



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Puget Sound Swimming Association (PSSA)

November 8, 2022

Meeting Notes

Attendees:

1. Jan Haanio, Morgan
2. Nicole Evanson, Grays Harbor
3. Marilyn Grindrod, Bremerton
4. Aleia Thurman, Gordon
5. Bryce Brabham, Tom Taylor
6. David Millican, Whatcom
7. Matt Warren, Lakewood
8. Joseph Shelly, Skagit
9. Jenn Radford, Skagit
10. Earl Long, Regional Officials Coordinator
11. Jackie Barratt, South Sound Y

Introductions and Swimposium update:

The attendees did introductions and Jan gave an update on the responses to the Swimposium evaluation survey. There were 15 responses. Overall, the content of the workshops was on target and met the needs of the attendees to improve their skills as coaches and help in the building of their swim team. The survey responses are attached at the end of these minutes.

One important response was recommendations for future Swimposium. These are:

- Add sessions on coach requirements
- How to develop a coaching staff
- More on stroke/turns techniques and starts

First swim meet best practices (for coaches, swimmers, families, and officials.)

There was a discussion of how things are going following the first month of the season. Meets were held at Skagit Y, Stanwood, Morgan, Grays Harbor, and two at Bremerton. The coaches felt the meet went well especially with this being the first competitions. There were a few logistical issues such as late entries, issues on how to handle swimmer medical situations, and pool etiquette (clean-up.)

Earl gave some observations from an official's perspective. He attended three of the meets and talked with several of the other Level 2s who acted as meet referees. He suggested the host teams take a look at the information covered in the Swim 101 class from the Swimposium as a guide to planning meets including use of the meet announcement and meet reports, pre-meet communication with the meet referee, review of meet entries with the teams for accuracy and meet timeline. He created a meet planning guide that outlines steps to follow in planning meet. The planning guide is attached as Attachment #1 with meet announcement labeled #2, and meet report as #3.

Update on the short course schedule.

A review of the 2022-23 shorts course season showed there are four meets in the south end between December 3rd and 17th with two meets planned for December 10th (in Tacoma and Olympia.) The group agreed to a proposal from Nicole and Jackie to move the Briggs meet from December 10th to December 17th as a replacement for the Grays Harbor meet. This reduced the number of meets from four to three. This will make it easier to recruit officials and reduce travel for the teams. Revised schedule is attached as Attachment #4.

Coaches' registration status – remember December 1, 2022, Deadline.

Nicole reminded the coaches to register with YMCA by December 1, 2022. Here is the link to the [National YMCA coach registration page](#). Coaches who have not registered will not be able to be on deck at Y State or Regionals.

Website update.

Jan confirmed she is willing to help on updating the PSSA website. Earl will follow-up with Keegan McAdams to see if he is interested on working on the website. Earl will continue to update the Officials' page.

PSSA Officers

Nicole reminded the group; the officers need to be elected by March 2023. She said that she will be looking for a replacement for her as President as she has been the president for multiple terms.

Planning for Y State – proposed format

Nicole opened the discussion of 2023 Y State by announcing that she would like someone to step forward to take over the role of meet director for the 2024 state meet. She would like to mentor this person at the 2023 state meet so that person will gain experience so they can take over in 2024. She asked everyone to think about it and will ask for someone to volunteer at the December PSSA meeting so that she can involve them on the 2023 planning.

In preparation for the 2023 Y State meet, the group did some estimates as to the number of swimmers for the meet. These projections are:

Team	Current membership	Projection for 2023 Y State
1. Bremerton	85	65
2. Whatcom	20	5
3. Gordon	60	25
4. Morgan	40	40
5. Skagit	40	30
6. Lakewood	40	15
7. Grays Harbor	40	25
8. Briggs	78	40

Still need to get estimates from Snohomish, Mel Korum, Auburn, and Tom Taylor.

Nicole went over a possible format for the 2023 Y State Championship meet. The group thought this was a good start. It will be sent to the PSSA contact list for comments. The schedule will be finalized at the December PSSA meeting. Below is the draft schedule.

The draft schedule is:

- Hold a one-day meet in a Timed Final format on Saturday, January 28, 2023.
- Participation in two Y meets is required to attend Y State.
- Must have meet times. NTs will not be accepted for Y State.
- Number of events – 3 individuals/ 2 relays
- Suggested timeline:
 - Entries due – Tuesday, 1-17-23, by 9 p.m.
 - Review of entries – by Friday 1-20-23, at 5 p.m.
 - Heat Sheet finalized – Monday, 1-22-23, at 5 p.m.
 - No Deck Entries.
- Start Time and end time:
 - Doors open – 9:00.
 - Coaches – 9:30.
 - Warm-up – 9:45.
 - Officials meeting – 9:45.
 - Timers – 10:15.
 - Opening Ceremonies – 10:30.
 - Start time – 11:00.
 - Positive Check in Deadlines – To Be Determined
 - End Time – to be determined based on # entries.
- Confirm Meet Referee (invite Dave Baer to be Meet Referee)
- Nicole Evanson agreed to be 2023 Meet Director. Requests a person be identified to serve as 2024 Meet Director who can be mentored at the 2023 meet.

Next meeting

The next meeting will be December 13, 2022, at 7 p.m. There also is interest in discussing other options for the time of the PSSA meeting based on feedback collected in the Swimposium evaluation. Other options include the number of times PSSA meets, purpose of the meetings, and other options for building a network for the coaches to share information.

PSSA Post Survey & PSSA Meetings

15
Responses

04:09
Average time to complete

Active
Status

2. Do you feel that the PSSA Swimposium was educational on the different aspects of your job in relation to swim team?

● Yes	13
● No	0
● Maybe	2



3. Was there a particular aspect of the sessions that you would have like to have seen more time given?

● Swim meet 101	2
● Hy-Tek - Meet Manager/Team ...	4
● Age Group Drills and Skills	2
● Pool Sessions	9



4. Are there any additional topics that you would like to see covered in future trainings?

15
Responses

Latest Responses

"Maybe a class that includes team and coach requirements for ..."

"How to develop a coaching staff and further learn new items ..."

"More on stroke/turn and starts"

5. Of the sessions that you attended, which did you find most beneficial for you at this time?

Swim Meet 101	4
Hy-Tek - Meet Manager/Team ...	3
Age Group Skills & Drills	1
Pool Sessions	7



6. We would appreciate your thoughts and feedback on your overall experience.

10
Responses

Latest Responses

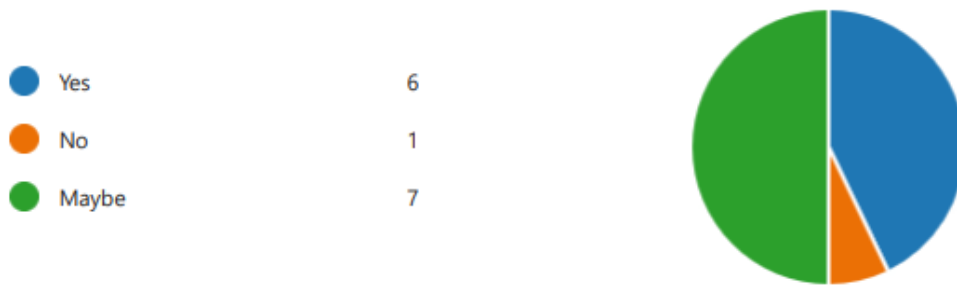
"It was good"

"I appreciated all of the time and energy everyone placed into t..."

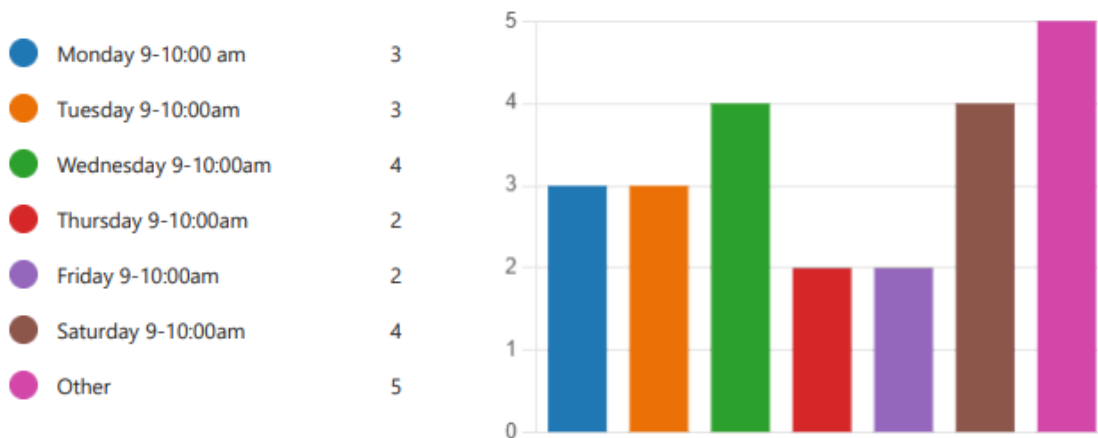
"This was a much-needed training opportunity for our coaches."

DRAFT

7. Would you like to see a monthly meeting? Example: the 1st. Wednesday of each month?



8. At present our PSSA Meetings are held in the evenings. We have found that many of the coach's are coaching while these meetings are taking place. What would be the ideal option for you to be able to attend these meetings in the mornings on a regular basis?



9. For the up-coming 2023 Regional Championships in Boise, Idaho, would you like to see all the coach's and our officials get together and have dinner at a local restaurant on the Saturday evening?

