



Board of Directors Meeting

July 18, 2023

Video Conference

- Attendance – Tim Husson, Cherlynn Venit, Tom Ugast, Erik Collins, JD Foster, Aaron Dean, Trish Buswell, Greg York, Jorge Zamora
 - Non-voting members: Beth Winkowski, Kim Bullers, Kelly Rowell
- The meeting was called to order at 7:02 pm, by Tim Husson. There are a sufficient number of voting members in order to conduct business.
- Mission Statement: **PVS supports and promotes excellence for all through competition, education, inclusion, and leadership in a safe, equitable environment.**
- Consent Agenda: Approval of Submitted Reports and Minutes of June 20 Meeting
 - Finance
 - Age Group
 - Admin
 - Officials Chair
 - Athlete Leadership Retreat
 - Registration Report
- Additional Agenda Items and Approval of Agenda
- Athlete Update
 - Tim Husson reported that the elections for the incoming Junior Athlete Representative and At-Large Athlete Representative are underway. There are several good candidates, and the results will be available once the election closes at the end of the month.
- Action Items
 - P&P Update – fines for late meet reports
 - There is an inconsistency in the language in P&P relating to fines for clubs submitting late Meet Director reports when hosting PVS sponsored meets. On page 24 it states the fine for submitting a late Meet Directors report is 5% of the meet manager’s fees. Yet on page 45 the late penalty for filing a financial report “for all meets conducted in PVS” is \$50.
 - **Motion to approve the language change in P&P, regarding the fines for a late submission of the Meet Director Report, to charge page 45 to read “The meet director for all *non-PVS sponsored meets* conducted in PVS...to make the two statements consistent, seconded and approved.**
 - Fines for an insufficient number of Officials for Clubs.
 - As per P&P, there is a \$200 fine for clubs who do not meet the required number of officials based upon the team’s membership using the pre-determined formula. The Officials Chair submitted a report with the number of officials for each club.
 - Fines will be assessed to those clubs with an insufficient number of officials as of August 1.
 - Fines for non-attendance at PVS meetings.
 - As per P&P there is a \$300 fine for clubs who did not attend the required number of PVS meetings during the 2022-2023 season. Clubs are required to attend House of Delegates and at least two of the three Competition Committee



Meetings. The list with meeting attendance for all meetings has been submitted and the fines will be issued to the teams who did not comply.

- General Chair Update –
 - Monthly USA-S LSC Leadership Call: Tim Husson and Cherlynn Venit attended the meeting. The following items were discussed:
 - A discussion on the registration process for the 2023-2024 season.
 - A presentation on several items in the new legislation regarding Disability Swimming, which will offer some clarity to the wording.
 - It was announced that there will be a social media campaign focused on DEI for the month of August. USA Swimming is trying to increase their digital storefront for clubs and LSC using the hashtag #swimclusion. This campaign will be on all platforms and will be interactive.
 - Final 2023 registration numbers were reported. PVS finished 2023 with nearly 13,000 athletes. See full submitted report.
 - End of year financials were reported. There are still some outstanding obligations from summer LC meets (pool rentals, meet management fees, zone team, etc.) to complete our fiscal year. JD commented that PVS will end up in pretty good shape financially.
- Championship meet updates:
 - Open Champs at the Jeff Rouse Center and hosted by NCAP: It was a well-run meet, the facility was nice, great officials. It was a small meet with very manageable timelines. Getting timers continued to prove to be the most difficult part of the meet. Thank you to all who participated and volunteered.
 - 12 & U Champs at Claude Moore and hosted by FISH: It was a great size meet with good timelines. The air quality continued to be an issue at Claude Moore, but by Sunday it seemed to be getting better. It was a fast meet, and several PVS records were broken.
 - It was suggested to have a backup procedure for posting prelim results if/when there are issues posting to meet mobile, so coaches and swimmers can determine who made finals more efficiently. Fortunately, the issues seemed to be isolated to the Thursday morning session.
 - It was noted that there was great enthusiasm from the swimmers, they all seemed excited to be there competing.
 - 13 & O Champs at Freedom Center, hosted by OCCS is set for this coming weekend. Nearly 900 athletes are entered. The timelines are a little long for the 13-14 session, but otherwise look good.
- USA Swimming Annual Business Meeting and House of Delegates will be held at the end of September. The General Chairs and Committee Chairs are invited to attend in person. The House of Delegates meeting will be virtual for all other attendees. Cherlynn will be attending in her role as PVS General Chair and Tim Husson will be attending as a Committee Chair.
 - PVS delegates – in 2021 PVS created a policy to determine the delegates. This year the following BOD members delegates will be: General Chair, Cherlynn Venit, and four coach members; Aaron Dean-Senior Chair, Erik Collins-Age Group Chair, Andrew Koons-Senior Coach Rep and Nicole Erickson- Junior Coach Rep.
 - Proposed legislation has been released. All board members are encouraged to read through the proposed legislation and bring any thoughts to the delegates who will be voting. Some of the more interesting pieces of proposed legislation are:



- A change to the Age Group Developmental Competition program and a shift in implementation..
- Modifications to Article 105 (Swimmers with Disabilities) adding the words “accommodation and modification”, to clarify the current rules.
- Observed Swim, there is a proposal to allow non-championship observed meet sanctioning at the LSC level without having to get approval from the National Level. Swimmers will have to be in good standing at the time of the swim (fully registered and in good standing) for their times from the Observed meets to be official times. It is expected there be some discussion on this proposed legislation.
- It was asked how our PVS Official certifications are going to be impacted by the new certification standards being proposed by the National Officials Committee. It was explained that there is a wide range of certifications amongst LSC across the US. The National Officials Committee is looking to find a way for a more standardized set of certifications to be the baseline for all LSCs. If passed, it will go into effect on January 1.
 - Beth Winkowski commented that PVS borders multiple LSCs and cross borders all the time to officiate meets with minimal issues. However, there are some areas where bordering LSCs have very different certification standards and this has caused issues with getting officials certified. USA-S is also looking for ways to make it easier for parents to get certified by having the same baseline certification standards across the board.
- Zone Team Status – As of earlier today there were 81 applications, and it appears PVS is building a good team. The Zone Team Manager is doing a great job pulling everything together. She is learning a lot and excited for a great meet. PVS is planning to take up to 4 buses and up to 200 swimmers.
- Review of EZ Athlete Leadership Retreat – Cherlynn has been the lead on the retreat and noted it was a great trip (see her submitted report). There was also a detailed report submitted by Jim Crampton who was one of the coaches in attendance.
 - 14 swimmers from PVS attended and all enjoyed the experience. They are all excited to become more involved in leadership opportunities in PVS. Cherlynn would like to try to keep this group of kids together on a committee.
 - The swimmers really enjoyed meeting athletes from other LSCs and many felt the retreat was not long enough.
 - Susan MacDonald from the Maryland LSC set up the shared bus for PV, VA, MD and NJ. It was overall a great experience, despite the long bus ride.
- SWIMS 3.0 Updates – The platform is still moving, changing, and improving. A new payment system and education module have now been implemented. The new reporting tool should be out in September. There will be a registration guide out in late July/early August regarding renewals.
 - Clubs will have to decide if they are going to have athletes self-renew or do bulk renewals. They will also need to decide how to renew non-athletes (coaches and officials); self-renew or bulk renewals.
 - Kelly explained that bulk renewal does not mean a club has to renew all athletes at one time. Clubs can submit multiple bulk renewal files.



- For the officials who are renewed by clubs (in bulk), and who qualify for the PVS Official's registration, will clubs be reimbursed? The plan is yes, but there are still procedures to be worked out and wording changes in P&P. The teams will be fronting the money, then reimbursed. If a majority of the clubs are going to bulk renew, then it will make sense to do it based on past performance. But PVS will have to wait until September to see what clubs want to do. The other challenge will be pulling the reports efficiently.
- Board Goodbyes: The following board members have completed their terms on the PVS Board. A special thanks to each of them for their years of service to PVS. JD Foster (Finance Chair), Jessica Fry (DEI), Trish Buswell (Sr. Coach Rep), Jorge Zamora (Officials Rep), Andrew Char (Athlete Rep), JD Vanderloo (Athlete Rep), and Tim Husson (General Chair).
- Transition plan – Cherlynn will be working on a transition plan for the new board members, to help ensure the new members get the needed information as they start their term on the Board. A board meeting and/or team training/orientation will be held in September. At this time board members are asked to keep the 3rd Tuesday on the calendar as a placeholder, until a final decision has been made. She is also considering holding a Board Orientation meeting the third weekend in September in conjunction with a Board meeting.
- Beth Winkowski was thanked for being present at our meetings this year and for all her support to the Board and PVS.
- Next Scheduled Meeting: September 2023 (TBD)- Cherlynn will communicate information regarding the meeting.
- The meeting was adjourned at 8:20 pm



Potomac Valley Swimming Finance Report

Fines and P&P Housekeeping

An apparent inconsistency exists in the Policies and Procedures discussion of club fines. This inconsistency should be clarified. Kim brought this matter to my attention.

On page 24 relating to clubs hosting PVS-sponsored meets, the fine for filing a late Meet Director's report is 5% of the meet manager's fees. Yet on page 45 the late penalty for filing a financial report for "all meets conducted in PVS" is \$50.

I believe the first is intended to apply to PVS meets like October Open and Champs, whereas the second is intended to apply to PVS-sanctioned club-sponsored meets.

Proposal: Amend the language on page 45 to read: The meet director for all *non-PVS-sponsored meets* conducted in PVS must submit the meet director's financial report....

New language in italics, to appear in the P&P as normal text.

YTD 2023 Financial Results

Below you will find a summary of the PVS profit and loss statement through June. The summary is a digest of the more comprehensive reports from the PVS Treasurer, which means any errors in the details are almost certainly mine.

The bottom line through June is that PVS had net income of about \$304,000 on total income of nearly 915,000. That result appears to be good news, and probably is, but much of PVS income such as registration income is front-loaded, with substantial expenses being somewhat backloaded. Tempered optimism remains appropriate.

Respectfully submitted,

J.D. Foster
Vice Chair Finance
Potomac Valley Swimming
July 17, 2023

Results Through June, 2023

Revenue

| | |
|---|-----------------------|
| Registration -- Athletes | |
| Regular, Flex to Premium, Seasonal | 334,722 |
| USAS 4% Tech Fee | -13,389 |
| PVS Relief Funds | <u>0</u> |
| Total Registration -- Athletes | 321,333 |
| | |
| Registration -- Clubs | 1,290 |
| | |
| Registration Income for Next Year | -93,166 |
| Registration Income from Previous Year | <u>90,444</u> |
| | |
| Total Registration Income | 319,902 |
| | |
| PVS Meet Entries | |
| Entry Income | 355,863 |
| Athlete Surcharge | 81,255 |
| Outreach Refunds | <u>-15</u> |
| Total PVS Meets | 437,103 |
| | |
| Other Meets | |
| Splash Fees | 126,518 |
| Sanction Fees | 100 |
| Open Water Event | <u>0</u> |
| Total Other Meets | 126,618 |
| | |
| Equipment Rental Income | 4,456 |
| Financial & Other Income | |
| Miscellaneous | 3,194 |
| Dividend & Interest | 7,184 |
| Cap Gain/Loss (Unrealized) | 8,139 |
| Cap Gain/Loss (Realized) | 8,432 |
| PPP & Deferred Revenue | <u>0</u> |
| Total Financial & Other | 26,949 |
| | |
| Total Revenue | <u>914,927</u> |

Expenses**PVS Meets**

| | |
|----------------------|---------------|
| Meet Management Fees | 72,311 |
| Pool Rent | 219,938 |
| Hospitality | 31,238 |
| Other | <u>24,615</u> |
| Total PVS Meets | 348,102 |

Officials' Support

| | |
|-----------------------------|------------|
| USA Registration | 11,900 |
| Background Screening | 1,400 |
| Evaluators/Local OQM Events | 4,682 |
| Travel | 17,753 |
| Other | <u>226</u> |
| Total Officials | 35,961 |

Equipment Operations 11,706

Athlete Travel Assistance 23,800

Meetings/Conf/Seminars 20,266

General Administration

| | |
|-------------------------------------|------------|
| Athlete Awards & Grants | 226 |
| Computer | 4,031 |
| Lifetime & Staff Registration | 60 |
| Home Office Expenses | 1,014 |
| Merchant Fees/QB & PP | 824 |
| Outside Contractor Services | 7,225 |
| Accounting -- Audit | 12,900 |
| Advertising & Promotion | 450 |
| Employee Salaries | 131,667 |
| Payroll Taxes | 10,072 |
| Investment Advisory Fee -- RBC | 1,913 |
| Miscellaneous | <u>196</u> |
| Total General Administration | 170,578 |

Total Expenses 610,413

Operating Surplus (Deficit) 304,514

Balance Sheet Through June, 2023

ASSETS

| | |
|--------------------------------|--------------------------------|
| Current Assets | |
| Wells Fargo Accts | 927,566 |
| Paypal | 297 |
| RBC Mutual Funds | <u>394,572</u> |
| Total Checking | 1,322,436 |
| | |
| Accounts Receivable | 25,974 |
| | |
| Other Current Assets | |
| Prepaid Expenses--Future Meets | 38,627 |
| Other | <u>2,650</u> |
| Total Current Assets | 41,277 |
| | |
| Fixed Assets | |
| Equipment | 64,449 |
| Accumulated Depreciation | <u>-64,449</u> |
| Total Fixed Assets | 0 |
| | |
| TOTAL ASSETS | <u><u>1,389,686</u></u> |

LIABILITIES & EQUITY

| | |
|---------------------------------------|--------------------------------|
| Current Liabilities | |
| Accounts Payable | 15,058 |
| Credit Cards | 14,659 |
| Prepaid Registration Fees | <u>93,166</u> |
| Total Liabilities | 122,883 |
| | |
| Equity | |
| Opening Balance Equity | 806,574 |
| Unrestricted Net Assets | 156,045 |
| Net Income | <u>304,184</u> |
| Total Equity | 1,266,804 |
| | 0 |
| TOTAL LIABILITIES & EQUITY | <u><u>1,389,687</u></u> |

AG Chair July Report-

The 12&U LCM Championship Meet was hosted by FISH at Claude Moore this past weekend. The size of the meet and the timelines were good and afforded everybody a break between sessions. I've not had any specific complaints about any aspect of the meet, except for the air quality at Claude Moore.

Zone Team Update: the athlete application is up on the PVS website, so far we've had 78 athletes apply to be a part of the team that makes the trip to Richmond in August for the EZ Age Group Championships. The meet runs from August 2-5 at the Collegiate School, and is being hosted by Virginia Swimming. The application deadline is midnight on Monday, July 24, which is the day following the 13&O Championship held at Freedom Center. The meet is Team Travel this year.

Thanks,

EC

Committee: Eastern Zone Athlete Leadership Retreat

Chairperson: Cherlynn Venit

Date of Last Meeting: 7-10-23 from 10:00-10:30 am

Members Present: (please note team affiliation and if they are an athlete, denote as such)

Cherlynn Venit (PAC), Jim Crampton (DCPR), Georgia Reitzel (PAC), Ansh Sehgal (A-RY), Nathan Widman (A-MACH), Zachary Fayed (A-ASA), Kaitlyn Grenham (A-RMSC-GT), Jonathan Lei (A-RMSC-ROC)

Responded, but unable to attend: Harper Freeman (A-MACH); Mejd Hutchison (A-NCAP-CM), Madi Kim (A-NCAP-N)

No Response: Jeffrey Wang (A-RMSC), Kaeden Brown (A-MACH-OM), Owen Cather (A-NCAP-CM), Robert Eachus (A-MACH-Mad), Jill Williams (A-NCAP-GP), Nicole Zhang (A-NCAP), Jessica Fry-Mack (NCAP)

Date of Next Meeting: _???_____

Action Items Completed: Debrief on Eastern Zone Athlete Leadership Retreat

Action Items In-Progress / Pending: Athlete Reports about Retreat (10/14 received)

Missing Reports: Jeffrey Wang, Kaeden Brown, Owen Cather, Robert Eachus

Questions for the Board / Larger Group: None

Announcements:

Retreat Pictures were last updated, including PVS group pictures, on July 4th. The link is:
<https://drive.google.com/drive/folders/1C40stVTwnBPLn2MkTgduZ5wrFnFnPALR>

Thank you to PVS for the opportunity, to Maryland Swimming (Susan McDonald) for making the travel arrangements and coordinating with us, and to Maryland, Virginia and New Jersey Swimming for sharing a bus and letting everyone meet some new friends!!

Notes / Other:

Best Part of Retreat: Meeting people from throughout the Zone; networking; DEI and SafeSport presentations

Worst Part: Length of the bus trip

Seminars – SafeSport and DEI - Interesting, Interactive, Fun and Informative; Social Media - seemed geared more for the Coaches; College Recruiting – Informative and gave individual time with athlete who had experienced it already

LSC Brainstorming ideas session – “Great way to interact and collaborate with members in PVS” – chose to work on Special Olympics Outreach

Meet Formats: Do not need prelims/finals – too tiring; liked Sprint meet format – not your regular meet - but too rushed on Sunday

Ideas for Next Year: Mental Health topics; Leadership skills workshop – how to identify and use your strengths in leadership; central location so no one has to travel so far; spread information sessions over longer time period

Application process: just right, no suggested changes

Pre-Retreat Meeting with coaches would be helpful – Zoom would work – Meet those attending; go over rules and expectations

Retreat timing: perfect in mid-late June

PVS Swimposium idea discussed – athletes said early September kick-off would be perfect!

Athletes were asked about barriers for athletes to be involved in PVS: told none once you know about the opportunities – suggested updates to getting information - social media updates/interaction desired – too many PVS fake accounts or not up-to-date; interested in helping promote social media

Athletes expressed interest in volunteering for: Public Relations Liaison (Social Media); Finance committee, Competition Committee, Mental Health for athletes, SafeSport

Chairperson Signature: Cherlynn Venit Date: 7/17/23



PVS Officials Travel Reimbursement – Early Summer 2023

| Meet Official | Reimbursed Amount | Maximum Reimbursement |
|--|--------------------------|------------------------------|
| Phillips 66 International Team Trials | | \$700 |
| Dave DiNardo | \$ 690.00 | |
| Tim Husson | \$ 700.00 | |
| Paul Jampole | \$ 700.00 | |
| TYR Pro Swim Series - Knoxville | | \$600 |
| Elizabeth Jester | \$ 600.00 | |
| US Paralympic Nationals | | \$500 |
| Elizabeth Jester | \$ 500.00 | |
| TOTAL | \$ 2,690.00 | |
| 2022-2023 TOTAL TO DATE | \$ 16,010.69 | |

PVS Officials Registration Reimbursement – as of July 17, 2023

| | |
|--|-----|
| Officials Qualified for PVS to Reimburse 2023 Registration Fee | 274 |
| Officials Registered for 2023 Who Qualified for PVS to Reimburse 2023 Registration Fee | 256 |
| Officials Who Requested 2023 Registration Fee Reimbursement | 175 |

PVS Officials as of July 17, 2023 **483**

PVS Officials – New Certifications since September 1, 2022

| | |
|--|-----|
| Newly Certified PVS Officials | 118 |
| Previously Certified PVS Officials Who Added a Certification | 55 |



Certified PVS Officials In Good Standing By Club as of July 17, 2023

| Club | Premium Athletes | Registered & Certified Officials | Officials Required by P&P | Shortfall |
|-------------|------------------|----------------------------------|---------------------------|------------|
| AAC | 625 | 21 | 21 | 0 |
| ANSC | 0 | 0 | 0 | 0 |
| APAC | 11 | 0 | 0 | 0 |
| ASA | 279 | 23 | 9 | 14 |
| ASTS | 108 | 3 | 4 | -1 |
| AU | 2 | 0 | 0 | 0 |
| BWST | 142 | 7 | 5 | 2 |
| CSC | 123 | 1 | 4 | -3 |
| DCPR | 210 | 25 | 7 | 18 |
| DRAG | 66 | 7 | 2 | 5 |
| EA23 | 4 | 0 | 0 | 0 |
| ERSC | 9 | 0 | 0 | 0 |
| FAA | 21 | 0 | 0 | 0 |
| FAST | 40 | 2 | 1 | 1 |
| FISH | 314 | 12 | 11 | 1 |
| FXFX | 226 | 13 | 8 | 5 |
| GMU | 0 | 0 | 0 | 0 |
| GW | 14 | 0 | 0 | 0 |
| HACC | 143 | 1 | 5 | -4 |
| HEAL | 26 | 0 | 1 | -1 |
| JFD | 220 | 1 | 7 | -6 |
| LIFE | 195 | 0 | 7 | -7 |
| MAC | 100 | 1 | 3 | -2 |
| MACH | 1231 | 40 | 41 | -1 |
| MAKO | 409 | 26 | 14 | 12 |
| MSSC | 89 | 10 | 3 | 7 |
| NCAP | 2010 | 93 | 67 | 26 |
| OCCS | 499 | 31 | 17 | 14 |
| PAC | 212 | 15 | 7 | 8 |
| PGPR | 78 | 0 | 3 | -3 |
| PM | 568 | 12 | 19 | -7 |
| RIPS | 11 | 1 | 0 | 1 |
| RMSC | 1697 | 68 | 57 | 11 |
| RWST | 0 | 0 | 0 | 0 |
| RY | 118 | 8 | 4 | 4 |
| SDS | 403 | 10 | 14 | -4 |
| SSCT | 17 | 0 | 0 | 0 |
| STJS | 171 | 3 | 6 | -3 |
| TANK | 35 | 1 | 1 | 0 |
| TIBU | 99 | 4 | 3 | 1 |
| TOLL | 203 | 9 | 7 | 2 |
| TRA | 11 | 0 | 0 | 0 |
| VLAC | 69 | 1 | 2 | -1 |
| WEA | 19 | 0 | 0 | 0 |
| WSH | 45 | 0 | 1 | -1 |
| YORK | 785 | 15 | 26 | -11 |
| YSS | 10 | 0 | 0 | 0 |
| UN | 16 | 19 | 0 | 19 |



Eastern Zone Athlete Leadership Retreat Report June 22-25, 2023 - Colby College - Waterville, Maine

Thank you for the opportunity to represent PVS and help our athletes at the inaugural Eastern Zone Athlete Leadership Retreat. The retreat is a great idea and was very worthwhile for the athletes and PVS. They gained insights, ideas, knowledge, skills, and motivation to become involved/even more involved in PVS. They are an impressive group with ideas and energy to strengthen and improve PVS. Two athletes are running in the current PVS athlete elections and all should serve on committees. Be on the lookout for them to lead increased athlete representation from the club level, committee participation, and athlete-initiated projects.

Report

The Eastern Zone Athlete Leadership Retreat June 22-25, 2023 was held at Colby College in Waterville, Maine. The retreat was conceived by, planned, and run primarily by Maine Athlete Representatives with essential communication and logistical help from Maine Executive Director, Mary Ellen Tynan. The Eastern Zone contributed some financial support to Maine's and USA Swimming provided excellent presenters for several workshops. Links to Retreat information and description of Workshop topics are at the end of this report.

- 102 athletes including 14 PVS athletes: Owen Cather, Kaeden Brown, Robert Eachus, Zach Fayed, Harper Freeman, Kaitlyn Grenham, Mejd Hutchinson, Madi Kim, Jonathan Lei, Ansh Sehgal, Jeffrey Wang, Nathan Widman, & Nicole Zhang.
- 20 coaches or chaperones including Coach Georiga Reitzel and myself, from the 10 LSCs which sent athletes: Adirondack, Allegheny Mountain, Connecticut, Maryland, Maine, New England, Niagra, New Jersey, PVS, & Virginia.
- **Travel** Maryland Swimming Administrative Director Susan McDonald organized and coordinated rosters, communication, and travel for the 4 LSCs on our bus - Virginia, PVS, Maryland, and New Jersey. [The full bus kept costs down and allowed for plenty of time to get to know athletes from other LSCs.](#) Bus travel, specifically the drivers, were the weakest part of this experience. A survey from the bus company was returned with much frank and detailed input from all 8 coaches on the bus, mainly centered on unscheduled stops and missed exits along with other concerns.
- **Site** Colby College was a good site other than travel distance. A relatively small liberal arts college with just over 2,000 students according to our tour guide. It is spacious, secluded, and seemed safe. Some hills and walking but competition was not a retreat focus, so it was fine and [gave athletes a feel for a spread out, small college camps.](#)
- **Eat** The dining hall food, design, and staff were all great. Healthier and more choices than the OTC, with a lot of fresh, local food and vegetarian and vegan options. Plenty of space and several food stations to keep lines and wait time down. The staff was very accommodating, setting aside 55 to-go boxes and drinks for us Sunday which enabled us to at least depart right on time at 12 Noon.

- **Sleep** The dorms were spartan and fine. Good security with key card entry and only retreat people in the dorm. [Even more of a college rooming experience than a team or LSC travel meet since swimmers roomed with swimmers from another LSC/state and another good way to learn, share, and get ideas from what other LSCs do.](#)
- **Swim** The pool opened in 2020 but is like-new due to the pandemic closure. Well-designed and beautiful, the 9 lane 50 meter pool is the first long course pool in Maine. Many athlete were suprised that there was only one long course meters pool in the state and [had their idea of what is possible broadened a little](#) when they learned that the main (pun intended) US men's butterflyer before Phelps, Ian Croker, came from a state without a long course facility.

Friday, June 22nd

- **LCM Mixed Prelims/Final Meet.** Well run. Athletes randomly placed on one of four color-coded teams, swam 3-4 individual events. [No entry times for prelims so little-to-no preconceived notions by swimmers of where they would/should place.](#) Top 2 girls and top 2 boys in each event from each of the 4 teams made finals. 4 mixed timed final relays per team. [First mixed relay for most. Many athletes said they would have prefered more leadership activities than a finals session](#)
- **Small Groups Campus Tour** by Colby College students. Good experience for the athletes. Our guide, Kelvin, was good, albeit a little difficult to hear/understand. The athletes asked standard as well as really good, specific questions. It was a little disorganised on the Colby College side. Lack of a point person and communication led to haphazard groupings of swimmers as they entered the lobby after prelims. This resulted in groups of unequal sizes out the door without much organization/communicaiton and at least one group not having an adult from the retreat. [This probably would have been a good time to break back into groups by LSC and do tour groups that way.](#)
- **Colby College Admissions Representative** discussed considerations in college selection and application. Shared **resources** including **very comprehensive** [US Department of Education's College Navigator](#), the small college [STARS network](#), and **scholarship resource sites** [Big Future](#) and [Cappex](#)

Saturday, June 22nd

- **Morning practice** Coaches rotated to run twenty-minute stations for each of four-teams. Black - dryland starting exercises and starts. Blue - D/S. Red - KDS a little FL, more BK, a lot of BR K&D. Silver - 6 x 2IM.
- **PVS Breakfast** Coach Georgia and I thought it a good idea for the PVS contingent to meet on our own so we pulled them from their color-coded teams for breakfast. This was the first time meeting due to two pick-up sites, late arrival nixing when we would have otherwise met, and then being split into the color-coded teams from the start. We did a meet and greet ice-breaker, talked about the retreat so far, and reminded swimmers to take notes for their PVS report.
- **Workshops** Outstanding workshops all day. 45-minute workshops with 10-15 minute breaks Alumni Center was a good venue with large round tables for better collaboration.
 - **DEI** by ever-energetic, Leland Brown, USA Swimming DEI Program Director, set the tone for the day. Energizing, motivational, and thought-provoking, ["I'm do not want to be just a *sometimes* extraordinary person."](#)
 - **Swimming in College** small group Q&A with athletes who are going to

college next year, in college, or recently graduated. [Olivia Tighe, Duke women's co-captain who will swim her 5th year at George Washington, was especially good. Valuable first-hand knowledge and experiences from other athletes and great opportunity to ask about college and college swimming.](#)

- **Social Media** by USA Swimming Social Media Coordinator Sara Saiz via Zoom. Broad presentation covering best practices for LSCs and teams, social media, and college recruiting Do's and Don'ts A lot of good social media advice but could have been geared more to athletes.
- **Safe Sport** by USA Swimming Safe Sport Program Director Liz Hahn engaged everyone with interactive personal space/comfort zone exercise and 'what would you do'?' scenarios and discussions. [PVS athlete Harper Freeman](#) won a post-workshops Safe Sport quiz and all received Safe Sport tattoos and stickers.
- **USA Swimming Structure and Governance** Very good content and presentation by national AEC (Athletes' Executive Committee) member and the Eastern Zone Athlete Representative who happens to be from Maine. Covered national, zone, and LSC organization and governance.
- **Project Management** Broke into small groups by LSC for athletes to collaborate and brainstorm potential LSC projects, pick one, plan it, and assign time-lined tasks. [All 14 of the PVS athletes contributed project and fundraising ideas, with Nicole Zhang, Nathan Widman, Harper Freeman, and Madi Kim driving much of the discussion.](#) PVS athletes chose Special Olympics outreach for their project.

Sunday, June 23rd

- **LCM Mixed Timed Final Sprint Meet.** 50s of stroke with an ISL Skins-style shoot out/elimination 50 FR, mystery 2IMs with swimmer in each lane given stroke order for their 2IM at the block; a different order for each swimmer/lane/heat, and a grand finale mixed 200 meter kickboard relay. Athletes seemed to really enjoy this meet.

After-Action

- Bus Company survey with input by all 8 coaches
- PVS Zoom debrief for all PVS athletes and coaches
- EZ Athlete Leadership Retreat surveys sent by Maine Swimming, one to all athletes and one to all non-athletes
- Thank yous sent to ME Executive Director, Athlete Representative organizers, MD Administrative Director, USA Swimming staff, and Colby College dining hall manager Natalie Hedrick
- An overly detailed report

[PVS Attendees](#)

[Retreat Workshop Topic Descriptions](#)

[Preliminary Athlete Leadership Retreat Information](#)

If you have questions or want additional information, please contact me at CoachJimCrampton@gmail.com



POTOMAC VALLEY
SWIMMING

USA Swimming Membership - 2023 Membership Year

as of July 18, 2023, 10:04 am

| | July 18, 2023 | August 31, 2022 | August 31, 2021 | August 31, 2020 |
|---------------------|---------------|-----------------|-----------------|-----------------|
| ATHLETES | 12,928 | 12,366 | 8,490 | 12,504 |
| Premium | 11,683 | 11,378 | 7,493 | 11,260 |
| Outreach | 61 | 13 | 4 | 23 |
| Individual Season | 342 | 26 | 44 | 15 |
| Flex | 842 | 949 | 949 | 1206 |
| NON-ATHLETES | 1,379 | 1,155 | 1,045 | 1,225 |
| Coach | 599 | 579 | 515 | 592 |
| Other | 112 | 67 | 50 | 60 |
| Official | 616 | 511 | 480 | 573 |
| Administrator | 18 | | | |
| Junior Coach | 42 | | | |