Pacific Masters Swimming
General Meeting
January 20, 2010

Call to order and introductions: The meeting was called to order by Michael Moore, Chairman @ 7:45 p.m.

Introductions: Michael Moore, Jim Clemmons, Barry Fasbender, Nancy Ridout, Alan Levinson, Glenda Carroll, Joanne Berven, Jody Smith, Joan Alexander, John King, Caroline Lambert, Kildine Harms, Peter Guadagni, Susie Powell, Jim Clemmons, Celia Shryne,

Officers' Reports

Approval of the minutes of 11/18/09 – minutes to be revised and add legislation
Treasurer Kildine Harms – Report attached
President – Michael Moore – A heart-felt thanks to Kildine Harms for getting the books in order
Call for Ransom Arthur Award. John King and the Walnut Creek Masters place the name of Kerry O'Brien for the award. MSA and endorsed by Pacific Masters.
Call for Service Awards, including the Dorothy Donnelley Award. These are due by the February meeting.
USMS is working with Robert Plasak and the Tiburon Mile swim. By 2012, this should be a sanctioned event.
VP Administration – Leianne Crittenden – No Report
VP Operations – Jim Clemmons – Report Attached
Secretary – Joan Alexander - Report Attached – This will be a trial on a new format for the minutes. Please let me know if you like it.
Treasurer – Kildine Harms - Report Attached
At Large – Jody Smith - Report Attached

Committee Reports

Registration – Nancy Ridout – Report attached

Top Ten/Records – Nancy Ridout - Report attached

Meet Operations – Barry Fasbender - 2010 Bay Area Senior Games. Move to approve recognition of the 2010 Bay Area Senior Games to be held at Stanford University on Saturday, April 10, 2010. MSA to approve.
Scheduling – Benjamin – No Report
Officials – King – Report attached

Legislation/Rules – Alan Levinson Report attached

Open Water – Glenda Carroll - Requesting one day USMS/PMS registration for OW201 and OW101. As you remember, we offered one-day reg for OW101 last year. MSA to increase the fee from $35 to $45 for non-members..

Communication
Newsletter – Newsletter-Joanne Berven, Web Master-Michael Moore

- Newsletter – Joanne reports that Swimmer magazine will be late this month. SPMA and PacMasters have their newsletters inserted in the magazine, so meet information will be late. Michael to put those meets in the Update.

Coaches – Cokie Lepinski – Report attached

Fitness – Linda Shoenberger, no report

Marketing/Publications – Bill Grohe – No Report

Ad Hoc Facilities – Joan Alexander – Report attached

Hospitality 2010 – Jan Clemmons, Mar Harms, May _____, July _____, Sept _____

Health & Safety – TBD

Health & Safety – TBD

Equipment – TBD

Old Business – New Award Proposal – Ridout – Table till the February conference call.

New Business
Team Announcements – Remember the TAM Postal and The Jon Steiner Memorial swims are January events.
Adjournment

Respectfully submitted

Joan Alexander
Secretary
Pacific Masters Swimming

JANUARY MEETING REPORTS – 01/20/2010

Chairman – Michael Moore, no report

Vice Chair Administration – Leianne Crittenden, no report

Vice Chair Operations – Jim Clemmons

1.) FINA update regarding suits:

PR 2 - FINA Bureau Meeting in Bangkok (THA) - Main decisions
Lausanne (SUI) January 16, 2010 – Under the presidency of Dr. Julio C. Maglione, the first 2010 FINA Bureau Meeting took place on January 14-15 in Bangkok (THA) and approved the following main decisions:
14. Swimwear: - Open Water: from June 1, 2010 Open Water Swimwear, for both Men and Women, shall not cover the neck, extend past the shoulder, nor shall extend below the ankle. All Open Water swimsuits shall comply with the FINA Criteria for Materials and Approval Procedures. Until June 2010, the 2009 models can be used in order to protect the athlete from sunburn, jellyfish etc.
- Masters: the same swimwear regulations as per pool swimming will be applied from January 1, 2010.

2.) USMS comments regarding suits dated 1-15-2010 (but inserted on USMS website after FINA announcement {?}):
FINA BUREAU CONSIDERS SWIMWEAR RULES FOR MASTERS
The FINA Bureau has considered Masters swimwear rules. The USMS Rules Committee will learn the results shortly and then will immediately reconsider the USMS swimwear rules in cooperation with the USMS Executive Committee. All USMS members will be notified of any changes to USMS swimwear rules and the effective date. Regardless of any changes to the USMS swimwear rules, the June 1, 2009 USMS swimwear interpretations will apply for the duration of the One Hour Postal Swim being conducted in January 2010.

3.) Operations committee chairs for 2010:

- Scheduling — Marcia Benjamin
- Open Water — Glenda Carroll
- Meet Operations — Barry Fasbender
- Officials — John King
- Coaches — Cokie Lepinski
- Open Water Trailer — Allan Cartwright
- Equipment — To be determined

Secretary – Alexander

The minutes have been sent to the committee members and to National HQ.

Treasurer – Kildine Harms

- December Financials reports are attached
- We have a $45k CD at e-Bank which was sold to Stearns Bank; Kildine needs to be given access to the account prior to maturity in March.
- Contractors W-9 Forms
- 1099s should be mailed next week
- 2010 Mileage rate for non-profit did not change .14cents
- Evaluated cost of living adjustments and alternatives for contractors pursuant to November meeting discussion. After reviewing situation with non-paid members of current and past Executive Committee it is recommended no changes be made during this year.
- Vision 2010 - Website Up-Grade, financial control and audit standards, sponsor events at Meets and Open Water.

At Large – Bill Grohe

Registration – Nancy Ridout

Our final 2009 membership totaled 10,785 swimmers and 128 clubs. This is more than twice as large as the next largest program nationally and approximately 1/5 of the USMS membership. We thank our swimmers, our clubs, coaches, and all the volunteers who gave their time and talents to enable us to offer a program that serves so many who want to be fit through swimming.

Our registration for 2010 is 5,816 swimmers and 111 clubs, as of 1/19. We thank our swimmers and clubs who have renewed and encourage those who haven't to register soon. Online registration with a credit card makes it very easy and quick and forms are available from clubs, the Pacific Masters web site, the Nov/Dec Newsletter, and from me at www.Registrar@pacificmasters.org. For this period of time, our history shows: 5,636 swimmers and 113 clubs as of 1/21/09; 4,571 swimmers and 96 clubs as of 1/15/08; 3,925 swimmers & 89 clubs as of 1/17/07; 3,781 swimmers and 88 clubs as of 1/14/06; 3,511 swimmers and 72 clubs as of 1/17/05; 3,397 swimmers and 81 clubs as of 1/10/04; 2,512 swimmers and 83 clubs as of 1/10/03; 3,830 swimmers and 87 clubs as of 1/11/02; 4006 swimmers and 99 clubs as of 1/19/01; 3,668 swimmers and 88 clubs as of 1/21/00; 3,056 & 76 as of 1/8/99; 2,283 & 63 as of 1/1/98; 2,976 & 73 as of 1/10/97; 3,393 & 91 as of 1/19/96; 3,230 & 81 as of 1/20/95; 2,971 & 70 as of 1/21/94; 2,914 & 77 as of 1/22/93.

Club renewal notices were emailed three times, once in November and twice in December and included both a link to renewing the club online and a paper form as an attachment. Individual renewal notices were emailed twice in December and they too gave a personal link for individual renewal and a paper form attachment. There was excellent response to these communications. The club communication also included news and information and SwimFest promotion.

I did purchase a color printer for use in printing cards so the unique club logos stand out. I returned the first one I bought and replaced it with an HP OfficeJet Pro 8500 Premier (also less expensive). It's a color printer, copier, scanner, and fax. It has worked well and the cards look great!

Top Ten/Records – Nancy Ridout
The SCM Top Ten is in the last stages of being completed. It will be submitted this week to USMS. My next projects are to update the SCY, LC, and SCM records.

Scheduling – Marcia Benjamin, no report

Meet Operations – Barry Fasbender

2010 Bay Area Senior Games. Move to approve recognition of the 2010 Bay Area Senior Games to be held at Stanford University on Saturday, April 10, 2010.
Delay of Meets by Entry of Slow Times. Article 303.8.10 of the USMS Rule Book under disqualifications states: Swimmers shall be disqualified if they: Act in an unsportsmanlike or unsafe manner within the swimming venue. Article 402.4.3 considers the following to be unsportsmanlike conduct: Any act of fraud, deception or dishonesty in connection with any USMS related activity. Should PacMasters consider disqualifying any swimmer who deceptively enters a very slow time to swim in an early heat of an event? At the Referee's discretion, the swimmer could be warned for a first offence.
Swimwear Rules for 2010. The USMS Rules Committee has approved an emergency rule change to the USMS swimwear rules that needs to be approved by the USMS Executive Committee. If approved by the Executive Committee by Wednesday, I will report on the new rules.
Items That Would Enhance The Meet Operations Committee's Contributions And Enhance The Benefits Pacific Masters Offers Its Members
PacMasters to pay for and provide the following services to every pool meet:
1. Meet Management of all meet entries, seeding of all events, and the results of all events including submission of results in the proper format for posting of meet results, individual results, and event rankings in the USMS Meet Results Database.
2. Timing Service operation and equipment for all pool meets. This includes timing pads, wiring, a timing console that upload swim time results to the Meet Management computer, and an all lane scoreboard.
3. For pool that are too short for the use of pads, watches that automatically upload times to the Meet Management computer.

Officials – John King

For the Officials Committee, ideas to enhance the committee and contribution to the Pacific Masters swimmers involves developing (and improving) the infrastructure for officials to operate in a well equipped, well trained, and structured environment. More specifically:
A) Develop the infrastructure for new and returning officials:
- Initial training and mentoring (either USA or PMS clinic).
- All needed supplies provided.
- Required officials wear provided.
- Training DVD provided for on-going review prior to meets.
- On-going communications

B) Recognition and Advancement:
- Define and assist in National certifications (N2, N3, etc.)
- Working officials (at least 50% of meet) have entry fees waived (establish as policy and procedure).

C) Officials Committee positions:
- Training
- Communications

Legislation/Rules – Alan Levinson

Legislation & Rules Wish List:
1) Complete "old business": various revisions, editions and modifications to the Administrative

Handbook not affecting the By-Laws (Art. 103) of Pacific Masters. Bring the Proposed Changes that were included in the packet for the November 2009 Annual Meeting.
2) Review and re-write Art. 102 Pacific Masters Swimming Policies: over the years we have repeatedly commented (or complained) about not recording our policies. After pondering our Admin Handbook last year I believe one reason is that this article currently contains too many extraneous - and often repetitive - provisions that are not policies at all. If you concur, than we can fix this. We need to revisit how PacMasters would like to "retain" policies (what categories we will use to record or catalog our policies). Then we can go through the current article and pull out all the items that aren't policies at all. If they already exist elsewhere, they can be deleted; if not, let's transfer them to either Art. 101 (General Information) or Art. 103 (By-Laws). The best example of what IS policy is Art. 102.4 USMS Convention Policies, which outlines criteria for sending delegates to Convention. It is neither PacMasters By-Laws or General Info. Some of the extraneous/repetitive sections are in Art. 102.3 Committe Policies, such as the descriptions of various Committee chairs or functions. This is duplicative, as it already exists in BOTH Art. 101 and the By-Laws (Art. 103).
3) WANTED: Editor w/ excellent MS Word formating skills. To reproduce a revised Admin Handbook in an updated format that is protected, linked between the Table of Contents and provisions, and is easily accessibe for future changes by the Legis & Rules Chair, will look "sharp" and be easily available and impressive on our website, etc.

Open Water – Glenda Carroll

We are working on sanctioning 3 new OW swims sponsored by Menlo Masters. Marcia Benjamin is doing the ground work to get them on our schedule. The dates would be: April 25, Shadow Cliffs; July 25, Uvas Reservoir (San Jose), Sept. 19, Shadow Cliffs.

There is one potential conflict, the July 25 date is the same as the OW101. Would that be a problem? It doesn't feel that way to me.

Requesting one day USMS/PMS registration for OW201 and OW101. As you remember, we offered one-day reg for OW101 last year.

Open Water Events Directors meeting is Sunday, February 28. I'd like to hold it at Heather Farms. Who do I contact?

Visions
Overall- I'd like Pacific Masters to be the "go-to" place for all Bay area open water info.

- Develop a calendar that would have any/all open water events and contacts (not only PacMasters) in the Bay area (maybe nationally, internationally). Link off of OW page.
- Develop a OW lecture series (4 a year). Topics to include: race preparation, nutrition, etc.
- Develop an OW e-zine with photos, coverage of swims. Publish monthly during May-September. Every other month or every third month off-season.
- Develop contacts with local sports editors to get race results for OW championships, profiles, upcoming swim info in local papers/local paper websites.
- Contract and pay for all timing for OW swims.

Communications – Newsletter-Joanne Berven, Web Master-Michael Moore

Web Master –
Newsletter – This newsletter is going to have a LOT of space to fill - like a page plus probably a column or two. Anybody interested in writing anything? The next two issues after this will be filled to the brim and may have to have some serious editing to fit in the space allowed. The deadline to the publisher for the March-April Issue is January 22.

Coaches – Cokie Lepinski

Six coaches came forward to request Pac Masters sponsorship for the registration fee for the Pacific Swim Coaches Clinic held annually in Napa (January 7-10 this year). They are listed below. All expressed gratitude and appreciation for the sponsorship!

- Hermine Terhorst, Santa Rosa Masters
- Morgan Filler, Strawberry Canyon Aquatic Masters
- Eric van Boer, Rolling Hills Mud Sharks (Asst Coach)
- Susie Powell, Marin Pirates Masters (Asst Coach)
- Catherine Davis, Wine Country Masters
- Cokie Lepinski, Marin Pirates Masters

Sponsorship requests totaled $590 and at the time of this writing, the reimbursement checks have been processed and mailed. One sponsorship request was denied as the person was 1) not a masters coach, 2) her team was not listed as a masters team and 3) she herself was not a USMS registered swimmer.

A quick comment about the Clinic itself. This was my third attendance (and my first in a few years). I went in excited about the topics and presenters. But I must say, the Clinic was a disappointment. There was little in the way of tangible information conveyed about coaching specifics (training sets, training philosophy, drill sets, new ideas in stroke technique, etc.) Even USA Swim coaches were grumbling about many of the presentations. However, I spoke with a few people that attended the "How to Build a New Pool" and they seemed very satisfied with their all day presentation.

Generating Ideas for 2010 - Committee chairs have been asked to put our collective imaginations to work and come up with from one to three ideas to implement in 2010 on how our committee can contribute to the Pacific Masters program and enhance the benefits Pacific Masters offers its members. Here are three ideas proposed by the Coaches Chair.

Idea #1 - Improve and/or create a vehicle for the various coaches of the Masters teams within our LMSC to contact and connect up with each other. The less experienced coaches (like myself) would benefit from having local resources available to us to throw a question out to, obtain ideas from, etc. A list comprised of name, position, team, city, contact phone numbers and email address should suffice. To take this a step further, it would be great to have this information maintained on the LMSC website, perhaps in a format requiring a log-on with a user name and password to ensure a level of privacy if desired.

Idea #2 (thank you Nancy Ridout for this great idea)
Establish regional masters coaching forums or meetings that bring Pac Masters coaches together from within the various regions of our LMSC for the purpose of mentoring, sharing ideas, and discussing trends, techniques and strategies of coaching or managing masters teams. These forums might take place from 1-3 times a year and are possibly best approached in a half-day format. To begin such an endeavor, it may be beneficial to establish a committee consisting of coaches that represent the various regions of Pac Masters such as the North Bay, East Bay, South Bay, Central or Sacramento area, etc. Keeping this on a regional basis will allow coaches in their area get to know each other, cut down on travel costs and reduce time constraints.
Idea #3 - Work to expand the regional coaching forum (Idea #2 above) to include an annual 1-day Pac Masters Coaches Clinic available to all the regions and modeled along the lines of the Pacific Swimming Coaches Clinic (PSCC) held annually in January in Napa. In the past, the PSCC had a specific track geared toward masters coaches that appeared on Sunday. I'm not sure if it no longer exists there due to a lack of interest or lack of coaches availability to attend. If a stand alone Pac Masters sponsored clinic is not feasible, perhaps the PSCC folks could be contacted to see if they are amenable to adding back in a Masters track.

Fitness – Linda Shoenberger, no report

Marketing/Publications – Bill Grohe

Ad Hoc Facilities – Joan Alexander
March meeting will be in the classroom at Heather Farm. May will be booked when the spring schedule is available.

Health & Safety – TBD, no report

Equipment – TBD, no report

New Award Proposal – Nancy Ridout

The proposal is attached at the conclusion of the Meeting Reports for your consideration and approval. This committee of Peter Guadagni, Cokie Lepinski, John Morales, Chris Campbell, and myself have reworked and modified this proposal over the past several months. It has been an exceptional group that has spent a great deal of time suggesting and evaluating excellent ideas.