

Florida Gold Coast Board of Directors Meeting August 27, 2019 @ Plantation Ft. Lauderdale

I. Call to Order- Jim McCombs called meeting to order 6:30pm

II. Roll Call/Excused Absences

Chair-	Jim McCombs-P	Guests
Vice-Chair-	Alf Aguirre-Ex	
Senior. Chair-	Sid Cassidy-P	Christi Wathen
Age Gr Chair-	Jennifer Gibson-P	Allan Golding
Coaches Rep (PB)(1yr)	Gordon Andrews-P	Melanie Andrews
Coaches Rep (B)(2yr)	Terrell Woods-P	
Coaches Rep (D)(2yr)	John Turnipseed-P	
Treasurer-	Richard Cavanah-P	
Secretary-	Lori Bosco-P	
Official Chair	Steve Goldman-P	
Finance Chair	Kathleen Klein-Prindle-P	
Operation Risk Chair	Eddie Wolling-P	
Safe Sport Coordinator	Mike Averett-P	
Athlete Rep Sr. Rep	Cameron Anderson-P	
Athlete Rep (D)		
Athlete Rep (B)	Kyle Kasztner-P	
Athlete Rep (PB)	Hanna Trieschmann-Ex	
At-Large-(1yr)	Christopher Anderson-Ex	
At-Large-(2yr)	Bruno Darzi-P	
At-Large-(1yr)	Daniel Palmiotto-P	
At-Large-(2yr)	David Hammond-Ex	
Chair Advisor	Allan Williams-P	

(Technical planning committee members: Vice-Chair –Alf Aguirre, Senior Chair- Sid Cassidy, Age Gr Chair Jennifer Gibson, Coaches Reps: Gordon Andrews, Terrell Woods, John Turnipseed, Official Chair Steve Goldman, Athlete Reps: Cameron Anderson and Hanna Trieschmann)

(Executive Board: General Chair-Jim McCombs, Administrative Vice-Chair-Alf Aguirre, Senior Chair-Sid Cassidy, Age Group Vice Chair-Jennifer Gibson Finance Vice Chair-Kathleen Klein-Prindle, Two Athlete Reps-Cameron Anderson and Hanna Trieschmann, and Coach Rep-Gordon Andrews)

III. Approval of minutes- May 21, 2019 meeting minutes.

Motion: To approve May 21, 2019 meeting minutes. Steve Goldman **Second** Kathleen Klein-Prindle. **Passed.** *No Opposed.*

IV. Consent Agenda (Action Needed)-Pulled for discussion: None pulled

V. Consent Agenda (Officers Reports)

- A. **General Chair** **Jim McCombs**
 - 1. Swim4Nick Free Swim Stroke Clinic –See attachment below.
- B. **Vice Chair** **Alf Aguirre** (Technical Planning)
 - 1. No Report
- C. **Athletes** **Cameron Anderson (Sr) and Hanna Trieschmann**
 - 1. No report
- D. **Coaches** **Gordon Andrews (SR)/John Turnipseed (JR)/Terrell Woods**
 - 1. No report
- E. **Senior** **Sid Cassidy**
 - 1. No report
- F. **Age Group** **Jennifer Gibson**
 - 1. No report
- G. **Registration** **Richard Cavanah**
 - 1. 2020 Proposed Budget report (PDF)-attached below.
- H. **Treasurer** **Richard Cavanah**
 - 1. No report.
- I. **Officials** **Steve Goldman**
 - 1. Officials Report (PDF). attached below

VI. Consent Agenda (Committee Reports):

- A. **Safe Sport** **Michael Averett**
 - 1. SSCR Progress & SSCR Club Statistics (PDF)
- B. **Social Media:** **Kathleen Klein-Prindle**
 - 1. No report

- | | |
|--------------------------------------|-------------------------------|
| C. Volunteerism/Social Events | Lori Bosco |
| 1. No report | |
| D. Financial Investment: | Kathleen Klein-Prindle |
| 1. No report | |
| E. Open Water | Sid Cassidy |
| 1. No report | |
| F. Operational Risk Chair | Eddie Wolling |
| 1. No report | |
| G. Records/Times/NTV | David Hammond |
| 1. No report | |
| H. Diversity & Inclusion | Kathleen Klein-Prindle |
| 1. No report | |

Motion: To approve Consent Agenda. Steve Goldman **Second** Sid Cassidy. **Passed.** *No Opposed.*

VII. Old Business-

- A.** Swimposium date: discussion either April 5 or April 19. Check dates and Facilities. (Danny Palmiotto to check with Pine Crest)

VIII. New Business – Action Items (Before 10pm)

- A.** Age Group Chair Report version #3 by Jennifer Gibson-See attached
- B.** Jim McCombs-
1. Chris Anderson texted- September 4-9:30am-10:30am Sectionals Task Force Meeting
 2. Reminder from Convention-all attending and all Committee Chairs will need to prepare a report of accomplishments/goals for the HOD meeting in Nov.
 3. Kathleen Klein-Prindle and Jennifer Gibson selected to run for Board of Directors for USA Swimming
 4. Introduction of new Jr. Athlete Rep-Kyle Kasztner
- C.** Jennifer Gibson-
1. Notes for Open Water Swim-Suggestions for 2020
 - a. LSC run open water swim series-Tiger Tail Lake?
 - b. A swimmers first open water swim event should not be Zones
 - c. Get van reservations by January, Applications-Feb/March
 - d. Get one hotel
 - e. Need more support as well as JO support for Open Water.

D. Dick Cavanah-

1. Proposed Changes in fees by USA-Swimming for clubs at Convention- For clubs-from \$70 to \$250; First time club-\$70 to \$500; and Seasonal club-from \$40 to \$70.
2. Beginning Sept 1- all coaches will need to do USADA Coaches Advantage Course and a concussion course attached to your membership

IX. Announcement of New Teams Dick Cavanah

- A. No new teams

X. FGC B.O.D 2019 Meeting Schedule

Meeting Dates

1. January 22, 2019 @ St. Andrews
2. April 14, 2019 @ Swimposium
3. May 21, 2019-TBA
4. Aug 27, 2019 (if needed)
5. Nov 19, 2019 – HOD & meeting

XI. Adjournment -8:00pm

Motion: To adjourn. Kathleen Klein-Prindle. **Second.** Danny Palmiotto. **Passed.** No Opposed.

FREE SWIM STROKE CLINIC



SWIM 4 NICK

"I will train as hard as I can in and out of the water. Even on my hardest days I swear to give it my all and I will let nothing stand in my way."

– Nicholas Dworet

Nicholas Dworet was taken from us on February 14th, 2018 at Marjory Stoneman Douglas High School. He was a beautiful young man survived by his loving family, mother Annika, father Mitch, brother Alex, and his girlfriend Daria. He was loved by everyone who knew him.

Nick loved to swim! He started swimming when he was just seven years old. Nick flourished his last few years in high school and became an amazing student athlete earning a swimming scholarship to the University of Indianapolis!

Nick was always helping his friends and teammates be the best they could be. In his memory we are holding a swim clinic for all middle and high school swimmers who want to improve with hard work and dedication! This is a **FREE clinic and open to anyone**. We will have high school and club coaches there to help you improve on your strokes and other elements you need help with. Please help us make this a success and get your friends and teammates to attend! It will be a fun day for everyone with giveaways, raffles, and more!

WHEN

Sunday, Sept. 15th, 2019
9am–1pm

WHERE

Coral Springs Aquatic Center
12441 Royal Palm Blvd
Coral Springs, FL 33065

WHO

Novice and
Intermediate swimmers

Participants should know all four strokes. Registration **REQUIRED** by 9/12/2019 at www.swim4nick.org.



(954) 740-2417



www.swim4nick.org



#swim4nick

Presented by The Nicholas
Dworet Memorial Fund, Inc.,
a 501c(3) Charity

Sponsored in part by:



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DUNAY
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2017-2019 FGC - BUDGETS and ACTUAL EXPENDITURES
2020 - Proposed Budget

INCOME	2017 Budget	2017 Actual	2018 Budget	2018 Y-T-D	2019 Budget	2019 Y-T-D	2020 Proposed
All-Star Programs	net w/ exp	net w/ exp	net w/ exp	net w/ exp	net w/ exp	\$0	\$0
Annual Registrations	\$80,000	\$120,005	\$80,000	\$92,946	\$85,000	\$15,984	\$85,000
Awards Programs	net w/ exp	net w/ exp	net w/ exp	net w/ exp	net w/ exp	\$0	\$0
Club Dues (Net)	w/ ath reg	w/ ath reg	w/ ath reg	w/ ath reg	w/ ath reg	\$0	\$0
Fines	\$0	\$0	\$0	\$0	\$0	\$0	\$0
Interest - Savings	\$0	\$25	\$30	\$30	\$0	\$17	\$30
Investments	\$28,000	\$33,117	\$30,070	\$31,312	\$30,000	\$15,256	\$30,000
Meet Percentage	\$100,000	\$127,039	\$100,000	\$127,959	\$115,000	\$93,739	\$125,000
Non-Athlete Memb (Net)	w/ ath reg	w/ ath reg	w/ ath reg	w/ ath reg	w/ ath reg	\$0	\$0
Sanctions Income	\$6,500	\$10,488	\$6,500	\$5,288	\$6,500	\$2,238	\$6,500
Transfer from Reserve	\$0	\$0	\$0	\$0	\$0	\$0	\$0
Uncategorized/Misc.	\$0	\$2,500	\$0	\$158	\$0	\$376	\$500
Zone Championships	net w/ exp	net w/ exp	net w/ exp	net w/ exp	net w/ exp	\$0	\$0
TOTAL	\$214,500	\$293,174	\$216,600	\$257,693	\$236,500	\$127,610	\$247,030

EXPENSES	Budget	Actual	Budget	Actual	Budget	Y-T-D	Proposed
All-Star Programs - FGC	\$35,000	\$42,327	\$42,000	\$57,566	\$50,000	\$27,005	\$50,000
Audits & Reviews	\$4,000	\$4,000	\$1,000	\$1,000	\$1,000	\$1,000	\$1,000
Awards Programs/Swimposium	\$10,000	\$8,863	\$10,000	\$7,139	\$10,000	\$5,758	\$12,000
Bank Charges	\$0	-\$7	\$0	-\$1	\$0	\$0	\$0
Board of Directors	\$3,000	\$1,966	\$3,000	\$1,026	\$3,000	\$291	\$3,000
Champ. Meet Security	\$10,000	\$11,315	\$10,000	\$12,188	\$12,000	\$5,939	\$12,000
Credit Card Fee	\$12,000	\$16,062	\$12,000	\$14,888	\$7,000	\$8,523	\$10,000
Disability	\$1,000	\$0	\$1,000	\$0	\$1,000	\$0	\$1,000
Diversity	\$2,000	\$700	\$2,000	\$0	\$1,000	\$1,442	\$1,500
Donations & Scholarships	\$0	\$2,000	\$0	\$1,000	\$1,000	\$1,081	\$1,000
Hall of Fame Ceremony	\$0	\$2,000	\$2,000	\$2,000	\$2,500	\$2,500	\$2,500
Hospitality	\$0	\$0	\$0	\$0	\$0	\$0	\$0
House of Delegates	\$0	\$956	\$1,500	\$1,356	\$1,500	\$0	\$1,500
LSC Camps	\$1,000	\$0	\$1,000	\$0	\$1,500	\$0	\$1,500
Nat'l Champ. Reimb.	\$65,000	\$72,932	\$65,000	\$92,967	\$67,000	\$20,450	\$72,000
Office Administration	\$17,000	\$17,000	\$19,000	\$19,000	\$21,000	\$14,000	\$23,000
Officials	\$10,000	\$11,768	\$10,000	\$8,140	\$10,000	\$5,012	\$10,000
Print, Postage, Supplies	\$2,000	\$2,510	\$2,000	\$2,692	\$2,000	\$985	\$2,000
Seminars & Education	\$2,000	\$5,872	\$5,000	\$0	\$7,000	\$934	\$7,000
Special Events	\$0	\$0	\$0	\$1,320	\$500	\$0	\$500
Tax Preparation	\$2,000	\$1,800	\$2,000	\$1,840	\$2,000	\$1,800	\$2,000
Contingency	\$0	\$0	\$0	\$0	\$11,500	\$0	\$9,530
Uncategorized/Misc.	\$0	\$0	\$2,900	\$0	\$0	\$0	\$0
USAS Convention	\$24,000	\$21,781	\$22,000	\$20,801	\$20,000	\$8,966	\$20,000
Web Site	\$3,000	\$3,180	\$3,200	\$3,547	\$4,000	\$2,560	\$4,000
Zone Championships (OW & Pool)	inc'd w/All Star	inc'd w/All Star	inc'd w/All Star	inc'd w/All Star	inc'd w/All Star	inc'd w/All Star	inc'd w/All Star
TOTAL	\$203,000	\$227,025	\$216,600	\$248,469	\$236,500	\$108,246	\$247,030
	\$11,500	\$66,149	\$0	\$9,224	\$0	\$19,364	\$0

See other side for explanations and notes

Officials Report

I encourage the Age Group Chair to take Brian, Scott and Kathy's comments as possible changes for improvements.

First and foremost I wish to thank my committee members who unselfishly work for all the officials of the LSC and in turn work to keep officials active in the FGC.

The two athlete members of the Officials committee are Sarah Acevedo and Phillip Meira.

Fernando Abad will be attending the Referee Clinic in October in Tampa and if there is space I would like to send Dan Landon.

FHSAA has names a task force into Officials pay increase and mileage. I responded to them informing that officials on Swimming have basically no guarantee in pay and hope they do something about it.

As of 8/8/2019

How many officials currently: **183**

Referees: **38**

Starters: **69**

Stroke and Turn: **162**

AOs: **35**

How many clinics this year? **13 (7 ST and 1 AO, the rest SR or DR)**

How the online clinics are working? **3 Online clinics with two participants total.**

How many officials have not recertified? **71**

Below are reports from officials who were meet referees during this summer's championship season.

From JO's,

1. Having the mile on Thursday was positive. Everyone liked it and we did not have prelims run until 4 PM on Sunday. Everyone also liked wrapping up before 8 PM on Sunday night.
2. We were lucky with the weather. We cancelled finals on Friday and no one complained too much. But the sessions are still too long. We went until 2PM to 2:45PM in all morning sessions. Then back on deck for warm-up at 4:30PM.

Suggestions:

- o Go all day Thursday and move a couple of events to Thursday, same as Florida Swimming.
- o Start Prelims earlier.
- o Reduce warm up by 30 minutes. Does everyone really need 90 minutes for warm up for 14 and under age groupers?

This would leave more time for rain delays and give a better break between sessions.

A couple of coaches complained about the time it takes to parade the athletes in Finals. It maybe added 10-12 minutes to Finals. But even those coaches said it was done well and were happy at the end of the meet.

Brian Lacusky

I thought the meet went extremely well. There are a few things that should be addressed in the future.

1) The meet sessions were very long. We should start earlier to give more time for the meet and less time for warm ups. With the warm down pool everyone doesn't need to be warming up at the same time and as I recall toward the end of warm up sessions there were very few swimmers still in the pool. The long sessions could be addressed by changing the time standards.

2) Need to have the coaches behind their tables or only on one side behind the fence. I had the privilege to walk stroke on the coaches side and as the meet went on the tables got pushed back and the tents got push forward so the coaches could stand in front of the tables to yell and give hand signals even if there swimmers could not see them. At one place on the deck there was a ~12" between a tent pole and the pool ladder. As a stoke official I spent the majority of my time avoiding getting hit by an excited coach waving their arms, repeatedly asking them to move, or tripping over a tent leg that got moved forward so that the coach would be in the shade as they moved in front of the tables. I don't remember this situation every happening at Coral Springs in years past as we had cattle fences.

Scott Boggs
Referee

JO's went really well.

1. The timelines were long but due to adequate relief, most officials did not feel the extensive amount of time. My suggestion would be to move Thursday to a prelim and finals set up. I would also recommend tightening the cut-off times. I would not recommend chase starts. If there ends up being equipment failure then we are SOL . . . and we did end up having some equipment issues.
2. We need to stress the importance of having Coach support on that pool deck and any pool deck. There was very little self-regulation of their behavior on the edge of the pool and many were making it very difficult for the officials to walk stroke. I did my best to emphasize to coaches to step back and stay out of the mere 24 inches that the officials had. But it was a constant process. Scott was hit once. Jupiter Dragons did a great job making their own barrier so they wouldn't be tempted anymore. I publicly thanked them.

3. The official's job is first and foremost safety, and then fairness of the meet. There were three in the water rescues at JO's and each of them was brought to the attention of the lifeguards by the officials on duty. The officials need to have the coaches as partners and show some respect for those who FREELY VOLUNTEER their time.

Kathy Fish

There were a few other times that the online program was used. We have used it for our official's committee meetings, and I have one more activity to add when I did a follow up training for chief judge. The platform is nice and individuals do not seem to have an issue using it. I don't believe we are using it to its full capacity because most people are not engaging in the video option. This could be because they don't have a camera on their computer or they don't know how to use that feature. Streaming videos through join.me is still shaky at times and often there is a volume issue with the video.

Steven Goldman
Florida Gold Coast Swimming Officials Chair

USA Swimming - Safe Sport Club Recognition FGC Progress

FGC Teams That Have Completed SSCR:

1. South Florida Aquatic Club
2. Swim Fort Lauderdale
3. Coral Springs Swim Club
4. Martin County Swimming
5. Performance Aquatics
6. Azura
7. Flood Aquatics Swim Team

FGC Teams That Have Started SSCR:

1. Black Marlin Swim & Triathlon Club
2. Boca Raton Swim Team
3. City Of Hialeah Storm Swim Team
4. Eagle Aquatics
5. East Coast Aquatic Club
6. Gulliver Swim Club
7. Hurricane Aquatics
8. Miami Country Day Aquatics
9. Pine Crest Swimming
10. Saint Andrew's Aquatics

Safe Sport Recognition – Clubs Statistics

Started and Completed Counts by Zone

	Eastern	Southern	Central	Western	Total
Started Safe Sport Recognition	215	179	222	215	831
Safe Sport Recognized	14	15	15	13	57
Total Completed Any Level	14	15	15	13	57
Total Combined (Started + completed)	229	194	237	228	888

Top 10 LSCs (Ranked by count of clubs that have completed any level)

Rank	# Clubs Completed a Level	LSC(s)
1	7	FG
2	6	CO
3	4	IN
4	3	CA IL NC OK PV
5	2	NE NI OH
6	1	AR CT FL HI IE LA MA MD MR MV MW NJ SR UT
7	0	AD AK AM BD GA GU IA LE MI MN MS MT ND NM NT OR OZ PC PN SC SD SI VA WT

**Age Group Chair Report
FGC Board Meeting
Tuesday, August 27, 2019**

Board Members-This report is late. I apologize. I even spoke with Jim McCombs on Friday night.

1) FGC Open Water Zone Team.

The Southern Zone Open Water Meet was held at Fort Myers Beach, FL on April 5-7, 2019.

*The team was led by Head Coach Cathy Silveira (SOFLO). Thank you to Cathy for leading this Team, as she is always so positive, knowledgeable and supportive of this group!

*Mr. & Mrs. Nestor Mateus (SOFLO Parents/Official) served as the team's chaperones. (If you have ever been fortunate enough to travel with Nestor, you know he is 100% committed to taking care of the staff and swimmers in the best way possible!)

*The team consisted of 10 Females (Team finished 5th) & 12 Males (Team finished 6th)

*They competed in both the 5k and relay events.

*Congrats to the following swimmers who achieved their USA-S Open Water Junior National Times=

*Ella Martinez (UN/SAS) 5th Overall in the 5k (out of 84 female entrants)

*Mallory Shleicher (SOFLO) 8th Overall in the 5k (out of 84 female entrants)

*Erin Miller (SAS) 13th Overall in the 5k (out of 84 female entrants)

*Daniel Rodriguez (MART) 7th Overall in the 5k (out of 85 male entrants)

*Notable Male finisher in the 5k was:

*Dominic Bono (AK Sharks/SOFLO) =23rd (out of 85 male entrants)

2) FGC Age Group (Southern) Zone Meet & Team.

Age Group Zone Meet was held in Cary, North Carolina, July 30-August 3, 2019.

*The team was led by Head Coach Norman Abril (GRSC). Norman is VERY thorough in both his planning and his attentiveness to each and every athlete!

*Chaperones were amazing! Fun, but also totally focused in on the needs of the athletes-both at the pool and when away from it. Thank you goes out to Kelly Herrera (JDST Parent and Official) & Marc Anton (AZ Parent)

*Coaching Staff:

Caroline Kuczynski (CSSC)=11-12 Girls; David Gelatt (ECAC)=11-12 Boys;

Jennifer Gibson (SFTL)=13-14 Girls & Marco Bellardi (MWA)=13-14 Boys.

*Swimmers with TOP 3 Finishes=

Girls-Maddie Smutny-FIRST 13-14 Girls 200 Butterfly

Sidney Anton-3rd 11-12 Girls 100 Butterfly

Boys-Hudson Bishop-FIRST 13-14 Boys 100 Backstroke

Dylan Smiley-2nd 13-14 Boys 100 Breaststroke

Guilian Martin-3rd 11-12 Boys 50 Breaststroke

*We had 31 Athletes (8 each 11-12 Girls/13-14 Girls and 13-14 Boys; 7 11-12 Boys)

*The team finished 7th of 13 teams entered. (Several of the larger LSC's had 15 & Over swimmers)

This team had 24 first timers! A very young team, however, they really took everything to heart. Being on time, warming up, racing in prelims, team cheers, putting their phones away. Probably the best behaved, bonded Zone team that I have worked with in the FGC!

3) FGC 1st Coaches Mentoring Program Recipients:

First of all, a HUGE thank you to Bruno Darzi for making this happen! As a Board, we have TALKED about this for several of years, but just let it go. Bruno took it upon himself to write and submit a proposal for us and it was accepted! First by USA Swimming AND THEN, as a Board, we voted and accepted the terms of this program for our coaches! ****(I did not make this program up on my own! Just the one following through on it with Bruno!)**

However, the first response from the FGC Coaches was NO ONE for the first three months it was advertised! Finally, Bruno and I met in late May to look at the few applicants that we had. Out of those first six, one was brand new to the LSC (not the one year needed). We accepted four. Then, we had three of the five not available for various reasons-law school acceptance; not in this LSC for a 1 year minimum, gone working a swim camp for the summer.

Finally, in late July I had four great applicants. Yes, we are late in getting this in motion for this year, but the recipients have the months of September, October, November and early December to carry out and finish their Coach/program/team visit.

***Each recipient was granted UP to \$1500. (We only had 4 applicants!)**

As part of their "gift", they are to present their "findings" directly to the FGC Board at either the upcoming November 2019 or January 2020 Board of Directors Meeting.

The first class of FGC Mentoring Recipients=

***Coach Camila Espinoza-Hurricane Aquatics Swim Team (CANE-Dade County)**

***Coach Derek Gelber-Alper J Swim Team (AJST-Dade County)**

***Coach Raphael Lima-Coral Springs Swim Club (CSSC-Broward County)**

***Coach Isidro Planell-AK Sharks/S. Florida Aquatic Club (AKS/SOFLO-Dade & Broward County)**

Congratulations to the above coaches on becoming a better coach within this great profession of swimming, broaden your knowledge, networking and having an adventure in doing so!

The 2020 FGC Mentoring Grant will once again be applied for in early 2020 to USA Swimming.

4) FGC Meet Committee will be meeting to review FGC 2019 Championship Meet Series.

Now that we are at the end of the summer and everyone is back to a new season, the Meet Committee is ready to convene to discuss the 2019 Championship Meet Series and plan for 2020. We have all taken notes; talked to fellow coaches; listened to and taken numerous suggestions to heart and are ready to look ahead.

Please know that the meet committee spent MANY hours (upwards of 30-40) looking at, discussing, healthy debating ENDLESS ideas since we came together in the Fall of 2018. Current members of the FGC Meet Committee include:

Alf Aguirre

Bruno Darzi

Jennifer Gibson

Allan Golding

Christi Wathen

***If you have anything that you would like to have discussed, please contact me.**

Respectively submitted-

Coach Jennifer Gibson

FGC Age Group Age Group Vice Chair