](mailto:safesport@fgcswim.org)  
At-Large – [lightningswimming@gmail.com](mailto:lightningswimming@gmail.com)  
At-Large – [jvassallo@pompanopiranhas.com](mailto:jvassallo@pompanopiranhas.com)  
At-Large – [fgcmeetsanction@fgcswim.org](mailto:fgcmeetsanction@fgcswim.org)  
Senior Athlete Representative - [martinezangelo859@gmail.com](mailto:martinezangelo859@gmail.com)  
Junior Athlete Representative - [schechtercamille@gmail.com](mailto:schechtercamille@gmail.com)  
Athlete Representative - [abri022@stu.gulliverprep.org](mailto:abri022@stu.gulliverprep.org)  
Athlete Representative - [beccamontero1@gmail.com](mailto:beccamontero1@gmail.com)  
Athlete Representative - [katethegreat812@gmail.com](mailto:katethegreat812@gmail.com)  
Athlete Representative - [isa.L.Chambers@gmail.com](mailto:isa.L.Chambers@gmail.com)  
Athlete Representative - [ariswims1@icloud.com](mailto:ariswims1@icloud.com)

- 1.5 **Conflict of Interest Policy:** Florida Gold Coast Swimming Inc., requires that all members of the Board of Directors as well as all non-Board members to serve as Chairs of any standing Committee to sign the FLORIDA GOLD COAST SWIMMING, INC. CONFLICT OF INTEREST POLICY. The Registration Chair will retain the signed conflict of interest policy for three years after the term of office expires. The conflict-of-interest policy may be downloaded from the FGC Website under “Forms & Documents”.

Those who choose to serve Florida Gold Coast Swimming, whether as volunteers or paid professionals, are held to a high standard of conduct. As guardians of Olympic ideals, they assume an obligation to subordinate individual interests to the interests of the Olympic Movement. What may be considered acceptable conduct in some businesses may be inappropriate in Olympic service.

Those who serve Florida Gold Coast Swimming must do so without personal gain in order to avoid any institutional loss or embarrassment and to behave in such a way that the organization's trust and public confidence are enhanced. It is important to avoid any real conflict of interest. While no set of guidelines can guarantee acceptable behavior, the principles that guide behavior in this area are disclosure, non-participation in the decision-making process where personal or family gain is a possibility, and a commitment to honor the confidentiality of organizational information. All conduct is founded on the individual's own sense of integrity. Any individual accepting the honor of serving Florida Gold Coast Swimming must accept the burdens of public disclosure and public scrutiny.

In our complex society, the intermix of volunteer work, business interests, governmental activity, and family relationships often creates potentially conflicting interests. What is required is disclosure of

conflicting interests when they arise, and strict nonparticipation in any evaluation process relating to the matter in question.

The following guidelines are not a precise road map to acceptable conduct. They are signposts. Each individual must find his or her own way.

1. The business of Florida Gold Coast Swimming is to be conducted in observance of both the spirit and letter of applicable federal and state laws.
2. Florida Gold Coast Swimming properties, services, opportunities, authority and influence are not to be used for private benefit.
3. All individuals who participate with Florida Gold Coast Swimming will disclose the nature and extent of an actual or potential conflict of interest when it occurs in the evaluation of an issue and will avoid evaluating or voting on the matter involved. This includes the award of contracts, the purchase of goods and services, the award of contracts for professional services, and the allocation of Florida Gold Coast Swimming resources for individual use.
4. Gifts, cash, travel, hotel accommodations, entertainment, or favors are neither to be given nor received, except those of nominal value exchanged in the normal course of business. Gifts and favors of more than one hundred dollars (\$100.00) value should not ordinarily be accepted. If circumstances render it awkward to refuse such a gift, the donor should be thanked and told the gift is being accepted on behalf of and will be delivered to Florida Gold Coast Swimming.
5. Expenses incurred in the furtherance of Florida Gold Coast Swimming business are to be reasonable, necessary and (if twenty-five dollars or more) substantiated.
6. All are expected to exhibit honesty, loyalty, candor and professional competence in their relationships with Florida Gold Coast Swimming and with each other.
7. Each individual has the responsibility to maintain the confidentiality of the organization. This includes both proprietary and sensitive information.

1.6 **Board of Directors Meetings:** Florida Gold Coast Swimming is governed by a Board of Directors.

1. **Scheduling** – Meetings of the Florida Gold Coast Board of Directors are held in accordance with the Florida Gold Coast By-laws. All USA Swimming members in good standing are welcome to attend all open sessions of Board meetings.
  - a. Regular meetings of the Florida Gold Coast Board of Directors will normally occur quarterly.
  - b. A schedule of the following year's regular meetings will be presented at the annual House of Delegates meeting.

1.7 **House of Delegates:** The Florida Gold Coast Swimming House of Delegates meets once every year during the 4<sup>th</sup> Quarter or as required by special notice. The voting members of the House of Delegates is delineated in the Florida Gold Coast By-Laws. Each team is entitled to vote based on registered athlete count.

1.8 **Registration and Membership – Individuals:** All membership forms may be downloaded from the FGC Website under “Forms”. Florida Gold Coast Swimming requires the following individuals to become members of USA Swimming:

1. **Athlete** – Annual, Flex, Outreach or Open Water single event.
    - a. NOTE: Any athlete who is a member of a Foreign Federation must complete the “Notification of Membership in USA Swimming” form. The form can be found on the FGC Website.
  2. **Non-Athlete**
    - a. Coaches and Assistant Coaches – required regardless of whether on a full time, part time, or volunteer basis.
    - b. Officials.
    - c. Club Registrar and Managers.
    - d. Club Board of Directors.
    - e. Club Chaperones – or anyone serving in that capacity.
    - f. Any person with an ownership interest in a member club.
- 1.9 **Membership Fees:** The membership fees for the current year are posted on the FGC Website under “Forms & Documents”.
- 1.10 **Membership – Clubs:** Each club in FGC must be a club member of USA Swimming. This is a requirement whether the club actually competes in meets or not.
1. **Club Renewal** - Existing FGC Clubs must complete the Club Application Form on an annual basis. Particular attention should be taken to ensure all contact information is complete and correct and any addition or change to training facilities are noted. The Club Application form is available for download from the FGC Website under “Forms & Documents”.
  2. **New Club Application** – Individuals or organizations that wish to form and register a new club should contact the FG Swimming office at [fgcoffice@fgcswim.org](mailto:fgcoffice@fgcswim.org) The Florida Gold Coast Registration Chair will provide an introduction to the LSC website which provides links to the “Club Application Form” (FG Website under “Forms & Documents”).  
  
Prospective new clubs are also directed to the USA Swimming website by a [link](#) (FG Website under Teams – Team Resources). Look for the link on the USA Swimming Website – Starting a club. The LSC stands to assist the new club through the application process.
- 1.11 **Becoming a Coach in Florida Gold Coast Swimming:** To become a registered USA Swimming coach member, the coach must complete requirements in safety, education, background screening and an Athlete Protection Training course. The complete list of all requirements in full detail is available at the USA Swimming website. This list may also be seen in full detail at [Document/Forms](#) on the FGC web site – [www.fgcswim.org](http://www.fgcswim.org).
- 1.12 **Classes of Competition and Time Standards** – Florida Gold Coast Swimming provides competitive swimming opportunities for a variety of levels of athletes. The competition “Classes” are defined as follows:
1. **Age Group Swimming** – Meets in this category fall under the purview of the Florida Gold Coast



Age Group Chairman. Competitors are grouped by age – i.e., 11-12, 14& under, etc.

- a. Time Standards – The Age Group Chairman shall establish time standards for the Junior Olympic Championship and BB Championship. Time standards will be reviewed on a bi-annual basis. If time standards are changed, they are valid for two years.
  - b. BB and Slower Championship – Swimmers in this category have not yet achieved the qualifying time for the LSC Junior Olympic Championship level meets.
  - c. Invitational – The invitation to compete may be based on a team’s geographic region, athlete’s achievement of a particular time standard, or other similar criteria.
  - d. BB Championship – FGC Swimmers who do not meet the entry qualifying standard for the Junior Olympic Championships may compete in the BB Championships.
  - e. Junior Olympic Championship – Swimmers in the category must have achieved the time standards as specified in the meet announcement.
2. **Senior Swimming** – Meets in this category fall under the purview of the Senior Swimming Chairman. Competitors in these meets are not grouped by age. The focus of Senior competition is to prepare swimmers for Regional, National and International Competition.
- a. Invitational –The invitation to compete may be based on a team’s geographic region, athlete’s achievement of a particular time standard, or other similar criteria.
  - b. Senior Championship – Swimmers in this category must have achieved the time standard set forth in the meet announcement.
  - c. BB and slower Championships – FGC Swimmers who do not meet the entry qualifying standard for the Senior Championships may compete in the BB Championship.

#### 1.13 Florida Gold Coast Select Teams - Athletes

1. Florida Gold Coast may sponsor select teams that compete in out of LSC competition. Selection criteria for these meets will be established annually by the Age Group or Senior Chairman for said meets.
  - a. **FG vs. FL All-Star Meet** – 10&U, 11-12, 13-14 **dual** meet between Florida Gold Coast Swimming and Florida Swimming
  - b. **Southern Zone Championship** – All-star team fielded by each LSC in the Southern Zone for team competition, in both Open Water and Pool.

#### 1.14 Florida Select Teams – Coaches, Chaperones, Team Managers:

1. Florida Gold Coast may sponsor select teams that compete in out of LSC competition. Applications to coach these teams will be solicited from coaches from the LSC. The Florida Gold Coast Age Group Chair will forward recommendations for the Head Coach of the select team to the Florida Gold Coast **Age Group Chair with support from the** Board of Directors ~~at their Fall meeting prior to naming the coach.~~ The FGC **Age Group Chair with support from the** Board of Directors will **annually designate Head Coach for Zones, All-Star and Open Water at the Fall Board meeting.** Each head coach will work in conjunction with Age Group Chair, Senior Group Chair and **Open Water Chair???** to develop a plan for the **following current** year’s Select Teams competition.
  - a. Remaining select team coaches will be chosen by the Head Coach and the Age Group

or Senior Chair (depending on the level of competition).

2. Florida Gold Coast shall solicit volunteers to serve as official Chaperones and Team Managers for the competition.
  - a. All volunteer Chaperones and Team Managers must be members of USA Swimming and are subject to all non-athlete membership requirements.
  - b. The Head Coach and the Age Group or Senior Chair will select all chaperones and team managers.
3. All participants (athletes, coaches, chaperones, officials) in Florida Gold Coast Select Team trips must complete the following documents which will be retained by the Select Team Head Coach. Print format documents may be downloaded from the FGC Website under “Forms”.
  - a. FGC Swimming Travel Policy
  - b. FGC Code of Conduct/Honor Code
  - c. FGC Liability Release and Indemnification Form
  - d. FGC Medical Form

#### 1.15 **Florida Gold Coast Swimming Travel Policy:**

1. The Florida Gold Coast travel policy must be signed and agreed to by all athletes, parents, coaches and other adults traveling with the LSC team. A Minor Athlete’s parent/legal guardian must provide written consent, at least annually, for all In-Program Travel and lodging during In-Program Travel, which can be withdrawn at any time. (USA Swimming Rule - 305.5.D)
2. Adult Participants, including Team Managers and Chaperones, who travel with USA Swimming must be USA Swimming non-athlete members that have successfully passed a USA Swimming-administered criminal background check and completed the online Athlete Protection Training. (USA Swimming Rule - 305.5.B)
3. An Adult Participant must not share a hotel room, sleeping arrangement or overnight lodging location with an Athlete. (USA Swimming Rule - 305.5.A)
4. During In-Program Travel, all In-Program Contact in a hotel room, sleeping arrangement or overnight lodging location between an Adult Participant and a Minor Athlete must be observable and interruptible.
5. During In-Program Travel, when doing room checks, two-deep leadership (two Adult Participants should be present) and observable and interruptible environments must be maintained.
6. When only one athlete and one coach travel to a competition, the athlete must have his/her parents’ (or legal guardian’s) written permission in advance to travel alone with the coach. The Minor Athlete’s parent/legal guardian has provided, at least annually, written consent for the Adult Participant to transport the Minor Athlete one-on-one, which can be withdrawn at any time. (USA Swimming Rule - 305.5C)

7. An Adult Participant must not transport a Minor Athlete one-on-one during In-Program Travel and must always transport at least two Minor Athletes or another Adult Participant except:
  - i. In emergency circumstances
  - ii. When a Dual Relationship exists
  - iii. When the Close-In-Age Exception applies
8. iv. The Minor Athlete’s parent/legal guardian has provided, at least annually, written consent for the Adult Participant to transport the Minor Athlete one-on-one, which can be withdrawn at any time.
9. During overnight team travel, if athletes are paired with other athletes they shall be of the same gender and should be a similar age. Minor Athletes should be paired to share a hotel room, sleeping arrangement or overnight lodging location with other Minor Athletes of the same competition category and of similar age.
10. When only one athlete and one coach travel to a competition, at the competition the coach and athlete should attempt to establish a “buddy” club to associate with during the competition and when away from the venue.
11. To ensure the propriety of the athletes and to protect the staff, there will be no male athletes in female athlete’s rooms and no female athletes in male athlete’s rooms (unless the other athlete is a sibling or spouse of that particular athlete) unless under adult supervision using two-deep leadership as provided for in this document. Example – Team meetings, watching movies between sessions.
12. A copy of the Florida Gold Coast Swimming Code of Conduct must be signed by the athlete and his/her parent or legal guardian.
13. Each athlete will be required to provide a signed Liability Release and/or Indemnification Form prior to travel.
14. Each athlete will be required to provide a signed Medical Consent or Authorization to Treat Form prior to travel.
15. Curfews shall be established by the team or LSC staff each day of the trip.
16. Team members and staff traveling with the team will attend all team functions including meetings, practices, meals, meet sessions, etc. unless otherwise excused or instructed by the head coach or his/her designee.
17. Meetings during In-Program Travel must be conducted consistent with the One-on-One Interactions section of the MAAPP 2.0 Policy (e.g., any such meeting must be observable and interruptible).

18. Meetings must not be conducted in an Adult Participant or athlete's hotel room or other overnight lodging location during In-Program Travel.
19. The directions & decisions of coaches/chaperones are final.
20. Swimmers are expected to always remain with the team during the trip. Swimmers are not to leave the competition venue, the hotel, a restaurant, or any other place at which the team has gathered without the permission/knowledge of the coach or chaperone.
21. When visiting public places such as shopping malls, movie theaters, etc. swimmers will stay in groups of no less than three persons. 12 & Under athletes will be accompanied by a chaperone.
22. The Head Coach or his/her designee shall make a written report of travel policy or code of conduct violations to the appropriate LSC leadership and the parent or legal guardian of any affected minor athlete.

1.16 **Florida Gold Coast Swimming Code of Conduct/Honor Code:**

1. All team staff (USA Swimming members; non-members; Adult participants - MAAPP 2.0), team members, and parents of minors are apprised in writing of this Code of Conduct and the USA Swimming Code of Conduct (Article 4 - 2022 USA Swimming Rulebook). A signature on this document constitutes unconditional agreement to comply with the stipulations of BOTH documents.
2. Team members will display proper respect and sportsmanship toward Team Staff, coaches, officials, administrators, teammates, fellow competitors and the public at all times.
3. Team members and staff will refrain from any illegal or inappropriate behavior that would detract from a positive image of the team/LSC or be detrimental to its performance objectives.
4. The possession or use of alcohol or tobacco products by any Team Member is prohibited.
5. The possession, use, or sale/distribution of any controlled or illegal substance or any form of weapon is strictly forbidden.
6. Team Members and Staff are to refrain from inappropriate physical contact at team activities and events.
7. Team Members and Staff are to refrain from use of inappropriate language.
8. No "deck" changes are permitted. Athletes are expected to use available change facilities.
9. Team Members and Staff are reminded that when competing in meets, traveling on trips, and attending other meet-related functions, they are representing both themselves AND Florida Gold Coast Swimming. Athlete and Staff behavior must positively reflect the high standards of FGC.
10. Failure to comply with the Honor Code as set forth in this document may result in disciplinary action. Such discipline may include, but may not be limited to:
  - a. Dismissal from the trip and immediate return home at the athlete's expense
  - b. Disqualification from one or more events, or all events of competition
  - c. Disqualification from future team travel meets
  - d. Financial penalties

- e. Dismissal from the team
- f. Proceedings for a LSC or USA Swimming Board of Review

1.17 **Swimmers with Disabilities:** Florida Gold Coast Swimming encourages swimmers with disabilities to participate in all of its competitions including its championship meets. The athlete, the athlete’s coach or the athlete’s assistant must contact the host club Meet

Director to advise of any specific accommodations are required. If special seeding accommodations are requested, the Meet Director will contact the Meet Referee who will provide guidance regarding seeding the athlete.

1.18 **Conduct of Swim Meets:** All sanctioned Florida Gold Coast swim meets must be conducted under USA Swimming Rules and Regulations, Florida Gold Coast Rules and Regulations.

1.19 **Meet Scheduling:** The Florida Gold Coast meet schedule will be planned based on the calendar year. The Technical Planning Committee (TPC) is responsible for developing the comprehensive schedule of dates for the proposed meet schedule.

1. The TPC will present the proposed meet schedule of dates to the Board of Directors for approval no later than **October 1<sup>st</sup>** of each year for the following year’s meets.

~~2. The Age Group Chair will publish a bid package for all proposed hosts not later than August 1<sup>st</sup>.~~

~~3. Bids from prospective hosts shall be received not later than September 1<sup>st</sup>.~~

~~4. TPC will host a bid award meeting not later than October 1<sup>st</sup> to develop a listing of recommended meet hosts for approval by the FG Board of Directors. The recommendation for awarding of meets will be by a majority of the TPC.~~

5. The recommended schedule including meet hosts will be considered for approval by the FG Board of Directors at a **4<sup>th</sup>** Quarter meeting.

6. Hosts awarded meets for the following year must **arrange for** payment for Sanctioning Fees to the Registration Chair by the House of Delegates meeting.

7. Requested additions or changes to the meet schedule, **after the meet bid deadline, must be sent to the Technical Planning Chair and endorsed by the Age Group Chair and Senior Chair.**

1.20 **Meet bid process:** Early opening bid date will run from July 15<sup>th</sup> to August 15<sup>th</sup> at a cost of \$100 sanction fee per meet. The Meet Schedule will be emailed to the coaches on July 17<sup>th</sup> (tentatively). From August 15<sup>th</sup> through September 15<sup>th</sup>, late meet bids will be offered to teams at a cost of \$125 sanction fee per meet. Late meet bids will have to be approved by the Technical Planning Chair, Age Group Chair and Senior Chair by a simple majority. All meet requests received after September 15<sup>th</sup> will have to be approved by the Technical Planning Chair, Age Group Chair and Senior Chair unanimously in order to be approved at a cost of \$250 sanction fee per meet. Meet bids must be submitted electronically by clicking on [20XX Swim Meet Application](#). The latest FGC [meet announcement template](#) and [meet host information and worksheet](#) can be found online at the FGC website ([www.fgcswwim.org](http://www.fgcswwim.org)) under LSC info (“Forms & Documents”).

1.21 **Sanctions, Meet Observation and Meet Approvals:** Any member club or organization that is hosting an event that is not sanctioned by Florida Gold Coast Swimming or USA Swimming must clearly state such on meet announcement.

1. Only with the FGC Board of Directors' approval shall an Organization be issued a meet sanction.
2. New or existing teams must be active and in continuous operation for 180 days or more, before a meet sanction is approved and issued. Any variation from this procedure must have the FGC Board of Directors approval sixty days prior to the meet competition.
3. Any Team or Organization, without infrastructure, wanting to host a swimming meet, must co-host this event with another FGC Team in good standing. Also, they must provide a minimum deposit of \$10,000 or 50% of projected entry fee surcharge due FGC, whichever is greater, on or before 60 days prior to the meet competition. Any variation from this procedure must have the FGC Board of Directors approval sixty days prior to the meet competition.

Swimmers' performances will be recognized for record keeping and time standard achievement purposes provided the times achieved are achieved at USA Swimming Sanctioned, Observed or Approved Meets.

1. **Sanctioned Meets:**

- a. All hosts awarded meets must run those meets in accordance with USA Swimming Rules, Florida Gold Coast Swimming Policies and Procedures and Florida Gold Coast Rules and Regulations and this document.
- b. The Meet Host worksheet – must be used to ensure compliance with all requirements. The Meet Host worksheet is available for download on the FGC Website under “Forms”.

2. **Observed Meets:**

- a. There are no requirements for USA Swimming athlete membership to meet participation.
- b. Meet is conducted under technical rules other than USA Swimming (e.g., NFHS, NCAA, USMS, IPC).
- c. A request for observation must be made to the LSC at least ten (10) days prior to the meet.
- d. Times from swim(s) observed and approved by USA Swimming appointed and certified officials acting as observers are recognized by USA Swimming. Times of USA Swimming members are eligible for inclusion in the SWIMS database.
- e. The Meet Observation Request – Form A or Form B must be submitted to Florida Gold Coast Swimming. The Form A and Form B are available for download on the FGC Website under “[Forms & Documents](#)”.

3. **Meet Approval:** YMCA Meets are typically “Approved”. Other organizations requesting “Approval” of a meet must make a request to the FG Board of Directors for “Approval” through the Technical Planning Committee.

- a. There are no requirements for USA Swimming athlete membership for meet participation.
- b. Meets must be conducted under USA Swimming technical rules, including time resolution.
- c. All times achieved may be recognized by USA Swimming; times of USA Swimming members are eligible for inclusion in the SWIMS database.
- d. The Meet Approval Request Form must be submitted to Florida Gold Coast Swimming. The Meet Approval Request form may be downloaded from the FG Website under “[Forms](#)”.

[& Documents](#)”.

1.22 **Retention of Meet Supporting Documentation Policy:** Meet hosts are required to retain the following meet related documentation for a period of one year from the conclusion of the meet:

1. Referee and Starter Master heat sheets.
2. Timing System printed output.
3. Lane Timer Sheets.
4. Relay Cards.
5. Positive Check-in / Scratch sheets.
6. Electronic meet management system backup.

This information must be readily available (48 hours' notice) for review by the Meet Referee or LSC Times and Recognition Committee personnel.

1.23 **Florida Gold Coast Records** – Florida Gold Coast Swimming maintains records using the USA Swimming LSC Portal – <http://www.usaswimming.org/fg.lsc>. Florida Gold Coast Swimming recognizes records in LCM (50m), SCY (25y), SCM (25m) in the Rule Book list of events for individual and relays in the following categories:

1. **LSC Record** – Attained by a swimmer or relay team who was registered in the Florida Gold Coast at the time of the swim in Sanctioned, Observed, Approved, or recognized international competition.
2. **LSC Open Record** – Attained by a swimmer or relay team who was competing within the confines of the geographic boundaries of the LSC in sanctioned, observed, or approved competition.

1.24 **Officiating** – The Official's Committee Chair manages the training, qualifications, and participation using the USA Swimming - Officials Tracking System (OTS). The Official's Chair will hold periodic training clinics to ensure that a sufficient pool of qualified officials is available to run swim meets. Every club has the responsibility to support the volunteer officiating program by recruiting volunteers from their clubs to participate in officiating Florida Gold Coast meets.

**1. Initial Certification and Training – Administrative Official:**

- a. Attend an Admin Officials clinic conducted by a current Admin. Official.
- b. Complete the Admin. Officials test, with a minimum score of 80%.
- c. Apprentice with another Admin. Official Administrative Referee, or Referee) for a minimum of two (2) sessions, at two different meets.

Also: DVD Officiating Swimming is now available from [USA Swimming](#) (DVDs are not available) or [YouTube](#)

**2. Initial Certification and Training – Stroke and Turn Officials:**

- a. Attend a stroke and turn officials' clinic. The clinic is based on the USA Swimming DVD "Officiating Swimming", and includes additional instructional content covering governance, types of swim meets, the different positions of officials on the deck, and deck protocol, as well as a question-and-answer session. Clinics are conducted by certified instructors, all of

whom are experienced Referees that have received training in conducting stroke and turn clinics. Clinics are offered throughout the LSC on an “as requested” basis, but are held at least once per quarter in each county comprising the LSC.

- b. Complete the stroke and turn officials test, with a minimum score of 80%.
- c. Apprentice on deck for a minimum of 4 sessions. These sessions must cover a minimum of 2 meets, at least one of which must include “Developmental” level swimmers. During each apprentice session, the apprentice will be paired with an experienced stroke and turn official on deck. At the completion of the apprenticeship, signoff must be obtained from the final session mentor, as well as the meet Referee. Attendance at stroke briefings is expected at each of these sessions.

### **3. Initial Certification and Training – Starter**

- a. Attend an informal Starters’ clinic. These clinics are on an as needed, usually for very small groups, and will be given on an individual basis if requested.
- b. The clinic consists of a review of the Starters’ protocol, demonstration, and practice prior to the first apprentice session.
- c. Apprentice on the pool deck for a minimum of 5 sessions, under the direction of an experienced Starter. These apprentice sessions must be performed over a minimum of 2 meets, with at least 2 experienced Starter mentors.
- d. Complete the Starters test with a score of 80% or better.  
Starters must have at least 5 sessions of experience as a certified Stroke and Turn official.

### **4. Initial Certification and Training – Referee**

- a. Attend a Referees’ clinic, conducted by the FGC Officials Chair and other experienced Referees. This clinic addresses running the deck as a Referee, in addition to many administrative aspects of running a swim meet. An extensive question and answer/general discussion session is a part of the clinic.
- b. Be a certified Stroke and Turn official or Starter for a minimum of one year.
- c. Apprentice as a Referee on the pool deck for a minimum of 6 sessions, under the supervision of an experienced Referee. These sessions must take place over a minimum of 2 meets, with a minimum of 2 experienced Referee mentors.
- d. Complete the Referee test, with a minimum score of 80%.

### **5. Ongoing training:**

- a. Officials at all levels are required to take the applicable recertification test at the end of each certification period.
- b. Stroke briefings are conducted at each meet, and all officials are expected to attend these briefings.
- c. The officials chair communicates via email with all officials regarding recent rule changes, and other information disseminated by USA Swimming. These communications are also incorporated in stroke briefings held at meets.
- d. Referees are required to attend an annual recertification meeting.
- e. To maintain certification, officials are required to work at least 4 sessions per year on deck in the deck at the certified position.



- 1.25 **Travel Assistance - Athletes:** Policy for Financial Aid to FGC Athletes – FGC will financially support eligible member athletes for their expenses incurred while participating in the USA Olympic Team Trials, NCSA and USA Swimming Junior National Championships, the US Paralympic National Championships, the USA Swimming Open Water Championships, the USA Swimming National Championships, the U.S. Open, approved National Development meets and National Select Camp attendees, and any other competition approved by the FG Board of Directors. Receipts are required for reimbursement.
1. General Eligibility Policies – Required forms located on the FGC website under “Forms & Documents”.
    - a. Be registered with FGC at the time of the swim and at the time of funds distribution.
    - b. Athletes participating in collegiate programs (NCAA, NJCAA, NAIA and others) are not considered eligible during the period September 1 – May 31 of each year.
    - c. Athletes participating in collegiate programs may be considered eligible during the period June 1 – August 31 provided they are a member of and training with an FGC member club. Verification of membership and training status may be requested by the BOD or its designee.
    - d. Reimbursement is provided for swimmers participating in individual events.
    - e. The amount of compensation received from all sources shall at no time exceed their actual expenses as allowed by the USA Swimming Code. Sources include the National swim committee, Phillips 66, member clubs, and business/civic organizations. These sources do not include family contributions.
    - f. All compensations received or anticipated must be designated on the FGC financial request form. National Development funds are available to 18 and Under member swimmers. Competitions include Pro Swim Series Meets or equivalent, but not including the Southern Zone Sectional Championships. Individual swimmers are eligible to receive reimbursements from the National Development Fund three (3) per calendar year.
    - g. Held continuous FGC Swimming Registration (excluding collegiate participation) for 12 months to receive 50% allowance; 24 months for 75% and 36 months for 100%.
    - h. Individual swimmers will be eligible to receive reimbursements from five (5) eligible meets per calendar year.
    - i. The financial request form must be received with all related receipts on or before December 20th during the year of eligible meets.
    - j. Financial amounts: During the annual budgeting process, the Board of Directors will determine the reimbursement amount for each eligible meet.
    - k. The recipient must comply with the USA Swimming Code of Conduct up to the point of the distribution of funds.
- 1.26 **Financial Aid to FGC Member Clubs** – FGC will financially support eligible member clubs for their expenses incurred by their coaching staff while coaching at the USA Swimming Junior National Championships, the USA Swimming National Championships. Receipts are required for reimbursement.
1. General Eligibility Policies – Required forms located on the FGC website under “Forms &

Documents”.

2. Applying FGC Club must have held continuous USA Swimming Club Registration for 12 months to receive 50% allowance; 24 months for 75% and 36 months for 100%.
3. Each team will be eligible to receive reimbursement from two (2) eligible meets per year.
4. Clubs requesting reimbursements must have a coach(s) attending and have individual swimmer(s) participating in at least one individual event.
5. The financial request form must be received with all related receipts on or before December 20th during the year of eligible meets.
6. The Club will certify their coaches’ total expenses from the meet.
7. Receipts or copies of receipts must be submitted with request.

1.27 **Policy of Financial Aid to FGC Officials** – FGC will financially support eligible member officials for their expenses incurred while participating in the USA Swimming Olympic Team Trials, USA Swimming National Championships, USA Swimming Junior National Championships, US Paralympic National Championships, and USA Swimming Open Water Championships. Receipts are required for reimbursement.

8. General Eligibility Policies – Required forms located on the FGC website under “Forms & Documents”.
9. Officials must be registered with FGC at the time of the Meet and at the time of funds distribution.
10. Officials must have continuous FGC Swimming Registration for 12 months to receive 50% allowance; 24 months for 75% and 36 months for 100%.
11. All compensations received or anticipated must be designated on the FGC financial request form.
12. Individual officials are eligible to receive reimbursements from the Officials Development Fund for two (2) meets per calendar year.
13. FGC Officials must officiate in at least 50% of the Meets sessions.
14. The financial request form must be received with all related receipts on or before December 20th during the year of eligible meets.

1.28 **Financial Procedures** - Financial controls and procedures are essential and serve as a system of checks and balances to protect Florida Gold Coast Swimming (FGC) and its staff and volunteers from risk. These policies must be followed in order for FGC to serve its primary mission in support of the growth and development of the swimming community.

1. **Monetary:**

- a. Deposits and Records – The Treasurer shall have the following duties and responsibilities regarding the finances of FGC.
- b. Prepare for deposit all cash and checks received by stamping each check with the approved bank stamp and recording each item on a bank deposit slip or similar listing.
- c. All deposits shall be made into the FGC general accounts. Deposits shall be made in a timely fashion, but no less frequently than once per week.
- d. Receipted deposit tickets will be maintained pending receipt of the monthly statements from the bank.
- e. All incoming monies (checks, cash) shall be promptly recorded into the current bookkeeping software system of FGC.
- f. Any documents accompanying monies for deposit will be separated and appropriately

handled or filed.

- g. The general bank accounts of FGC shall be reconciled monthly; the reconciliation will be reviewed monthly by a Board member appointed by the General Chairman (preferably the Finance Vice Chair). (Note: the person who reconciles the monthly statements may NOT have signatory authority to write or issue checks for FGC.)
- h. Office Personnel are authorized to make transfers between the FGC general accounts and FGC money-market funds, as directed by the Board of Directors.
- i. Office personnel will contact the payee to determine the status of any check issued by FGC that is outstanding for more than sixty (60) days.
- j. FGC will impose a charge of \$25 for any deposited check that is returned for insufficient funds or due to a closed account. Any club or individual who fails to make good on the check and pay the service charge will be referred to the FGC Board of Review for action.

## **2. Disbursements:**

- a. Physical control of all checks will be with office personnel.
- b. All invoices and reimbursement requests will be accounted for in the current FGC accounting system.
- c. Original receipts or similar documentation must accompany each reimbursement request. No payments will be processed without original invoices, receipts or similar documentation.
- d. Approval for payments will be deemed granted if the requested amount is within the current year approved FGC budget and not yet spent or appropriated. The FGC Board of Directors must approve any request for payment in excess of the remaining unspent budgeted amount.
- e. Office personnel or Treasurer will be responsible for preparing checks based on received invoices and reimbursement requests. The documentation for such payment will be categorized and filed appropriately.

Unless decided otherwise by the FGC Board of Directors, the Treasurer and the General Chair shall be authorized to sign checks for FGC. Checks for an amount less than \$5,000 shall require one authorized signature. Checks for an amount of \$5,000 or more shall require two authorized signatures.

## **3. Reports:**

- a. Office personnel or Treasurer will prepare an income or profit/loss statement of the FGC general accounts. This statement will be presented to the Board of Directors or the House of Delegates at its next regularly scheduled meeting. Following the close of the fiscal year, an annual income statement and Balance Sheet shall be prepared and presented to the Board of Directors.
- b. The Finance Committee shall review the FGC Financial Statements Annually. An outside auditor will conduct an annual Financial Review and the fourth year a Financial Audit. This Review or Audit shall be completed no later than the end of the 1st Quarter of FGC fiscal year.
- c. The Treasurer, with the assistance of the outside auditor, will prepare and file the annual tax return(s) for FGC, based on the approved financial statements. The tax return(s) will be reviewed by the Finance Committee, and submitted to the appropriate agencies.

- d. The Treasurer will submit a copy of all pertinent financial reports to USA Swimming within five (5) months after the close of the FGC fiscal year, as provided in Article 8.3 of the USA Swimming Rules and Regulations.

**4. Expenses:**

- a. Payments to vendors.
- b. Vendors must submit an itemized invoice for payment.
- c. All payments will be issued from the Florida Gold Coast Swimming office.

**5. Purchases:**

- ~~a. When purchasing Florida Gold Coast equipment or supplies estimated to cost more than \$500, when applicable, FGC will strive to obtain no less than three (3) bids or price quotations. Whenever possible, at least two of these bids will be solicited from vendors located within the LSC boundaries.~~
- b. Purchases of supplies and equipment made by the appropriate FGC representative must be approved by the FGC Board of Directors, or the General Chairman.
- c. At least three bids for equipment or supplies (e.g., Zone Team equipment) totaling over \$5,000 shall be obtained. ~~will be by sealed bid.~~ Award will be made to the lowest qualified bidder.
- d. Purchases of supplies and equipment totaling \$5,000 or less ~~than \$ 500~~ may be made by the appropriate FGC representative when such purchase is provided for in the FGC.

**6. Reimbursement of Expenses to Volunteers:**

- a. Volunteers who have expenses that have been pre-approved for reimbursement (duplicating, mileage, etc.) shall submit a Florida Gold Coast Volunteer Reimbursement Form – Appendix XX.
- b. Expenses filed for reimbursement outside the timeframe stated on the form require Board of Directors authorization.

**7. Budgeting Process:**

- a. Florida Gold Coast Swimming will operate financially on a calendar year.
- b. Budgeting will be on an ~~annual 4-year cycle (quadrennial).~~
- c. The Budget Committee will be named by the General Chairman to establish a quadrennial budget.
- d. The Budget Committee will meet as needed so as to have a budget to present the Board of Directors at its 4th quarter meeting.
- e. The Board of Directors will review the budget proposal and present the budget for approval at the House of Delegates meeting.
- f. The Budget Committee will meet annually to review the following year's budget plan. This review will be completed in time for it to be presented at the 4th quarter Board of Directors meeting.

1.29 **Table of Fines:**

Violation	Member Fined	Max Penalty	Payable
Meet Information – Late Submission	Host Club	\$100.00	FGC
Meet Information – Late Distribution	Host Club	\$50.00/day	FGC
Meet Results -Late Submission	Host Club	\$50.00/day	FGC
Meet Backup-Excessive Errors	Host Club	\$100.00/Session	FGC
Unregistered Swimmer participating in a Meet	Club or Member	\$50.00 per swim	FGC
Incomplete/Incorrect athlete data	Host Club	\$25.00/athlete	FGC
Missed Event – Positive Check In	Club or Member	\$25.00	Host
Missed Event – Finals	Club or Member	\$25.00	Host
Illegal Swim in Developmental Meet	Club or Member	\$50.00 per swim	FGC
Late Team Re-registration (after 12/31/XX)	Club	Double dues	FGC
Late submission of post meet reports/fees	Host Club	\$100.00/month	FGC

\*\* Clubs who have not satisfied their outstanding fines by the next championship meet must compete unattached until all fines are satisfied.

\*\*\*All fine obligations must be settled by cash, money order, Zelle or cashiers' check.

1.30 **Diversity/Outreach Membership Program:**

The FGC extends an outreach membership to all children who meet certain Federal Guidelines. Clubs wishing to register athletes under these guidelines shall register these athletes as annual members and then provide proof from the list below to the Registration Chairman with their membership application/ submittal. Proof may be in the form of:

1. Medicaid
2. Federal Housing documentation.
3. Federal Food Stamp documentation
4. WIC Program (Women, Infant and Children Federal Nutrition Program).

1.31 **Operational Risk/ SafeSport Chair:** It's everyone's responsibility! It is the LSC **Operational Risk/ SafeSport** Chair's responsibility to promote safety throughout the LSC's swimming community and to promote safety as a part of the LSC philosophy. The LSC **Operational Risk/ SafeSport** Chair is the liaison between the National Organization and Club and LSC. The **Operational Risk/ SafeSport** Chair will contact the National Headquarters with safety questions and concerns. They will relay policy decisions to the LSC and direct the LSC's **Operational Risk/ SafeSport** program. USA Swimming maintains a Safety/Loss Control Manual which is a valuable tool for Clubs. This manual is available for download from the USA Swimming website. Clubs should regularly review this manual as they strive to improve their own safety plans.

**1. Duties of the Operational Risk/ SafeSport Chair:**

- a. Chair a committee that develops safety education programs for Florida Gold Coast Swimming and makes recommendations to the Board of Directors.
- b. Liaison between USA Swimming/LSC and club **Operational Risk/ SafeSport** chairs.
- c. Responsible for providing reports of injuries within the Florida Gold Coast Swimming at each LSC Board and House of Delegates meeting as requested.
- d. Provides input and periodically reviews warm-up guidelines.

- e. Responsible for arranging and/or conducting water safety training opportunities.
- f. Communicates regularly with Club **Operational Risk/ SafeSport** Chairmen.
- g. Upon direction of the General Chairman, contacts USA Swimming, with **Operational Risk/ SafeSport** questions and concerns.
- h. Disseminates **Operational Risk/ SafeSport** information and required forms to all member clubs, coaches and officials.
- i. Provides information for compliance with USA Swimming and Florida Gold Coast Swimming Rules and Regulations.

1.32 **Crisis Action Plan:** Florida Gold Coast Swimming will respond to all crisis emergencies as delineated in this Crisis Action Plan. During a crisis, it is of paramount importance for Florida Gold Coast Swimming to present timely, factual, coherent accurate information. In order to achieve that goal, it is important that all information be disseminated by the designated Communications Officer – the single voice of Florida Gold Coast Swimming. The General Chair shall normally serve as the Communications Officer. The General Chair may delegate that responsibility to another member of the Board of Directors as necessary. If the General Chair is unable to perform the role of the Communications Officer, the following Board of Director Officers shall be responsible for assuming the role of Communications Officer, in this order of the following hierarchy:

1. Administrative Vice-Chair
2. Senior Vice-Chair
3. Age Group Vice-Chair
4. Treasurer
5. Secretary
6. Personnel specifically designated by the Florida Gold Coast Swimming Executive Committee.

The Crisis Action Team -The Crisis Action Team shall be the Florida Gold Coast Executive Committee. The General Chair will determine when the Crisis Action Team will be assembled. It is the job of the Crisis Action Team to assess the existing situation, determine the appropriate response, and provide guidance to the Communications Officer on how to convey that response in a manner that:

- a. best suits the situation. The Crisis Action Team may consult USA Swimming, or legal counsel as necessary. All media requests shall only be directed to the designated Communications Officer. All official Florida Gold Coast Swimming communications shall be distributed **ONLY** by the Communications Officer.
- b. Since there is no permanent office of Florida Gold Coast Swimming, there is no pre-determined Crisis Control Center. However, in the event of a crisis, the Crisis Communications Team shall immediately designate a Crisis Control Center if needed and staff that center appropriately as the crisis warrants.
- c. The Crisis Communications Team shall be responsible for contacting the Florida Gold Coast Swimming Board of Directors to keep the Board apprised of all information pertaining to the crisis. The General Chairman shall maintain a list of mobile phone numbers of each of the members of the Crisis Communications Team, in order that the Crisis Communications Team may be assembled at any time of the day or night. The most current list of mobile numbers shall be distributed to the Crisis Communications Team and the Southern Zone – Sport Development Coordinator.
- d. Information shall be disseminated as appropriate for the crisis. Information may be released by press releases, posted to the Florida Gold Coast Swimming website ([www.fgcs swim.org](http://www.fgcs swim.org)), e-mails, or electronic text messages, as needed. This Crisis Action Plan will be reviewed during

the 4<sup>th</sup> quarter of each year and modified as needed.

1.33 **Awards and Recognition:**

The Florida Gold Coast recognition program occurs annually for member athletes and volunteers. The member athletes are divided into two groups: Age Group- consisting of ages 14 and Under and Senior- for those 15 and Over.

The Age Group recognition program is geared toward individual awards, local awards, plus USA swimming's certificates. Strive toward getting a National Caliber swimmer to speak to the group about their experience.

The Senior recognition is geared toward having a guest speaker at the collegiate level with information about collegiate swimming and a social gathering.

1.34 United States Swimming Annual Business Meeting "ABM" (Formerly known as the USAS Annual Convention).The annual State of the Sport and House of Delegates (HOD) will now be held virtually on an annual basis in the month of September each year. There will be limited in-person invitations to the following members including National Committee Chairs; Board of Directors,Foundation and Athlete Board Members.All LSCs will be expected to register their respective Board Members as delegates for voting representation at the House of Delegates Meeting

1.35 **United States Swimming Annual (National) Workshop (Formerly known as the Zone Workshop).** This is to take place annually in Denver, Colorado, beginning in April 2022. This is taking the place of the annual Convention and enhanced to offer in-person opportunities for coach, athlete and volunteer leaders in the Local Swimming Committees (LSCs) to gather, learn, network and debate.

**FGC Annual Workshop Participants expense assistance**-Designated (depending on the yearly workshop agenda) current members of the FGC Board of Directors, members of a USA Swimming convening committee, FGC Athlete Reps and/or additional FGC Non-Athlete members will be invited to attend.

The FGC will reimburse delegates' airfare and pay \$50 per day for meal expenses. Those attending will be encouraged to make their own travel arrangements early in order to obtain cheaper airfare. FGC will cover the Hotel costs for two participants sharing one room. (\*If a single room is requested, 1/2 of the cost will be reimbursed.) FGC will pay for any Workshop registration fees also.



## Appendix-1-Conflict of Interest

### Florida Gold Coast Swimming

**Conflict of Interest Policy:** Florida Gold Coast Swimming Inc., requires that all members of the Board of Directors as well as all non-Board members to serve as Chairs of any standing Committee to sign the FLORIDA GOLD COAST SWIMMING, INC. CONFLICT OF INTEREST POLICY.

Those who choose to serve Florida Gold Coast Swimming, whether as volunteers or paid professionals, are held to a high standard of conduct. As guardians of Olympic ideals, they assume an obligation to subordinate individual interests to the interests of the Olympic Movement. What may be considered acceptable conduct in some businesses may be inappropriate in Olympic service.

Those who serve Florida Gold Coast Swimming must do so without personal gain in order to avoid any institutional loss or embarrassment and to behave in such a way that the organization’s trust and public confidence are enhanced. It is important to avoid any real conflict of interest. While no set of guidelines can guarantee acceptable behavior, the principles that guide behavior in this area are disclosure, non-participation in the decision-making process where personal or family gain is a possibility, and a commitment to honor the confidentiality of organizational information. All conduct is founded on the individual’s own sense of integrity. Any individual accepting the honor of serving Florida Gold Coast Swimming must accept the burdens of public disclosure and public scrutiny.

In our complex society, the intermix of volunteer work, business interests, governmental activity, and family relationships often creates potentially conflicting interests. What is required is disclosure of conflicting interests when they arise, and strict nonparticipation in any evaluation process relating to the matter in question.

The following guidelines are not a precise road map to acceptable conduct. They are signposts. Each individual must find his or her own way.

1. The business of Florida Gold Coast Swimming is to be conducted in observance of both the spirit and letter of applicable federal and state laws.
2. Florida Gold Coast Swimming properties, services, opportunities, authority, and influence are not to be used for private benefit. All individuals who participate with Florida Gold Coast Swimming will disclose the nature and extent of an actual or potential conflict of interest when it occurs in the evaluation of an issue and will avoid evaluating or voting on the matter involved. This includes the award of contracts, the purchase of goods and services, the award of contracts for professional services, and the allocation of Florida Gold Coast Swimming resources for the individual use.
3. Gifts, cash, travel, hotel accommodations, entertainment, or favors are neither to be given nor received, except those of nominal value exchanged in the normal course of business. Gifts and favors of more than one hundred dollars (\$100.00) value should not ordinarily be accepted. If circumstances render it awkward to refuse such a gift, the donor should be thanked and told the gift is being accepted on behalf of and will be delivered to Florida Gold Coast Swimming.
4. Expenses incurred in the furtherance of Florida Gold Coast Swimming business are to be reasonable, necessary and (if twenty-five dollars or more) substantiated.
5. All are expected to exhibit honesty, loyalty, candor and professional competence in their relationships with Florida Gold Coast Swimming and with each other.
6. Each individual has the responsibility to maintain the confidentiality of the organization. This includes both proprietary and sensitive information.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name





## Appendix-2-Code of Conduct

### Florida Gold Coast Swimming Code of Conduct / Honor Code

1. All team staff (USA Swimming members & non-members; *Adult participants - MAAPP 2.0*), team members, and parents of minors are apprised in writing of this Code of Conduct and the USA Swimming Code of Conduct (*Article 4 - 2022 USA Swimming Rulebook*). A signature on this document constitutes unconditional agreement to comply with the stipulations of BOTH documents.
2. Team members will display proper respect and sportsmanship toward team staff, coaches, officials, administrators, teammates, fellow competitors, and the public always.
3. Team members and staff will refrain from any illegal or inappropriate behavior that would detract from a positive image of the team/LSC or be detrimental to its performance objectives.
4. The possession or use of alcohol or tobacco products by any team member is prohibited.
5. The possession, use, or sale/distribution of any controlled or illegal substance or any form of weapon is strictly forbidden.
6. Team members and staff are to refrain from inappropriate physical contact.
7. Team members and staff are to refrain from use of inappropriate language.
8. No “deck” changes are permitted. Athletes are expected to use available change facilities.
9. Team members and staff are reminded that when competing in meets, traveling on trips, and attending other meet-related functions, they are representing both themselves AND Florida Gold Coast Swimming. Athlete & staff behavior must positively reflect the high standards of FGC.
10. Failure to comply with the Honor Code as set forth in this document may result in disciplinary action. Such discipline may include, but may not be limited to:
  - a. Disqualification from one or more events, or all events of competition
  - b. Dismissal from the trip and immediate return home at the athlete’s expense
  - c. Disqualification from future team travel meets
  - d. Financial penalties
  - e. Dismissal from the team
  - f. Proceedings for a LSC or USA Swimming Board of Review

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
(Print name of minor) (Signature of minor) (Date)

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
(Print name of Parent/Guardian) (Signature of Parent/Guardian) (Date)



## Appendix-3-Liability Release

### Florida Gold Coast Swimming LIABILITY RELEASE AND INDEMNIFICATION FORM

I, the undersigned participant and parent, request voluntary participation for minors to participate in all events, which are hereinafter referred to as the “activities.” sponsored by Florida Gold Coast Swimming, Inc. and USA Swimming. This agreement is valid while the participant is a member of USA Swimming.

I consent to my/minor’s participation in the activities and acknowledge that the minor and I fully understand my/minor’s participation may involve risk of serious injury or death, including losses which may result not only from my/minor’s own actions, inactions or negligence, but also from the actions, inactions, or negligence of others, the condition of the facilities, equipment, or areas where the event or activity is being conducted, and/or the rules of play of this type of event or activity. I understand that if I have any risk concerns, I should discuss the risks associated with my participation with the activity coordinators and event staff, before I sign this document and before any activities begin.

#### **Release – Minor’s Rights:**

In consideration of allowing Minor Participant to participate in the activities, I hereby release and hold harmless Florida Gold Coast Swimming, Inc. and USA Swimming, and their members of its board of directors, officers, employees, volunteers, other participants, and agents (collectively, the “Released Parties”), of and from, and do discharge and waive, any and all claims, demands, losses, damages, and liabilities that Minor Participant may have or sustain with respect to any and all damage and/or injury, of any type, arising out of his or her participating in the activities. I also agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
(Print name of minor) (Signature of minor) (Date)

#### **Release – Parents’/Guardians’ Rights:**

In consideration of allowing Minor Participant to participate in this USA Swimming event, I hereby release and hold harmless the Released Parties, of and from, and do discharge and waive, any and all claims, demands, losses, damages, and liabilities that I may have or sustain with respect to any and all damage and/or injury, of any type, arising from Minor Participant’s participation in the activities. I also agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect. I certify that my/minor is in good health and have no physical condition that would prevent participation in this activity. Furthermore, I agree to use my/minor’s personal medical insurance as a primary medical coverage payment if accident or injury occurs. I consent to emergency medical treatment in the event such care is required.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
(Print name of Parent/Guardian) (Signature of Parent/Guardian) (Date)

#### **Indemnification by Parent/Guardian:**

The undersigned parent/guardian further agrees to indemnify, save and hold harmless the Released Parties from any and all claims, demands, losses, damages and liabilities for indemnities, contribution or otherwise with respect to any damage and/or injury, of any type, arising from Minor Participant’s participation in the activities. The undersigned also agrees that this Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement extends to all acts of negligence by the Releasee and is intended to be as broad and inclusive as is permitted by the laws of the State in which the Event(s) is/are conducted and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
(Print name of Parent/Guardian) (Signature of Parent/Guardian) (Date)



## Appendix-4-Medical Release

### Florida Gold Coast Swimming Medical Release Form

Name of Swimmer: \_\_\_\_\_ Date: \_\_\_\_\_

#### Parental Consent

This medical release form must be signed by a parent or legal guardian for EACH swimmer of the Florida Gold Coast Swimming All-Star/Zone Team. If the swimmer is 18 years of age or older, the swimmer must **also** sign this form.

#### MEDICAL RELEASE

I CERTIFY THAT, TO THE BEST OF MY KNOWLEDGE AND BELIEF, \_\_\_\_\_ (NAME OF THE SWIMMER) IS IN GOOD PHYSICAL CONDITION AND HAS NO CONDITION WHICH WOULD IMPAIR PARTICIPATION IN THE PROGRAM. IN CASE OF INJURY, I HEREBY GIVE THE FLORIDA GOLD COAST SWIMMING, INC. AND IT'S COACHING STAFF PERMISSION TO ACT ON MY BEHALF IN SEEKING MEDICAL TREATMENT FROM ANY LICENSED PHYSICIAN, HOSPITAL OR CLINIC FOR MY CHILD IN THE EVENT THAT SUCH TREATMENT IS DEEMED NECESSARY. I GIVE PERMISSION TO THOSE ADMINISTERING MEDICAL TREATMENT TO DO SO USING METHODS DEEMED NECESSARY. I ABSOLVE CARMEL SWIM CLUB AND IT'S COACHING STAFF FROM ALL LIABILITY WHILE ACTING ON MY BEHALF IN THIS REGARD

\_\_\_\_\_  
Participant Signature (if over the age of 18)

\_\_\_\_\_  
Parent/Guardian Signature:

\_\_\_\_\_  
Home Phone:

\_\_\_\_\_  
Parents Daytime Phone:

If parents are not available, please call the person designated below:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Relationship: \_\_\_\_\_

Additional comments regarding medical history, allergies, penicillin or drug reactions, etc.....which may be needed in rendering medical treatment:

\_\_\_\_\_  
Parent/ Guardian Insurance Information:

Company Name: \_\_\_\_\_ Policy #: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_



## **Minor Athlete Abuse Prevention Policy**

**Organization Name**

**Effective: September 1, 2021**

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## **THIS POLICY APPLIES TO:**

**In-Program Contact:** Any contact (including communications, interactions or activities) between an Adult Participant and any Minor Athlete(s) related to participation in sport. Examples include, but are not limited to: competition, practices, camps/clinics, training/instructional sessions, pre/post event meals or outings, team travel, video review, team- or sport-related team building activities, celebrations, award ceremonies, banquets, team- or sport-related fundraising or community services, sport education, competition site visits, conventions and/or summits.

**Adult Participants:** Any adult 18 years of age or older who is a:

- USA Swimming member, either athlete or non-athlete;
- Participating non-member (e.g., meet marshals, meet computer operators, timers, etc.);
- Authorized, approved or appointed by USA Swimming, Zones, Local Swimming Committees (“LSCs”) or member clubs to have regular contact with (e.g., ongoing interactions during a 12-month period wherein the individual is in a role of active engagement) or authority over Minor Athletes; and/or
- Within the governance or disciplinary jurisdiction of USA Swimming, Zones, LSCs or member clubs.

## **GENERAL REQUIREMENT**

USA Swimming Zones, LSCs and member clubs are required to implement this Minor Athlete Abuse Prevention Policy in full. The Minor Athlete Abuse Prevention Policy must be reviewed and agreed to in writing by all athletes, parents/legal guardians, coaches and other non-athlete members of member clubs on an annual basis with such written agreement to be retained by the club or LSC, as applicable.

## **DEFINITIONS**

**Athlete:** A USA Swimming athlete member.

**Authority:** When one person’s position over another person is such that, based on the totality of the circumstances, they have the power or right to direct, control, give orders to, or make decisions for that person (e.g., when a power imbalance exists).

**Dual Relationship:** When an Adult Participant has a relationship with a Minor Athlete that is outside of the sport program. Examples of Dual Relationships include, but are not limited to, family members, mental health professionals, teachers, medical professionals and family friends.

**Emergency Circumstances:** A serious, unexpected and possibly dangerous situation that requires quick action and cannot be avoided. Emergency circumstances include, but are not limited to: a physical, mental or emotional medical emergency involving the Minor Athlete, relative of the Minor Athlete or relative of an Adult Participant; a Minor Athlete’s suicidal ideations/behavior; a report of abuse; a severe weather event; and last-minute practice changes.

**Electronic Communication:** Includes, but not limited to, phone calls, emails, videoconferencing, video coaching, text-messaging and social media.

**Event or Facility Under Partial or Full Jurisdiction:** Includes any USA Swimming sanctioned event (including all travel and lodging in connection with participation in the event) or any facility that USA Swimming, Zones, LSCs or member clubs owns, leases or rents for practice, training or competition.



**In-Program:** Activities related to participation in sport. Examples include, but are not limited to: competition, practices, meetings, camps/clinics, training/instructional sessions, pre/post event meals or outings, team travel, video review, team- or sport-related team building activities, celebrations, award



ceremonies, banquets, team- or sport-related fundraising or community services, sport education, competition site visits, conventions, conferences, summits and/or workshops.

**In-Program Contact:** Any contact (including communications, interactions or activities) between an Adult Participant and any Minor Athlete(s) related to participation in sport. Examples include, but are not limited to contact occurring at or related to: competition, practices, meetings, camps/clinics, training/instructional sessions, pre/post event meals or outings, team travel, video review, team- or sport-related team building activities, celebrations, award ceremonies, banquets, team- or sport-related fundraising or community services, sport education, competition site visits, conventions, conferences, summits and/or workshops.

**In-Program Massage:** Any Massage involving an Adult Participant and any Minor Athlete(s) related to participation in sport. Examples include, but are not limited to Massage occurring at or related to: competition, practices, meetings, camps/clinics, training/instructional sessions, pre/post event meals or outings, team travel, video review, team- or sport-related team building activities, celebrations, award ceremonies, banquets, team- or sport-related fundraising or community services, sport education, competition site visits, conventions, conferences, summits and/or workshops.

**In-Program Travel:** Any transportation or travel involving an Adult Participant and any Minor Athlete(s) related to participation in sport authorized or funded by the Organization. Examples include, but are not limited to transportation or travel to or related to: competition, practices, meetings, camps/clinics, training/instructional sessions, pre/post event meals or outings, team travel, video review, team- or sport-related team building activities, celebrations, award ceremonies, banquets, team- or sport-related fundraising or community services, sport education, competition site visits, conventions, conferences, summits and/or workshops.

**Massage:** Any massage, rubdown, athletic training modality including physical modalities (e.g., stretching, physical manipulation, injury rehabilitation, etc.) and electronic or instrument assisted modalities (e.g., stim treatment, dry needling, cupping, etc.).

**Minor Athlete:** An athlete under 18 years of age who is a USA Swimming member or was a USA Swimming member within the previous 12 months.

**Organization:** Organization Name

### **EXCEPTIONS**

**[Note: Exceptions apply only where specified]**

**Close-In-Age Exception:** In-Program Contact between an Adult Participant and a Minor Athlete is permitted if:

- a. The Adult Participant has no authority over the Minor Athlete; and
- b. The Adult Participant is not more than four years older than the Minor Athlete.

**Dual Relationship Exception:** An Adult Participant has a dual role or relationship with a Minor Athlete. This exception requires written consent of the Minor Athlete's parent/legal guardian at least annually.

### **ONE-ON-ONE INTERACTIONS**

- I. Observable and Interruptible  
All one-on-one In-Program Contact interactions between a Minor Athlete and an Adult Participant





must occur at an observable and interruptible distance from another adult, except:

- a. In emergency circumstances;
- b. When a Dual Relationship exists; and/or
- c. When the Close-In-Age Exception applies.



## **MEETINGS AND INDIVIDUAL TRAINING SESSIONS**

### **I. Meetings**

- a. Meetings between a Minor Athlete and an Adult Participant may only occur if another adult is present and where interactions can be easily observed and at an interruptible distance from another adult.
- b. If a one-on-one meeting takes place, the door to the room must remain unlocked and open. If available, it must occur in a room that has windows, with the windows, blinds, and/or curtains remaining open during the meeting.
- c. Meetings must not be conducted in an Adult Participant or Athlete's hotel room or other overnight lodging location during In-Program Travel.

### **II. Meetings with Licensed Mental Health Care Professionals and/or Health Care Providers**

If a licensed mental health care professional and/or health care provider meets one-on-one with a Minor Athlete at an Event or Facility Under Partial or Full Jurisdiction of the Organization in conjunction with participation, the meeting must be observable and interruptible by another adult, except if:

- a. The door remains unlocked;
- b. Another adult is present at the facility;
- c. The other adult is advised that a closed-door meeting is occurring although the Minor Athlete's identity does not need to be disclosed;
- d. The Organization is notified that the licensed mental health care professional and or health care provider will be meeting with a Minor Athlete; and
- e. The licensed mental health care professional and/or health care provider obtains consent consistent with applicable laws and ethical standards, which can be withdrawn at any time.

### **III. Individual Training Sessions**

- a. In-Program one-on-one individual training sessions outside of the regular course of training and practice between Adult Participants and Minor Athletes must be observable and interruptible by another adult, except:
  - i. When a Dual Relationship exists; and/or
  - ii. When the Close-In-Age Exception applies.
- b. The Adult Participant providing the individual training session must receive advance, written consent from the Minor Athlete's parent/legal guardian at least annually, with a copy provided to the Organization Name, which can be withdrawn at any time.
- c. Parents/legal guardians must be allowed to observe the individual training session.



## **ELECTRONIC COMMUNICATIONS**

- I. **Content**  
All Electronic Communication from Adult Participants to Minor Athletes must be professional in nature.
  
- II. **Open and Transparent**
  - a. If an Adult Participant communicates one-on-one with a Minor Athlete via Electronic Communications, the Minor Athlete's parent/legal guardian must be copied or included. If a Minor Athlete communicates to the Adult Participant privately first, said Adult Participant must copy or include the Minor Athlete's parent/legal guardian on any Electronic Communication response to the Minor Athlete. Adult Participants must only use Electronic Communication platforms that allow for Open and Transparent communication.
  - b. The following exceptions apply to Section II(a):
    - i. In emergency circumstances;
    - ii. When a Dual Relationship exists; and/or
    - iii. When the Close-In-Age Exception applies.
  - c. When an Adult Participant communicates electronically to the entire team or any number of Minor Athletes on the team, said Adult Participant must copy another Adult Participant.
  
- III. **Requests to Discontinue**  
Parents/legal guardians may request in writing that their Minor Athlete not be contacted through any form of electronic communication by the Organization or by an Adult Participant subject to this Policy. The Organization must abide by any such request that the Minor Athlete not be contacted via electronic communication, or included in any social media post, absent emergency circumstances.
  
- IV. **Hours**  
Electronic communications must only be sent between the hours of 5:00 a.m. and 9:00 p.m. local time for the location of the Minor Athlete, unless emergency circumstances exist, or during competition travel.
  
- V. **Prohibited Electronic Communication**
  - a. Adult Participants are not permitted to maintain private social media connections with Minor Athletes and such Adult Participants are not permitted to accept new personal page requests on social media platforms from Minor Athletes, unless the Adult Participant has a fan page, or the contact is deemed as celebrity contact as opposed to regular contact. Existing social media connections with Minor Athletes must be discontinued. Minor Athletes may "friend", "like" or "follow" the Organization's official page.
  - b. Adult Participants must not send private, instant or direct messages to a Minor Athlete through social media platforms.
  - c. The following exceptions apply to Section V:
    - i. When a Dual Relationship exists; and/or
    - ii. When the Close-In-Age Exception applies.



## **IN-PROGRAM TRAVEL AND LODGING**

### **I. Transportation**

- a. During In-Program Travel, observable and interruptible environments must be maintained.
- b. An Adult Participant must not transport a Minor Athlete one-on-one during In-Program Travel and must always transport at least two Minor Athletes or another Adult Participant, except:
  - i. In emergency circumstances;
  - ii. When a Dual Relationship exists;
  - iii. When the Close-In-Age Exception applies; and/or
  - iv. The Minor Athlete's parent/legal guardian has provided, at least annually, written consent for the Adult Participant to transport the Minor Athlete one-on-one, which can be withdrawn at any time.
- c. Adult Participants, including team managers and chaperones, who travel with the Organization must be USA Swimming non-athlete members of USA Swimming.

#### **[Recommended]**

Adult Participants who are parents/legal guardians of Minor Athletes must pick up their Minor Athlete first and drop off their Minor Athlete last in any shared or carpool travel arrangement.

### **II. Lodging**

- a. An Adult Participant must not share hotel room, sleeping arrangement or overnight lodging location with an Athlete.
- b. During In-Program Travel, all In-Program Contact in a hotel room, sleeping arrangement or overnight lodging location between an Adult Participant and a Minor Athlete must be observable and interruptible.
- c. During In-Program Travel, when doing room checks, two-deep leadership (two Adult Participants should be present) and observable and interruptible environments must be maintained.
- d. The following exceptions apply to II(a), (b) and (c):
  - i. When a Dual Relationship exists, the Adult Participant is not a coach, and the Minor Athlete's parent/legal guardian has provided advance, written consent for the lodging arrangement; and/or
  - ii. When the Close-In-Age Exception applies and the Minor Athlete's parent/legal guardian has provided advance, written consent for the lodging arrangement.
- e. Minor Athletes should be paired to share a hotel room, sleeping arrangement or overnight lodging location with other Minor Athletes of the same competition category and of similar age.

### **III. Written Consent**

A Minor Athlete's parent/legal guardian must provide written consent, at least annually, for all In-Program Travel and lodging during In-Program Travel, which can be withdrawn at any time.

### **IV. Meetings**

- a. Meetings during In-Program Travel must be conducted consistent with the One-on-One Interactions section of this Policy (e.g., any such meeting must be observable and interruptible).
- b. Meetings must not be conducted in an Adult Participant or athlete's hotel room or other overnight lodging location during In-Program Travel.

## **LOCKER ROOMS AND CHANGING AREAS**

### **I. Requirement to Use Locker Room or Changing Area**

The designated locker room or changing area must be used when an athlete or Adult Participant



changes, in whole or in part, into or out of a swimsuit when wearing just one suit (e.g., deck changing is prohibited).

II. Observable and Interruptible

All In-Program Contact between Adult Participants and Minor Athletes in a locker room, changing area or similar space must be observable and interruptible, except:

- a. In emergency circumstances;
- b. A Dual Relationship exists; and/or
- c. The Close-In-Age exception applies.

III. Private or Semi-Private Space for Minor Athletes

The Organization must provide a private or semi-private place for Minor Athletes that need to change clothes or undress at Events or Facilities Under Partial or Full Jurisdiction of the Organization.

IV. Use of Recording Devices

Use of any device's (including a cell phone's) recording capabilities, including voice recording, still cameras and video cameras in locker rooms, changing areas, or similar spaces by a Minor Athlete or an Adult Participant is prohibited.

Undress

Adult Participants must not change clothes or behave in a manner that intentionally or recklessly exposes his or her breasts, buttocks, groin or genitals to a Minor Athlete under any circumstance. An Adult Participant must not request a Minor Athlete to expose the Minor Athlete's breasts, buttocks, groin or genitals to the Adult Participant under any circumstance. Nothing in this section shall be construed to apply to areas of the body exposed while wearing swimwear which conforms to the current concept of the appropriate for the individual's competition category.

V. Showers

- a. Adult Participants must not shower with Minor Athletes unless:
  - i. The Adult Participant meets the Close-in-Age Exception; and/or
  - ii. The shower is part of a pre- or post-activity rinse while wearing swimwear.
- b. Parents/legal guardians may request in writing that their Minor Athlete(s) not change or shower with Adult Participants during In-Program Contact. The Organization must abide by such a request.

VI. Monitoring

The Organization must regularly and randomly monitor the use of locker rooms and changing areas to ensure compliance with this Policy. Locker rooms and changing areas may be monitored by use of the following methods:

- a. Conducting a sweep of the locker room or changing area before athletes arrive;
- b. Posting staff directly outside the locker room or changing area during periods of use;
- c. Leaving the doors open when adequate privacy is still possible; and/or
- d. Making occasional sweeps of the locker rooms or changing areas with women checking on female locker rooms and men checking on male locker rooms.

Every effort must be made to recognize when a Minor Athlete goes to the locker room or changing area during practice and competition, and, if the Minor Athlete does not return in a timely fashion, to check on the Minor Athlete's whereabouts.

VIII. Parents/legal guardians in Locker Rooms or Changing Areas

If a parent/legal guardian enters a locker room or changing area, it must only be a parent/legal guardian of the same competition category and the parent/legal guardian should notify a coach or administrator in advance.



## **MESSAGES, RUBDOWNS AND ATHLETIC TRAINING MODALITIES**

### **I. General Requirement**

Any In-Program Massage performed on an athlete must be conducted in an observable and interruptible location and must be performed by a licensed massage therapist or other certified professional. However, even if a coach is a licensed massage therapist, the coach must not perform a rubdown or massage of an athlete under any circumstance.

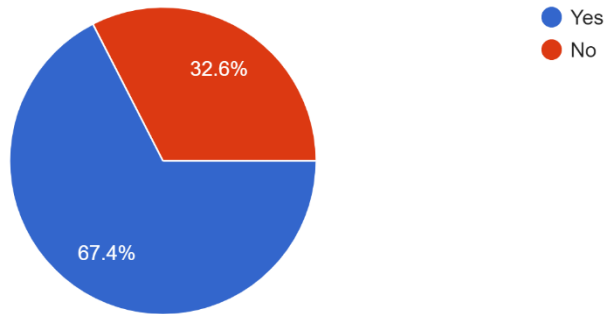
### **II. Additional Minor Athlete Requirements**

- a. Written consent by a parent/legal guardian must be obtained in advance at least annually by the licensed massage therapist or other certified professional which can be withdrawn at any time.
- b. Parent/legal guardians must be allowed to observe the Massage, except for competition or training venues that limit credentialing.
- c. Any Massage of a Minor Athlete must be done with at least one other Adult Participant physically present and must never be done with only the Minor Athlete and the person performing the Massage in the room.
- d. Any Massage of a Minor Athlete must be performed with the Minor Athlete fully or partially clothed, ensuring that the breasts, buttocks, groin or genitals are always covered. Nothing in this section shall be construed to apply to areas of the body exposed while wearing swimwear which conforms to the current concept of the appropriate for the individual's competition category.
- e. [Recommended] Any Massage of a Minor Athlete must only occur after a proper diagnosis from a treating physician and be done in the course of care according to the physician's treatment plan.

## FGC Championships Survey Results

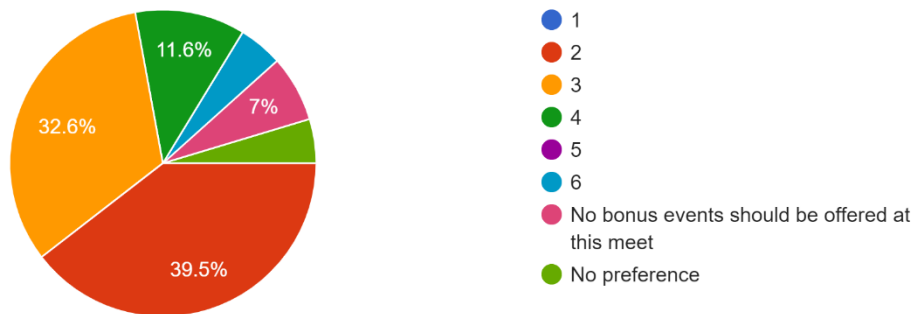
In 2021 FGC offered up to a maximum of 2 bonus swims for BB swimmers. Would you like to see additional bonus events being offered at the BB Champs?

43 responses



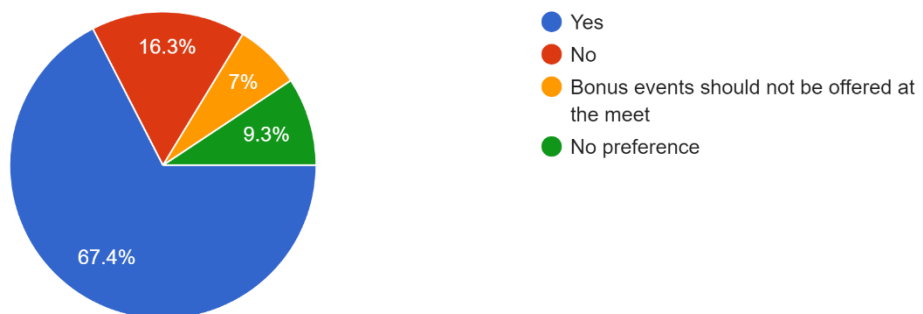
What number of bonus events would you like to see at BB Champs?

43 responses



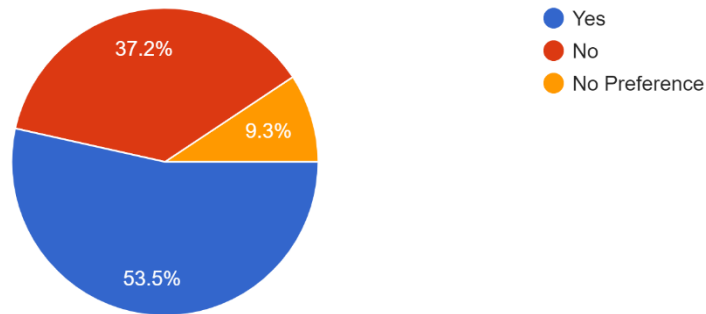
Should bonus events have a B time standard as a minimum?

43 responses



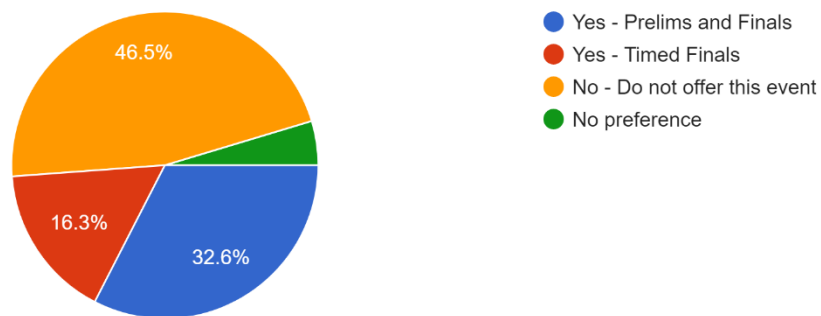
The 10 & under currently do not swim finals at the BB Championships. Would you like to see an "A" final for 10& under at BB Championships? This would be for events 200 and shorter only.

43 responses



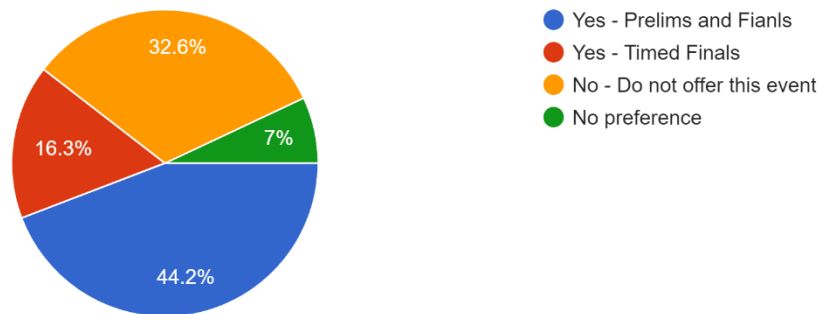
In 2021, the FGC did not offer the 13-14 100 IM at the BB Championships. Would you like to see the 13-14 100 IM added back to the event schedule? P...OT offered at the JO (Age Group) Championships.

43 responses



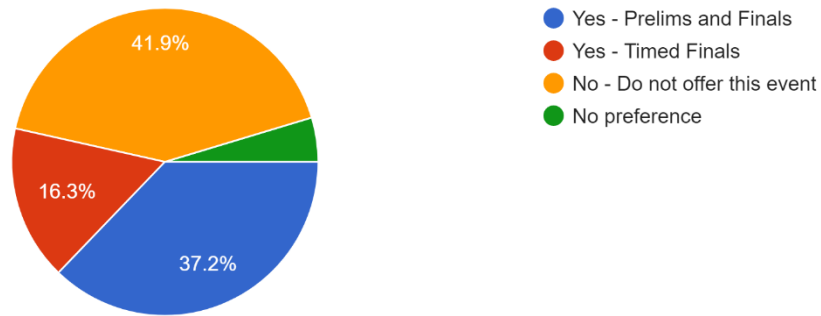
In 2021, the FGC did not offer the 13-14 50s of stroke at the BB Championships. Would you like to see the 13-14 50s of stroke added to the event s...NOT offered at the JO (Age Group) Championships.

43 responses

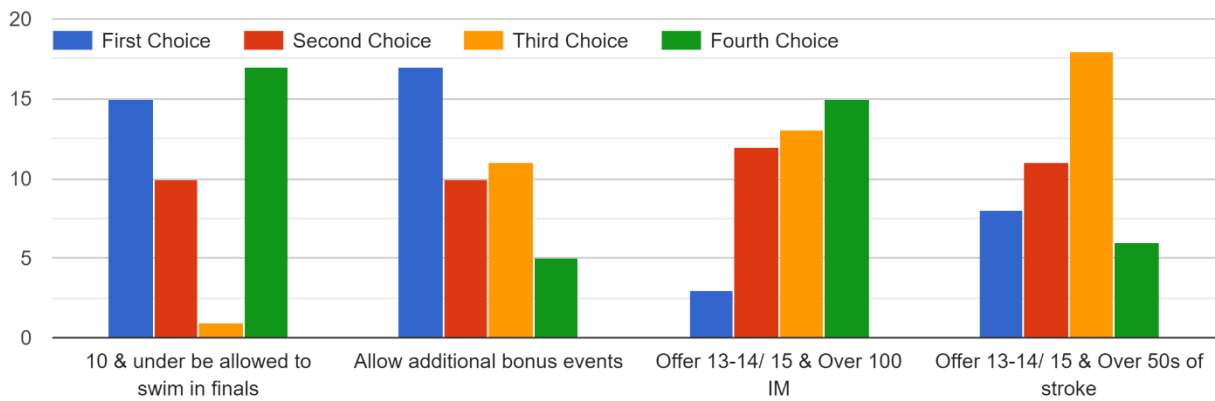




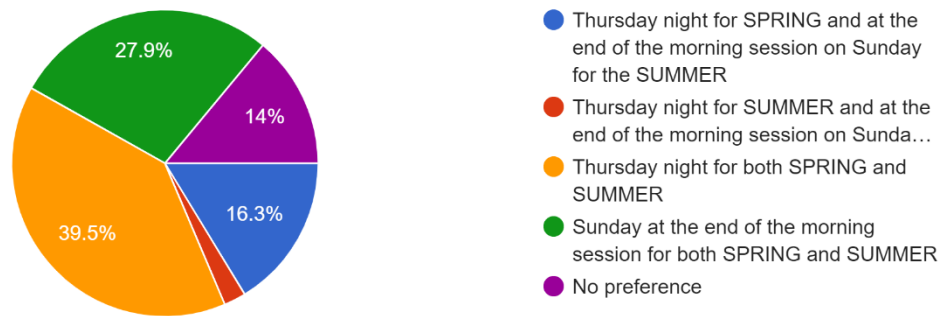
In 2021, the FGC did not offer the 15 & over 100 IM at the BB Championships. Would you like to see the 15 & over 100 IM added back to the event sche...ffered at the Senior Championships in the future.  
43 responses



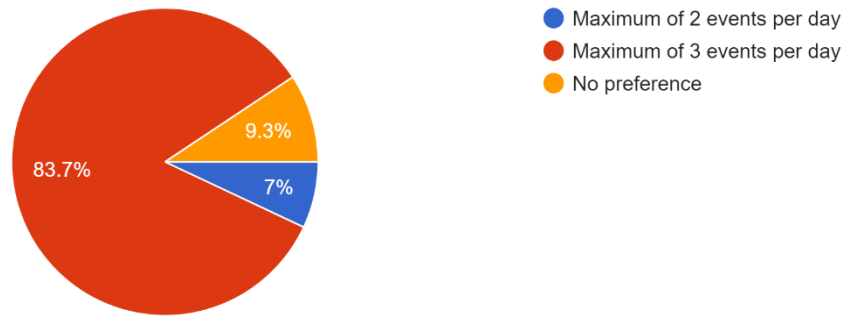
What events should be offered at the BB Championships - Please select one priority option per suggestion. Answers that select more than one priority per row will not be considered.



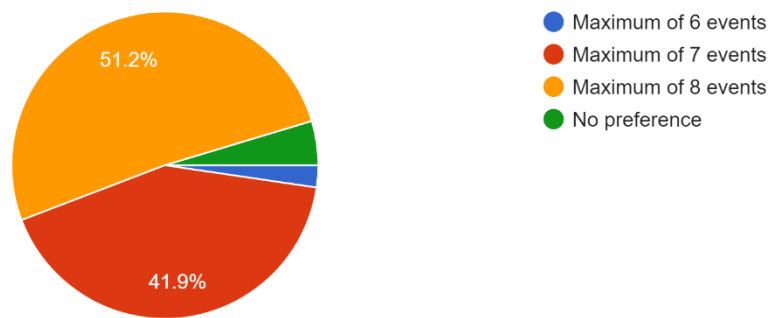
1500/1650 Free is currently offered at the end of the morning session on Sunday for both Summer and Spring. Which session you want the 1500/1650...ay play a role during the summer championships.  
43 responses



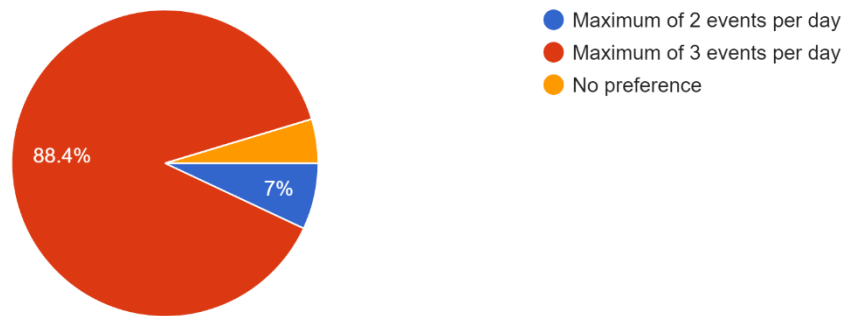
What is the maximum number of events PER DAY do you think should be offered at SPRING Senior Champs? In 2021 swimmers were allowed to swim a m... per day and an overall total of 8 for the meet.  
43 responses



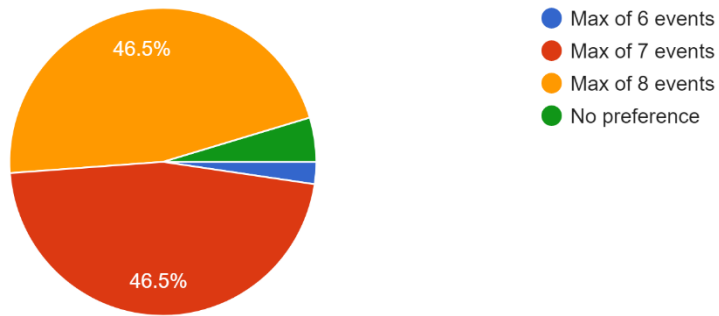
What is the maximum number of events (TOTAL) for the meet you think should be offered at SPRING Senior Champs? In 2021 swimmers are allow...im a max of 8 events for the meet and 2 per day.  
43 responses



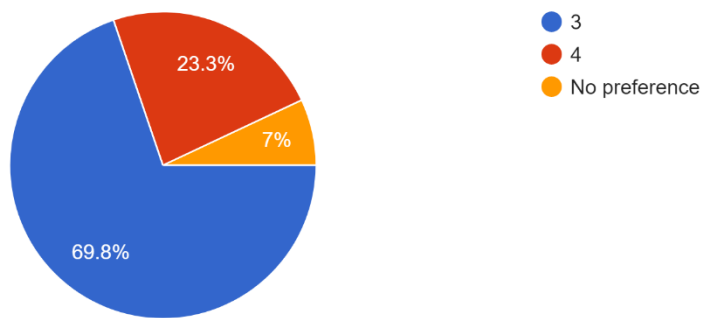
What is the maximum number of events PER DAY do you think should be offered at SUMMER Senior Champs? In 2021 swimmers were allowed to s...s per day and an overall total of 7 for the meet.  
43 responses



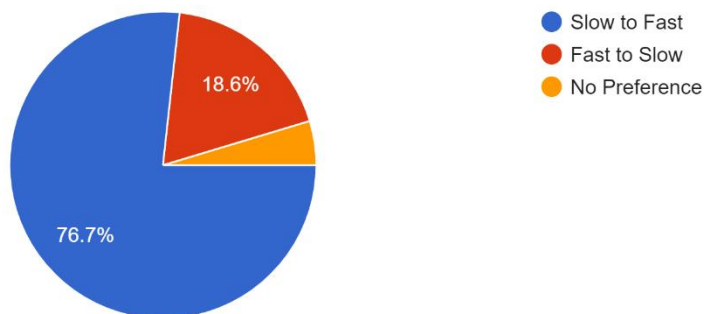
What is the maximum number of events (TOTAL) for the meet you think should be offered at SUMMER Senior Champs? In 2021 swimmers are allowed a max of 7 events for the meet and 3 per day.  
43 responses



In 2022, at the SPRING Senior Championships, finals were swum in event order. The order of the final heats is slowest to fastest CBA. Should there be three or four final heats?  
43 responses

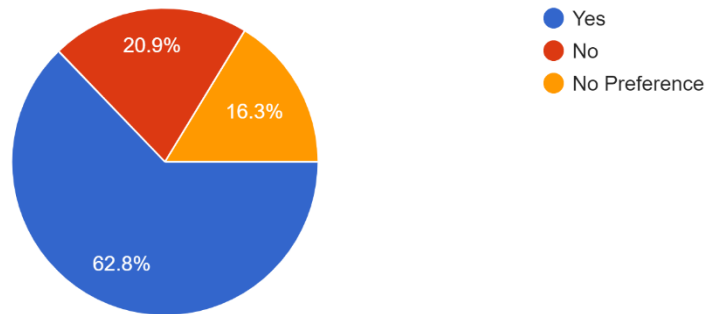


For the SPRING Senior Championships, should heats, at finals, run slow to fast or fast to slow?  
43 responses



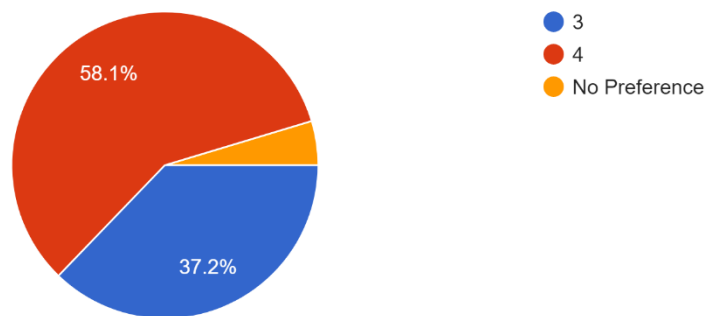
For the SPRING Senior Championships, should the slowest heat, at finals, be restricted to 15-16 year-olds?

43 responses



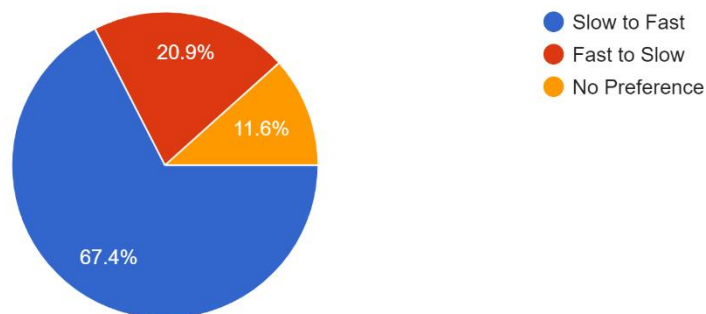
In 2021, at the SUMMER Senior Championships, the order of the finals was fastest to slowest but included a D heat (ABCD) which was restricted to 15...r-olds. Should there be three or four final heats?

43 responses



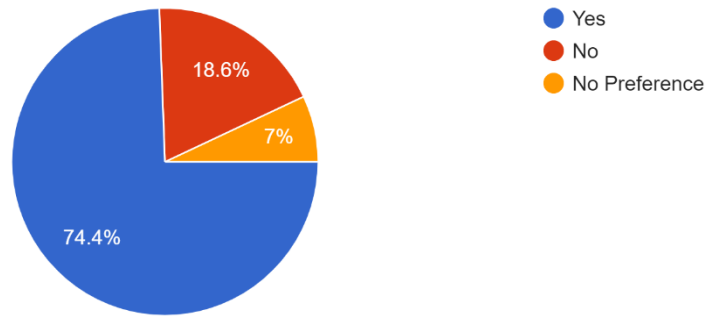
For the SUMMER Senior Championships, should heats, at finals, run slow to fast or fast to slow?

43 responses



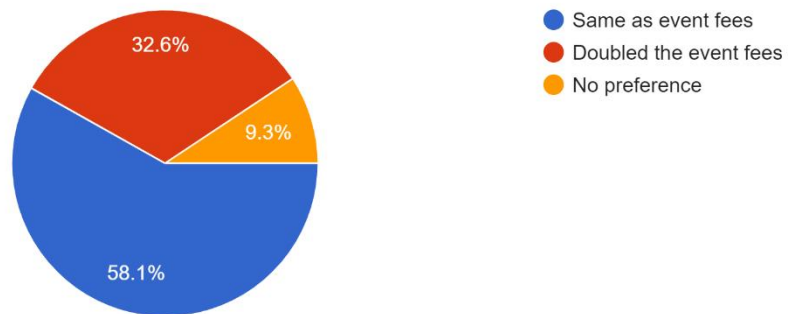
For the SUMMER Senior Championships, should the slowest heat, at finals, be restricted to 15-16 year-olds?

43 responses



How much should FGC charge for time trials fees?

43 responses



## 2022 Meet Committee Meeting Recommendations Report – May 19<sup>th</sup>, 2022

### BB Champs format changes and clarifications

Committee would like to wait until the conclusion of the 2022 LCM season to gather data from the BB Championship meets in order to make the proper recommendations to the Board along with the review of time standards and the impact that those changes would have on the BB Championship meets.

- FINES: No fines will be assessed to athletes who fail to swim at finals
- Bonus rule
  - Swimmers entered with 1 BB time may enter 4 bonus events using the B time standard.
  - Swimmers entered with 2 BB times may enter 3 bonus events using the B time Standard
  - Swimmers entered with 3 BB times may enter 2 bonus events using the B time standard
  - Swimmers entered with 4 BB times may enter 1 bonus events using the B time Standard
  - Swimmers entered with 5 or more BB times may enter 0 bonus events
- Lift age limit for 15-18 age group to 15 & over
- Update entry fees
  - \$12 individual event
  - \$15 Surcharge per athlete
  - TT fees – same as meet fees
- NO Late entry offered
- 3 events per day/ Limit: 7 per meet; Time trials not included in meet total but included in day total
- TT events order + procedure – run through events offered in that particular day then subsequent day, etc.
- Allow 10 & under swimmers to compete at finals for 200s or shorter events
- Time standards for all courses must be included in the meet information (LCM/SCY/SCM)

### Junior Olympics format changes and clarifications – FGC Championship Committee Recommendations

- FINES: Any swimmer who fails to swim at finals shall be barred from the next preliminary individual event.
- Any swimmer who fails to swim an individual event final on Sunday at the FGC Junior Olympics shall be assessed a fine in the amount of \$50 per missed event. Current member clubs, in which the athlete(s) is registered for at the time of the meet, will be charged for the fine. Fine will be paid to the FGC.
- Deck pass rule:
  - 1-7 Swimmers: 3 deck passes
  - 8-15 Swimmers: 4 deck passes
  - 16-23 Swimmers: 5 deck passes
  - Over 24 Swimmers: 7 deck passes
  - Deck pass replacement: \$50
- TT events order + procedure – run through events offered in that particular day then subsequent day, etc. – TT fee: same as meet fee

- TT events: Offer 800 free relay (one day only)
- Time standards for all courses must be included in the meet information (LCM/SCY/SCM)

### Senior Championships format changes and clarifications - FGC Championship Committee Recommendations

- FINES: Any swimmer who fails to swim at finals shall be barred from the next preliminary individual event.
- Any swimmer who fails to swim an individual event final on Sunday at the FGC Senior Championships shall be assessed a fine in the amount of \$50 per missed event. Current member clubs, in which the athlete(s) is registered for at the time of the meet, will be charged for the fine. Fine will be paid to the FGC.
- Deck pass rule:
  - 1-7 Swimmers: 3 deck passes
  - 8-15 Swimmers: 4 deck passes
  - 16-23 Swimmers: 5 deck passes
  - Over 24 Swimmers: 7 deck passes
  - Deck pass replacement: \$50
- TT events order + procedure – run through events offered in that particular day then subsequent day, etc. – TT fee: same as meet fee
- TT event: Offer 800 free relay (one day only)
- Time standards for all courses must be included in the meet information (LCM/SCY/SCM)
- Offer all heats of 1500/1650 free on Thursday night for both Spring and Summer Championships. The 1500/ 1650 Free will be seeded fast to slow in the following order: SCY, LCM, nonconforming distance SCY, nonconforming distance LCM except as otherwise noted (Spring) LCM, SCY, nonconforming distance LCM, nonconforming distance SCY except as otherwise noted (Summer). Swimmers must provide their own counter and timer. (add SCM)
- ENTRY LIMIT: A swimmer may enter any number of individual events in which the qualifying time standard has been met, however a swimmer may only swim three (3) individual events per day including time trials and a total of eight (8) individual events during the meet for the Spring and seven (7) individual events during the meet for the Summer.
- FINALS:
  - Spring: A, B and C finals with the “C” Final limited to 15–16-year-old swimmers.
  - Summer: A, B, C & D finals with the “D” Final limited to 15–16-year-old swimmers, with exception of the 400 IM and 400 Free. For those events, A, B and C finals with the “C” Final limited to 15–16-year-old swimmers.
  - Finals’ order of events: (D)CBA. (add language for alternates)
- Allow swimmers from the Florida Swimming Association to participate at the FGC Senior Championships, but limit number of athletes (80).

### Officials’ recommendations:

- FGC Official’s Chair, after consultation with the meet host, will appoint the following officials for the BB Championships:
  - Meet Referee
  - admin Official

- Head Starter at request of Meet Referee
- Team Lead CJ at the request of Meet Referee

Host should provide rooms for two required officials (if requested)

This meet should be used to not only develop swimmers but officials as well. Meet Referee should keep that in mind when assigning positions.

- FGC Official's Chair, after consultation with the meet host, will appoint the following officials for FGC Junior Olympics and Senior Championships:
  - Meet Referee
  - Admin Referee or AO N2
  - Head Starter
  - Team Lead CJ

Each official shall commit to all sessions as an incentive the meet host shall provide a room for any assigned officials who requests a room.

- It is recommended that Championship meet host will provide incentives (hotel, mileage and per diem - (\$20 - \$25 a day) to the 2-4 lead officials.





## Age Group Chair Report 5/2022

### Last Meeting Follow-up

- 3/27 All Starts in Fort Pierce
  - 5 coaches, AG Chair, and 98 swimmers attended the meet.
  - There were a few bumps along the way. Suggested changes for future meets
    - Hotel availability is very difficult when FL swimming holds their qualifier a full week earlier. Most of the hotel blocks were gone by the time FGC name swimmers to the team. Asked the host to divide the blocks in ½ to ⅓ so FGC had a chance at getting some rooms.
    - Spoke with FL about how we continue moving forward with this meet.
- 5/13-15 OW Zones
  - The qualification meet went well after it was rescheduled due to water conditions. Thanks, Jesse and your team!
    - Moving forward this meet needs to have a template created to prevent some of the lessons learned from this year.
  - 3 coaches and 31 athletes attended the meet. 11-12 girls won the team pursuit, Izzy Wilson qualified for OW Nationals and Samira Zambrano was 2 spots away from qualifying.
    - 4 emails have been submitted by parents who were very happy with the OW Zone experience for their swimmers.

### New Business

- Zones have been moved to Tupelo, MS.
  - Currently looking for a new travel agent the person who did it in the past has retired.
  - So far 3 coaches have applied - Applications close Wednesday, **May 25, 2022**
  - 2 swimmers have already submitted their applications as well.
- Southern Zone is considering changing Zone format - number of swimmers attending, the number of days competing, adding a surcharge to the meet, etc.

### Action Items



# FLORIDA GOLD COAST SWIMMING

## Registration Report


















May 23, 2022

<b>A. 2021 – Athletes</b>	(Annual)	4,435	
	(Flex)	<u>538</u>	<b><u>4,973</u></b>
<b>2022 – Athletes (to date)</b>	(Annual)	4,674	
	(Flex)	<u>424</u>	<b><u>5,098</u></b>
<b>B. 2022 – Non-Athletes</b>	Coaches	259	
	Officials Non-Coaches (31 coach/official)	166	
	Others	30	
			<b><u>455</u></b>
<b>C. 2022 – FGC Clubs</b>	Clubs	56	
	Organizations	<u>2</u>	<b><u>58</u></b>

*Richard Cavanah*  
*Membership Chairman*

## USA Swimming, Inc.

## Non-Athlete Membership Registration

<i>Name</i>	<i>Preferred</i>	<i>City</i>	<i>Club</i>	<i>LSC Pos</i>	<i>Valid To</i>	<i>1st To Expire</i>	<i>Trans.</i>
 * Simpson, Alayna Joy	Alayna	Miami	AJSC	PT Coach	Not Valid	C.A.T.	Renew
 * Lantigua Somoano, Leandro Samuel	Leandro	Miami	AJSC	PT Coach	Not Valid	C.A.T.	Renew
 * Halley, Alina C	Ali	Hialeah	AJSC	PT Coach	2/3/2022	A.P.T.	Renew
<b>Number of Non-athletes: 3</b>							
Moral, Oscar		Miami	ASC	PT Coach	10/27/2022	A.P.T.	Renew
<b>Number of Non-athletes: 1</b>							
 * Cicenia, Angela		Cooper City	AZFL	PT Coach	4/30/2022	C.A.T.	Renew
<b>Number of Non-athletes: 1</b>							
 * Bardoni, Jennifer Patricia	Jenn	Key West	BISC	PT Coach	Not Valid	CPR	Renew
<b>Number of Non-athletes: 1</b>							
 * Betancur, Gianni		Pembroke Pines	BMHG	PT Coach	12/22/2021	CPR, Safety	Renew
 * Gonzalez, Stephanie		Hialeah	BMHG	PT Coach	Not Valid	C.A.T.	Renew
<b>Number of Non-athletes: 2</b>							
 * Custodio, Aaron Santos		Naples	BR	FT Coach	4/30/2022	C.A.T.	Renew
<b>Number of Non-athletes: 1</b>							
 * Perez, Salvador Vitaliy	Sal	North Miami Beach	BRVO	PT Coach	Not Valid	A.P.T.	Renew
<b>Number of Non-athletes: 1</b>							
 * Rubio, Ana H	Ana	Miami	CANE	PT Coach	7/9/2021	A.P.T.	Renew
 * Knoll Rodriguez, Rosemarie D	Rosemarie	Doral	CANE	PT Coach, Official	Not Valid	C.A.T.	Renew
<b>Number of Non-athletes: 2</b>							
 * Gomez, Ihosvanny		Miami	CM	PT Coach	12/4/2021	A.P.T.	Renew
<b>Number of Non-athletes: 1</b>							
 * Lohberg, Birgit	Biggi	Royal Palm Beach	CSSC	PT Coach	4/30/2022	C.A.T.	Renew
 * Aran, Grant Alan		Coral Springs	CSSC	PT Coach	Not Valid	No C.A.T.	Renew
<b>Number of Non-athletes: 2</b>							
 * Silva, Sarayane	Sara	Miramar	EA	PT Coach, Official	4/30/2022	C.A.T.	Renew
<b>Number of Non-athletes: 1</b>							
 * Siniscalchi, Janet		Boynton Beach	ECAC	PT Coach	Not Valid	CPR	Renew
<b>Number of Non-athletes: 1</b>							
 * Zuchowski, Lindsay G	Lindsay	Jupiter	FAST	PT Coach,	2/6/2022	A.P.T.	Renew

\* = Alert!

## USA Swimming, Inc.

## Non-Athlete Membership Registration

<i>Name</i>	<i>Preferred</i>	<i>City</i>	<i>Club</i>	<i>LSC Pos</i> Official	<i>Valid To</i>	<i>1st To Expire</i>	<i>Trans.</i>
<b>Number of Non-athletes: 1</b>							
* Horner, Randy C		Miami	GPA	FT Coach	4/22/2022	A.P.T.	Renew
<b>Number of Non-athletes: 1</b>							
* Lauzurique, Marcelo	Marcelo	Miami	GRSC	PT Coach	Not Valid	A.P.T.	Renew
* Darias, Teolio	Teo	Miami	GRSC	PT Coach	Not Valid	A.P.T.	Renew
<b>Number of Non-athletes: 2</b>							
* Bouthillier, Chantal		Sunrise	HAT	FT Coach	Not Valid	Safety	Renew
* Harold, Emily G	Emily	Boca Raton	HAT	PT Coach	Not Valid	C.A.T.	Renew
<b>Number of Non-athletes: 2</b>							
* Garland, Barry Alan	Barry	Jupiter	JDST	PT Coach	Not Valid	B.G.C.	Renew
<b>Number of Non-athletes: 1</b>							
* Rich, John Thomas	Tom	Jupiter	LLL	FT Coach, PT Coach	Not Valid	No C.A.T.	Renew
* Andrews, Gordon R		West Palm Beach	LLL	FT Coach, Official	4/30/2022	C.A.T.	Renew
* Andrews, Melanie L		West Palm Beach	LLL	FT Coach	4/30/2022	C.A.T.	Renew
* Andrews, Sarah K		West Palm Beach	LLL	PT Coach	4/30/2022	C.A.T.	Renew
* Rahrig, Michael T		West Palm Beach	LLL	PT Coach	4/30/2022	C.A.T.	Renew
* Coma, Laia		Delray Beach	LLL	PT Coach	Not Valid	A.P.T.	Renew
<b>Number of Non-athletes: 6</b>							
* Peppas, Kirk N		Miami	MACM	FT Coach	4/30/2022	C.A.T.	Renew
* Depawlikowski, Boleck	Boleck	Miami	MACM	PT Coach	Not Valid	No C.A.T.	Renew
* Hernandez, Alberto J	Alberto	Miami	MACM	PT Coach	Not Valid	A.P.T.	Renew
<b>Number of Non-athletes: 3</b>							
* Rider, Erin M		Pompano Beach	MJST	FT Coach	4/30/2022	C.A.T.	Renew
<b>Number of Non-athletes: 1</b>							
* Gomez, Alexis Oriana	Alexis	Miami	MS	PT Coach	4/30/2022	C.A.T.	Renew
* Rosales Reyes, Niuvyys		Hialeah	MS	FT Coach	3/9/2022	Safety	Renew
<b>Number of Non-athletes: 2</b>							
* Parra, Francisco J	Francisco	Weston	MWA	FT Coach	2/3/2022	A.P.T.	Renew
<b>Number of Non-athletes: 1</b>							
* Green, Michael David	Michael	Miami Beach	NMST	FT Coach	Not Valid	Registration	Renew




## USA Swimming, Inc.

## Non-Athlete Membership Registration

<i>Name</i>	<i>Preferred</i>	<i>City</i>	<i>Club</i>	<i>LSC Pos</i>	<i>Valid To</i>	<i>1st To Expire</i>	<i>Trans.</i>
<b>Number of Non-athletes: 1</b>							
⚠ * Engelhardt, John S		North Palm Beach	NPB	FT Coach	4/30/2022	C.A.T.	Renew
⚠ * Aguirre, Alfonso	Alf	Palm Beach Gardens	NPB	FT Coach, Official	4/30/2022	C.A.T.	Renew
⚠ * Bell, Kayley Erin	Kate	Wilton	NPB	PT Coach	Not Valid	C.A.T.	Renew
⚠ * Gonzalez Sardanias, Santiago		North Palm Beach	NPB	PT Coach	Not Valid	Registration	New
<b>Number of Non-athletes: 4</b>							
⚠ * Morris, Christopher M	Chris	Fort Lauderdale	PCS	FT Coach	5/5/2022	C.A.T.	Renew
<b>Number of Non-athletes: 1</b>							
⚠ * Delleguas, Ramon Luis		Fort Lauderdale	POMP	PT Coach	2/11/2022	A.P.T.	Renew
<b>Number of Non-athletes: 1</b>							
⚠ * Banciella, Evan R	Evan	Miami	RANS	PT Coach	5/10/2022	A.P.T.	Renew
⚠ * Acuna, Melanie		Miami	RANS	PT Coach	5/9/2022	A.P.T.	Renew
⚠ * Gonzalez, Silvana		North Bay Village	RANS	PT Coach, Official	Not Valid	Safety	Renew
⚠ * Febres, Ivanova		Miami Beach	RANS	PT Coach, Official	2/4/2022	A.P.T.	Renew
⚠ * Larrea Santamaria, Loiry		Doral	RANS	PT Coach	Not Valid	A.P.T.	Renew
<b>Number of Non-athletes: 5</b>							
⚠ * Nichols, Sarah E		Boynton Beach	SAS	PT Coach	Not Valid	Registration	Renew
⚠ * Walton, Ramon Ramiche		Coral Springs	SAS	PT Coach	4/30/2022	C.A.T.	Renew
⚠ * Duong, Patricia M		Boca Raton	SAS	PT Coach	Not Valid	C.A.T.	Renew
⚠ * Rippo, Madelyn Marie		Boca Raton	SAS	PT Coach	Not Valid	Registration	Renew
⚠ * Potts-Hawk, Penelope D	Penny	Delray Beach	SAS	PT Coach	Not Valid	Safety	Renew
⚠ * Potts, Kathleen D	Kathy	Boca Raton	SAS	PT Coach	Not Valid	Registration	New
⚠ * Townsend, Tammy L	Tammy	Lake Worth	SAS	PT Coach	Not Valid	No A.P.T.	New
<b>Number of Non-athletes: 7</b>							
⚠ * Leonard, John Arthur	John	Oakland Park	SF	PT Coach	4/30/2022	C.A.T.	Renew
<b>Number of Non-athletes: 1</b>							
⚠ * Gibson, Harrison Scott		Fort Lauderdale	SFTL	PT Coach	3/3/2022	A.P.T.	Renew
⚠ * Yelle, Madison Nicole		Plantation	SFTL	PT Coach	Not Valid	CPR, Safety	Renew
⚠ * Wright, Gainus		Oakland Park	SFTL	PT Coach	4/30/2022	C.A.T.	Renew
<b>Number of Non-athletes: 3</b>							
⚠ * Elder, Malique J		Davie	SOFL	PT Coach	4/14/2021	A.P.T.	Renew
⚠ * Mersinger, George Joseph	George	Miramar	SOFL	PT Coach	6/14/2021	CPR	Renew
⚠ * Garrido, Roberto M		Miramar	SOFL	PT Coach	Not Valid	A.P.T.	Renew

## USA Swimming, Inc.

## Non-Athlete Membership Registration

<i>Name</i>	<i>Preferred</i>	<i>City</i>	<i>Club</i>	<i>LSC Pos</i>	<i>Valid To</i>	<i>1st To Expire</i>	<i>Trans.</i>
 * Griffith, Scott W	Scott	Miramar	SOFL	PT Coach	Not Valid	CPR, Safety	Renew
 * Oliver, Noah H		Palmetto Bay	SOFL	PT Coach	4/30/2022	C.A.T.	Renew
 * Valderrama Rico, Leon Andres		Davie	SOFL	PT Coach	4/8/2022	A.P.T.	Renew
 * Marinho, Edileide M	Edieide	Pembroke Pines	SOFL	FT Coach	Not Valid	Registration	Renew


**Number of Non-athletes: 7**

 * Tolomeo, Scott		Sunrise	SUN	PT Coach	4/30/2022	C.A.T.	Renew
 * Kean, Carolyn G		Lauderhill	SUN	PT Coach, Other	Not Valid	No C.A.T.	Renew




**Number of Non-athletes: 2**

 * Deus, Rodobaldo		Hialeah	SWAT	PT Coach	5/11/2022	C.A.T.	Renew
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**Number of Non-athletes: 1**

 * Green, Marcus E	Marcus	North Lauderdale	TSA	PT Coach	11/16/2021	Safety	Renew
 * McGuire, Molly		Fort Lauderdale	TSA	PT Coach	Not Valid	A.P.T.	Renew
 * Blanco, David Alexander		Coral Springs	TSA	PT Coach	Not Valid	A.P.T.	Renew

**Number of Non-athletes: 3**

 * Davis, Shane Cameron		Coral Springs	TSU	PT Coach	4/30/2022	C.A.T.	Renew
 * Wilson, Ashley Gayle	Ashley	Coconut Creek	TSU	PT Coach	4/30/2022	C.A.T.	Renew
 * Hayman, Geoffrey L	Geoff	Wellington	TSU	PT Coach	Not Valid	C.A.T.	New

**Number of Non-athletes: 3**

 * Von Schwab, Eric A	Eric	Miami	UN	PT Coach	Not Valid	Safety	Renew
 * Preacco, Lara	Lara	Delray Beach	UN	FT Coach	6/10/2020	CPR, Safety	Renew
 * Bubb, Ryan Daniel	Ryan	Boca Raton	UN	PT Coach	11/18/2021	A.P.T.	Renew
 * Little, Dana P	Dana	West Palm Beach	UN	PT Coach	Not Valid	C.A.T.	Renew
 * Gambee, Clare H	Clare	North Palm Beach	UN	PT Coach	Not Valid	C.A.T.	Renew

**Number of Non-athletes: 5**

 * Cote, Richard W	Rich	Fort Lauderdale	WASC	PT Coach	Not Valid	C.A.T.	Renew
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**Number of Non-athletes: 1**

 * Bot, Lina S	Lina	Wellington	WOW	PT Coach	4/30/2022	C.A.T.	Renew
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**Number of Non-athletes: 1****Total Count For Report: 83**

## USA Swimming, Inc.

## Non-Athlete Membership Registration

Name	Preferred	City	Club	LSC Pos	Valid To	1st To Expire	Trans.
 * Almeida, Simoni		Fort Lauderdale	CSSC	Official	Not Valid	A.P.T.	Renew
Number of Non-athletes: 1							
 * Zuchowski, Lindsay G	Lindsay	Jupiter	FAST	PT Coach, Official	2/6/2022	A.P.T.	Renew
Number of Non-athletes: 1							
 * Torres, Sofia N	Sofia	Pinecrest	GRSC	Official	Not Valid	A.P.T.	Renew
Number of Non-athletes: 1							
 * Kennedy, Ashley Graham		Jupiter	JDST	Official	4/21/2022	A.P.T.	Renew
Number of Non-athletes: 1							
 * Kinney, Tracy Lynn		West Palm Beach	LLL	Official	4/1/2022	A.P.T.	Renew
Number of Non-athletes: 1							
 * Charnova, Viktoryia V	Viktoryia	Miami	NMST	Official	5/16/2022	A.P.T.	Renew
Number of Non-athletes: 1							
 * Leininger, Mark T	Mark	North Palm Beach	NPB	Official	12/30/2021	A.P.T.	Renew
 * Vigneault, France M	France	North Palm Beach	NPB	Official	12/31/2021	A.P.T.	Renew
Number of Non-athletes: 2							
 * Soderstrom, Malin C	Malin	Boca Raton	PAQ	Official, Other	4/22/2022	A.P.T.	Renew
Number of Non-athletes: 1							
 * Lin, Susan S	Susan	Sea Ranch Lakes	PCS	Official, Other	3/23/2022	A.P.T.	Renew
Number of Non-athletes: 1							
 * Febres, Ivanova		Miami Beach	RANS	PT Coach, Official	2/4/2022	A.P.T.	Renew
Number of Non-athletes: 1							
 * Mateus, Nestor E	Nestor	Miramar	SOFL	Official	1/24/2022	A.P.T.	Renew
 * McPeck, Shawn Patrick		Hollywood	SOFL	Official	2/20/2022	A.P.T.	New
 * Migits, Viktoria U	Viktoria	Pembroke Pines	SOFL	Official	Not Valid	No A.P.T.	New
Number of Non-athletes: 3							
 * Johnson, Suignette v	Sunami	Fort Lauderdale	SUN	Official	Not Valid	No A.P.T.	New
 * Landron, Carla M		Sunrise	SUN	Official	Not Valid	No A.P.T.	New
 * Perry, Barbara	Bobbi	Sunrise	SUN	Official	Not Valid	No A.P.T.	New
Number of Non-athletes: 3							
 * Poitier, Shervin E	Shervin	Coral Springs	TSA	Official	4/28/2022	A.P.T.	Renew

## USA Swimming, Inc.

## Non-Athlete Membership Registration

Name	Preferred	City	Club	LSC Pos	Valid To	1st To Expire	Trans.
Number of Non-athletes: 1							
 * Schoenborn, Richard M	Rich	Palm City	UN	Official	Not Valid	A.P.T.	Renew
 * Tannhauser, James R	Jim	Pompano Beach	UN	Official	1/3/2022	A.P.T.	Renew
 * Perez, Rafael A	Rafael	West Palm Beach	UN	Official	Not Valid	A.P.T.	New
 * Lopez, Eida M	Eida	West Palm Beach	UN	Official	Not Valid	A.P.T.	New










Number of Non-athletes: 4

Total Count For Report: 22










## USA Swimming, Inc.

## Non-Athlete Membership Registration

Name	Preferred	City	Club	LSC Pos	Valid To	1st To Expire	Trans.
Wedincamp, Michael E	Michael	Key West	BISC	Other	11/15/2022	A.P.T.	New
Number of Non-athletes: 1							
 * Kershaw, Emma E	Emma	South Miami	CANE	Other	Not Valid	No A.P.T.	Renew
Number of Non-athletes: 1							
Bonasera, Jodie		Coral Springs	CSSC	Other	10/31/2022	B.G.C.	Renew
McCormick, Lynn M	Lynn	Coral Springs	CSSC	Other	6/30/2022	B.G.C.	Renew
 * Lay, Michelle M		Coral Springs	CSSC	Other	4/10/2022	A.P.T.	Renew
 * McAndrews, Lindsey A	Lindsey	Coconut Creek	CSSC	Other	4/10/2022	A.P.T.	Renew
Voit, Maureen		Coral Springs	CSSC	Other	12/31/2022	Registration	Renew
 * Baker, Brandy M	Brandy	Coral Springs	CSSC	Other	Not Valid	No A.P.T.	New
Hartung-Chess, Tracy L	Tracy	Coral Springs	CSSC	Other	12/31/2022	Registration	New
Weeks, Amy E	Amy	Coral Springs	CSSC	Other	12/31/2022	Registration	New
Number of Non-athletes: 8							
 * Rodriguez, Julieta	Julie	Miami Beach	MACM	Other	Not Valid	No A.P.T.	Renew
Number of Non-athletes: 1							
Corley, Lisa L	Lisa	Jensen Beach	MART	Other	11/22/2022	A.P.T.	Renew
Number of Non-athletes: 1							
Hewitt, Benjamin A	Ben	Davie	NSU	Other	12/31/2022	Registration	Renew
Number of Non-athletes: 1							
 * Soderstrom, Malin C	Malin	Boca Raton	PAQ	Official, Other	4/22/2022	A.P.T.	Renew
Fraino, Lynne M	Lynne	Fort Lauderdale	PAQ	Other	10/25/2022	A.P.T.	New
Number of Non-athletes: 2							
 * Lin, Susan S	Susan	Sea Ranch Lakes	PCS	Official, Other	3/23/2022	A.P.T.	Renew
Number of Non-athletes: 1							
Caldwell, Adam S	Adam	Fort Lauderdale	SFTL	Other	12/31/2022	Registration	Renew
 * Stafford, Jeffrey Scott	Jeff	Fort Lauderdale	SFTL	Other	12/31/2017	A.P.T.	Renew
Voet, Laura Lynn	Laura	Fort Lauderdale	SFTL	PT Coach, Official, Other	10/18/2022	A.P.T.	Renew
Chacon, Melany J	mel	Hollywood	SFTL	Other	12/31/2022	Registration	Renew
Number of Non-athletes: 4							
 * Strauss, Jennie Farberoff		Miami	SGST	Other	4/26/2022	A.P.T.	Renew
Number of Non-athletes: 1							
Kamperveen, Sandra		Fort Lauderdale	SOFL	Official, Other	6/20/2022	A.P.T.	Renew

## USA Swimming, Inc.

## Non-Athlete Membership Registration

Name	Preferred	City	Club	LSC Pos	Valid To	1st To Expire	Trans.
 * Aparicio, Zaida		Pembroke Pines	SOFL	Other	Not Valid	No A.P.T.	New
Number of Non-athletes: 2							
Kean, Carolyn G		Lauderhill	SUN	PT Coach, Other	Not Valid	No C.A.T.	Renew
Mirones, Allison M	Allison	Plantation	SUN	Official, Other	12/16/2022	A.P.T.	Renew
Number of Non-athletes: 2							
 * Greenberg, Jerry			UN	Other	Not Valid	No A.P.T.	Renew
 * Spannuth, John		Boynton Beach	UN	Other	Not Valid	No A.P.T.	Renew
 * Crane, Michael L			UN	Other	Not Valid	No A.P.T.	Renew
 * Wahner, Xavier J		Dunlap	UN	Other	Not Valid	No A.P.T.	Renew
 * Mallery, Charles H	Charly	Coral Gables	UN	Other	Not Valid	No A.P.T.	Renew
 * Diamond, Paul C		Boca Raton	UN	Other	Not Valid	No A.P.T.	Renew
Alyfantis, Vanessa A	Vanessa	Miami	UN	Other	12/31/2022	Registration	Renew
Sanguinetti, Sandra Cristina	Sandy	Coral Springs	UN	Other	12/31/2022	Registration	Renew
Katsoufis, George		Miami	UN	Other	12/31/2022	Registration	New
Number of Non-athletes: 9							
Sustaita, William Coyle	Bill	Royal Palm Beach	WOW	Official, Other	6/30/2022	B.G.C.	Renew
 * Davies, William C	Coy	Loxahatchee	WOW	Other	3/28/2022	A.P.T.	Renew
Number of Non-athletes: 2							
Total Count For Report: 36							



## FGC Social Media Proposal

**MISSION STATEMENT-** The goal of this task force would be to inform and communicate with the athletes of the FGC. Having a social media platform will build a stronger community within the FGC and connect with other swimmers in other LSCs. With this platform we will be able to represent the athletes from all areas of the FGC. With Instagram we can reach out to more athletes and teams to meet our goals.

### PROPOSAL:

- 1.) Propose creation of FGC Instagram account for the purpose of LSC information-sharing, for promoting the sport to our local communities, and to recognize club/athlete achievement within all levels of the FGC community.
- 2.) Propose the creation of a Social Media task force to run the Instagram account.
- 3.) Propose that the FGC instagram page be linked to the Florida Gold Coast website.

#### 1.) Creation of the Instagram account

##### a.) Method of communication via FGC social media specific email

- i.) Create an FGC athletes email account that links to the Instagram account.
  - (1) This email account will provide a way for athletes, parents, and coaches to send in information and/or pictures they want to be posted.
  - (2) The social media task force will have access to the email account and the communications group will manage it.

##### b.) Create the Instagram account

- i.) The Social media task force will have access to the Instagram account
  - (1) All content must pass the rubric created by the social media task force
  - (2) Posts that are uploaded personally by the social media task force will be informational and beneficial to the FGC community
    - (a) All posts made must be approved by the majority of the task force members

#### 2.) Social Media task force

##### a.) Task force will consist of at least 8 Club Representatives, the Safe Sport chair, the DEI chair, and the Athlete mentor

- i.) Club Reps who volunteer to be a part of the social media task force will become members with approval of the Athlete Representative serving on the task force.

##### b.) Task force assignments

- i.) Communication
  - (1) The communication group is responsible for communicating with swimmers and teams who send in information. Communication will include informing swimmers or teams of the criteria they failed to meet or informing them when their content was passed. The members of the communication team are also responsible for managing the direct messages sent to the Instagram account and the specific FGC social media email. They will also be responsible for communicating this information to the rest of the task force, and updating any content submitted.
  - (2) Communications is responsible for ensuring that all content sent in is from a

swimmer or coach.

- (3) All content sent will be sent to the social media task force for approval before being set to publishing if approved.
- ii.) Publishing group
  - (1) The Publishing group is responsible for the approved tweaking to images or messages sent in from the communication team. Any edits that are made must be sent back to communications to be sent back to the original sender for approval before posting. They will also be responsible for all official posting on the Instagram account.
- iii.) Athlete safety
  - (1) The Safe Sport chair will have the responsibility of overseeing the Athlete Safety group. This group is responsible for ensuring that all content meets the Safe Sport and MAAP guidelines. Final review is reserved for the Athlete Safety group. All content requires approval from this group before posting on the Instagram account.

### c.) Posting Process

- i.) The process of content being posted is as follows
  - (1) Content is sent in by a swimmer or coach
  - (2) Communication receives content and sends that content to the task force for majority approval. If content does not receive majority approval it **may** be placed under review and be sent back to the original sender to fix the content to pass criteria.
    - (a) If content is sent back to the original sender in an attempt to meet criteria again, and the criteria is met, that content will be sent to the task force for majority approval again.
  - (3) After content receives a majority approval from the task force, it is sent to the publishing group. Publishing then edits content if needed, any edits that are made must be sent back to communications to be sent back to the original sender for approval before posting.
  - (4) If the publishing group does not edit the content, no original sender approval is needed and the content is sent to the Athlete Safety group.
    - (a) If the publishing group edits content and that edited content is approved by the original sender through communications, the content is then sent to the Athlete Safety group.
  - (5) The Athlete Safety group approves that content is in line with all necessary safety guidelines and the content is cleared for the Athlete Representative.
    - (a) If the Athlete Safety group does not clear content then communications will notify the original sender that the content does not meet criteria and cannot be posted.
  - (6) After content is cleared by Athlete Safety, the Athlete Representative serving on the Social media task force has final approval of the content. The approved content is posted.
    - (a) If not approved, then communications will notify the original sender that the content does not meet criteria and cannot be posted.
    - (b) **Final approval remains with Athlete Representative**
    - (c) The images posted can be reviewed at any time after post approval. If the post does not fall in line with the Task force annual revisions or Safe Sport Guidelines, that post will be subject to removal.
    - (d) Should a post receive any vulgar or hateful comments that violate the Instagram guidelines or our mission statement/goals, it will be deleted.

## **CRITERIA**

**Criteria will be reviewed and revised if necessary with each Athletes Committee election along with the formation of the Social Media task force every June.**

**All content must pass the rubric by the majority of the Social Media task force members to be posted**

- The image and caption is in line with Safe Sport guidelines
- Image and caption is in line with MAAP guidelines
- In line with Instagram community guidelines
- Content sent in is sent from a swimmer or a coach
- Post is in compliance with the goals outlined in the Social Media mission statement and FGC mission/vision statement
- Post promotes positivity and community
- Post aligns with DEI mission
- Content posted is clear and direct
- Content posted directly from the task force does not favor a swimmer, club, or coach
- Content posted directly from the task force does not discriminate against a swimmer, club, or coach
- Image is not questionable
- Post has a purpose
- All people in the post have given consent to publication prior to sending the post to the task force

## **Club Plan**

The maximum amount of posts per club per month will be 5. All swimmers and coaches who submit content contribute to their maximum. Only posts that are approved will contribute to the clubs maximum.

Each member (swimmer or coach) per club is allowed two posts to contribute to the club maximum.

Collection posts (one post with multiple photos) will count as one post

FGC Board of Directors Meeting Report-Tuesday, June 7, 2022

**FGC Budget Committee: Semi-Annual Budget Review**

Budget Committee=Kathleen-Chair, Dick, Allan, Steven, Angelo

**Three main things happened during the highly productive 90 minutes we spent in our first meeting:**

- 1.) We high-level overviewed our finances
- 2.) We discussed at length the impending online registration and its impact on our own fees and incoming LSC revenue. This is critical as registration fees represent 40% of our annual income. We came up with proposed updates for Board review which includes increasing reg. fees for 2023 to pad ourselves against any chaos from the new online reg and its payout system to LSC's
- 3.) We brainstormed our Committee Charge to formalize this for the future!

**Minutes from 5/19/2022 Inaugural Budget Committee Meeting:**

Present: Kathleen P, Dick C, Allan W, AJ M. Excused: Steven G

**Budget overview:** all good with where are vis-a-vis our 2022 budget. (We are FINE as usual, thanks to Dick's great stewardship.)

\*Impact of online registration on our budget/finances!

**This committee has 2 PROPOSED REGISTRATION CHANGES:**

**1. Fee Increases:**

Athlete - \$90

Non-Athlete/Coach - \$100

UNAT Coach - \$200

Official - \$75

Office Worker - \$30 (no profit for FGC)

\*Club Dues - we propose to keep these at \$250/club...as we wait and see what new membership categories for clubs emerge over the next few years.

-In effect Sept 2022 (for 2023 reg year)

**2. Online Processing:**

FGC wishes to Opt-IN to new online reg payouts. This means we alert USA Swimming of our fee structure, they setup online reg. A registering family sees and pays those fees, then USA Swimming pays us out the profits on a monthly basis (minus 4% fee). This is cheaper for us, and simpler for us, than if we did it the "opt-OUT" way which would be to handle all ourselves and then pay out USA Swimming.

### **3. Formalize the Committee Charge.**

Steven, Jennifer - PLEASE feel free to add/remove/pushback on any of these. This was our brainstorming session to make sure we were all mission-aligned! Committee, please correct me if I've made any errors or missed anything!

#### **FGC Budget Committee Charge (as of 5.19.22)**

- 1.) Ensure the FGC remains solvent! (& has enough in reserve for another 'rainy day')
- 2.) Remember that as non-profit the goal is to give back to our members as much as realistic
- 3.) Future direction: Foster Long-range thinking/planning per LSC and LEAP goals thru 6-month Budget review and Committee work
- 4.) Engage the larger Board in annual strategic fiscal discussions (what do we stand for / how we should allocate our funds (thereby allocate our priorities) towards those ends
- 5.) Ensure investment portfolio is sound; review every few years (project for 2023/4) thru this committee
- 6.) Support any tax legwork or audit requirements

Many Thanks to All,

Kathleen

## Safe Sport Recognition – Clubs Statistics

4/30/2022

## Started and Completed Counts by Zone

	Eastern	Southern	Central	Western	Total
Started Safe Sport Recognition	252	238	253	285	1028
Safe Sport Recognized	191	178	177	200	746
Total Combined (Started + completed)	443	416	430	485	1774

## Top 10 LSCs (Ranked by count of clubs Safe Sport Recognized)

Rank	# Clubs Safe Sport Recognized	LSC(s)
1	44	IL
2	42	NE PC
3	38	FL
4	29	NC
5	26	ST
6	24	MD PV
7	23	FG IA MN
8	22	GA IN
9	21	OR
10	20	VA

## Top 10 LSCs (Ranked by % clubs Safe Sport Recognized)

Rank	% Clubs Safe Sport Recognized	LSC(s)
1	93.75	ME
2	80.00	SR
3	74.36	ST
4	67.65	IA
5	58.54	MD
6	54.55	PV
7	50.00	ND IE
8	48.86	NE
9	45.45	VA
10	45.10	OR



## Safe Sport Recognition – Clubs Started and Completed Counts

4/30/2022

LSC Name	LSC	Started		# Clubs in LSC	# Clubs Started Apl.	% Clubs Started	# Clubs Complete Min SS	% Clubs Complete Min SS
		Safe Sport Recognized	Safe Sport Recognized					
ADIRONDACK SWIMMING	AD	15	3	21	10	47.6%	3	14.3%
ALASKA SWIMMING	AK	16	1	23	6	26.1%	1	4.3%
ALLEGHENY MOUNTAIN	AM	21	7	47	20	42.6%	7	14.9%
ARIZONA SWIMMING	AZ	16	12	48	23	47.9%	12	25.0%
ARKANSAS SWIMMING	AR	5	5	15	7	46.7%	5	33.3%
BORDER SWIMMING	BD	7	2	8	7	87.5%	2	25.0%
CENTRAL CALIFORNIA	CC	5	2	12	6	50.0%	2	16.7%
COLORADO SWIMMING	CO	23	19	62	35	56.5%	19	30.6%
CONNECTICUT SWIMMING	CT	17	15	57	23	40.4%	15	26.3%
FLORIDA GOLD COAST	FG	14	23	52	31	59.6%	23	44.2%
FLORIDA SWIMMING	FL	44	39	106	42	39.6%	39	36.8%
GEORGIA SWIMMING	GA	14	22	72	27	37.5%	22	30.6%
GULF SWIMMING	GU	28	7	55	25	45.5%	7	12.7%
HAWAIIAN SWIMMING	HI	15	9	23	21	91.3%	9	39.1%
ILLINOIS SWIMMING	IL	40	45	106	71	67.0%	45	42.5%
INDIANA SWIMMING	IN	41	22	101	47	46.5%	22	21.8%
INLAND EMPIRE SWIMMING	IE	9	8	16	12	75.0%	8	50.0%
IOWA SWIMMING	IA	3	23	34	23	67.6%	23	67.6%
KENTUCKY SWIMMING	KY	10	4	26	12	46.2%	4	15.4%
LAKE ERIE SWIMMING	LE	19	3	35	14	40.0%	3	8.6%
LOUISIANA SWIMMING	LA	15	2	24	12	50.0%	2	8.3%
MAINE SWIMMING	ME	3	15	16	17	106.3%	15	93.8%
MARYLAND SWIMMING	MD	15	24	41	34	82.9%	24	58.5%
METROPOLITAN SWIMMING	MR	31	6	67	24	35.8%	6	9.0%
MICHIGAN SWIMMING	MI	25	3	68	19	27.9%	3	4.4%
MIDDLE ATLANTIC SWIMMING	MA	48	15	113	31	27.4%	15	13.3%
MIDWESTERN SWIMMING	MW	9	6	28	14	50.0%	6	21.4%
MINNESOTA SWIMMING	MN	19	23	56	29	51.8%	23	41.1%
MISSISSIPPI SWIMMING	MS	10	0	11	7	63.6%	0	0.0%
MISSOURI VALLEY SWIMMING	MV	15	14	40	22	55.0%	14	35.0%
MONTANA SWIMMING	MT	9	3	14	10	71.4%	3	21.4%
NEW ENGLAND SWIMMING	NE	25	43	88	56	63.6%	43	48.9%
NEW JERSEY SWIMMING	NJ	24	7	58	22	37.9%	7	12.1%
NEW MEXICO SWIMMING	NM	11	2	18	8	44.4%	2	11.1%
NIAGARA SWIMMING	NI	27	12	54	31	57.4%	12	22.2%
NORTH CAROLINA SWIMMING	NC	27	29	69	41	59.4%	29	42.0%
NORTH DAKOTA SWIMMING	ND	6	6	12	9	75.0%	6	50.0%
NORTH TEXAS SWIMMING	NT	12	6	24	17	70.8%	6	25.0%
OHIO SWIMMING	OH	26	8	59	27	45.8%	8	13.6%
OKLAHOMA SWIMMING	OK	5	6	18	10	55.6%	6	33.3%
OREGON SWIMMING	OR	20	23	51	26	51.0%	23	45.1%
OZARK SWIMMING	OZ	10	3	20	9	45.0%	3	15.0%
PACIFIC NORTHWEST	PN	14	17	42	27	64.3%	17	40.5%
PACIFIC SWIMMING	PC	37	42	97	59	60.8%	42	43.3%
POTOMAC VALLEY SWIMMING	PV	12	24	44	28	63.6%	24	54.5%
SAN DIEGO-IMPERIAL	SI	13	10	26	20	76.9%	10	38.5%
SIERRA NEVADA SWIMMING	SN	17	14	40	21	52.5%	14	35.0%
SNAKE RIVER SWIMMING	SR	2	8	10	10	100.0%	8	80.0%
SOUTH CAROLINA SWIMMING	SC	5	12	27	15	55.6%	12	44.4%
SOUTH DAKOTA SWIMMING	SD	8	0	17	6	35.3%	0	0.0%
SOUTH TEXAS SWIMMING	ST	10	29	39	32	82.1%	29	74.4%
SOUTHEASTERN SWIMMING	SE	32	1	70	14	20.0%	1	1.4%
SOUTHERN CALIFORNIA	CA	54	18	136	50	36.8%	18	13.2%
UTAH SWIMMING	UT	16	12	30	21	70.0%	12	40.0%
VIRGINIA SWIMMING	VA	14	20	44	25	56.8%	20	45.5%
WEST TEXAS SWIMMING	WT	6	1	7	5	71.4%	1	14.3%
WEST VIRGINIA SWIMMING	WV	4	1	9	4	44.4%	1	11.1%

## Safe Sport Recognition – Clubs Started and Completed Counts

4/30/2022

LSC Name	LSC	Started		# Clubs in LSC	# Clubs	% Clubs	# Clubs	% Clubs
		Safe Sport Recognized	Safe Sport Recognized		Started	Started	Complete	Complete
					Apl.		Min SS	Min SS
WISCONSIN SWIMMING	WI	22	10	60	22	36.7%	10	16.7%
WYOMING SWIMMING	WY	8	0	21	7	33.3%	0	0.0%
Total:		1028	746	2587	1303	50.4%	746	28.8%

## FGC SSCR PROGRESS REPORT

(Points - Based on April 2022 Report from USA Swimming)

CLUB NAME:	CURRENT STATUS:	POINTS / EXPIRATION:
1. Alper J Swim Club	Safe Sport Recognized	October 2022
2. Azura	Safe Sport Recognized	February 2024
3. Boca Raton Swim Team	Safe Sport Recognized	April 2024
4. Bravo Swimming	Safe Sport Recognized	February 2024
5. Coral Springs Swim Club	Safe Sport Recognized	June 2023
6. Eagle Aquatics	Safe Sport Recognized	January 2023
7. East Coast Aquatic Club	Started	54 pts
8. Flood Aquatics Swim Team	Safe Sport Recognized	August 2023
9. Florida Keys Swim Club	Started	47 pts
10. Gulliver Swim Club	Safe Sport Recognized	June 2022
11. Heritage Aquatic Team	Started	7 pts
12. Hurricane Aquatics	Safe Sport Recognized	May 2022
13. Jupiter Dragons	Safe Sport Recognized	January 2024
14. Lake Lytal Lightning	Started	42 pts
15. Metro Aquatic Club of Miami	Safe Sport Recognized	December 2023
16. Miami Country Day Aquatics	Started	31 pts
17. Miami Swimming	Safe Sport Recognized	February 2024
18. Midtown Weston Aquatics	Safe Sport Recognized	October 2022
19. North Palm Beach Swim Club	Safe Sport Recognized	June 2023
20. Performance Aquatics	Safe Sport Recognized	March 2024
21. Pine Crest Swimming	Started	48 pts
22. Plantation Swim Team	Started	10 pts
23. Pompano Beach Piranhas	Safe Sport Recognized	April 2023
24. Ransom Everglades Aquatic Club	Started	42 pts
25. Saint Andrew's Aquatics	Safe Sport Recognized	May 2023
26. South Florida Aquatic Club	Safe Sport Recognized	January 2023
27. Sunrise Swimming	Safe Sport Recognized	May 2022
28. Swim Fort Lauderdale	Safe Sport Recognized	March 2023
29. Swim Gym Swim Team	Safe Sport Recognized	November 2022
30. TS Aquatics	Safe Sport Recognized	December 2022
31. Wahoo's of Wellington	Safe Sport Recognized	March 2023

**Total FGC Clubs: 52**

- Completed SSCR: 23 Clubs
- Started SSCR: 8 Clubs
- Not Started SSCR: 21 Clubs