

United States Masters Swimming (USMS)  
Delaware Valley Local Masters Swimming Committee (DVLMSC)  
Minutes of Annual Meeting on Sunday, October 16, 2016

Welcome

The annual membership meeting was called to order by Chair Tom Patterson in the Parents' Room of Germantown Academy, Fort Washington, Pa. at 12:30 p.m. Everyone introduced themselves. *Attending:* Chairperson Tom Patterson, Vice Chair Sue Watts, Treasurer Steve Dougherty, Secretary Chris Schroeder, George Horan, Dan Allen, Laurie Hug, Pam Shepard, Gary Sangmeister, Stephanie Walsh Beilman, Stephanie Saucy, Vikye Swanson, Susan Figenshu, Dave Diehl, Dave Schneider, Barbara Burke, Pat Timmins, and Tom Steel. USMS clubs represented were: Colonials 1776, FINS, Spring Valley Y, and Unattached.

Secretary's Report

Presented by Chris Schroeder, Secretary

Chris submitted the minutes from our 2015 Annual Meeting and the document "Other DVLMSC Actions" which briefly describes significant decisions made by the officers or Board during the time between annual meetings. The 2015 minutes were posted on the DVLMSC and USMS websites for the past year. (Note: All committee and Treasurer's reports were also on the DVLMSC website this past year.)

Stephanie Walsh Beilman motioned that we officially thank Laurie Hug for her service to our LMSC as our former Chair for six years/S/P

Sue Watts motioned to accept the Secretary's Report/S/P

Treasurer's Report

Presented by Steve Dougherty, Treasurer

All financial reports required by the IRS and USMS have been filed in a timely manner. We are in compliance with the USMS LMSC Development Committee financial standards. Our annual cash income is about \$6,000 from fees and donations. Operating costs are close to budget. USMS encourages LMSC's to spend funds on member benefits rather than accrue large reserves. USMS will charge the LMSC \$50 for sanctioned meets and \$100 for recognized meets in 2017.

Recommended Action:

1. Discussion about budgeting for various activity expenses was deferred to New Business.
2. Note: Sue Watts submitted the following statement on 10/20/16: "I reviewed the financial statements and bank records for the DVLMSC on 10/19/16. The check register, bank statements, and financial statements appeared to accurately represent the financial condition of the DVLMSC. "

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

Registrar's Report

Presented by Steve Dougherty for Janet Jastremski, Registrar

Report statistics were reviewed. Steve noted that, as Treasurer, he cannot identify from the reports he receives who makes donations to the LMSC. (Note: After the meeting the Registrar informed the Board that she can identify the donors and sends them a thank you.) Again this year

we discussed the cost to the LMSC for mailing paper registration cards to the 30% of our membership requesting them; almost everyone registered online and could print their own cards.

There was discussion about LMSC and USMS fees, especially meet fees. We want to encourage more sanctioned meets in our LMSC, so we are willing to absorb half of the USMS fee for those meets. People have to be USMS members to swim in a sanctioned meet. While non-USMS swimmers can participate in recognized meets, those meets require more work by the Top Ten recorder, and FINA does not consider times achieved at non-sanctioned meets for World Records or FINA Top Ten recognition. Tom Patterson motioned that the following amounts be our LMSC fees for 2017:

- Individual full year and end of year – \$5
- Club registration fee and workout group fee – None
- Club transfer fee – \$5
- One event fee – None
- Sanctioned pool meet - \$25
- Recognized pool meet - \$100
- Open water event fee - None

The motion was S/P

Recommended Action:

1. Dave Schneider will email DVLMS C coaches recommending that they encourage their swimmers to print their own registration cards.
2. The Registrar will email members wanting paper cards asking them to print their own. (Note: After the meeting the Registrar informed the Board that she is obligated to mail a paper card to any member requesting one).
3. Tom Patterson will send an email to our entire membership before USMS renewal notices go out November 1<sup>st</sup> encouraging everyone to print their own cards.

Stephanie Walsh Beilman motioned to accept the Registrar's Report/S/P

Sanctions Report

Presented by George Horan, Committee Chair

Our LMSC had 12 meets this past year, including three sanctioned meets. The one sanctioned Open Water Swim (OWS) was cancelled due to weather.

Laurie Hug motioned to accept the Sanctions Report/S/P

Competition Schedule

Presented by Gary Sangmeister, Committee Chair

Gary highlighted that the Ursinus meet had a very good turnout, and the pool at Wilson High School in Reading (the site of a new meet in October) was a good one. We would like to see more new meets (perhaps at Penn, St. Joseph's, Rowan) and more swimmers at meets in general. Gary encourages new meet directors to mentor with an experienced director for assistance.

There was discussion about DVLMS C championship meets. The first championship meet this year at Suburban attracted 140 swimmers. The DVLMS C Recognition Awards presentation and social following the meet generated excitement. While we were appreciative of Suburban hosting the meet, we thought it might be beneficial for the LMSC to assume more responsibility for future championships, as this would allow for more control over dates, location, etc.

Recommended Action:

1. Gary Sangmeister volunteered to mentor new meet directors.
2. Identify pools in our area that are appropriate and available for a championship meet, and that are accessible to USMS members, including swimmers from surrounding LMSC's.

Sue Watts motioned to accept the Competition Report/S/P

Website Report

Presented by Dan Allen, Web Master

Dan said he will continue to list tentative events in order to help swimmers plan, although it is recognized that some of those events may not materialize. Stephanie Walsh Beilman distributed information about a tentative SCY meet to be held 2/5/17 at Upper Main Line YMCA (UMLY). Stephanie Walsh Beilman motioned to accept the Website Report/S/P

Top 10 and Records Report

Presented by Tom Patterson, LMSC Chair and Committee Chair

There was more discussion about the rule that FINA records can be set only at sanctioned meets, not recognized ones.

Recommended Action:

1. Our Sanctions Chair should require directors of recognized meets to clearly state on the entry form that FINA records cannot be established at that meet.

Stephanie Walsh Beilman motioned to accept the Top 10 and Records Report with an edit replacing "This swimmer" in last sentence describing Summer 2016 meet at UMLY with "A swimmer"/S/P

Coaches Report

Presented by Dave Schneider, Committee Chair

Dave does not know who the 62 self-identified coaches are in our LMSC because USMS limits access to its member database (this is why all emails to our membership have to come from the Registrar). Therefore, he cannot determine where they coach, what at their interests are, etc.

Recommended Action:

1. Dave send an email through our Registrar, listing his own email address and asking coaches to respond to him directly so he can communicate more effectively with them.

Stephanie Walsh Beilman motioned to accept the Coaches Report/S/P

Officials Report

Presented by Stephanie Walsh Beilman, Committee Chair

While Stephanie was not able to submit a written report, she verbally summarized key issues. Someone can now become a USMS official through an online process on USMS.org. Dave Diehl added that in-person shadowing is still part of the process. Stephanie has a list of officials in Middle-Atlantic area. George Horan mentioned that meet directors often ask him what they should pay officials. Some officials are paid an hourly rate for big local meets, while others are given gift cards.

Recommended Action:

1. Leave reimbursement for officials up to discretion of meet directors.

Steve Dougherty motioned to accept the Officials Report/S/P

### Open Water Report

Presented by Chris Schroeder for Delia Perez, Committee Chair

Chris highlighted some new additions to Delia's report: French Creek Racing, Steelman Swim at Lake Nockamixon, and the USMS 10 mile OWS championship in Vermont (women's division won by our own Laurie Hug). Stephanie Walsh Beilman mentioned that Tom Krug, a long-time OW swimmer and friend of many, died recently.

#### Recommended Action:

1. Swimmers wishing their OWS race results reported by Delia should contact her at [dgperez@erols.com](mailto:dgperez@erols.com); pictures are appreciated.

Sue Watts motioned to accept the Open Water Report/S/P

### Marketing Report

Presented by Pam Shepard, Committee Chair

Our Facebook page has 441 members, including some Olympians! Pam continues to be willing to survey our membership as needed. Some people would like to see more stories about well-known local swimmers. Pam encourages swimmers, especially Open Water swimmers, to send her articles, photos and results for posting.

Stephanie Walsh Beilman motioned to accept the Marketing Report/S/P

### Fitness Report

Allison Spreng and Kim Inverso, Committee Co-Chairs

No report was submitted prior to the meeting. There was discussion about the Virtual Triple Challenge we conducted this past year. With over 100 swimmers participating, Laurie Hug needs more assistance administering the Challenge if we are to repeat it. She also suggested that we could also promote virtual challenges put on by other LMSC's. It is not known how many non-USMS participants in this challenge became USMS members; perhaps our Registrar could cross match names.

#### Recommended Action:

1. Tom Patterson will contact the Chairs to request a report. (Note: Subsequently the report was submitted, and Tom learned that Allie can no longer be Co-chair; therefore, we are seeking a volunteer to Co-Chair the committee.)

### Social / Recognition Report

Sue Watts and Steve Dougherty, Committee Co-chairs

The committee suggests that next year we recognize all LMSC certified coaches for their valuable service at the awards ceremony (i.e. not name a "Coach of the Year"). Laurie Hug suggested posting a list of coaches and certification level on our web site. Because of the amount of work needed to research nominees, we should start thinking about nominations for next year's awards. It is difficult to identify open water nominees because there are not many USMS sanctioned open water swims (the consensus was that nominees should have participated in sanctioned events).

#### Recommended Action:

1. Feedback about the awards and social should be directed to Sue Watts.

Stephanie Walsh Beilman motioned to accept the Social / Recognition Report/S/P

### USMS Convention Reports

Our LMSC again earned three delegate spots to the convention in Atlanta, Ga. September 17-21, 2016. Those delegates were Tom Patterson, Kim Inverso, and Paul Sweeney. Two additional DVLMSM members attending were Dave Diehl (USMS Board of Directors) and Laurie Hug (USMS Long Distance Committee Member). The next convention will be in Dallas, Texas September 13-17, 2017.

*Laurie Hug* presented her report and highlighted some rule changes about open water (OW) and long distance (LD) events: 1) A swimmer's age for both events is determined by their age at the end of year; and 2) OW swims 5K and longer will not start if the water temperature is above 85F, and swims less than 5K won't start if water temperature is above 87.8F. She added that the History and Archives Committee is seeking results from OW championship and Relay Top Ten swims from the 1970's and 1980's to update their database.

*Tom Patterson* summarized his report, again reminding us that USMS would like to see LMSC's spend excess funds on member benefits. He noted that the entry limit for meets has increased from five to six events, and there will be no 2018 USMS Long Distance Nationals because Orlando YMCA is hosting the Pan American Championships that summer.

*Paul Sweeney and Kim Inverso* submitted written reports, and video presentations as both were unable to attend our meeting. Tom Patterson played the videos for us; it was thought that the videos might be helpful to future first-time delegates.

*Dave Diehl* reported that there soon will be various USMS officer and committee openings. He encouraged people who have been active in the LMSC to consider serving USMS on the national level. He has found it to be a valuable and interesting experience, resulting in many friendships. The time commitment varies depending on the position; he would be happy to answer any questions. Sue motioned to accept the Convention Reports/S/P

### Team Reports

*Colonials* – Stephanie Walsh Beilman reported they have about 230 members, did t-shirts for Nationals. *Spring Valley YMCA* – Gary Sangmeister reported they have about 35 members, three weekly practices. *FINS* – George Horan reported they have over 100 swimmers, six practices per week, and swim at Kelly pool in the summer.

### Nominations

The current Secretary has served the maximum time permitted by our By-Laws (three 2-year terms). Laurie Hug nominated Barbara Burke for Secretary S/P; Barbara agreed to serve. Sue Watts nominated Steve Dougherty for a second 2-year term as Treasurer/S/P; Steve agreed to serve. Sue Watts gave notice that she may retire and return to Florida in 2017; she encourages new members to consider serving as Vice-Chair should that occur.

### Old Business

#### *A. By-Laws:*

Stephanie Walsh Beilman reported that our revised By-Laws were approved December 12, 2015, and should be reviewed periodically.

Recommended Action:

1. When giving notice of the annual meeting, remind members to review the By-Laws and bring suggested changes to the meeting.

New Business*A. Reimbursement for LMSC coaches attending USMS coaching certification courses:*

There was discussion about repeated recommendations from committees and officers for some type of reimbursement to LMSC coaches who attend USMS certification courses as they are valuable to our membership.

Barbara Burke motioned that DVLMSM give 100% reimbursement retroactively to active coaches taking a USMS coaching certification course, achieving certification, and coaching a USMS group currently or within a year; the total amount for all reimbursements for 2017 to be capped at \$3,000./S/P

Recommended Action:

1. Dave Schneider will develop a coach's reimbursement form. The Coaches Committee will provide guidance on reimbursement if needed by the Treasurer.

*B. Convention delegate selection:*

There was discussion about the responsibility of delegates sent to the USMS convention by DVLMSM. We need to make explicit the obligation of those delegates to serve our LMSC in some capacity since we reimburse their expenses. .

Laurie Hug motioned that our LMSC delegates be selected in this order: 1st priority goes to Officers; 2<sup>nd</sup> priority to Committee Chairs; and 3<sup>rd</sup> priority to members who are active on a committee or have attended annual meetings in two of the last five years /S/P

Recommended Action:

1. Consider new ways to get more members to attend our annual meetings, e.g. have a well-known speaker, hold another membership meeting in the spring, etc.

*C. DVLMSM championship meet:*

Tom Patterson requested authorization to plan another DVLMSM championship meet, similar to the one held this year. George Horan noted that Phoenixville prefers to host only a Recognized meet; Laurie Hug said Germantown Academy has pool availability for a sanctioned meet in February.

Gary Sangmeister motioned to authorize the planning and management of another DVLMSM championship meet in spring 2017 /S/P

Sue Watts motioned to adjourn the meeting at 4:30 p.m. /S/P

Submitted by Christine Schroeder, Secretary

Electronic copy submitted to USMS National Office on November 1, 2016



## **DVLMSC Treasurer's Report**

**1/1/16 through 9/30/16**

DVLMSC reports Financials on a Calendar year basis so as to be in compliance with USMS standards. This is an interim report.

Our Checking Account Balance as of January 1, 2016 was \$20,954.95. The Balance as of September 30, 2016 is \$23,538.92. The 2015 Year-End Reports as submitted to USMS as required are included here. Our Annual Return, Form 990-N, was filed timely with the IRS.

Income so far this year has consisted mainly of Registration Fees, Sanction/Recognition Fees and Donations in the amount of \$5,280.00. We will be refunding \$100.00 of Sanction Fees for an Open Water event that was cancelled. Expenses paid YTD consist of Registrar Fees of \$305.00, Rule Books for \$60.00, Social/Recogniton expenditures of \$1,379.39, Fitness expenditures of \$131.79 and reimbursement of costs connected with the USMS Annual Convention of \$540.00.

I have not received all of the Convention Expense Reimbursement requests as of this date but I expect that we will be close to/slightly over the Budgeted amount because we sent our (3) Delegates this year and we also approved Expenses for a Delegate on a National Committee.

The Finance Committee did not get a chance to meet to establish/approve a Budget for 2016. At the meeting last year, we decided to adjust the Budget figures based on suggestions from the various Committees. The Budget in place for 2016 is also included here. So far, this year we are well under the Budgeted numbers. In July, The USMS Board of Directors approved some changes as recommended by the LMSC Development Committee. We now must prepare/submit our Annual Budget to USMS.

Over the last year, the USMS LMSC Development Committee revised the LMSC Standards policy. Our LMSC meets all of the Mandatory Financial Standards (Section 2.3) as approved by the USMS Board of Directors in July 2016. We are also in compliance with the Board's Target Financial Standards (Section 3.3) expected of all LMSCs.

USMS has requested that all LMSCs make more/better use of available funds. Committee Members are encouraged to submit proposals/suggestions for allotting funds to various activities.

If you have any questions, please don't hesitate to contact me.

Steve Dougherty

DVLMSC Treasurer

[sdougherty28@comcast.net](mailto:sdougherty28@comcast.net)

**DELAWARE VALLEY USMS**  
**Statement of**  
**Revenues and Expenditures**  
**01/01/16 thru 09/30/16**

<b>REVENUES</b>	<b>2016 YTD</b>	<b>2016 Budget</b>
Revenue-From USMS/Registrar	\$4,780.00	\$5,000.00
Sanction and Recognition Fees	\$500.00	\$500.00
Miscellaneous	\$0.00	\$50.00
<b>TOTAL REVENUE:</b>	<b>\$5,280.00</b>	<b>\$5,550.00</b>
<b>EXPENDITURES</b>		
Registrar Expenditures	\$305.00	\$325.00
Refunds/Overpayments	\$220.00	\$0.00
Webmaster	\$0.00	\$599.00
Treasurer Expense	\$0.00	\$35.00
Convention	\$540.00	\$3,000.00
Leadership Summit	\$0.00	\$0.00
Pool Sanction Fee (USMS)	\$50.00	\$500.00
Open Water Insurance Subsidy	\$0.00	\$1,000.00
Social/Recognition	\$1,379.39	\$2,500.00
Fitness	\$131.79	\$500.00
Rule Books	\$60.00	\$100.00
LMSC Meeting Expenses	\$0.00	\$200.00
Misc.	\$9.85	\$100.00
<b>TOTAL EXPENDITURES:</b>	<b>\$2,696.03</b>	<b>\$8,859.00</b>
<b>Checking Acct Bal 01/01/16</b>	<b>\$20,954.95</b>	
Plus Revenue	\$5,280.00	
Less Expenditures	\$2,696.03	
<b>Net Change:</b>	<b>\$2,583.97</b>	
<b>Checking Acct Bal 09/30/16</b>	<b>\$23,538.92</b>	



**DELAWARE VALLEY USMS**

**Budget vs Actual**

**2016 vs 2015**

<b>REVENUES</b>	<b>2016 Budget</b>	<b>2016 YTD Actual</b>	<b>2015 Budget</b>	<b>2015 Actual</b>
Revenue - From USMS/Registrar	\$5,000.00	\$4,780.00	\$5,000.00	\$5,098.00
Sanction and Recognition Fees	\$500.00	\$500.00	\$500.00	\$550.00
Miscellaneous	\$50.00	\$0.00	\$50.00	\$0.00
<b>TOTAL REVENUE:</b>	<b>\$5,550.00</b>	<b>\$5,280.00</b>	<b>\$5,550.00</b>	<b>\$5,648.00</b>
<b>EXPENDITURES</b>				
Registrar Expenditures	\$325.00	\$305.00	\$325.00	\$316.65
Refunds/Overpayments	\$0.00	\$220.00	\$0.00	\$0.00
Webmaster	\$599.00	\$0.00	\$599.00	\$0.00
Treasurer Expense	\$35.00	\$0.00	\$35.00	\$23.28
Convention	\$3,000.00	\$540.00	\$3,000.00	\$2,099.31
Leadership Summit	\$0.00	\$0.00	\$0.00	\$523.20
Pool Sanction Fee (USMS)	\$500.00	\$50.00	\$0.00	\$0.00
Open Water Insurance Subsidy	\$1,000.00	\$0.00	\$1,000.00	\$0.00
Social/Recognition	\$2,500.00	\$1,379.39	\$0.00	\$0.00
Fitness	\$500.00	\$131.79	\$0.00	\$0.00
Rule Books	\$100.00	\$60.00	\$100.00	\$48.00
LMSC Meeting Expenses	\$200.00	\$0.00	\$75.00	\$153.41
Misc.	\$100.00	\$9.85	\$100.00	\$0.00
<b>TOTAL EXPENDITURES:</b>	<b>\$8,859.00</b>	<b>\$2,696.03</b>	<b>\$5,234.00</b>	<b>\$3,163.85</b>
<b>Over/Under</b>	<b>-\$3,309.00</b>	<b>\$2,583.97</b>	<b>\$316.00</b>	<b>\$2,484.15</b>

# DELAWARE VALLEY LMSC

Statement of  
Assets, Liabilities and  
Fund Balance  
as of 12/31/2015

<b>ASSETS</b>	
Cash - Checking Account	\$20,954.95
Total Assets:	<b>\$20,954.95</b>
<b>LIABILITIES</b>	
Unpaid Bills	\$0.00
Total Liabilities:	<b>\$0.00</b>
<b>FUND BALANCE</b>	
Fund Balance at 12/31/14:	\$18,470.80
Net 2014 Excess/ (Deficit)	\$2,484.15
Fund Balance at 12/31/15:	<b>\$20,954.95</b>
<b>TOTAL LIABILITIES + FUND BALANCE</b>	<b>\$20,954.95</b>

**DELAWARE VALLEY LMSC**  
**Statement of**  
**Revenues and Expenditures**  
**For the Year Ended 12/31/2015**

<b>REVENUES</b>	<b>2015</b>
Individual & Club Registrations	\$5,098.00
Sanction and Recognition Fees	\$550.00
Donations	\$0.00
Miscellaneous	\$0.00
<b>TOTAL REVENUE:</b>	<b>\$5,648.00</b>
<b>EXPENDITURES</b>	
Registrar Expenditures	\$316.65
Webmaster	\$0.00
Treasurer Expense	\$23.28
Convention	\$2,099.31
Leadership Summit	\$523.20
Open Water Insurance Subsidy	\$0.00
Brochures	\$0.00
Postage	\$0.00
Rule Books	\$48.00
LMSC Meeting Expenses	\$153.41
Misc.	\$0.00
<b>TOTAL EXPENDITURES:</b>	<b>\$3,163.85</b>
<b>NET 2014 EXCESS /(DEFICIT)</b>	<b>\$2,484.15</b>

## Delaware Valley USMS

Registrar's Report by  
Janet Jastremski  
October 11, 2016

1,072 members are registered as of 10/11/16 up from 1,037 on 10/14/15

Only 9 members registered by paper – all other members registered on line

594 men and 478 women are registered as of 10/11/16

DVLMSC gives no discount based on age

We had 32 registered clubs for 2016, up from 27 registered clubs for 2015

There were 62 self-identified coaches for 2016

12 transfer of club membership for individuals were processed to date in 2016

\$1,035 was donated by individuals to our LMSC from 11/01/15 to 10/11/16 at the time of their registration

Approximately 30% of members request a membership card be sent to them

Currently 92 members have pre-paid their membership for 2017

### 2017 DVLMSC fees need to be established for 2017\*

	DVLMSC 2016 fee	DVLMSC 2017 fee	USMS 2017 fee
Individual full year	\$5.00		\$41.00
Individual end of year (9/01/16 – 12/31/16)	\$5.00		
Club registration fee	none		\$41.00
Workout group fee	none		\$41.00
Club transfer fee	\$5.00		none
One event fee	none		\$15.00
Sanction pool meet	none		\$50.00
Recognize pool meet	none		\$100.00
Open water event fee	none		\$100 + \$5 per participant up to \$1,000 maximum

\*Final fee would be the sum of the USMS fee and the DVLMSC fee

#### Reminder:

When requesting a mass email be sent to membership, please include all information, written as you would like it sent out, including how it is to be titled, all copy and such and the email address to which they can reply. I can include one attachment. I cannot forward emails.

## 2016 Competition Report

Delaware LMSC

By: Gary Sangmeister

### Summary

Data collected on pool meets from October 2015 through April 2016 includes 12 events in 3 different states (PA, NJ and VA). Each month held at least one event (SCY Zones @ GMU) with the greatest travel distance from Montgomery County being approximately 150 miles one way. Eight meets were Delaware Valley LMSC region.

### 2015- 2016 Season Pool Events

Date	Meet	# Teams	# Swimmers	# Splashes	Splashes Per Swimmer
Oct 17th, 2015	Sussex County YMCA New Jersey - NJLMSC	10	34	101	2.97
Nov 21st, 2015	Gettysburg YMCA Pennsylvania - DVLMSC	14	35	89	2.54
Dec 13th, 2015	Ursinus College Pennsylvania - DVLMSC	19	102	320	3.14
Jan 17th, 2016	Phoenixville YMCA Pennsylvania - DVLMSC	18	67	275	4.10
Feb 7th, 2016	Upper Main Line YMCA Pennsylvania - DVLMSC	n/a	n/a	n/a	n/a
Feb 14th, 2016	OCY NJ Championships New Jersey - NJLMSC	38	195	597	3.06
Mar 6th, 2016	LB "GARSOE-SCHERMERHORN" Pennsylvania – DVLMSC	19	86	338	3.93

Mar 20th, 2016	Suburban Seahawks Club Pennsylvania - DVLMSC	20	140	418	2.99
Apr 2nd, 2016	Sussex County YMCA New Jersey - NJLMSC	12	64	199	3.11
Apr 3rd, 2016	Rowan College, Burlington NJ Pennsylvania - DVLMSC	16	45	125	2.78
Apr 8-10th, 2016	SCY Zones @ GMU Virginia - PVLMSC	71	439	1598	3.64
Apr 16th, 2016	CYEDC @ Ridley Pennsylvania - DVLMSC	8	30	98	3.27

### 2015-2016 Conclusions

#### What Did We Learn This Year?

- A DV Championship Event can produce a large turnout....competitive and fun.
- Calendar date of the event continues to be important (no overlaps, two weeks apart from other events, holidays, later in the season)
- Events at the meet have an impact on participation and revenue (25's seem to be popular, distance events, unique nature of the event, etc.). 25's count towards the 5 event limit.
- Quality of a pool and execution (announcer, results posted, award variety, music, etc) improve experience and return of swimmers
- Promotion of event will increase participation
- Consistency of event improves participation

#### What Continues to Be a Challenge?

- October events are still poorly attended, why is this? Cited reasons include swimmers just returned to pool after Labor Day and not ready, too many kids activities in the Fall, competing priorities.
- Holidays have an impact on people's availability to participate
- Poor execution, pool set-up, and event/pool quality keeps competitive swimmers away
- Poor attendance is bad for those that do participate as well....events happen too close
- Weather can be a challenge in January to March

## 2016-2017 Calendar

\*indicates a meet outside of DVLMSC our swimmers may attend

### October

October 8<sup>th</sup> - Wilson High School, Reading

October 30<sup>th</sup> - Dover YMCA

October 30<sup>th</sup> - GMUP Sprint Classic\*

### November

November 5-6<sup>th</sup> - College of NJ\*

November 13<sup>th</sup> - Cedar Crest College, Allentown

November 19<sup>th</sup> - Gettysburg YMCA (METERS)

( no info on DCAC meet for this year)

### December

December 3<sup>rd</sup> - Solstice, Boyds, MD\* (METERS)

December 11<sup>th</sup> - Ursinus

December 11<sup>th</sup> - Colonies Zone SCM Championships (METERS)\*

### January

Phoenixville

### February

Upper Main Line YMCA

Ocean County YMCA\*

February 25<sup>th</sup> - Maryland UMBC Masters Distance Meet\* (date not confirmed)

### March

March 4<sup>th</sup> - LB "GARSOE-SCHERMERHORN" Pentathlon

Suburban Seahawks

### April

Rowan College, Burlington

April 7<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup> - SCY Zones\*

CYEDC @ Ridley

Upper Dublin SCM in December 2017?? Sooner??

Summer 2017 – LCM Zones??

2016 Webpage Report  
Delaware LMSC  
By: Dan Allen

Since our last meeting, the webpage has been updated 103 times. A breakdown of the changes is listed below. The majority of the changes are adding and updating events.

	Changes	Percentage
Updating or Adding Events	46	51%
Fitness	1	1%
Informational	3	3%
Maintenance – changing the code to accommodate data or run more efficiently	17	19%
Adding New Pictures	4	4%
Updating Places to Swim	4	4%
Posting Updated Records	7	8%
Adding Results	8	9%
	90	

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

Dan Allen



## Top Ten Report for Delaware Valley LMSC 2016

Thomas Patterson, Top Ten and Records Recorder

### **LMSC Top Ten Numbers**

SCM 2015 was 54 top tens, up from 45 top ten ins 2014

SCY 2016 had 97 top tens, up from 89 top tens in 2015. I am assuming that this was because Nationals was a little closer this year and we did have a DelVal Champs this year.

### **Meet Summaries**

#### **Fall 2015**

Gettysburg YMCA held their Last Chance SCM meet. The meet had only 35 members attend. The meet doesn't get big numbers but, it is a good location for the swimmers in the West Side of the DV LMSC. I mentioned to the meet director to add longer events to get more participants. It seems that she didn't take my advice.

Ursinius College held their 2<sup>nd</sup> Annual Ursinius College Classic meet which had another good turnout. It had a 100 participants.

#### **Winter/Spring 2016**

Phoenixville Meet held their Annual SCM meet again. The meet was under a new meet director and it was still a recognized meet. There were a couple National Records broken but, we couldn't ratify the FINA record that was broken since the meet was recognized. The woman who broke the FINA came from Virginia. The women still got their National Records. Some people aren't happy that the meet is recognized since they can't use the times for FINA rankings. I am assuming that the meet is recognized because there are a decent number of swimmers that workout at Phoenixville who don't have/not want a USMS membership. There was 53 members that attended and 14 nonmembers that competed.

Lower Bucks Y held their Pentathlon Meet. It had 71 members and only 15 non-members.

Burlington County Masters hosted their meet at the Rowan College of Burlington County. They have 36 members participate and only 9 non-members compete.

Delaware Valley LMSC Championships, March 20, 2016. Suburban Swim Center hosted their first Masters meet and the Championship Committee worked with them to host the Delaware Valley LMSC Championships. We had a good turnout. Teams from Reading and even the Jersey Shore came to the meet. It was a good time. It had a 140 members.

Ridley YMCA hosted their first Masters meet in April. The meet director was happy how it went and was kind of glad with the low turnout. However, he got the website up at the last minute. Everyone who came had a good time. There were 26 members who competed and only 4 non-members. Erik Nelson said that he will gladly host the meet this spring on April 22, 2017.

## **Summer 2016**

Upper Main Line YMCA hosted a LCM meet this year with the new pool built. Stephanie Walsh-Beilman and the UMLY meet organizers hosted a well-run meet. There were almost all the events to swim and only used 4 lanes so it wouldn't get done in an hour. There were 57 members and 1 non-members. This swimmer broke the FINA record but, since it was a recognized meet, only the national record was ratified.

## **Fall 2016**

Wilson Masters hosted their first Masters meet at the Wilson High School Pool in West Lawn, PA. It was in a nice pool and the meet director was happy with the attendance for the first time.

## **Recommendation for Future Meets**

When the sanction request comes, lobby for the meet director to have all the Meters meets sanctioned so we don't lose the opportunity to have FINA records ratified in our LMSC.

## **Sanction Fee Recommendation**

Since USMS changed the fees for Sanction Events and Recognized Events, here are my ideas for the fees for 2017.

Sanctioned Meets-\$50.00 is paid from the LMSC to the USMS office

Recognized Meets-\$100.00 is paid from the LMSC to the USMS office

Recommendation:

Sanctioned Fee: Currently \$50.00, We could charge \$25.00 and cover the other \$25.00

Recognized Fee: Currently \$75.00, We could charge \$100.00.

2016 Coaches Report  
Delaware Valley LMSC  
By: Dave Schneider

#### Minutes to Monthly Coaches Committee Mtgs

I occasionally received minutes to USMS National Coaches Committee meetings. The meetings are held monthly, but I did not receive minutes for every meeting. When I did receive, I distributed to all DV LMSC coaches via email.

#### National Coaches Clinic

The first National Coaches Clinic that USMS has ever conducted was held last year in Nashville. A second clinic is scheduled November 11 – 13 this year in San Mateo, California.

#### Coaching Certification Classes

USMS conducted a Certification Level 3 class in Philadelphia on November 21, 2015. Approximately twenty people attended the class, and the attendance was a mix of Delaware Valley coaches and attendees from nearby LMSC's.

USMS conducted a Teaching Adults to Swim class on June 4 at Germantown. Approximately fifteen people attended.

The Delaware Valley LMSC board members have had some email in the past concerning whether the LMSC should pay tuition for members to attend certification classes. As of now, we have not paid tuition for any swimmer or coach to attend a certification class.

## **2016 Open Water Swim Season Summary**

Delia G. Perez – Open Water Representative  
Delaware Valley Local Masters Swim Committee

The 2016 open water season offered more than 70 open water swims at the shore and nearby states. Unfortunately, Atlantic City, New Jersey, is undergoing a financial crisis and our beloved Yates Swim and the Pageant Swim were initially cancelled this season. In an attempt to save the historic Pageant Swim, the oldest and longest running swim in the nation, a combination of USA Swimming and other organizers were able to "save" the Pageant Swim. In a compromise with Atlantic City officials, the swim was no longer scheduled for the Saturday morning in Labor Day Weekend but moved ahead to the weekend before Labor Day on August 27<sup>th</sup> 2016. Additional compromises included the change to swim with the current, change the course route, and shorten the swim to one mile instead of the historic one-and-a-half mile Pageant Ocean Swim.

According to Diane McMannus and John Kenney, Founder and Owner of **French Creek Racing** just completed their 4<sup>th</sup> full season of race events in the Delaware Valley. The French Creek Triathlon and ToughKids Philly events were a huge success and held on May 22<sup>nd</sup> and 21<sup>st</sup> respectively, with over 300 participants combined. Their open water series drew folks from all around the region. The 2016 race dates included: May 10<sup>th</sup>, June 9<sup>th</sup>, July 19<sup>th</sup>, August 16<sup>th</sup> and September 6<sup>th</sup> 2016. Each race had a distance of a 800 meter swim and the last two (2) events were held at their new location - 1 West Indian Lane, Eagleville, PA. As usual, they finished off the events with a backyard BBQ style cookout. Race series winners were Laurie Hug and Sean Reynolds. New in 2016 was their inaugural River Day, featuring 1 mile and 5K swims in conjunction with the Port Indian Civic and Boating Association. Swimmers were also treated to a water ski show after the swim. Their 4<sup>th</sup> annual Fountain of Youth Meet was a fun family day and the kids' team finished first and triumphed over the adults in a closely contested matchup. They held their 4<sup>th</sup> annual Aquathlon on August 28<sup>th</sup> consisting of a 1000 meter swim and 5k run at the Upper Merion Township Swimming Pool.

Their 2<sup>nd</sup> annual Valley Forge Marathon Swim was held on September 2<sup>nd</sup> and included 10 swimmers (including relays) who completed the 8-mile swim to the Norristown Dam in Valley Forge National Historic Park and back. They continue to offer more training but no additional competitions in 2016. They'll start 2017 with their Austin Tri-Camp and begin their 2017 open water series race on Tuesday, May 10<sup>th</sup> 2017, followed by ToughKids Philly on May 20<sup>th</sup> and the French Creek Triathlon on May 21<sup>st</sup> 2017.

May 29<sup>th</sup> 2016 offered good season opener swims with the very competitive 60<sup>th</sup> Annual Navesink Swims (1.2 or 2.4 miles) in the Navesink River with tri-athletes heavily represented.

June 5<sup>th</sup> 2016 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.



**The 5Ds at the finish line the day before the Great Chesapeake Bay Swim –** (left to right) Dave Hirsh (Cape May CH, NJ), Doug Bergen (Ocean City, NJ), Dave English (Philadelphia, PA), Delia Perez (National Park, NJ), and Doug Frohock (Mamora, NJ).



### **Start of the Great Chesapeake Bay Swim**

June 12<sup>th</sup> 2016 resulted in a very hot and humid day with temperatures in the mid-90s and water temperatures between 74 degrees in the mid-channel and 78 degrees in the shallow areas near the start and finish. Overall, the swimming conditions were good 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 hovered between 76 and 80 degrees, and wetsuit swimmers were dehydrated or overheated by the time they turned into the final leg of the course.

(June 13<sup>th</sup> 2016 edition of the *Capital Gazette*): Bill Braswell is 71 years old and has completed the Great Chesapeake Bay Swim 24 times. "When you get old, you get kind of set in your ways," he said at the swim Sunday. Not that age has slowed him down. "Look at all those green caps I beat," said Braswell, of Arlington, Virginia.

The annual fundraising event is an open water challenge in which 650 athletes — in yellow and green swim caps — swim 4.4 miles under the Bay Bridge, from Sandy Point State Park in Annapolis to a small beach on Kent Island. The event in its current incarnation was established 24 years ago. It started as a solo swim in 1982 by Brian Earley, who was fundraising for the American Diabetes Association in honor of his late father. "It's honoring the people that get you here — your parents, your brothers, your sisters," said Earley, 55. "And it's about the benefit that comes from it."

The swim raised more than \$200,000 this year for March of Dimes, a nonprofit that works with mothers and babies and other charities, said race director Chuck Nabit. Since the event officially started in 1992, about \$2 million has been raised for charitable organizations, event organizers said. About 60 percent of each donation goes directly to charity, organizers said. The remaining money is used for the administrative costs of the event, like T-shirts and a party for the over 500 volunteers, as well as awards for swimming participants. Swimmers who churned through the water on Sunday said it was choppy than in past years. Kayakers and jet skis followed the swimmers for safety. Wind speeds hovered around 22 mph around noon and peaked at 33 mph before 4 p.m., said National Weather Service meteorologist Dan Hofmann. Air temperature stayed around 88 degrees during the day. With the gusting wind, the swimmers seemed to be moving faster than the traffic above them on the Bay Bridge.

Bill Fallon, of Warren, New Jersey, arrived on land after 1 p.m. with his 13-year-old son, whose eyes were red from the suction of the goggles he wore. Other family members were still swimming to shore. "It's a family affair," said Fallon, 53. Fallon, who has participated in the race for several years, said his time last year was one hour and 36 minutes. This year took one hour and 29 minutes. "Stroke to stroke, it's harder," he said. "But it's a lot faster with the wind at your back. That was a big aid."

As the swimmers stripped off their wetsuits at the finish line, they were met with cheers. When Debbie Dawson, 48, was told she was the first woman out of the water, she wasn't sure they were serious. "Shut up!" she said in disbelief to volunteers. Dawson has participated for the past two years in part to bond with friends, but relationships are formed in the water, too. When she got to the finish line, she hugged the man who'd been at her side — but she didn't know his name. "We were swimming together and looking out for each other," said Dawson, who lives in Baltimore. "It was awesome."

Bill Shipp, 56, wore bathing suit briefs that featured a print of the Maryland flag. The Mitchellville resident said it was his 10th Great Chesapeake Bay Swim with the Arundel Breakfast Club "It's our big swim of the year," he said.

Rose Kehoe, 49, has done the race 21 times. "I'm glad I'm out," she said. "It was kind of rough at the end." The Arlington, Virginia, resident said it helps to focus "At times you're having fun," she said. "And at times you really have to keep a positive mental attitude."

Approximately 325 swimmers (as compared to 440 swimmers in 2014 and 353 in 2015) completed the 2015 One Mile Bay Challenge Swim. The 4.4 Mile Swim offered a consistently warm (74 to 78 degree) water temperatures throughout most of the course. Approximately 615 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)



**Swimmers in the Great Chesapeake Bay Swim cross the finish line.**



**Bill Braswell completes the Great Chesapeake Bay Swim for the 24th time.**

June 12<sup>th</sup> 2016 and the Escape the Cape Triathlon includes a swim from the Cape May Ferry. The race director, Steve DelMonte, DelmoSports, Inc., permits 1750 participants to either swim & bike or swim & run, in lieu of completing the full triathlon. Unfortunately, this is the fourth year that Steve has scheduled the event for the same day as the annual Great Chesapeake Bay Swim. For results [www.DelMoSports.com](http://www.DelMoSports.com)

June 24<sup>h</sup> and July 1<sup>st</sup> 2016 – Due to thunderstorms and unsettled weather, both the initial evening swims and the July 1<sup>st</sup> rain date for the rescheduled swims resulted in cancelling both dates for the half mile swim and the one mile Independence Day Swims in Beesley's Point, New Jersey (at the sea-doo beach location across from the Tuckahoe Inn. Race director, Liz Casey, directs swimmers to a box course 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 either strong incoming and outgoing tides, the race organizers selected a "box course" in an attempt to minimize swimming against the tides. Unfortunately, the Independence Day Swims were not successfully rescheduled for the 2016 Open Water Season. Results found at [www.lmsports.com](http://www.lmsports.com)

June 25<sup>th</sup> and the 2016 Bridge-to-Bridge Swims in the back bay of Atlantic City were held in warm water (mid-70s) on a sunny afternoon with an air temperature hovering around 80 degrees. There was a little bit of a tidal pull on an outgoing tide for the 2K Swim. The 5K swim started before the 2K Swim and followed the traditional out-and-back course just shy of

the Dorset Avenue Bridge and back to the Atlantic City Crew Boathouse. USA swimming rules dictate that swimmers cannot wear jewelry (except a wedding ring) or watches – and finger nails must be trimmed near the fingertip – otherwise, nails were cut on the spot by race officials. The 2K race follows an out-and-back course toward Fenton Island and the Atlantic City Expressway and back (even though one never really sees Fenton Island).

The 5K Swim was started on time and the first leg of the swim towards the Dorset Street Bridge seemed to be with a slack tide and somewhat choppy water with the wind at our backs. After the turn just before the Dorset Street Bridge, we realized that we were swimming into an incoming tide. Unfortunately, this year USA Swimming race officials enforced the 90-minute limit for completing the 5K Swim – and they pulled the remaining few swimmers from the course to start the 2K Swim without allowing a handful of the older masters-aged swimmers another five or ten minutes to finish. It was very disheartening to these swimmers who could see the finish line but weren't allowed to swim to the finish. One such swimmer was swimming to raise funds from sponsors who would make donations after he completed his swim – instead he was very upset when he was pulled from the water.

After talking with the USA Swimming race officials, they plan to make some changes to this swim that will accommodate the older masters-aged swimmers who are not as fast as swimmers who are 40 and 50 years younger. For next year, they are considering an earlier start for the masters-aged swimmers in the 5K Swim and then starting the remaining younger swimmers behind these older swimmers. 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-aged swimmers. In the 2K Swim, there were 67 female swimmers aged 11 to 24 years and only 4 females aged 25 years and older. Also in the 2K Swim, there were 50 male swimmers aged 11 to 24 years and only 7 males aged 25 years and older. Results are available at ([www.swimpva.org](http://www.swimpva.org)).

Race Director, Dimitar Petrov, has sanctioned the Bridge-to-Bridge Swims with USA Swimming 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-aged 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 are now usually scheduled the morning after the evening Independence Day Bay Swim because this is 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.

July 10<sup>th</sup> 2016 – 8<sup>th</sup> Annual Steelman Open Water 1.5 & 3 Mile Swims held at Nockamixon State Park in Quakertown, PA. The Steelman Open Water Swims (1.5 mile and 5K) were held early morning on July 10. According to Christine Schroeder, the weather was beautiful and the water temperature was comfortable, and the event was well organized as usual. The race draws a large crowd of swimmers, from young teenagers to a range of masters, all of whom seem to enjoy the music, food, prizes, and laid-back atmosphere

Germantown Academy Masters makes this swim their primary team open-water event. Age group award winners from the Delaware Valley Masters included: 1.5 Mile Swim - Hannah



Plimpton (3<sup>rd</sup> in her age group), Rick Heimann (3<sup>rd</sup>), Barbara Burke (3<sup>rd</sup>), Sue Watts (1<sup>st</sup>), Mari Schaefer (3<sup>rd</sup>), and Chris Schroeder (2<sup>nd</sup>). In the 5K Swim, Laurie Hug was the 2<sup>nd</sup> overall female finisher with Vikye Swanson (1<sup>st</sup> in her age group), Stephanie Saucy (2<sup>nd</sup>), Barney Heller (1<sup>st</sup>) and John Culhane (3<sup>rd</sup>). Find results at ([www.steelmantriathlon.com](http://www.steelmantriathlon.com)).



### **Start of the 3<sup>rd</sup> Annual Sea Isle City Beach Patrol One Mile Ocean Swim**

July 23<sup>rd</sup> 2016 and the 3<sup>rd</sup> Annual Sea Isle City Beach Patrol One Mile Ocean Swim was held in Sea Isle City, New Jersey. This swim went on hiatus almost 23 years ago when it was last held in extremely cold water conditions. The ocean water was comfortably warm prior to the “frigid swim” but the day of the swim, the water temperature dipped into the mid-60s with the west winds pushing the warm water out to sea and causing the cold water to surface along the coast. At the start of the swim, the ocean water continued to chill and unbeknownst to anyone, the temperature had dipped to a very cold 54 degrees. Most open water swimmers didn’t use wetsuits and were ready to tough out the chilly water conditions – but no one knew just how cold the ocean water temperature had become 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 SICBP decided to abandon their ocean swim indefinitely – they didn’t need these liability problems.

The 3<sup>rd</sup> Annual SICBP One Mile Ocean Swim is unfortunately scheduled at 11 a.m. on a Saturday morning. The timing of the swim coincides with shore rental turnovers and parking in Sea Isle City is difficult at best. This year, the almost 100-degree sunny weather felt like a “desert walking” between the hike to park and walking the boardwalk to the start of the swim. If you arrived at check-in area on time, perhaps you were lucky enough to hitch a ride on a school bus to the start of the swim. But the ocean temperature was in sharp contrast to

the beach temperature with a 62 degree ocean water temperature. The SICBP was not prepared to shorten the course because of the cold water temperatures and allowed swimmers to wear wetsuits or make the decision to swim back to shore if a swimmer was too cold to stay in the swim.

This year, the swim attracted 175 swimmers and awards are provided for varying age groups (14 & younger, age 15 to 18, 19 to 25, 26 to 35, 36 to 45, 46 to 55, 56 to 65, and 66 & older). The usual 5-year groups are limited to the younger swimmers and unfortunately, the older masters level swimmers were limited to strange 10-year clusters. Hopefully, they'll improve the award criteria in time for future swims and consider using the Ocean City Masters Swim age group award criteria. The first overall winner of the SCIBP One Mile Ocean Swim and first male swimmer was 43-year-old, Billy Auty (Wildwood, NJ), who finished in 21:58 minutes. The first female swimmer who finished 8<sup>th</sup> overall was 14-year-old Kristen Gullickson (Staten Island, NY).



### **Start of the Ocean City Masters Swim: First Wave of Male Swimmers**

July 30<sup>h</sup> 2016 and the 37<sup>th</sup> Annual Ocean City Masters Swim continues to schedule this one mile ocean swim at 10 a.m. after changing from its original evening venue five years ago – annoying those of us who don't like morning swims! When the swim was held in the evening, participation surpassed more than 400 swimmers. The 74-degree ocean water offered a negligible north-bound current that slightly "rocked and rolled" the 203 swimmers towards the finish. Results can be found at [www.lmsports.com](http://www.lmsports.com)



**Maggie Wallace**



**Brendan McHugh**



**Shelah, Delia and Linda**

3<sup>rd</sup> Place winner Shelagh Bradley (West Chester, PA), 2<sup>nd</sup> Place Delia Perez (National Park, NJ), and 1<sup>st</sup> Place Linda Hoke (Philadelphia, PA) display their hardware in their age group finish in the Annual Masters Swim. The two fastest and much younger swimmers in the T. John Carey One-Mile Master's Swim were separated by different heats, but only by one second in their times. Brendan McHugh, 26, of Sicklerville, a 2008 St. Augustine College Prep swimmer who also swam for the University of Pennsylvania and professionally, won the annual Master's Swim with a time of 16:51, only weeks after finishing eighth and ninth in two events at the U.S. Olympic tryouts.

McHugh didn't make the Olympic team despite being one of the fastest breaststrokers in the nation, but he was a full 50 seconds ahead of the Master's Swim defending champion, Ocean City Beach Patrol lifeguard Quinn Cassidy. Cassidy finished with a time of 17:41, the morning after winning the swim at Friday evening's Dutch Hoffman Memorial Lifeguard Races in Wildwood.

Starting at the 42<sup>nd</sup> Street beach and finishing at the 34<sup>th</sup> Street beach, the surprise of the morning swim was Maggie Wallace, 10 years younger and a far sight smaller than the strapping Olympic hopeful, McHugh. Wallace, an Ocean City resident who is going into her junior year at Ocean City High School, won the women's title by swimming nearly a full minute faster than defending champion Hayley Edwards, 25, who had won seven titles in a row stretching back to 2009 when she was 17. Wallace finished in 16:52; Edwards was second among the women in 17:50.

The 16-year-old beat the defending champ by about a minute, but was only one second behind McHugh's time. Wallace swims for the OCHS girls swim team that won its first-ever state championship this past winner and for a club team, the EHT Seahawks. Despite the size and decade age difference, the two new Master's Swim champs have one thing in common: they are not really acquainted with ocean swimming.

McHugh had done an ocean swim in high school, but not since then. His strategy was "to go hard in the beginning because I knew if I went out fast I'd be hard to catch." The former Hermit swam the 100 and 200 breaststroke in the Olympic trials. "I wanted to make the team, obviously, but I came up a little short," he said. He finished eighth in the 200

breaststroke and ninth in the 100 breaststroke, putting him among the elite in the nation, but not quite fast enough for a spot on the U.S. team. "It was a great experience," McHugh said. He also tried out for the Olympics in 2012.

After Penn, he swam professionally while going to law school for three years, before graduating last May. Then he took a year off and just swam while preparing for the Olympic trials. He'll begin work as a lawyer in September. Since the trials ended about a month ago, he has been keeping in shape, but hasn't formally trained. "It's different," McHugh said about swimming in the ocean. "It's nice that it was calm. That helped me because I didn't have to adjust as much. I only looked up about every 20 strokes or so and just went for it. It was so flat out there that I would adjust my path only once between each buoy. It was easy to swim straight." For the record, breaststroke is McHugh's main stroke, but in college his third event was the freestyle.

Wallace is a distance swimmer, specializing in the 1500 and 800 meter freestyle. She only tried the Master's Swim once before, but it didn't work out too well. Wallace was about to attempt the Master's Swim when she was 10 years old, but the water was too cold "so I ran out screaming," she laughed. "This is my first time actually swimming it." Fortunately, the water was warm this time around. "It was really nice conditions. "I really just wanted to swim fast and have a nice race," Wallace said. "This was more of a training thing for me." She agreed the conditions in the ocean were "pretty clean. I was surprised, actually. There were not a lot of waves and that is what I like," she said. "There was no current either so it was good."

Wallace did not know she was leading the second heat. "I passed a couple of girls but I didn't know for sure," she said. "I saw some people up there but I couldn't see what kind of cap they had on so I wasn't sure." The first heat wore red caps and the second heat wore yellow caps. When she saw she was catching up to swimmers in red caps, "I was like, 'wow, OK.'" That meant she was making up the roughly 10-minute gap between the heats. "I was thinking, is that a red cap? Gosh, I must be going pretty fast. It felt pretty cool." Before the race, she added, "My friends were saying, 'I bet you can't catch me because I'm in the first heat,' but I said, 'I bet I can.'" With a finish like this, will she be competing in the ocean again? "Absolutely and my coach wants me to do more ocean swims. I'm looking to do a 10K next summer," she said.

Masters aged swimmers held their own in the Ocean City Master's Swim. Ron Marks (Marmora, NJ) at 57 years of age was the first male masters-aged swimmer finishing 11<sup>th</sup> overall in 19:08 minutes, just 2 minutes and 15 seconds behind McHugh and Wallace. Victoria Bahr (Houston, TX) at 37 years of age was the first masters-aged female swimmer finishing 22<sup>nd</sup> overall in 20:52 minutes. And Susan Reich (Ocean City, NJ) at 57 years of age continues to amaze us by finishing 26<sup>th</sup> overall in 21:06 minutes.



**2016 Pier-to-Pier Challenge "Golden Arch" Finish Line**



**Billy Auty**

July 30<sup>th</sup> 2016 and the 2<sup>nd</sup> Annual Pier to Pier Challenge kicked off Saturday July 30th at 6:30pm. Ocean conditions were a little choppy with the currents pulling south to north. 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. The swimmers follow an "M" shaped course, that brings the swimmers back through the surf and actually on to dry sand at the half way point. 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. This is the only swim in the South Jersey area that has this unique spectator friendly course. The race for first place came down to less than one second, with Wildwood Rookie Lifeguard Mike Sauer out running Wildwood Crest Rookie Lifeguard John Burkett to the finish line. The winning time was 17:36. The overall female winner was Ocean City Beach Patrol Lifeguard Lexi Santer. This year, there were 94 swimmers participating and the Pier to Pier Challenge overall Male and Female Champions were awarded a free entry into the upcoming Escape From Lewes Swim on October 1, 2016 by DelMoSports. The Pier to Pier Challenge has age groups ranging from 10 and under to 60 plus. Race Director, Billy Auty and the swim organizers are looking forward to bigger and better things for 2017.

July 30<sup>th</sup> 2016 – 2016 USMS 10 Mile National Championship Swim at Lake Memphremagog in Newport, Vermont. The Kingdom Swim and Aquafest is a true celebration of open water swimming in the heat the summer in the heart of the Northeast Kingdom of Vermont. They host the 2016 USMS 10 Mile National Championships and the WOWSA World 10 Mile Open Water Championship in a world class venue with world class accommodations. In addition to the Championship, Kingdom Swim is a competitive and recreational swim for all open water skill levels, young and old alike, now offering distances of 15 miles, 10 miles, 6 miles, 3 miles, 1 mile, 1/4 mile and 100 yards. With four divisions, Skins, Wet Suit, Adoptive, and Canine. Laurie Hug won the women's division of the USMS 10 mile open water national championship in 4 hours & 25 minutes. She placed 5th overall and was only about 15 minutes behind the men's first place finisher. According to Christine Schroder, Laurie was awesome, and Sandy Kerr was her kayaker. Nancy Stedman Martin of Garden State Masters was 2nd woman to finish the 10 mile swim. The venue offered beautiful weather and good water conditions, and

is located just a few miles from Canada. Swim organizers took everyone on boat tour of the course with a pasta party the day before and a lunch plus beer garden after race.



August 6<sup>th</sup> 2016 and the 32<sup>nd</sup> Annual Mid Summer Lavallette Ocean Swim was held at 8 a.m. that morning. After a mile walk down the beach, the USA swimmers start first at 8 a.m. for the 11 to 18 year old 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. And at 8:20 a.m., the One Mile Open Championship started and there is also a wetsuit division. Warm ocean temperatures (72°) and calm conditions welcomed swimmers as they swam with a slight northbound current along the course. At the finish, it is usually 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 fall without getting a solid footing to climb onto the beach. There were only 88 swimmers participating this year. Swimmers can enjoy muffins and crumb cake and other goodies while waiting for the results of the swim. The Mid Summer Lavallette Ocean Swim results are available at ([www.jchipusa.com/results](http://www.jchipusa.com/results)).

August 6<sup>th</sup> 2016 and the 45<sup>th</sup> Annual Yates Swim historically held in Atlantic City, New Jersey was cancelled by the Atlantic City Beach Patrol (ACBP) due to a lack of resources to manage the swim. Back in March 2015, the Atlantic City Council instituted a restrictive plan for the ACBP eliminating the position of chief and one assistant chief and three members of the boathouse staff. These cutbacks contributed to relocating the Yates Swim to States Avenue while the swim was held in the morning without having to incur any overtime pay for the ACBP if the swim was held in the evening. Given the current dire economic situation in Atlantic City, the city council could care less about hosting open water swimming. We'll have to wait and see what happens to the future of open water swimming in Atlantic City.

August 13<sup>th</sup> 2016 and the USMS 3-6 Mile Open Water Swim Championships (5K) that were scheduled to be held in Lake Lure, North Carolina, were cancelled due to 90-degree water. Ray Peden (Wilmington, Delaware), a retired Delaware State Trooper who works as a lifeguard for Rehobeth Beach, Delaware, registered for this USMS Championship Swim and trained for the event but was disappointed the swim had to be cancelled due to the extremely warm lake water temperature.



August 13<sup>th</sup> 2016 – 3<sup>rd</sup> Annual Brigantine Beach Annual Ocean Swims and these swims have limited swimmer participation. Robin Taylor serves as the race director and also runs the Green Heads swim program in Brigantine, New Jersey. The two ocean swim venues – 800 meter and a 2K Swim – are advertised as “with the current” courses in the ocean. The 2K Swim had 51 (aged 25 years or younger) swimmers (as compared to 43 participants in 2015) and 33 masters-aged swimmers (as compared with 16 participants in 2015). And the 800 meter swim included 5 young swimmers. These swims are USA swimming events and governed by USA swimming rules. Search for results at 2016 Brigantine Ocean Swims. Due to the ocean conditions, the swim was relocated to the Back Bay in Brigantine. The water was very warm with temperatures in the low 80s. The swim started at low tide near the 26<sup>th</sup> Street Dock swimming north to 15<sup>th</sup> Street and returning south against a strong wind and current. Big orange balls marked the course and provided good sighting conditions.



### **Doug Farrell – Longport Beach Patrol Honorary Chief**

August 14<sup>th</sup> 2016 and the Captain Turner Ocean Swim was held at 9 a.m. in Longport, NJ. Doug Farrell is a long time Longport resident and an avid ocean swimmer. In 2006 he was diagnosed with Multiple Myeloma. In 2014 he approached the Longport Beach Patrol about the possibility of using the annual Captain Turner Ocean Swim to raise funds and awareness of blood cancers. The Leukemia & Lymphoma Society (LLS) is the world's largest voluntary health organization dedicated to funding bloodcancer research, education and patient services. LLS's mission is to cure leukemia, lymphoma, Hodgkin's disease and myeloma, and to improve the quality of life of patients and their families. Special thanks to Doug Farrell, JJ Walsh, Colleen Wynne, and the entire Longport Beach Patrol for the success of the swim.

Almost 150 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 morning and a beautiful ocean with a south to north current, one to two foot waves, and 69-degree ocean water temperature. Results are available by contacting the Longport Beach Patrol. Major

benefactors of the Captain Turner Swim received commemorative hand-crafted pottery plates depicting a swimmer in the ocean. The event raised over \$22,000 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. The Longport Beach Patrol made race director, Doug Farrell, an honorary chief in the Longport Beach Patrol. Doug has been swimming at the Longport beach for over 30 years and expressed his gratitude to the LBP for their support of the foundation's mission. He said the LBP "is like my family and I'm just so proud to be a friend of theirs."



**Start of the 2016 Pageant Swim**



**Officials at the 87<sup>th</sup> Pageant**

August 27<sup>th</sup> 2016 – and the recently reconstituted 87<sup>th</sup> Annual Pageant Swim was held in Atlantic City. After the Atlantic City Beach Patrol cancelled the swim indefinitely this season due to the lack of resources to manage the swim, the East Coast C-Cerpants along with other volunteers plus sanctioning from USA Swimming saved this historic swim. Concessions were made to the Atlantic City local government including moving the date of the swim to the Saturday morning before Labor Day weekend, changing the location of the swim further south, modifying the direction of the swim course based on the prevailing current, and shortening the distance from 1½ Miles to just a 1 Mile Ocean Swim for 103 swimmers.

The water temperature was 68 degrees and according to Richard Wallace (age 68 – Englishtown, NJ), "it was low tide and the ocean had a fairly gentle swell, so you could walk out past the break before going horizontal into swim mode. The first buoy (yellow) was set at Michigan Avenue and further out than the pier to prevent swimmers from cutting the turn buoy and swimming directly for the Pier. It was followed by a red flag marker before you even reached the Ocean One Pier with all the shops on it (directly across from an entrance to Caesar's). We swam about 100 to 150 yards out beyond the end of that pier. There was wind that prevented using an overhead drone monitor the race but not enough to cause any annoying chop or spray throughout the duration of the race. There were numerous additional red flags, so the course was extremely well marked and they were easily visible because the ocean was so cooperative. My time leads me to believe the race was actually longer than a mile but probably not by much. We were so far out that in turning the last (and second yellow buoy) to swim back to shore and finish, I could not clearly see where I



should swim to finish on the beach. The entire beachfront at that time of day was fairly crowded and differentiating the race types from the sun crowd was impossible until about  $\frac{3}{4}$  quarters of the way back to shore. As we approached the shore line, there were 6 (six) volunteers wearing lime green vests to direct swimmers toward the finish line."

Noteworthy swimmers known to the Delaware Valley Local Masters Swimming Committee include Laurie Hug (age 51) finishing 9<sup>th</sup> overall in 21:37 minutes; Vibeke Swanson (age 54) 19<sup>th</sup> overall in 24:05 minutes; Maureen Kilgariff (age 58) 60<sup>th</sup> overall in 29:47 minutes; Richard Wallace (age 68) 64<sup>th</sup> overall in 30:53 minutes; Mari Schaeffer (age 61) 77<sup>th</sup> overall in 34:35 minutes; David English (age 65) 81<sup>st</sup> overall in 36:02 minutes; Molly Williamson (age 60) 83<sup>rd</sup> overall in 36:11 minutes; Kathryn Pramuk (age 59) 87<sup>th</sup> in 38:06 minutes; and Doug Farrell (age 65) 97<sup>th</sup> overall in 42:26 minutes.

August 28<sup>th</sup> 2016 – Brigantine Bayfest One Mile Swim in the Back Bay in Brigantine, NJ, is sponsored by the Brigantine Elks Club and was held at 9 a.m. that morning. Jim Waddington (58 years of age with a summer home in Brigantine, NJ) reported perfect conditions for the swim. The water temperature was approximately 75 degrees and mostly flat conditions. The tide was going out as the swimmers swam to the turn buoy and then everyone swam against the current to return and finish at the dock. It was a beautiful and perfect morning for a swim and Jim was happy with his 6<sup>th</sup> overall finish. Jack Martin (age 64 – Abescon, NJ) did well with his 7<sup>th</sup> overall finish after recuperating the past two seasons from heart-related problems. The swim attracted approximately 60 to 70 swimmers – a lot of kids plus a woman's tri-athlete club. For results contact John Livezey at [deliver10@aol.com](mailto:deliver10@aol.com)



**Midge Kerr (left) Race Director**



August 28<sup>th</sup> 2016 and the 7<sup>th</sup> Annual 5K Cedar Island Swim in Avalon, New Jersey, treated 156 swimmers to an enjoyable swim around Cedar Island in 76 to 78 degree water. The Cedar Island 5K Swim has become my personal favorite these days especially since the Yates Swim is no longer an inlet swim with the incoming tide where the race finished in Gardner's Basin in Atlantic City. Today's conditions were almost perfect and there wasn't too much choppy water on the first leg of the course south along the marsh before turning left into the residential area for the rest of the "box" course. And of course, the swimmers wearing a wetsuit had faster times. I stopped at the champagne boat and enjoyed two big sips from a fluted "glass" before heading down the last leg of the course. Along the course, there is a boat along a dock that offers champagne to the swimmers. If you see the boat, then stop long enough for a toast and continue swimming to the finish back at the Avalon Yacht Club.

Since the informal inception of the swim as a challenge among friends in 2009, race director, Midge Kerr, offers this "champagne toast" as a very inventive way to celebrate the swim while refreshing the palate from all the salty water. It was very pleasant swimming with 156 swimmers strung out along the course and on such a beautiful day, we were all just living the dream!! This year, the after swim refreshments included a variety of chilled healthy water selections (such as Vitamin Water and Core Hydration) plus pizza from Tonios. For the first time this year, chip timing was used for the swimmers and the results will eventually be posted on the Kerr Charities website at <http://www.sitiming.com/Cedarswim16.html>. Thankfully, the Kerr Charities fundraising swim for Wounded Warriors (specially selected by Tim & Midge Kerr) is more like an informal training event with prizes awarded to just the top five overall male and female swimmers, grand masters, and top three (first to sip) champagne winners. Amanda Nunan (age 17 – Egg Harbor Twp, NJ), who recently made it to the Olympic swimming trails, finished 1<sup>st</sup> overall and 1<sup>st</sup> female in 50:18 minutes. Right behind her, John Humenick (age 41 – Fort Lauderdale, FL) finished 2<sup>nd</sup> overall and 1<sup>st</sup> male in 50:19 minutes.

But yesterday's swim was not completely without drama. A swimmer suffered a heart attack and passed away. "Stephen Anderer (age 52 – Wynnewood, PA), my cousin and great friend passed away during the Cedar Island Swim. We were doing the race for a second time and it was an event we looked forward too. Stephen was an excellent swimmer who participated in many Triathlons, swims and races in the last 10 years. He is survived by his wife Susan and 3 daughters. I just wanted to write and thank all of you for the prayers and support. More importantly, we truly appreciate each and everyone of the volunteers, swimmers, staff, medical, fire and police personnel who did all they could for Stephen yesterday. Thank you, Will Mullin"

"I wanted to add that all of you are such a special group of people, caring and compassionate. Everyone was looking after each other yesterday and I cannot thank those of you that helped Stephen enough. You guys are incredible and selfless, and offered immediate assistance and worked tirelessly as a group together in this emergency. Stephen did not suffer or panic. He was never conscious or afraid. And he was never alone. We all thank you from the bottom of our hearts. With Gratitude – Midge"

September 24<sup>th</sup> 2016 marked the final local swim for the 2016 Open Water Season with the September Splash (1 and 2 Mile Swims plus a quarter-mile swim) held in Wildwood Crest, New Jersey. It was an overcast morning with 74-degree water, extremely blustery winds from the northeast (gusting between 9 and 19 mph) and incredibly choppy water conditions. Instead of the usual box-course in Sunset Lake, someone advised the race director to adopt a "straight-line" course instead of the usual box course. Unfortunately, the swim organizers have no appreciation for actual open water swim conditions and at the very least, the course should have been patterned either as an extended "diamond" or "oval" shape to prevent swimmers going off course and swimming directly into each other. The result was chaos driven by the windy and choppy course conditions. For the 2-Mile Swim, the 56 participants swam directly into the wind and waves, had difficulty sighting the northbound course, and after rounding the first turn around the north buoy, swimmers began swimming into each other because they just couldn't sight well enough to avoid swimmers crossing the course line whether they were swimming north or south. The southbound line of swimming was

somewhat easier because swimmers could "surf swim" to complete the first of four (4) laps around the straight line swim course. Having completed the first lap around for the 2-Mile Swim, fairly rational and intelligent participants had to convince themselves that it was OK to consider fully committing themselves to the three (3) remaining laps to complete the 2 miles in the back bay course. Wearing a sleeveless wetsuit provided extra warmth but ultimately, it was a disadvantage because the buoyancy kept me high in the water. The unrelenting wind and chop created a sensation of swimming with a constant "Neti Pot" irrigating our sinuses throughout our 2-Mile Swim. Wearing my wetsuit for the swim kept me warm but ultimately, it was a huge disadvantage because with the buoyancy, the high winds tossed me around on top of the choppy waves and pushed me off course throughout the swim – resulting in swimming a much longer course to finish.

With its 8:45 a.m. start, participants in the 2-Mile Swim had the disadvantage of swimming at low-tide (9:15 a.m.) and having to negotiate rocks, broken glass and shells, and other debris that have historically cut swimmers feet during their entry and exit from the water. For the 11 a.m. start of the 1-Mile Swim, participants had less of a challenge with about two hours of an incoming tide and with the higher water level, managed better entering and exiting the water due to the higher tide conditions. Many swimmers have slipped on the rocks after finishing the swim and 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 where swimmers need to walk over on their way to the start of the race is not free of debris and swimmers continue to cut their feet.

There were 56 swimmers who finished the 2-Mile Swim as compared with 50 swimmers in 2015 and 69 swimmers in 2014. Overall, swim times were much slower this year due to the swim conditions – the top three male swimmers: Robert Moran age 28 from Ocean City finished in 49:37 minutes; Rob Montgomery age 48 from Philadelphia finished in 49:54 minutes; and Garr Kerr age 52 from Cape May finished in 51:40 – as compared to the top three young (16 and 15 years of age) male swimmers finishing in less than 32 minutes (31:30 to 34:25 minutes) in the 2015 2-Mile Swim – more than 18 minutes slower. In the 2013 2-Mile Swim, the first place winner finished in 25:51 minutes, and the 2014 2-Mile Swim first place winner finished in 31:27 minutes – almost 6 minutes slower. Overall, there were 124 swimmers who finished the 1-Mile Swim as compared to 131 swimmers in 2015 and 173 swimmers in 2014. And swim times were also much slower for the 1-Mile Swim – the top three male swimmers: Rob Montgomery age 48 from Philadelphia finished in 23:01 minutes; Aaron Buzdygon age 17 from Wilmington finished in 23:13 minutes; and Garrett Burk age 15 finished in 25:37 minutes. The 2015 top finishing times for the first three swimmers were (17:35 – 17:52 – 18:18 minutes) as compared to the top 2014 finishing times (16:00 – 16:02 – 16:04 minutes). In the 2013 1-Mile Swim, the first place male swimmer finished in 14:47 minutes, the 2014 first place male swimmer finished in 16 minutes, and the 2015 first place male swimmer finished in 17:35 due to the ever changing open water conditions swimmers experience each year.

October 1<sup>st</sup> 2016 and the Escape the Cape Open Water Classic: 3 and 1 Swims are sanctioned by United States Masters Swimming and the World Open Water Swimming Association were cancelled again this year due to the windy and choppy conditions caused by another Nor'easter storm hindering the event being held in Lewes, Delaware.

This is the second year in a row that Steve DelMonte had to cancel his swim event located in Lewes, Delaware. It was scheduled for Saturday October 1<sup>st</sup> 2016, allowing swimmers to participate in either the 5K (priced at \$179 for 2015 and \$79 for 2017) or one mile (priced at \$119 for 2015 and \$59 for 2017) swims that begin by jumping off a Cape May-Lewes ferry boat in Lewes Harbor – next scheduled for September 30<sup>th</sup> 2017.

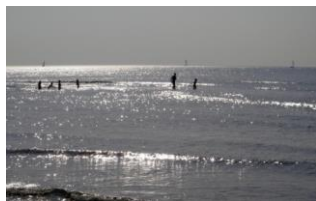
The 2016 Open Water Season gave us gave us comfortable ocean temperatures with calm and rough seas, along with a variety of swimming venues. Traditionally popular swims, such as the Brigantine Bayfest, Ocean City, Yates, and the Captain Turner swims were all evening swims. Within the last few years, these swims were rescheduled to the morning and attract fewer swimmers than in previous years. Perhaps this is the direct result of scheduling triathlon events early in the morning or diminishing sponsorships for the swims as well as 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. As a testament to these traditions, the Pageant Swim celebrated its 87<sup>th</sup> anniversary as the oldest open water swim in the country. This year, the East Coast C-Cerpants rescued the Pageant Swim after the Atlantic City Beach Patrol could no longer assign limited resources to manage this historic swim and USA Swimming sanctioned the Pageant Swim. Concessions were made to Atlantic City local government resulting in moving the location of the swim, modifying the swim course based on the prevailing current, and also shortening the course from 1½ Miles to a 1 Mile Ocean Swim.

Finally, here's a teachable moment for us all to consider. According to Kelly Annie, jewelry designer with her own "perfectly imperfect collection" of handcrafted jewelry with soul, her "keep on swimming" bracelet inspires us – "Life can be as hard to live as swimming against the tide. But at the worst of times, if you will just remember to keep swimming, sooner or later you will develop the ability to swim through life like a fish through the ocean."

"To me the sea is like a person – like a child I've know a long time. It sounds crazy, I know, but when I swim in the sea I talk to it. I never feel alone when I'm out there." ~ Gertrude Ederle ~

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

2<sup>nd</sup> October 2016



## 2016 Recognition and Social Report

A nominating committee formed in early 2016 with the purpose of accepting nominations and selecting recipients for outstanding 2015 DV LMSC swimming performance and volunteer service awards. Three swimmers were selected to receive swimming performance awards, one person was selected to receive a sustained volunteer service award, and numerous swimmers were identified for honorable mention.

Delaware Valley LMSC held a Spring Fling Delaware Valley LMSC SCY Championship and Social at the Suburban Seahawks Club on 20-Mar-2016. The four awarded swimmers were recognized and presented with Gift Certificates from Toad Hollow in the amount of \$100. The FINS team coordinated all food and beverages for the social.

Moving forward, the DV LMSC nominating committee suggests a similar process every year to identify worthy recipients for the four awards, and offer these suggestions:

- Additional awards/categories should be pursued.
- Gift certificates were the 2015 preference, but this should be re-evaluated each year.
- The nominating committee should be comprised of DV LMSC members from various teams/workout groups to ensure inclusion and diversity.
- Previous winners should be excluded from receiving the same award for some period of time (maybe excluded from winning again until they move to another age group)?
- A method to recognize and award DV LMSC coaches with monetary awards/stipends for training should be pursued.

The following swimmers were recognized at the DV LMSC SCY Championship and Social:

**2015 David Harrison Outstanding Male Swimmer winner was Jim Thornton.**

(13 Top Ten Individual and one Top Ten Relay)

*Honorable Mention – David Hersh (5 Top Ten Individual and one All American Individual)*

**2015 Jeanne Merryman Outstanding Female Swimmer was Cecilia McCloskey.**

(21 Top Ten Individual, 7 Top Ten Relay, 13 All American Individual, 1 All American Relay, 11 National Records)

*Honorable Mention – Janet Bright (6 Top Ten Individual, 2 Top Ten Relay, one All American Individual, one All American Relay); Laurie Hug (35 Top Ten Individual, 4 Top Ten Relay, 9 All American Individual, 2 All American Long Distance); Stephanie Saucy (8 Top Ten Individual, 5 Top Ten Relay, one All American Relay); Stephanie Walsh Beilman (15 Top Ten Individual, 2 Top Ten Relays, 1 All American Relay); Joan Waldbaum (14 Top Ten Individual and 2 Top Ten Relay)*

**2015 Henry “Barney” Hungerford Outstanding Open Water/Long Distance Swimmer was Laurie Hug.**

(1 OW National Championship, 1 All American, one-hour Postal and 1 National Record, 3000 ePostal)

*Honorable Mention – Barney Heller*

**2015 Stephanie Walsh Beilman Outstanding LMSC Volunteer was Stephanie Walsh Beilman.**

(Volunteer service in bio below)

*Honorable Mention – Laurie Hug, Barbara Long*

The four awards were named after outstanding DV LMSC swimmers and volunteers. A brief bio on each follows:

**Dave Harrison** was a 12-time All American who made the USMS Top Ten list 235 times, all in freestyle events. His top events were pool distances from 400 meters to 1650 yards and open water swims. After winning a golf scholarship to college, Dave took up swimming as an adult and competed in the Masters swimming program from 1988 through 2008. He was an investment banker and founding partner of Logan Capital Management Inc. in Ardmore, PA. was stricken with pancreatic cancer in early 2009 and died on July 4<sup>th</sup> that same year.

**Jeanne Merryman** began competing in the Masters swimming program at Upper Main Line Y in the early years of USMS (1973). As a member of Middle Atlantic Masters and later Colonials 1776, Jeanne attained National Top Ten ranking 471 times in all strokes – backstroke, butterfly, freestyle and IM. She swam as a young woman and taught many to swim over the years. She volunteered at the Y as a swim and safety instructor and meet director, along with her husband, John. She continued to compete, even after receiving a pacemaker. She died in 2004.

**Barney Hungerford** was a longtime open water and pool swimmer and lifeguarded as a youth in Ocean City, NJ. He continued to have outstanding success in open water swimming throughout his life, including winning a Masters National Championship. He coached Masters as a volunteer for many years and served as Open Water Chair in the Delaware Valley, adding color to races at the NJ shore. He also announced many pool meets throughout the Delaware Valley and at national championships.

**Stephanie Walsh Beilman** started Masters swimming in 1975 representing Middle Atlantic Masters, then after moving to Boston, represented New England Masters for ten years. Steph was an early member of the Valley Forge Masters (VFM) Swim Team and later founded Colonials 1776 Master Swim Team through the merger of VFM and Middle Atlantic Masters. She has earned 375 individual Top Ten achievements and All American honors for seven years.

Out of the pool, the scope of Steph's USMS service has been both vast and lasting. She was the Meet Director for the long course National Championships that were held at Brown University in 1985. Stephanie served as the Long Range Planning Chair (1994) of US Masters Swimming, served as the Zone Chair and part of the Executive Committee (1996 – 1997), and served on the National Championship Committee for several years. Steph won a USMS Dorothy Donnelly Service Award in 2013.

Locally, Steph has been the Officials Chair for DV LMSC for the past six years. She provided coaching advice in the old 1776 newsletter (The Lane Line) drawing on her experience from serving as the head coach of the Harvard Women's Swimming Team. Her experience and willingness to share is invaluable for those of us in the Delaware Valley LMSC.

Again, congratulations to the 2015 winners: Jim, Cecilia, Laurie and Steph! A big thank you to the 2016 nominating committee members (Laurie Hug, Caroline Stein, Gary Sangmeister, Tom Tulenko, Kim Inverso, Sue Watts and Steve Dougherty) for their help selecting the winners and procuring the awards and to the FINS team for coordinating the delicious food and beverages for the DV LMSC SCY Championship Social.

Respectively submitted by Sue Watts & Steve Dougherty

## 2016 USAS Delegate Report

Laurie Hug, Long Distance Committee member

This year the US Aquatic Sports Convention was held in Atlanta, GA. DV LMSC is allowed to send three voting delegates based on our membership numbers and sent Tom Patterson, Kim Inverso and Paul Sweeney. Other DV LMSC members also attended this year. Dave Diehl is a member of the Executive Committee and I am a member of the Long Distance Committee. Members of both of those committees are added as delegates that do not count against the LMSC's earned delegate count. Finally, Cecilia McCloskey decided to go as an at large delegate on her own. So this year we had our largest group of attendees (at least in recent history) with five of the six having voting rights.

Full meeting minutes from the convention can be found at [www.usms.org/admin/conv/2016](http://www.usms.org/admin/conv/2016). Below is a summary/notes of meetings I attended and a few key issues that were discussed.

### **Colonies Zone Meeting:**

12/9-11 2016 SCM Champs (Worcester Polytechnic Institute)

4/7-9 2017 SCY Champs(GMU-Fairfax)

No bids for LCM yet

Discussed Ideas for increasing under-30 membership:

- Approach college club teams (NCAA shutting down swim programs) and offer support (provide refs, help with meets) / advertise at college club level but keep it low key b/c they don't want to be taken over
- Look at reducing costs for young members (approx \$650 per year for membership and swim practices, not including meets) – clubs could provide scholarships or have them volunteer at meets to help pay for entries,
- Ray (webmaster) will open up a forum possibly for us to continue this discussion or we could do it on the USMS forum

### **History and Archives Committee Meeting**

Lots of ongoing projects and they can use help with a few:

-Natl record chronology project – missing dates from records prior to the 90s. If you look online at the records there is a plus sign that if you click on it will show

the progression of the records but these are incomplete. Welcome outside input on this.

– Open water nationals and long distance results – sometimes results were popsicle sticks taped on a board, no hardcopy of results. Will request through Streamlines and if people have old results the committee would like to see them.

– Identify deceased members – there are folks in the USMS d/b that have passed but haven't been identified yet. Also some death dates are missing for those who are on the list. If know of any, notify Anna Lea.

– Relay Top 10 - they are converting hard copies of pre-1994 relay lists into Top 10 database, researching and adding missing first names, identifying some swimming, etc. Old formatting was really bad – not sure of sex, last names were abbreviated, first initials only for first name, etc. About 40% of relay names are identifiable with ids. So could load those and it would be a good start but need help with older relays and identifying their members.

– Always looking for swimmer stories to post onto USMS website

### **Long Distance Committee Meeting #1**

2018 Championships were announced:

One Hour – Indy 1/1-2/28 – note that this now runs through the end of Feb

5k/10k – Chicago Smelts 5/15 to 9/15

3000/6000 – MEMO (Oakland) - 9/15-11/15

>1/<3 (2) – Jim McDonnell (VA) 5/27

1 mile – swim the Sun (SLAM – MO) – 6/8

>3/<6m (5k) - Fire Island (NY) – 7/7

>9 (10.7) – Portland Bridge (OR) – 7/8

2 mile cable – COMA (OR) – 7-12

>6/<9 (10k) – Rogue Valley Masters – (OR) 7/14

Promote them to coaches to promote to swimmers.

All Star determination– 2 swims canceled. Last year didn't count Big Shoulders in the determination since it was canceled. Not counting the canceled Lake Lure swims for All Star compilation this year either.



## Rules:

LD68 – a swim > 2 miles shall not start if the temp exceeds 85F, 2 miles or less shall not start if exceeds 88F.

If participants still want to swim they may do at their own risk as the sanction will be pulled. Chose temps based on FINA for 88 vs 85 which is the current temp. Reasoning – parallels USA Swimming rule and now many ow swims are dual sanctioned.

Amended change from 2 miles to 5k if temp exceeds 85F. PASS.

LD 5a – age rule. All swim at age as of 12/31 for postal championships. PASS in House of Delegates.

## Coaches

Chris Campbell- awards – annual coach of the year and Kerry O’Brien grass roots.

Bill Brenner – educational opportunity for coaches to be taught to give clinics.

Scott Bay - Level 4 certification. Cleaning up language.

Kenny – communications – forward mins to LMSC chairs – coaches chairs have a closed FB page. Why not have it available to all certified coaches?

Dave Weatherman – high performance camp; novice to elite with Nadine as head coach. Trainer testing, tech review of all 4 strokes with lecture, Dr G with biomechanics, power and some other things. Dryland, body wt analysis, psychology, etc. Next year it will be held on 8/26-31. Could mentee coaches be included? Could some of this info be included in clinics/coaching certification?

National coaching clinic – 11/11-13 \$175-\$250 depending on registration date plus \$25 discount to recognized coaches San Mateo, CA – check with LMSC for scholarship opportunities.

## Open Water

Sanction fee – need to get the word out that it is no longer \$1000. Events have already found new insurance providers and see no reason to move back to USMS. LMSCs need to get the word out to local events - our insurance is the absolute best, application form is easier and now the fee is \$100 plus \$5 per swimmer. Let RDs know in what way our insurance is better.

Other items mentioned:

Volunteer mentors to help new OW RDs.

USMS branding at sanctioned events.

Online d/b of results – will draw competitive swimmers.

Offer transition clinics from pool to ow.

How can we get pool swimmers into OW? Grand prix with several pool and ow events where earn points. Afraid of waves, not being able to see, etc. – offer swim angels. Help get them over anxiety. Safe swim buoy.

Event directors handbook in process.

USMS profiles on website only include pool swims – active task adding ow.

**Long Distance Meeting #2:** discussed and decided on modifications to rules:

#### 304.1 NONCOMPETITIVE EVENTS SWIMS

Noncompetitive events swims are those that contain swims that are not scored for in which time or placement is not are *not necessarily* recorded. At the discretion of the event director, the event may also include both competitive and noncompetitive swims.

Change “not necessarily” to “MAY BE” - PASS

#### 302.2.1 The Course

C The event host should eliminate or mark hazards on the course wherever possible.

Update to: Event host should eliminate hazards on the course whenever possible or mark and report them to participants. – PASS.

LD 25 – update so that both the referee and safety director have the authority to delay the start or stop a swim in progress if circumstances warrant. - PASS

LD32 The referee AND/OR SAFETY DIRECTOR shall have the authority to stop a race in progress. PASS

**LMSC Workshop** - lots of ideas were discussed about what to do with the money available in each LMSC:

What are you required to do with \$ - send delegates to convention, website, invest in membership. What benefits most competitive swimmers – awards, recognition for records. What benefits fitness swimmers – tech clinics. What benefits all – coaches.

Some suggestions: stroke clinics (held not just by USMS but former Olympians to get a bigger draw), dryland/fitness/nutrition clinics, free first meets, newbie clinics, give \$5 to each club for each member registered for clubs to spend as they like (such as funding for Nationals or Zones) but don't get \$ unless club reps attend annual meeting, acknowledge and reward volunteers, survey swimmers on what THEY want, refund entry fees for nationals

### **Sport Med presentation**

Dr Tanaka gave an entertaining presentation on his research about aging and the benefits of swimming in reversing vascular dysfunction.

**Social Media Workshop-** discussed various options and their benefits  
FB, Twitter, Instagram, Snapchat, Others (Nextdoor, websites, hashtags)

**House of Delegates** – five meetings which included the following activities:

*Voting:*

-At Large Directors (congrats to Dave Deihl for being elected as the Colonies Zone rep)

-Long Distance rules proposals:

LD 5 – changed age to end of year for ow and ld events

LD25 – safety monitor shall be able to stop an event

LD68 – 5k + won't start if above 85F, less than 5k won't start if above 87.8.

-Legislation Proposals – all approved as amended

-Budget items (one event fee from \$25 back to \$15 – approved, change recognized event fee from \$100 to \$25 – failed)

*A review of FOG (financial operating guidelines) and 2017 Budget items.*

USMS has 10mos of reserve currently. Operating reserve – 6 months is the policy  
Opportunity reserve – to meet special targets of opportunity or need that further the mission of the organization

Survey of non-member masters swimmers (25-64yo):

- Ave workout =45min
- 70% have not participated in an organized adult swim workout
- 56% not aware of USMS

For the 2017 budget

- offer an alternative workout for current members and attract new members – research this the first half of 2017 and come up with a business plan.
- develop USMS backed college club swimming organization - 220 college clubs with 5,500 swimmers, no governing body or central org, similar motivations and goals as USMS. – Had a summit this year. – marketing initiative to familiarize college aged swimmers with USMS; offer support and structure while letting ehm maintain their independence; transition to USMS after graduation; increase # of college clubs and swimmers.

3<sup>rd</sup> year of \$2 increase so now \$41. WOG fee went from \$25 to \$41.

*2018 Championships:*

Indianapolis - spring scy

Orlando – 2018 Pan Ams instead of summer lcm - 7-25 thru 8-8 (swimming =7-28 thru 8-3). Will also have OW.

\$12 to \$16 increase in relay fee

Award winners:

Ransom Arthur – Nadine Day

Ted Hartz – Dr. Jim Miller

2016 Championship Meet - Don Gilchrist

2016 Open Water Service – Dick Sidner

2016 June Krauser Communications – Karlene Denby

2016 Club of the Year – Palmetto Masters

Dot Donnelly Service – multiple winners

Kerry O’Brien Coaching – multiple winners

Coach of the Year (announced at banquet) – Scott Bay

## Delegate Convention Report 2016

By: Thomas J Patterson, DV Chair and Top Ten Recorder

The USMS Annual Convention was held in Atlanta, GA this year. There were new policies introduced and approved. Of course, elections of new officers are always held. It is always fascinating to go to the convention and see the dedication that people have in volunteering for USMS on the national level. I don't know where people find the time because everyone has careers, families, and are putting time into their swim workouts. I am thinking that some of the major volunteers don't sleep that much. In addition, this was the first convention with the new CEO of USMS, Dawson Hughes. It was a hectic few days of meetings.

The directors talked a lot about USMS reaching out to College Club Swim Teams to attract new members to USMS. This has the potential to be a good thing. College club program swimmers could get more opportunity to race if they do Masters Meets. Maybe there will be more workout opportunities for Masters Swimmers. In the future, if the college club has a pool, they might want to host a Masters meet at their facility. I already reached out to St. Joseph's University but haven't heard back from them. Everyone on the board should reach out to a college club program that they know of.

A lot of the committee meetings seem to spend a lot of time on the words in their specific committee policy. I also found it difficult because there would be a committee that I needed to go to but, I wouldn't have liked to have gone to another at the same time.

### **Colonies Zones Meeting**

The meeting was ran by Natalie Taylor who is the current Zone Chair for Colonies. They recapped the last few Zone Champs. Encouraged everyone to put in a bid since even after the proposed deadline. Next summer, UMD will be closed for the renovations so they won't be able to host Summer Zones. So, there was talk about having zones at Wesleyan University in Connecticut the week after Nationals. There is that new facility in Richmond that could be a possibility for hosting Summer Zones. The upcoming Colonies Zones SCM Champs in Massachusetts was mentioned. There is that new facility in Richmond that could be a possibility. So, there are possible options but, no one put a bid in yet. Natalie talked about attending LMSC meetings in the future herself. The meeting had a good dialogue. Now, USMS stated that Zone Championships host don't need to make a note that this is a Zone Champs on the medal or ribbon. This apparently was a catalyst in keeping some pools from putting in Zone bids. I am getting Gary to use his connections to get Franklin and Marshall to put a bid for Summer Zones. Of course, it doesn't have a separate warm down pool. However, it couldn't hurt for them to put a bid in.

### **LMSC Development Workshop**

The LMSC Development Workshop was very helpful. The speaker empathized that LMSC need to use their resources, i.e. money in their account. Paige mentioned that an LMSC should be keep approximately \$7000.00 in their reserves. So, Delaware Valley should find some way to use \$12,000 to \$13,000 that isn't part of the reserves. There were some LMSC that had \$300,000 in their accounts. I was stunned by that number but, I think that it is one of the California LMSCs. I recommend using the money we have for a DV LMSC Champs in March if another pool that is having a meet anyway doesn't

want to host the DV Champs such as last year. Or, we can use the money to host a stroke clinic of some sort. Send a coaches to a coach's clinic and reimburse the coach for the clinic fee. Of course, he would have to hold a clinic for members for a small fee. Overall, use your resources.

Several committee meetings talked about getting rid of multiple pool measurements for bulkhead pools. There were a lot of good arguments to keep them and to get rid of them. As a top ten recorder, it would make my life easier to just have one initial pool measurement for the pool. People made the arguments that bulkheads move if the lane lines are screwed in too tightly. In the end, USMS voted to just use the initial measurement without measuring the pool before every meet after that. USA Swimming is not this strict on measurements and it might drive more bulkhead pools to host Masters Meets.

### **Grievances Workshop**

This workshop was about grievances. We got into groups and discussed how we would solve a grievance. I found that our local LMSC grievance never seem to be that severe. I found out that some LMSCs have a Review Chair just for this issue. If members have grievances in our LMSC, I only hear that some USMS member complained about the LMSC board at a random holiday party. The examples brought up at the meeting where banning the swimmer from a team. There was an example of unauthorized expenditures.

### **Changes made to Sanction and Membership Fees**

#### **2017 MEMBERSHIP FEES**

- USMS 2017 membership fee: \$41 (up from \$39)
- USMS 2017 club registration fee: \$41 (up from \$25)
- USMS 2017 workout group registration fee: \$41 (up from \$25)
- USMS 2017 one-event membership fee: \$15 (same as 2016)

#### **2017 SANCTION FEES**

- Sanctioned pool meet: \$50, same as 2016 (billed to the LMSC\*)
- Recognized pool meet: \$100, new fee (billed to the LMSC\*)
- Sanctioned open water event: \$100 plus \$5 per participant, up to a maximum of \$1,000, same as 2016 (billed to the LMSC\*)

*\*NOTE that the LMSC may choose to either pass the cost on to the event host, share it, or absorb the entire cost.*

### **USMS Open Water and Postal Champs for 2017 and 2018**

This year, USMS announced all the Long Distance Championships for 2017 and 2018. Here are the links.

<http://www.usms.org/longdist/ldnats17/>

<http://www.usms.org/longdist/ldnats18/>

### **Upcoming USMS National Championships**

**2017-** Spring Nationals are Riverside, CA and Summer Nationals are in Minneapolis

**2018-** Spring Nationals are in Indianapolis, IN at the IUPUI pool and there will be no Summer Nationals since Orlando YMCA is hosting Pan Masters Championships in late July to Early August.

### **Change in Event Limit**

Along with USA Swimming, USMS will increase the entry limit from 5 to 6 events. This will probably be beneficial to meets where they have 25s.

## **United States Aquatic Sports Conference Report**

**Paul Sweeney**

### **Friday, September 21**

Flew to Atlanta on Spirit Airlines out of Atlantic City. After arriving in Atlanta, I took the Marta rail line, which was a good bargain, to the Hyatt Regency. After checking in I went to the USMS certification table to pick up my delegate voting privilege badge. There was a welcome reception in the Grand Hall East where swimmers from both Masters and USA Swimming were in attendance. I had the opportunity to rub elbows with swimming royalty such as Lauri Hug, Cecilia Dougherty McClosky, Bruce Wigo, and Sid Cassidy, who was the coordinator of the Rio Olympics open water swim.

### **Thursday, September 22**

NEW DELEGATES - I attended an 8 a.m. dissertation for new delegates where the history of swimming from 1972 was discussed. We were told the responsibilities for delegates included voting on rules, passing a budget, electing officials, and supporting the mission of the USMS by promoting the health, wellness, fitness and competition for adults through swimming. In addition, the purpose of the conference was explained, which is to share ideas to enhance our local Colonies to increase membership and network with other local clubs. There are 53 LMSC and 8 zones; the largest consists of 12,350 members and the smallest 39 members. The selections of delegates from the local LMSC depends on its membership. Two delegates attend



for local membership of 300 – 799. For every additional 500 members, an additional delegate is selected to attend.

In order to pass legislations, there need to be 2/3 of delegates in attendance and emergency legislation need 90% attendance to pass. The budget/finance committee meets in July and begins formulating the budget, which is to be finalized by September.

While all delegates were still together, the “Dot Donnelly” award was announced. It was awarded to Jeff Sargent from Connecticut, who in one year increased his LMSC membership from 300 to 500.

ZONE MEETING – December 9, 10, & 11 2016 will be the short course zones in Worcester, MA. It was voted to not require awards to be distributed at zone championships.

George Mason short course yards Zone Championship meet will be April 7, 8, & 9 2017.

A discussion occurred regarding having classroom and in the pool instruction with video of swimmers during actual meets. Then, analyze and return the video to the swimmer for stroke correction.

As delegates, our mission is to strive to meet the LMSC Policy Standards for Colonies. Also, ideas for increasing the membership for the Colonies were shared such as targeting non swimmers entering college by providing a learn to swim program and begin an Adult Learn to Swim (ALTS).

OFFICIALS – The need for referees, starters, and officials for Master swim meets was addressed. To become certified Master official, go to USMS.org log into officials, create a password and take the online test.

LONG DISTANCE (WORKSHOP #1) – The first discussion was the water temperature for open water swims. The committee decided to adopt the FINA rules for open water swims, which states any swim in excess of 5 km cannot take place if the water temperature exceeds 85 degrees, and any swim under 5 km cannot take place if the water temperature exceeds 87 degrees.

The following additional open water swims concerns were addressed:

- What is needed to have a safe open water swim?
- How do you recruit volunteers?
- Acquiring USMS certification for an open water swim.
  - Cost - \$100 per sanctioned event and \$5 per swimmer to cover insurance.

HOUSE OF DELEGATES – Returned to the House of Delegates to discussed today's experiences.

### **Friday, September 23**

LONG DISTANCE (WORKSHOP #2) – The purpose of this workshop was focused on language in rules and regulations. The following are the decisions:

- Rulebook was changed to indicate that both the race director and/or the safety director have the authority to stop a race in progress, delay a race, postpone or cancel a race.
- In a noncompetitive swim, the results, times, or placement may be recorded.
- The word “unsportsmanlike” was changed to “unsporting” in the rulebook.
- Race director should eliminate or mark hazards on the course and communicate these hazards to the participants.

TURNING RESOURCES INTO SATISFIED SWIMMERS - Since the National LMSC has \$2.1 million in its bank account, it was suggested that the local LMSC should make use of the money. The suggestions included pay for delegates to attend the National Conventions, improve local’s websites, or purchase underwater GoPro cameras to video and analyze swimmers strokes. Calling Bill Brenner at the national office to administer a stroke clinic is another option

A CALL TO ACTION: SWIMMING SAVES LIVES – The first topic discussed was the Adult Learn To Swim, ALTS, program. Delegates were shown how to begin an ALTS program. Call Holly at the National Office at 941-556-6285. If a local can enroll 150 adults, it would qualify for a SSL grant. Instructor certifications programs for levels 1 & 2 will be offered in Baltimore, MD on November 6. Look on the [www.usms.org](http://www.usms.org) for instructor program and Swimming Saves Lives Foundation.

The presentation was given by Dr. Tanaka, who is a Sports Medicine physician. The doctor discussed the positives effects of swimming on arthritis and heart disease. Dr. Tanaka

also remarked that swimmers store more fat than runners and cyclists, especially long distance and open water swimmers.

BECOMING AN USMS OFFICIAL – The USMS official chair is Brian Albright. Instructions for becoming an official were presented. Go to the [USMS.org/admin/lmschb/content/officialscert](http://USMS.org/admin/lmschb/content/officialscert), watch the 6 part video, and take the test.

### **Saturday, September 24**

HOUSE OF DELEGATES – Delegates assembled and voted in the following issues and changes which were discussed in the meetings and workshops:

- The budget process
- How funds are allocated
- Strategic initiatives
- USMS reserve funds policy
- The Opportunity Reserve was funded by \$600,000

The delegates divided into a one-and-a-half-hour round table discussions to share ideas. The meeting concluded after several more votes.

AQUATICS AWARDS BANQUET – The conference concluded with an Aquatics Awards Banquet where Rowdy Gaines spoke. Edwin Moses, who is the head of drug enforcement for sports, also addressed the conference on the topic of keeping the sport of swimming free from drugs.

The following two awards were distributed to the two synchronize swimmers from the Rio Olympics, and swimmer of the year was awarded to Katie Ledecky.

**Sunday, September 25**

Took the Marta rail line to Atlanta airport and flew back to Atlantic City.



## Convention Report 2016

Kimmie Inverso

I want to thank the Delaware Valley Masters Committee for sending me to the National Conference in Atlanta. I was able to learn how the USMS is organized and how it outputs it's information to all groups.

Being a first time delegate, it was a little overwhelming at first but as the convention went on, things came into perspective. I did learn that it takes a lot of people, paid staff and many volunteers to keep the organization running smoothly.

I sat in on the fitness and sports medicine sessions and workshops. I was particularly interested in the dryland exercise workshop. Being able to help present and demonstrate some of the exercises that were suggested by the coaches was quite an honor for me. Being a Certified Personal Trainer as well as a Certified Sports Conditioner, I was really able to appreciate this session.. Not many people were familiar with dryland workouts which help with in water workouts.

The bylaws session was very intense and very important. Everyone was given a chance to express their opinion about what was to be accepted. A small thing such as changing a word was up for discussion.

There was also a session on open water swimming and long course swimming. The open Water committee monitors the water temperature of all open water swims to protect the swimmers.

My favorite session was the one on diversity. Clubs are encourage to be inclusive and open to swimmers from all walks of life and swimming ability. As an organization we need to be accessible to all.

I am extremely grateful to have represented you and I now know a bit more about how the organization works. I would like to see if I could bring back some of the ideas from the dryland sessions and perhaps some stoke and technique workshops for the Delaware Valley LMSC.

Kimmie Inverso Fitness Committee

## **Other Delaware Valley LMSC Actions**

**10/19/15 – 10/15/16**

The following significant actions were taken and/or decisions made by the officers and /or Board of Directors of the Delaware Valley LMSC during the time period between annual meetings.

December 12, 2015 – The LMSC membership approved the updated By-laws by a unanimous vote. The new By-laws were then posted on the Delaware Valley and USMS websites.

7/11/16 – The officers approved the selection of three delegates to represent our LMSC at the USMS Convention: Tom Patterson, Kim Inverso, and Paul Sweeney.

7/25/16 – The officers approved keeping the LMSC portion of the USMS membership fee at \$5 for both end-of-year and full member fees until further discussion at annual meeting.