

**United States Masters Swimming (USMS)  
Delaware Valley Local Masters Swimming Committee (Del Val LMSC)  
Minutes of Annual Meeting on Sunday, October 12, 2014**

## Welcome

The annual membership meeting was called to order by Chairperson Laurie Hug in the Parents' Room of Germantown Academy, Fort Washington, Pa. at 1:10 p.m. Introductions were made. Most participants were members of Colonials 1776; exceptions and/or club are noted.

Attending: Chairperson Laurie Hug, Vice Chair Tom Patterson, Treasurer Janet Jastremski, Secretary Chris Schroeder, Dan Allen (Unattached), George Horan (FINS), Vikye Swanson, Steve Dougherty, Dave Schneider, Charles Bender, Sue Watts, Stephanie Walsh Beilman, Matt McGuriman (Unattached), Kim Inverso, Joan Waldbaum, Ed Quarry (Pennypack), Brian Brady (Upper Dublin), and Gary Sangmeister (Spring Valley Y).

## Secretary's Report

Presented by Chris Schroeder, Secretary

The 2013 minutes and committee reports have been posted this past year on our website, [www.dvmasters.org](http://www.dvmasters.org). Chris learned through USMS phone conferences that the primary role of the secretary in meetings is to record decisions and actions, not to summarize discussions. Therefore, the format of our minutes will change. Also, only the name of the person making a motion needs to be recorded; (S) will indicate the motion was seconded, and (P) that it was passed; all votes were unanimous unless stated otherwise. Committee reports are on our website.

Stephanie motioned to accept the Secretary's Report/S/P

## Treasurer's Report

Presented by Janet Jastremski, Treasurer

Our fiscal year is now consistent with that of USMS (January through December). Our balance as of 9/30/14 was \$20,594.50 with convention expenses still outstanding (approximately \$3,000). There is one small discrepancy between the income from sanctioned meets, which Janet and George, our Sanctions Chair, will resolve. This past year was the first time a Finance Committee developed an annual budget and convention expense guidelines.

Recommended Action:

1. Continue to revise convention reimbursement guidelines for greater clarity.
2. The annual financial review required by our by-laws now should occur after 12/31/14, the end of our new fiscal year; our by-laws will require amending.

Stephanie motioned to accept the Treasurer's Report/S/P

## Registrar's Report

Presented by Janet Jastremski for Rich O'Shaughnessy, Registrar

We have 982 members, almost exactly the same number as last year despite the elimination of most registration subsidies. There was discussion about the cost of printing and mailing membership cards (\$320) to some swimmers who register online. Rich has resigned this position; the LMSC thanks him very much for the extensive work he did as registrar for several years.

Recommended Action:

1. Appoint new registrar.
2. The new registrar should develop a system to encourage online registrants to print their own card. Dan will put a link on our website with instructions for printing.

Sue motioned to accept the Registrar's Report/S/P

## Sanctions Report

Presented by George Horan, Committee Chair

Again this year there was discussion about the format and (in)frequency of meets in our LMSC. Stephanie indicated that UMLY will have a SCY meet on 2/1/15, and is planning a new 50 meter outdoor pool. Some ideas to increase the number of meets and participation were: including 25 yard events at meets (see Laurie's convention report and the Officials Report for details); establishing a swim series like Maryland has; allowing our LMSC members to swim for free at some meets; sharing the use of pools and resources; and polling our members regarding their interests. Chris made a motion to establish a committee to work on developing a variety of meets in our area/S/P.

**Recommended Action:**

1. Gary Sangmeister will convene a Meet Workgroup to develop a varied meet schedule which reflects the interests of our membership. Initial focus is the next six months. Dave Schneider, Ed Quarry, George Horan are on the committee; others, especially coaches, are welcome to join.

Stephanie motioned to accept the Sanctions Report/S/P

**Web Site Report**

Presented by Dan Allen, Web Master

Many teams did not get back to Dan when he tried to verify "Places to Swim".

Charles motioned to accept the Web Site Report/S/P

**Top 10 and Records Report**

Presented by Tom Patterson, Vice-President and Committee Chair

There was some discussion about why our LMSC has far fewer swimmers than previously in the national Top Ten. We need better publicity for events and support for swimmers at those events.

Sue motioned accept the Top 10 and Records Report/S/P

**Coaches Report**

There was no coaches report. After many years of service in this position, Dick Jackson has resigned as chair. The LMSC thanks him for all his efforts on behalf of masters swimming and wishes him well in retirement.

**Recommended Action:**

1. Appoint new coaches chair.

**Officials Report**

Presented by Stephanie Walsh Beilman, Committee Chair

Stephanie continues to participate in USMS phone conferences. She again shared copies of FINA changes to USMS rules (concerning unattached swimmers, strokes, and swimwear) and Timer Instructions. George gives rule books to all meet directors, which also can be downloaded from USMS.

Sue motioned to accept the Officials Report/S/P

**Open Water Report**

Presented by Laurie Hug for Delia Perez, Committee Chair

We haven't had any sanctioned Open Water Swims in our area. We need to promote our LMSC to open water swimmers and triathletes.

Stephanie motioned to accept the Open Water Report/S/P

**Marketing Report**

Presented by Chris Schroeder for Pam Shepard, Committee Chair

There are 243 members on the Delaware Valley Masters Swimming Facebook page. Pam has asked for a link from our website to our Facebook page.

**Recommended Action:**

1. Dan will do the requested link.

Janet motioned to accept the Marketing Report/S/P

**Fitness Report**

Sue Watts, Committee Chair

There is no report; Sue has resigned as chair.

**Recommended Action:**

1. Appoint new fitness chair

**Social Report**

Steve Dougherty, Committee Co-chair

There is no report; it has been difficult to engage the membership. Discussion ensued about combining the Fitness and

Social Committees and offering Saturday meets with an opportunity for socialization after (the Maryland Albatross meet is a good example).

### USMS Convention Reports

Presented by Laurie Hug, Stephen Dougherty, Charles Bender

This year we had four delegates to the convention in Jacksonville, Florida Sept 17-20th. One delegate, Dave Diehl, is on the USMS Executive Committee, which finances his participation. Laurie, Steve, and Charles attended many different workshops to gain as much information as possible for our LMSC. Next year the convention will be in Kansas City, Mo. 9/30-10/4/15.

Stephanie motioned to accept the Convention Reports/S/P

### Team Reports

Colonials – Stephanie reported they have 280 members, and placed 3rd at LC Nationals.

FINS – George reported they have 170 swimmers, with about one-half being triathletes. FINS have six 90-minute coached practices weekly at Friends Select in Philadelphia. The next IGLA is in Stockholm August 2015. He also stressed the importance of all teams having an AED on deck.

Spring Valley YMCA – Gary reported they have 35 very enthusiastic swimmers and an increase in USMS registration. SVY has merged with Philadelphia Freedom Valley YMCA.

Pennypack – Ed started coaching around Labor Day when Dick resigned. They have about 52 swimmers, and hold practices Tuesday, Thursday, and Saturday.

Recommended Action:

1. Stephanie would like to see contact names for teams and workout groups on our website.

### Nominations Committee

Members: Stephanie Walsh Beilman, Sue Watts, and Vikye Swanson

Stephanie reported that the committee is recommending:

- 1) Chris Schroeder for a final two year term as Secretary; Chris accepted.
- 2) Steve Dougherty for an initial two year term as Treasurer (since Janet is willing to resign as Treasurer to become Registrar); Steve accepted.

There were no other nominations for either position from the floor or membership.

Kim motioned that the Nominations Report be accepted/ S/P

### New Business

- 1) Laurie appointed the following people to these positions:

Registrar - Janet Jastremski

Fitness Chair - Charles Bender

Social and Recognition Co-Chairs - Sue Watts and Steve Dougherty; member: Kim Inverso

Coaches Chair - Dave Schneider; members: Laurie Hug, Charles Bender, Gary Sangmeister, Ed Quarry

- 2) Chris announced a new workout group at William Tennent High School in Warminster; practices are Tues. & Thurs. 6:00 –7:15 p.m., and Sat. 10:30-11:45 a.m. (Sat. through 11/15/14 only).
- 3) By-law Review Committee - Stephanie will chair this new committee. Other members are Steve, Laurie, Sue, Charles and Chris. Any change to the by-laws ultimately has to be approved by the membership, which might occur by e-mail or after a swim practice which is open to the membership.
- 4) Financial Review – Should occur after the end of our fiscal year (12/31/14). Finance Committee will do this review, but the chair of the committee (the Treasurer) will recuse self from review decisions.

Stephanie motioned to adjourn the meeting at 4:20 p.m. /S/P

Submitted by Christine Schroeder, Secretary

Electronic copy submitted to USMS National Office on October 30, 2014

## DVLMSC Treasurer's Report 1/1/14 through 9/30/14

This year begins the first year of reporting January through December at our annual meeting instead of October through September. This change was to bring DVLMSC into compliance with USMS standards. Our checking account balance as of January 1, 2014 was \$16,209.50. The balance as of 9/30/2014 is \$20,594.50. I have included the 2013 year end reports.

Income has consisted of registration fees in the amount of \$3,765.00, sanction and recognition fees of \$200.00 and a donation of \$23.00. The only expense we have paid as of 9/30/14 was for Rule books in the amount of \$80.00. There was a reimbursement in the amount of \$25.00 to our registrar for his personal payment to USMS to register an "unattached" club. USMS credited our DVLMSC for the unnecessary club registration and I passed the refund on to him.

Other items of interest include the newly instituted "hardship subsidy". DVLMSC provided \$65.00 worth of hardship subsidies to date. In the past we had refunded money to those under and over a certain age to help with their fees. Many of the refund checks were never cashed. I have credited our checking account with \$502.00, the amount of all checks over one year old that have never been cashed.

A finance committee consisting of Janet Jastremski, Chris Schroeder, Susan Watts, Rich O'Shaughnessy and Charles Bender was established at the end of 2013. We met to establish a budget for DVLMSC for 2014. We also established guidelines for convention expenses that would be covered by our LMSC. Each convention attendee was informed of what would be covered and what documentation would be required prior to their attendance. Our intent was to more clearly define what expenses each delegate would be reimbursed.

Some convention expense reimbursements requests have been received. None have been paid as of 9/30/14. Convention expenses are expected to total about \$3,000.00.

Anyone having any questions, please don't hesitate to contact me. I moved this past June and my new address is 717 Willow Street, Apt. 2A, Lansdale, PA 19446. My home phone is 267-436-4136 and my email is [phillyfish@verizon.net](mailto:phillyfish@verizon.net)

Janet Jastremski  
DVLMSC Treasurer

# DELAWARE VALLEY USMS

## Statement of Revenues and Expenditures 01/01/14 thru 09/30/14

<b>REVENUES</b>	<b>1/1/14 – 9/30/14</b>	<b>2014 Budget</b>
Revenue - from Registrar - \$960.00 from USMS - \$2,805.00	\$3,765.00	\$5,000.00
Sanction and Recognition Fees	\$200.00	\$500.00
Miscellaneous	\$23.00	\$50.00
<b>TOTAL REVENUE</b>	<b>\$3,988.00</b>	<b>\$5,550.00</b>
<b>EXPENDITURES</b>		
Registrar expenses	\$0.00	\$325.00
Webmaster	\$0.00	\$599.00
Treasurer Expenses	\$0.00	\$35.00
Convention	\$0.00	\$3,000.00
Open Water Insurance Subsidy	\$0.00	\$1,000.00
Brochures	\$0.00	\$100.00
Rule Books	\$80.00	\$100.00
LMSC Meeting Expenses	\$0.00	\$75.00
Misc.	\$25.00	\$100.00
<b>TOTAL EXPENDITURES</b>	<b>\$105.00</b>	<b>\$5,334.00</b>
Checking Account Balance at 1/1/2014	\$16,209.50	
Plus Revenue	\$3,988.00	
Less Expenditures	\$105.00	
Plus Outstanding checks over 1 year old	\$502.00	
Checking Account Balance at 9/30/14	\$20,594.50	

DVLMSC Provided \$65.00 worth of Hardship Subsidies 1/1/14 thru 9/30/14  
Membership Hardship Subsidies of \$300.00 were budgeted for 2014

# DELAWARE VALLEY USMS

Statement of  
Revenues and Expenditures  
For the Year Ended 12/31/2013

<b>REVENUES</b>	
Individual Registrations	\$3,451.00
Club registrations	\$225.00
DVLMSC Donations	\$25.00
Sanction Fees	\$450.00
<b>TOTAL REVENUE</b>	<b>\$4,151.00</b>
<b>EXPENDITURES</b>	
Monthly Reconciliation to USMS National	\$1,277.00
1776 Club Membership Fees	\$505.00
Postage	\$579.23
National Convention	\$3,189.99
USMS Rule Books	\$10.00
Banking Costs	\$81.85
Web Master	\$499.00
LMSC Meeting Costs	\$64.19
Member Overpayments	\$1,997.00
Hall of Fame Donation	\$113.00
<b>TOTAL EXPENDITURES</b>	<b>\$8,316.26</b>
<b>NET 2013 EXCESS / (DEFICIT)</b>	<b>\$4,165.26</b>





## **Sanctions Report 2014 Submitted by George Horan**

For 2014 there are a total of 6 events. There were three sanctioned meets and three recognized meet. There was talk of additional meets, one a Cabrini, one at LaSalle and one at Drexel but none of them got organized. There were no open water events that were sanctioned, the new fee for sanctioning an open water event is not conducive for the meet director to secure the sanctioning. Two of the events are still to happen, a sanctioned meet (SCM) in Gettysburg on November 8 and a sanctioned meet (SCY) at Ursinus College on December 14.

**For the calendar year 2015 I have not yet heard from any of the meet directors. I will be sending out emails soon to see what they are planning for next year.**

**The online process for sanctions / recognitions continues to go well. It has streamlined the entire process and takes some of the wait out of the getting the meet approved. I am still requesting the fee for the meet before I approve a meet, which in some cases have left a meet waiting for an approval for as many as ten days. I make every effort to respond to a meet director as soon as I get a notification of their plans.**

### **Calendar for 2015:**

**Upper Dublin January Freeze**

**Boyertown**

**Phoenixville**

**Drexel**

**Lower Bucks YMCA**

**Colonial 1776 at LaSalle**

**Burlington County College**

**Gettysburg**

**Ursinus**

**Cabrini**

**All teams this year submitted their meet database for top ten recording in the timeline suggested by USMS. This is an improvement over previous years.**

**The fees for the sanctioning and recognitions this past year were \$50 for a sanctioned event and \$75 for a recognized event. Unless otherwise directed, they will remain the same for 2015.**

## Webpage Report

Since our last meeting, the webpage has been updated 92 times. A breakdown of the changes is listed below. The majority of the changes are adding and updating events.

Website changes	Changes	Percentage
Maintenance – changing the code to accommodate data or run more efficiently	14	15%
Updating or Adding Events	46	50%
Adding New Pictures	1	1%
Adding Results	1	1%
Informational	5	5%
Posting Updated Records	7	8%
Fitness	1	1%
Updating Places to Swim	9	10%
Miscellaneous	9	10%

In September I sent an email to every contact in our place to swim list. Asking them to verify the information and tell me the pool length if we didn't have it. Below is a list of to the pools that have not been verified.

## Non-verified Places to Swim

City	Location	Contact/email	Phone #	Pool Length	Verified
Abington, PA	Abington YMCA	Casey Cole	215-884-9622	25y	2013
Allentown, PA	Rodale Aquatic Center	Director	610-606-4670		2013
Boyertown, PA	Boyertown YMCA	Kathy Undercuffler	610-369-9622 x237	25y	2013
Bryn Mawr, PA	Bryn Mawr College	Megan McLain	484-683-5805		2012
Camp Hill, PA	West Shore YMCA	Rachel Beck	717-737-9622x3026		2013
Chalfont, PA	Philadelphia Sports Club	Lisa Ezokas	215-822-1951	25y	
Cherry Hill, NJ	Jewish Community Ctr.	Tanya O'Donohue	856-424-4444x1144	25y 25m	2013
Concordville, PA	Garnet Val.M.School	Michele Dowd			2013
Danville, PA	Danville Community Center	Rebecca Perruquet	570-275-3001		2013
Fairless Hills, PA	Pennsbury High School	Bob Magg	215-493-6966		
Feasterville, PA	Poquessing Middle School	Cyndie Bowman	267-679-5081		
Gettysburg, PA	YWCA Gettysburg & Adams County	Cora Rhoads	717-334-9171 x129	25m	2013
Glassboro, NJ	Rowan University	Recreation Center	856-256-4900		2013
Kennett Square, PA	Kennett Square YMCA	Lolly Hallman	610-444-9622x2319		2013
Lansdowne, PA	Lansdowne YMCA	Terry Fonio	610-259-1661x3013		2013
Malvern, PA	Malvern Prep	Marylisa Barnes	484-595-1146	25y	2013
Margate, NJ	Jewish Community Ctr.	Stephanie Wakefield	609-822-1167x133.		2013
Media, PA	Rocky Run YMCA	Kristin Whitehead	640-627-9622	25m	2013
Pemberton, NJ	Burlington County College	Barbara Long	609-894-9311x1497	25y	2013
Philadelphia, PA	Fins Aquatics Club	FINS President		25y	2012
Philadelphia, PA	Germantown Life Enrichment Center	Doris Swarn	215-844-3281		2013
Philadelphia, PA	Northeast Family YMCA	Jon Faikish	215-632-0100x1329		2013
Philadelphia, PA	Roxborough YMCA	Janet Wright	215-482-3900	25y	2013
Philadelphia, PA	St. Josephs University	Bob Krotee	610-660-1717	25m	2013
Philadelphia, PA	West Phila. YMCA	Gloria Sephes	215-476-2700x2021	25y	2013
Plymouth Meeting, PA	Greater Plymouth Com. Cent.	Contact	610-277-4312		2013
Radnor, PA	Cabrini College	Cindy Ikeler	610-225-3913	25y	2013
Springfield, PA	Healthplex Sports Club	Erik Jones	610-328-8883		2013
Upper Dublin, PA	Upper Dublin High School	Brandon Pierce	513-312-2941		2013
Vineland, NJ	Vineland YMCA	Michael Kearns	856-691-0030		2013
West Chester, PA	West Chester YMCA	Lisa Prince	610-431-9622x2232	25y	2012
Wilmington, DE	Delaware Swim and Fitness	Michael Ramone	302-234-8500		2013
Wynnewood, PA	Friends' Central School	Kerry Sherin	610-658-5632	25y	2013

If anyone has any changes they would like to see in appearance or content please tell me.  
Dan Allen

Thomas J Patterson,  
Delaware Valley Masters Vice Chair, Top Ten Recorder, and LMSC Records Recorder

#### Top Ten Report.

I submitted times for Top Ten Consideration from the following meets, Upper Dublin Fall Harvest SCM Meet, the Upper Dublin January Freeze SCY Meet, the Phoenixville SCM Meet in January, the Pennsbury Pentathlon Meet and the Burlington County College Masters Swim Meet. Everyone seemed to submit their times pretty swift in the last year. Here are some Top Ten Stats. For SCM Season in 2013, we had 92 Top Tens. It is down from 2013 but, still decent due to the help of the Upper Dublin meet and the SCM meet at the College of New Jersey in November. There were only 50 top tens in SCY! Overall, I think that there will be good numbers due to the fact that Summer Nationals was in Maryland in August. More pool measurements were added to the database. The Gettysburg Meet is a go after straightening their measurement issue. I think that some of the Top Ten People are taking about the new Laser tool for measuring pools. Once I get more info on that, we should look into getting one for meets, especially the bulkhead meets. However, Upper Dublin got very good at measuring their bulkhead pools using the method that I showed them.

#### DV Records

I am updating after every season is over, usually after the preliminary USMS top ten report is online. This way, I have all the info I need to update the records. USMS sent the top ten recorders a new site to help them update the records. This will help me out. The site is only updated after the top ten report is online. The emails come up with their records so that has been helpful. All in all, there were a lot of records broken in the last year!

## Officials Report – October 12, 2014

All of the local Masters meets held in the past year have been officiated by certified starters and Stroke and Turn Judges. Going into the 2014-2015 meet season, Meet Directors are urged to schedule their officials well in advance of their meet date to assure availability. The list of Middle Atlantic U.S. Swimming officials is available through our Sanctions Chair, George Horan, and YMCA and high school certified officials' lists are available through the coaches of local teams. All are qualified to officiate local Masters meets. Please be sure to provide them with the USMS rulebook, with special attention given to the "Differences between U.S. Swimming rules and Masters Swimming rules". These are defined in each year's rulebook. All meet directors are given a current USMS rulebook.

The delegates to the just completed National USMS convention voted NOT to include 25-yard individual stroke events or 100 yard relays in National Championship meets, though these are permitted (and maybe encouraged) locally. It might encourage new/inexperienced swimmers to try out a Masters meet!

Nationally, there is a pilot power-point program for "USMS Officials Training and Certification". Continuing review is going on now, before this comes out locally.

Also being developed is a "USMS Deck Officials Roles and Responsibilities Document for Meet Officials".

We had a nationwide conference call earlier in the year which discussed three questions:

1. How many meets are run annually in LMSC (Local Masters Swim Committee)?
2. Do the LMSC/Meet Directors experience problems procuring officials?
3. Discussion of paying officials or not?

In our LMSC:

1. We generally run 8-10 events per year (see George Horan's report).
2. Due to our association with Middle Atlantic Swimming and the many YMCA and high school teams, we usually have no problem procuring officials for our meets.
3. Some of our meets use paid officials and some use volunteers. It depends on the location of the meet and what arrangement is agreed-to beforehand. Payments are made in a number of ways – cash, gift cards, subsidy of travel expenses, etc.

If anyone is interested in becoming certified to officiate Masters or kids' meets, please go to:

<http://sites.google.com/site/middleatlanticofficials/home/get-involved>

or contact your local YMCA parents' organization or high school coach.

Stephanie Walsh Beilman  
Colonials 1776 Masters

2014 Open Water Swim Season Summary  
Delia G. Perez – DVUSMS Open Water Representative

The 2014 open water season offered more than 70 open water swims at the shore and nearby states. Three new swim options for this season featured the First Annual Brigantine Beach Ocean 2K Swim held in the morning in Brigantine, NJ (USA Swimming) on July 12<sup>th</sup> 2014; the Sea Isle Beach Patrol One Mile Ocean Swim, reactivated after an almost 20-year hiatus, and held in the early evening on July 12<sup>th</sup> 2014; and the Swim the Battle of Turtle Gut Inlet (South Jersey Triathlon Club) held in Wildwood Crest, NJ, held on July 26<sup>th</sup> 2014.

May 25<sup>th</sup> 2014 offered good season opener swims with the very competitive Navesink Swims (1.2 or 2.4 miles) in the Navesink River with tri-athletes heavily represented.

June 8<sup>th</sup> 2014 brought in warm weather with 72 degree water and good swimming conditions for the annual Great Chesapeake Bay Swims (1 or 4.4 miles) finishing nearby Hemmingway's restaurant in Maryland. The One Mile Bay Swim starts and ends at the finish line for the 4.4 Mile Bay Swim and conditions varied for both swims. The One Mile Swim course directed swimmers into the wind for the first leg of choppy water plus exhaust fumes from safety boats. Then the second leg turns sideways to the wind and then turn into the final leg with the wind at our backs. Because the One Mile Swim course is held in more shallow water, the water temperature hovers between 72 and 78 degrees, and wetsuit swimmers were overheating by the time they turned into the final leg of the course. A total of 440 swimmers completed the One Mile Bay Challenge Swim. The 4.4 Mile Swim offered a fairly consistent 72 degree water temperature throughout most of the course with the wind behind the swimmers. But as the faster swimmers approached the 3-mile point in the course, the wind came about and the swimmers were now swimming into the wind and very choppy water. These choppy conditions remained for the rest of the race and impeded progress while many swimmers were also seasick. A total of 606 swimmers completed the 4.4 Great Chesapeake Bay Swim. Race results for the last five years indicate that between 79 and 97 percent of swimmers finished the Great Chesapeake Bay Swim. The lowest completion rate of the race occurred in 1991 and 1992, when a strong ebb current in the main channel beneath the Bay Bridge led to fewer than 20 percent of swimmers finishing the event. Results can be found at [www.linmark.com](http://www.linmark.com)



**Robert Matysek**

Tragically, Robert Matysek was pulled from the water during the Great Chesapeake Bay Swim about 45 minutes after the start of the race. It was his 20th time participating in the race. Matysek was in distress and unresponsive when a county dive team arrived and pulled him from the water. Emergency personnel began CPR and rushed him to shore by boat. He was in cardiac arrest when he was transported to Anne Arundel Medical Center in Annapolis and was pronounced dead shortly after arriving. Matysek is the third swimmer in the history of the event who has died after going into cardiac arrest. Several swimmers were pulled from the water throughout the event by volunteers on boats and personal watercraft. Water temperatures were in the mid-70s, but swimmers had to deal with recurring swells and choppy conditions. Numerous emergency personnel were in the water and in helicopters above to monitor the swimmers' progress.

Matysek's brother, Jim, and sister-in-law, Anna Lea, are staff members at the USMS headquarters in Sarasota, Florida. The 4.4 Mile swim is an annual event for the Matykek family. The surviving brothers, Jim, and Tom, and their nephew Carl, all finished the race. According to Anna Lea Matykek, "the family was in shock." She also mentioned that the worst part is that "Jim swam past the boats and saw them doing CPR on someone. Of course he didn't know at the time that it was his brother."

June 8<sup>th</sup> 2014 and the Escape the Cape Triathlon includes a swim from the Cape May Ferry. The race director, Steve DelMonte <[stephen@delmosports.com](mailto:stephen@delmosports.com)> permits participants to either swim & bike or swim & run, in lieu of completing the full triathlon. Unfortunately, this is the second year that the event was scheduled for the same date as the annual Great Chesapeake Bay Swim. Steve organized added another South Jersey triathlon event in Atlantic City on Sunday, September 14<sup>th</sup> 2014, allowing swimmers to participate in the swim-only portion. Swimmers were allowed to swim a one-mile course after the final wave of triathletes finished swimming. First-hand reports from open water swimmers about this race mentioned confusion at the finish for the "swimmers only" race, where they were directed to two different finishing locations – causing confusion and varying finishing conditions. Steve appreciated the feedback and is already working on fixing and improving next year's race.

June 15<sup>th</sup> 2014 and the informal Donny Fund Swim (pick your own distance) held in Pleasantville, New Jersey, is a fundraiser for children with cancer. This informal swim allows athletes to enjoy a training swim on their own while supporting a worthy cause with a hot breakfast at the Pleasantville Yacht Club.

June 27<sup>th</sup> 2014 and a pleasant evening for the half mile swim and the one mile Independence Day Swim in Beesley's Point, New Jersey (at the sea-doo beach location across from the Tuckahoe Inn. This year, race director, Liz Casey, plotted a new box course to direct swimmers out towards the bridge, then turn towards the "cooling tower" at the power plant, turn again towards the start and finish back at the starting point on the beach for the half mile swim. The One Mile Swim required two loops around the course. Due to a strong incoming tide, the race organizers selected a "box course" in an attempt to minimize swimming against the incoming tide. By the time the one mile swim was scheduled to begin, the tide slackened but many swimmers over-swam the course in an attempt to avoid swimming into too much current. The saving grace for the evening was swimming in very comfortable 77-degree water. That evening, 45 swimmers finished the half mile swim and 83 swimmers completed the one mile swim. Results found at [www.lmsports.com](http://www.lmsports.com)

June 28<sup>th</sup> 2014 Bridge-to-Bridge Swims in the back bay of Atlantic City were held in warm water (mid-70s and not too much choppy waves either). There was a little bit of a tidal pull on an outgoing tide for the 2K Swim. The 5K swim went off first and followed the traditional out and back course to just shy of the Dorset Avenue Bridge and back. There was much excitement with a "crazy close finish" between the top three swimmers in the 5K Swim – they swam side-by-side all the way from the Albany Avenue Bridge back to the A.C. crew boathouse finishing less than tenths of a second apart from each other (male swimmers ages 17, 16, & 13 in finishing order in 59 plus minutes). Traditionally, there's not too much tide close to the Dorset Avenue Bridge, but it gets stronger as you move away from there.

The 2K race went off around noon. It followed an out-and-back course toward Fenton Island and the Atlantic City Expressway and back (even though one never really sees Fenton Island). It was either under water or off to the side of the course. The race directors wanted the swimmers to keep the buoys on their left shoulder, and they had a trailing tide on the way out (but were out of the channel where the favorable current was strongest) but then were closer to the channel (deeper water) for the unfavorable fight against the tide on the way back. It wasn't completely horrible, but it would have made sense to redirect the course as a right shoulder swim. Then the swimmers had to swim past the boathouse, and make a U-turn to enter the finish chute – and this is just a little psychologically annoying for any open water swimmer. After the final swim and after waiting for a half-hour after the last swimmers were in, the awards were yet to be tallied and presented to the top finishing

swimmers. Seasoned swimmers were frustrated with such a disorganized swim and award process. The Bridge-to-Bridge has become a USA Swimming event, populated with a lot of speedy young folk, and not too many of the older masters level swimmers. In the 2K Swim, there was a total of 89 finishers and of these, only 25 were masters level swimmers. In the 5K Swim, there were 46 finishers and in this event, there were 20 masters level swimmers, including Laurie Hug (age 49).

Race Director, Dimitar Petrov, has sanctioned the Bridge-to-Bridge Swims to attract more young pool swimmers and for this reason, he schedules the event based on the Middle Atlantic long course pool schedule. Historically, the Bridge-to-Bridge Swim was dominated by masters level swimmers but now the event is predominately populated by youth swim teams. The swim is now a Middle Atlantic Open Water Championship and is scheduled so as not to conflict with the Middle Atlantic schedule. The swims were scheduled for the morning after the evening Independence Day Bay Swim because June 28<sup>th</sup> was the only weekend without a pool meet. Due to the prolonged winter and cold water in the beginning of June, the race director scheduled the swims at the end of June after many youth teams expressed their concerns about swimming in cold water. For the 2015 Bridge-to-Bridge Swims, Dimitar plans to bid for 2015 EZ Championship with the possibility of scheduling a 10K Swim on Friday, the day before Bridge-to-Bridge Swim, based on discussions with the Middle Atlantic Open Water Committee.

July 12<sup>th</sup> 2014 and the long awaited reactivated Sea Isle City Beach Patrol One Mile Ocean Swim was held in the early evening. This swim went on hiatus almost 20 years ago when it was last held under extremely cold conditions. The ocean had been warm prior to the "frigid swim" but the day of the swim, the water temperature dipped into the mid-60s due to the west winds pushing the warm water out to sea and causing the cold water to surface along the coast. When it was time to begin the swim, the ocean water continued to chill and unbeknownst to anyone, the temperature had dipped to a very cold 54 degrees. Back then, open water swimmers didn't use wetsuits and were ready to tough out the chilly water conditions – but no one knew just how the ocean water temperature continued to drop throughout the afternoon. By the end of that historic frigid swim, 6 or 7 swimmers were taken to a local hospital and other swimmers were brought to the Sea Isle Beach Patrol to thaw out. That's when the SIBP decided to abandon their ocean swim indefinitely – they didn't need such liability problems.

Fortunately, the newly reactivated Sea Isle Beach Patrol One Mile Ocean Swim enjoyed a warm 90 degree summer day and 72 degree ocean water temperature. The swim attracted 98 swimmers and with their first such event in almost 20 years, awards were offered to 10 age groups starting at age 26 (instead of the usual 5 year groups that were limited to the younger swimmers), and unfortunately, the older masters level swimmers were limited to a cluster of 56 years and older award group ... so it goes. Hopefully, they'll improve the award criteria in time for the 2015 swim.

July 13<sup>th</sup> 2014 – Steelman Open Water 1.5 & 3 Mile Swims ([www.steelmantriathlon.com](http://www.steelmantriathlon.com))





**Former OCBP lifeguard Bob Pugh (age 51 – Wyndmoor, PA) wins the 35<sup>th</sup> annual T. John Carey Masters One Mile Ocean Swim in 23:29 minutes!**

July 19<sup>th</sup> 2014 and the Ocean City Masters Swim remains as another morning swim after changing from its original evening venue three years ago – annoying those of us who don't like morning swims! The 10 a.m. swim gave us chilly 67 degree water along with choppy seas conditions that dashed all hopes for a blissfully balmy swim that morning for 205 swimmers. Results can be found at [www.lmsports.com](http://www.lmsports.com)

Also that morning before the start of the 2014 Ocean City Masters Swim, David Nahan, a writer and photographer with the Ocean City Sentinel newspaper, saw an intrepid group of masters level swimmers on the beach walking together to the start of the swim. He took a photograph and starting talking with us, and ended up with a story for the local paper. The article, *For Friendly Competitors, It's All About Breakfast Afterwards* (These friends, some who've been at Masters Swim since the beginning, are no slouches in the water), was published in the July 23rd 2014 edition of the Ocean city Sentinel. Delaware Valley United States Masters Swimming open water representative, Delia Perez, was one of the swimmers interviewed, and Nahan highlighted a quote from her about open water swims: "I was dragged out and thrown into the first one 28 seasons ago and have been coming back ever since. With a group of maniacs like this, why not? The best part is when we're done, we get something to eat and tell tall tales."



**George Thieler (Somers Point, NJ), Marilyn Brahms (Swedesboro, NJ) Don Walsh (Spring Lake, NJ) David Hirsch (Cape May Court House, NJ), and Delia Perez (National Park, NJ) all swam in the 2014 Ocean City Masters Swim.**

July 26<sup>th</sup> 2014 and the initiation of the first annual Battle of Turtle Gut Swim held in Wildwood Crest, New Jersey. The swim was supposed to consist of a one mile ocean swim course but it was shortened due to

drainage pipes along the beach area. Barbara Cresse is the race director for this 8 a.m. ocean swim and her family ancestors fought in the Battle of Turtle Gut during the Revolutionary War. The swim attracted 85 swimmers and was heavily promoted through the South Jersey Triathlon Club. The morning swim offered pleasant conditions and 73 degree ocean water. This inaugural event had was somewhat disorganized and the volunteers definitely need more coaching to better support the actual swim event. The swimmers were treated to water and oranges after the swim.

August 3<sup>rd</sup> 2013 and the 2<sup>nd</sup> Annual North Wildwood Ocean Challenge sponsored by the North Wildwood Lifeguard Benevolent Association held at 6 p.m. Race director, Bill Auty, is still working on getting "sea legs" for this evening event and turnout is increasing even with a schedule conflict on the same day as the 8 a.m. Mid Summer Lavallette Ocean Swim. One of the few remaining evening swims, the course is in the form of two apex triangles, each a half mile, with swimmers exiting and re-entering the ocean to swim the second half of the course.

According to Bill Auty, the August 2<sup>nd</sup> Ocean Challenge was blessed with surf. The unique course allows competitors to come in through the surf twice throughout the course. Body surfing skills and navigation expertise were also needed to negotiate the course. Along with the waves was a strong in shore current that was running to the south. Due to this current, most swimmers were swept past the first swim buoy and did an excellent job getting around the first swim marker. The top male and female finishers are brother and sister – Sean and Erin Regan. Sean attends West Point Academy and Erin attends Mount St. Mary's, and the Ocean Challenge had 96 swimmers who finished this race. The surf was rough with 1 to 3 foot waves and the wind was out of the north at 15 mph for this rough and tumble swim!

August 9<sup>th</sup> 2014 and the rescheduled 30<sup>th</sup> Annual Mid Summer Lavallette Ocean Swim was held at 8 a.m. that morning. The swim was postponed from the morning of August 2<sup>nd</sup> due to rough surf conditions. After a mile walk down the beach, the USA swimmers start first at 8 a.m. for the 11 to 18 year old swimmers – totaling 34 swimmers for the 1.2 Mile New Jersey Open Water Championship for young USA swimmers. The swim no longer offers a USMS division and is now limited to just two divisions for open championship and USA swimmers. At 8:20 a.m., the One Mile Open Championship started and 144 swimmers finished the race. There is a wetsuit division but only 15 participants swam with a wetsuit. At the finish, it was difficult getting out of the surf onto the beach due to the extreme slope filled with soft sand (plus tiny pebbles and broken shells) and swimmers kept falling without getting a solid footing to climb onto the beach. Swimmers can enjoy muffins and crumb cake and other goodies while waiting for the swim results.

August 9<sup>th</sup> 2014 and unfortunately, the Yates Swim that historically was held in the evening continues to go the way of the Ocean City Masters Swim with a 10 a.m. start again this year. The ocean was a wonderfully warm 75 degrees and swimming conditions were perfect – the waves along the course limited course sighting but gave a tiny push south along the course to the finish. At the final turn towards the beach, the waves gave the experienced swimmer great body surfing to the finish at the beach for this old "lifeguard style" course. There were a total of 68 swimmers who finished and back at the beach, the Atlantic City Lifeguards treated us to grilled hot dogs on the beach. Race director, John Malecki, mentioned that they are trying to work behind the scenes to hopefully return the Yates Swim race course back to the inlet where it used to finish in Gardiners Basin. Results will no longer be found at [www.acbp.org](http://www.acbp.org) due to the lack of a webmaster for the Atlantic City Beach Patrol website.



### **At the beach in Atlantic City near the Yates Swim race course.**

August 17<sup>th</sup> 2014 and the Captain Turner Ocean Swim was held at 9 a.m. in Longport, New Jersey. Approximately 175 swimmers participated in the ½ mile swim and 20 children, less than 12 years of age, participated in the 200 meter surf dash event. It was a beautiful day and a beautiful ocean with a light current and 75-degree ocean water temperature. As the swimmers and spectators gathered for refreshments and the awards presentation, the Longport Lifeguard Association and the men's lifeguard chorus sang a sentimental version of an Irish favorite, *Home from the Sea*. Major benefactors of the Captain Turner Swim received commemorative hand-crafted pottery plates depicting a swimmer in the ocean. The event raised \$25,150 for the Leukemia Lymphoma Foundation and the International Myeloma Foundation. The organizers strongly emphasized that this was a community event and not just a swim race. Equally important to their fundraising efforts was the awareness that such an event brings to the local community. Almost everyone knows someone with cancer and people want to help and the Captain Turner Swim is now an event allowing others to support a worthy cause to research and cure blood cancers.

August 24<sup>th</sup> 2014 and the 5K Cedar Island Swim in Avalon, New Jersey, treated 133 swimmers to an enjoyable swim around Cedar Island in 74 to 76 degree water. Along the course, there is a boat docked that offers champagne to the swimmers if you see it and stop long enough for a toast, and continue swimming onto the finish back at the Avalon Yacht Club. This year, the after swim refreshments were much less elegant than previous years that included sandwiches, hot dogs and burgers, deserts, sodas and even beer – were now limited to bananas, cookies and water back at the dock. Results are not posted and this fundraising swim for Wounded Warriors (special cause selected by Tim and Midge Kerr) is more like an informal training event with prizes awarded to just the top five male and female swimmers.

August 24<sup>th</sup> 2014 and the annual 9 a.m. Brigantine Elks Club One Mile Swim in the back bay only attracted 46 swimmers – and most of the participants were kids.

August 30<sup>th</sup> 2014 and the 85<sup>th</sup> Annual Atlantic city Pageant Swim was more than just a dip in the ocean for us. It was the toughest swim of the season, and almost as tough as last year's nightmare swim into the current and against the wind. The 2013 Pageant Swim was probably one of the toughest swims ever in the 85 years the Atlantic City Beach Patrol hosted this swim. The 2014 Pageant Swim was slightly less bad with winds coming from the northeast that served to push us towards shore. The course took most of us almost twice as long as usual to swim to the finish. If the course had been reversed, then we would have set record times for this swim but the ACBP never alters the direction of the swim course. This year, 160 swimmers finally finished with the last swimmer arriving in 1 hour & 38:30 minutes as compared to the 2013 last swimmer who finally finished in 1 hour & 40 minutes. Race director, Norm Draper, dedicated the 2014 commemorative long-sleeve tee shirt to Jane Hoopes (AKSTS timing services) and Assistant Chief Teroy Collins – dark gray shirt with lavender print and sporting a dolphin wearing goggles inviting swimmers to "Join the Pod at the 2014 Pageant

Ocean Swim.” Results will no longer be found at [www.acbp.org](http://www.acbp.org) due to the lack of a webmaster for the Atlantic City Beach Patrol website.

September 20th 2014 marks the final local swim for our 2014 Open Water Season with the September Splash (1 and 2 mile swims) held in Wildwood Crest, New Jersey. It was an overcast morning with 71 degree water and the water was warmer than the air. The box-course in Sunset Lake was slightly choppy on the first leg, into the current on the second leg, back to a little chop on the third leg, and swim with the current on the fourth leg of the course. The 2-mile swim consists of two-times around the course. With its 9 a.m. start, the two-mile swim had the benefit of a higher tide that helped to limit having to walk over the rock and debris cutting swimmers feet for the entry and exit from the water. At 11 a.m., the 1-Mile Swim participants had to manage safely entering and exiting the water with lower tide conditions. Many swimmers slipped on the rocks after finishing the swim and hurt themselves. This is a serious safety problem that has yet to be corrected! Even with a concrete entrance stairway into the water, the base of the stairway and area that swimmers need to walk over on their way out to the race start in the bay water is not free of debris and swimmers continue to cut their feet. There were 69 swimmers who finished the 2-Mile Swim as compared with 59 swimmers participating in the 2013 2-Mile Swim, and swim times were slower this year – the top three young (19 and younger) male swimmers finishing in less than 32 minutes (31:27 to 31:55 minutes). In the 2013 2-Mile Swim, the first place winner finished in 25:51 minutes, and the 2014 2-Mile Swim first place winner was almost 6 minutes slower. Overall, there were 182 swimmers who finished the 1-Mile Swim as compared with 173 swimmers participating in the 2013 1-Mile Swim. And swim times were also slower for the 1-Mile Swim with the top three young (16 and younger) male swimmers finishing in 16 minutes (16:00 – 16:02 – 16:04 minutes). In the 2013 1-Mile Swim, the first place winner finished in 14:47 minutes, and the 2014 first place winner was 1:13 minutes slower this year due to the ever changing open water conditions.

The 2014 Open Water Season gave us gave us comfortable ocean temperatures and fairly calm seas, and a variety of swimming venues. Traditionally popular swims, such as the Brigantine Bayfest, Ocean City, Yates, and the Captain Turner swims were all evening swims. Within the last few years, these swims were rescheduled to the morning and attract far fewer swimmers than in previous years. Perhaps this is the direct result of the increasing number of new swimming venues available within our local area that is luring swimmers from the historically long-standing swims at the South Jersey shore. And as a testament to these traditions, the ACBP Pageant Swim celebrated its 85<sup>th</sup> anniversary as the oldest open water swim in the country – well worth the experience of swimming in this 1 ½ mile ocean swim.

Delia G. Perez  
Delaware Valley United States Masters Swimming  
Open Water Representative

30<sup>th</sup> September 2014

## **MARKETING REPORT**

Submitted by Pam Shepard via email 10/1/14

I am sorry that I won't be able to make the meeting on Oct. 12, due to a prior commitment. Here is my Marketing Report. We have 243 members on the Delaware Valley Masters Swimming Facebook Page. It has been an excellent resource for our members to gain information on meets, upcoming events, and just general information related to swimming that has been posted. It would be nice to see more pictures posted from meets/events from individual swimmers that have attended. I have done a good job to keep spammers off of the website. We will keep the same operation when the person requests to join, I will add them. There needs to be a direct link from the [www.dvmasters.org](http://www.dvmasters.org) website to the Facebook Page. That would be helpful. I still have some remaining brochures and stickers. I took some to the BCC meet last Spring. I will continue to bring them to meets that I attend until they are all used up. Please let me know if you would like me to do any additional surveys.

## 2014 USMS-USAS Convention Recap - Charles Bender

Grateful to have opportunity to attend USMS Hall of Delegates on behalf of Delaware Valley Local Masters Swim Committee September 16 thru 20, 2014 in Jacksonville, Florida. Main takeaway is how incredibly dedicated so many **volunteers** are to our sport at all levels and in so many areas to make US Masters Swimming a model National Governing Body (NGB) in Aquatic Sports across the world.

The Hall of Delegates meetings were well run and went very smoothly. Delegates respected the years long work of committees in formulating their recommendations and the process flowed smoothly. There were elections of At-Large Delegates and David Diehl from our LMSC was re-elected to a board position, despite a challenge from the Chair of the Metro (NYC) LMSC (and former Survivor cast member.) Pre-convention concerns had been shared with me by many friends in the OWS community in NYC about the self-serving and combative tenor of the current Metro leadership. The overall experience reminded and reinforced for me how magnificent self-less, dedicated volunteers can make a significant impact in our lives. We are lucky to have a dedicated and non-adversarial or political environment in our own Masters swimming community and LMSC.

Finally, if people are not familiar with the USMS Strategic Plan, I think it is a marvelous blue-print, and offers a great framework for our work down to the club level. I kept it close and handy throughout the convention as a guide and believe it should be a blueprint for our LMSC as well. [http://www.usms.org/admin/strategicplan\\_summary.pdf](http://www.usms.org/admin/strategicplan_summary.pdf)

### Committee Meetings

- I. **Open Water.** Attended and kept close tabs on this committee before and during convention. Top items on agenda were: Low temperature limits in sanctioned events; a late discussion and emergency rule change that dealt with new google technology that could aid in open water sighting; the continuing impact of the increased insurance cost and the corresponding large decline in sanctioned OW events. Thread through all these discussions are the continuing emphasis on safety, safety plans and cold water planning and the new training (excellent webinars, 3 this past year and I “attended” all 3) and continuing growth of training for Race Directors and Safety Directors - see the extensive list in the USMS Guide to Operations resources ([http://www.usms.org/admin/lmschb/?utm\\_campaign=top\\_nav&utm\\_medium=for\\_volunteers](http://www.usms.org/admin/lmschb/?utm_campaign=top_nav&utm_medium=for_volunteers) ). The cold water limits established a 60 degree bottom for sanctioned events without cold water gear and an additional collar of 57-60 degrees in which events could be held with swimmers wearing cold water gear. These limits are lower than USA Swimming and FINA rules, but are more consistent with the long standing history and practice of the many events held annually across the country and world in which athletes regularly acclimatize to colder water temperatures. The proposed rules were also amended to prohibit new google technology that promises to provide real time navigation and sighting assistance (this rule needed and received 90% support at the Hall of Delegates). The insurance issue will continue to hang over event sanctioning for another year, and proposals to spread the cost of the surcharge across pool and open water events, did not have support. There was an important list of discussion topics that the committee will consider to address in the coming year and for which input is being solicited by the committee on the future of USMS OWS. <http://www.usms.org/admin/minutes/spm-2014-9-18-1.pdf>
- II. **Sports Medicine and Science** . I attended the Thursday committee meeting. Thoughtful, diverse group of professionals. There input is regularly sought by other committees on issues related to swimmer health and safety. There were no issues brought forth to the Hall of Delegates. <http://www.usms.org/admin/minutes/spm-2014-9-18-1.pdf>
- III. **Long Distance.** Attended the committee meetings several times and kept close tabs on their discussions and proposals. There was much over-lap with Open Water in particular, and there discussions were thorough, thoughtful and ultimately productive with their proposals passing in the HOD. <http://www.usms.org/admin/minutes/ld-2014-9-19-2.pdf> <http://www.usms.org/admin/minutes/ld-2014-9-19-3.pdf>

## Workshops

- I. **Sports Medicine Presentation.** One of the highlights of the convention, great presentation by Dr. Jim Miller and Team USA Nutritionist, Alicia Kendig. Great overview on the latest research on athlete nutrition, hydration before, during and after in the training and racing cycle. There is a fabulous set of resources that provides access the the nutrition information which I have been sharing with my aquatic and non-aquatic athlete friends. <http://www.teamusa.org/About-the-USOC/Athlete-Development/Sport-Performance/Nutrition/Resources-and-Fact-Sheets>
- II. **Adult Learn to Swim: A New Paradigm in Volunteering.** Fantastic presentation by Bill Meier, the New England LMSC chair on their efforts in the past year partnering with the USMS Foundation, *Swimming Saves Lives Foundation* ([http://www.usms.org/giving/?utm\\_campaign=top\\_nav&utm\\_medium=about\\_usms](http://www.usms.org/giving/?utm_campaign=top_nav&utm_medium=about_usms)) Challenged all of us to adopt April as Adult Learn to Swim month and to hold at least one event using USMS member volunteers. Similar to the ASCA Swim America program, but geared toward adults. A similar effort was held in Richmond, California last year with support from SSL Foundation and a video shown at HOD. [http://www.usms.org/admin/conv/2014/alts\\_workshop.pdf](http://www.usms.org/admin/conv/2014/alts_workshop.pdf) <http://vimeo.com/99992585>
- III. **Managing a Budget.** An always exciting topic! Attended both the workshop presentation and a Peer to Peer Round Table Lunch. A great opportunity to hear from other large and small LMSC Treasurers. Importance of Financial Operations Guidelines (FOGS) which our LMSC has largely adopted. The latest amended USMS FOG can be found here: <http://www.usms.org/admin/FOG.pdf>

## Workouts, Banquets, Social

I had the pleasure of getting to meet and spend time with delegates from all over the country at both the USMS Coach Certification Level 3 training on Wednesday and throughout the convention. Many I will be in touch with over the year and again I am grateful for the opportunity to have attended on behalf of the Delaware Valley LMSC.

Also great to spend time with Laurie Hug, our humble and dedicated chair, and Steve Dougherty. He was an excellent room-mate and despite reports before the convention, didn't snore (at least I couldn't hear him over my snoring :)

One of the great treats and breaks from the work of the convention are the daily workouts. I attended the Dryland workout on Thursday morning. Had a nice run and swim with Laurie at a local Y Friday and joined about 80 folks in the Bolles Center pool on Saturday morning. Despite the pouring rain, the coaches offered the various groups (I swam in OW group) a great workout with lots of things to bring back to our pools and workout groups. Alot of fun, despite the 5:30 am start time!

## United States Aquatic Sports (USAS) Convention @ Hyatt Regency, Jacksonville, FL Sept 17-20th, 2014

Reported by Laurie Hug

This year the Delaware Valley LMSC had four delegates - Charles Bender, Stephen Dougherty, Laurie Hug and Dave Diehl- attending the US Masters Swimming portion of the USAS Convention. Charles, Stephen and Laurie were delegates representing Delaware Valley while Dave was also a voting delegate by virtue of being on the USMS Board of Directors. This convention which is held every September has tracks for USA Swimming, USA Diving, USA Water Polo and Synchro USA in addition to USMS. This year was a Rules and Long Distance Rules year which meant that during the House of Delegate sessions the delegates voted on amendments to parts 1 & 3 of the rulebook.

Items of interest in House of Delegates sessions:

2016 Championship bids were approved:

- Spring Nationals: Greensboro, NC 4/28-5/1
- Summer Nationals: Mount Hood, OR 8/18-8/21 (possible 8/17 for distance - TBD)
  
- > 9 miles: (10 m) : Newport, VT 7/23
- >6-<9 miles: (10K) : Jacksonville, OR 7/9 or 7/10
- >3-<6 mile: (5k) Lake Lure, NC 8/19
- >1-<3 mile: Truckee, CA 8/27 or 8/28
- 1 mile: Lake Lure NC, 8/19
- 2 mile cable: Indianapolis, IN 6/18
  
- One Hour ePostal: Tamaplais Masters
- 5/10k ePostal: Western Hills Athletic Club
- 3000-6000y ePostal: Sawtooth Masters

Open water suit rule – now will match FINA (so men may have torsos covered and suits may go to ankles)

Open water lower temperature limit – proposed 60f as lower limit but USA Swimming has a limit of 16C (61.4 F) and FINA Masters has a lower limit of 18C. After much discussion, it was passed with a lower limit of 60F.

25s and 100 y relays as standard events in the Rule book - discussion ensued on a rule to allow 25-yard individual and 100-yard relay events as standard events. An amendment was proposed to allow its use in meets, but not at Nationals or for records. The rationale centered around encouraging adults to compete, but not extending the timeline of already-long National Championships meets. The delegates voted to allow 25s but these events are not to be counted for Top Ten, records, or held at Nationals.

Insurance reminders (from the Risk Management workshop): all swimmers participating in a masters workout MUST be USMS members or on a 30 day trial. There is a new 30 day trial form to be completed and is only valid for one 30 day trial period. Those on trial must be now covered by insurance during the trial. They should fill out the registration form before practicing. The practice is NOT covered if there are non-registered swimmers (other than 30 day trial swimmers). The coach on deck MUST be a USMS member. USA Swimming coaches used to be permitted to coach masters but no longer, unless they are also USMS members.

In the Colonies Zone meeting, SCY Championships have been awarded, once again, to George Mason in April 2015. There have been no bids for Long Course Meters Zone Championships. There was one bid for 2014 SCM Championships by Freedom Aquatic Club in VA but the dates conflicted with the NE LMSC scm championship dates. It was proposed to have a virtual zone championship with competitions at each pool. This was approved, pending agreement from the NE LMSC scm championship meet director. Open water



championships sites are being solicited. Zone Chair. Dave Diehl and RC Saint-Amour were both running for the Colonies Zone At Large Board of Director position and talked about their backgrounds. Dave ended up winning the race during a House of Delegates meeting and will be serving on the USMS Board of Directors.

During the Coaches Committee meeting, topics discussed were:

- the ASCA certification program now has 4 levels with Level 5 under development. The inaugural class of Level 4 coaches was announced.

- 2012 World Championships were held in Montreal Canada with four USMS coaches present for the USMS team. There were around 15, 000 swimmers and two competition pools in different locations which made things tough logistically.

- morning workouts were held at the Bolles School with different options each morning (such as stroke, breaststroke clinic, long distance). Dryland workouts were held at the hotel.

The Open Water committee discussed having independent safety monitors at USMS sanctioned open water events to ensure that a safety plan is in effect. USMS sanctioned OW events dropped by 50% after the insurance increase. This fee will remain the same in 2015 and there is hope that it will drop after that, assuming no major claims.

The LMSC Development Committee held a workshop. This exercise had attendees into congregate into groups of around 8 people based on their positions held in their LMSCs. Our group of Chairs discussed issues in our LMSCs such as stipends for those attending the USMS Coaching Certification courses, awards banquets, how to handle increasing USMS fees, how to increase attendance at the LMSC meetings, newsletters (electronic) and ways to increase meet attendance (free meets, offer 25s).

The Nutrition and Open Water workshops offered good tips and info from experts in both fields.

The Convention wrapped up with the USAS banquet. Cokie Lepinski received the Coach of the Year Award. The Arthur Ransom Award was presented to Hill Carrow.

On a final note, next year the convention will be held from Sept 30<sup>th</sup> to October 4<sup>th</sup> in Kansas City, MO.

Full convention minutes can be found here:

<http://www.usms.org/admin/minutes/index.php?GROUPID=&EVENTID=30>

## **USAS CONVENTION REPORT --- Steve Dougherty**

**Jacksonville FL 9/16/14-9/21/14**

This was my first Convention. Despite hearing some negatives beforehand, I found it to be very interesting and informative. I enjoyed being a part of the behind-the-scenes group that makes USMS a thriving organization. Being a part of the House of Delegates, hearing the thoughts of the Candidates and the voting process was a highlight as was attending the various other Meetings. From the 6AM swim workouts with various Coaches to the evening Socials and gatherings in the Hospitality Suite, meeting new friends and catching up with old friends added up to a great overall experience. Looking forward to Kansas City in 2015.

### Summary Report:

#### Colonies Zones Meeting:

SCM Zones will be held 12/12/14-12/14/14 at the Freedom Aquatic Center in Manassas VA.

Same meet format as SCY Zones

Same weekend as NE Masters SCM meet.

Proposed a North vs South Virtual meet to see who wins. DV would be in the South.

SCY Zones will again be held at George Mason University in Fairfax VA on 4/10/15-4/12/15

Same meet format as 2014

#### History & Archives Meeting:

Committee members are working on archiving data, recording/updating swimmer names, meet results, Top 10's, All Americans.

Difficulties with Relay information since many results only have last names.

Request: Please submit paper copies of events pre-1986. Also, submit any LMSC Newsletters from any year. (I'll be happy to take this on if you want to get them to me).

Submit your personal profile on USMS.org

Trying to make the Website as feature-rich as possible.

#### Fitness Education:

Participate (Increase Participation) in the Big Orange Check-off Challenge as a means to get swimmers to swim events outside of a meet and/or events they wouldn't normally swim.

Go the Distance : Nike is dropping sponsorship in 2015

#### By-Laws Workshop:

Broke into groups to discuss/critique other LMSC's By-Laws. Compared to checklist of suggested/required statements to include in By-Laws.

Have a few suggestions for possible changes/additions to ours.

Submitted: October 7, 2014