

**Potomac Valley Swimming
Board of Directors Meeting
February 20, 2024
Video Conference**

- Attendance – Cherlynn Venit, Trish Buswell, Ellen Colket, Tom Ugast, Aaron Dean, Eric Collins, Cliff Gordan, Barb Ship, Nicole Erickson, Andrew Koons, Greg York, Samantha Gilbert (athlete), Harper Freeman (athlete). Non-voting members: Tim Husson, Kim Bullers, Beth Winkowski, Paris Jacobs
- Call the meeting to order – The meeting was called to order by General Chair, Cherlynn Venit
- Introduction/Establish a Quorum – There are a sufficient number of voting members to conduct business.
- Consent Agenda: pull any for Discussion – **Motion to approve the Consent agenda, as presented, seconded and approved.**
- Additional Agenda Items & Approval of the Agenda – **Motion to approve the agenda as presented and additional items, seconded and approved.**
 - Payments to VSI for meets in their territory – added to agenda
 - Athlete Wellness – added to agenda
 - Summer LC Champs – added to agenda
- Administrative Updates
 - Financial Statement – Ellen Colket reported:
 - The PVS investments funds are doing well. The Investment Committee set up the Educational Investment fund about 2 months ago and we have seen good results thus far.
 - For the 2023-2024 budget, we have booked roughly 60% on the planned income, which is to be expected at this time of year. We are trending lower than expected on the expense side. There are still some budget items that have not spent their money. Additionally, there will be a significant amount of funds saved with the LC AG Zones being self-travel this summer. Due to the change in Zones, we will also need to adjust the expected income.
 - The Age Group Chair and Zone Team manager were asked to review their plan for Zone fees and work with the Finance Chair to update the budget projections.
 - Budget vs Actual
 - Ownership of budget lines/why needed:
 - Over the next few weeks, the Finance Chair will send out the budget items to the various account holders. These items are to be reviewed and projections made for the rest of the 2023-2024 Budget year.
 - Account holders will also be asked to look at their budgets and programs and submit a proposed budget amount for the 2024-2025 budget and an explanation if new. For new programs there is a “New Budget Item” form to complete. These items will

be discussed at the March meeting, finalized in April and then presented to the House of Delegates in May.

- **Motion to accept the budget vs Actual and Finance Report as presented, seconded and approved.**
- Officials R-9 changes/implication for PVS – Official's Rep, Barb Ship gave a brief overview of the new rules:
 - As of February 1, 2024 there are new standardized certifications for Officials. The standards are less than what we require in PVS, so we will continue to offer our training in addition. USA-S will be providing their own training, they will start rolling out these training courses over the next couple of years.
 - Computer and Timing Operators will no longer be certified positions. In much of the country, these positions are hired through the club. In PVS we have used certified computer operators. We will likely not see much of a difference due to this change initially, but it is anticipated that in time, it could be harder to staff the computer and timing operators. Under this new program, the CO and TO will not have to be USA S members, but we will continue to encourage them to register and become Officials.
 - PVS will continue to provide training and mentors for Officials, as we feel it is important to have high standards for our Officials.
 - Meet Referees will no longer have separate training. Once an individual becomes a Referee, they will be able to be a Meet Referee. In the immediate future this means there will be more Meet Referees, there will be more Admin. Another advantage of this new program is that individuals will be able to move up/through the system much quicker, becoming a Referee in as little as 5 to 6 months.
 - There are a number of P&P that will need to be updated. Barb Ship and the Officials Committee will continue to digest these changes and will make recommendations for P&P changes going forward.
- List of Ongoing Committees/Task Forces/Special Projects – below is a list of current special project/task forces and the Board Members responsible:
 - Open Meets – Senior Chair, Aaron Dean and AG Chair, Eric Collins
 - Outstanding Athletes – Senior Chair, Aaron Dean and AG Chair, Eric Collins
 - Personal Committee – Admin Chair, Trish Buswell
 - Website Options – Admin Chair, Trish Buswell
 - VSI Surcharge fees – General Chair, Cherlynn Venit, Operations Chair, Tom Ugast and Senior Chair, Aaron Dean
 - Women Leadership program – DEI Chair, Cliff Gordan
- Action items/Motions – No action items presented.
- Old Business

- Athlete Project Update – Samantha Gilbert and Harper Freeman reported;
 - The athletes are still working out on how to collect the funds for the Swimming Fundraiser. They will send out the invitations to the clubs in the next few weeks. In the meantime, it is posted on the Athlete’s Social Media page, and they are working to get it up on all PVS social media.
- Status of Pool Contracts for 2024-2025 – Operations Chair, Tom Ugast reported:
 - The request for the Fairfax County facilities was submitted in mid-February. One change we are looking at is to move the Providence site of the November Open to Franconia. Loudoun County is not ready for requests at this time.
 - UMD requested moving the 2025 JR/SR Champs and 14 & U Champs one week earlier due to the University’s spring break.
 - The consensus of the Board is to ask CCM to move the meets one week earlier in 2025. This would put Junior/Senior Champs February 27-March 2 and 14 & Under Champs March 6-9.
 - Tom will reach out to UMD to see if there are any other options and then will work with Aaron and Erik to present to the Competition Committee.
 - It was noted that several facilities are late in sending their pool rental invoices, which makes it difficult to pay in a timely manner.
- Summer LC Champs – Senior Chair, Aaron Dean brought forth a concern from several coaches regarding the new dates for the 2024 LC Championships. In an effort to provide better facilities for all summer championship meets, the 12 & Under Champs was moved to July 18-21, the same weekend as the 13 & Over LC Champs. The concern is that this could be hard on some coaches and families who have swimmers at both meets. Aaron gave several examples of possible format changes.
 - There was a discussion as to the history of the changes of the LC Championship meets. If we are to make any changes for 2024, we would have to go back to CCM for approval and with less than 5 months until the meetings, the Board felt that the timeline was too short to make any changes to the format.
 - At the Winter Competition Committee Meeting the body unanimously voted to move the 12 & U LC Champs to the July 18 weekend at UMD and 13 & Over LC Champs to the Jeff Rouse Center on the same weekend.
 - It was decided to keep the meet dates, locations, and format, as currently planned and then we will review and adjust for 2025 if needed.
- Goals/Benchmarks for next month – Cherlynn will send goals/benchmarks out to the board members during the week.
- New Business
 - LC Zones Assistant Coach Nominations & Voting Procedure – Eric will continue to talk with coaches and advertise the need for LC Zone assistant coaches. Just

- before Spring CCM he will do one final call for coaches and then present a ballot at the meeting for voting.
- BOD Nomination & Voting Procedure – There will be a note with the positions up for election. This will need to be done no later than April 1. Nominations will close on roughly April 24 and then presented to the House on May 14 for elections. Additional nominations will be allowed from the floor.
 - The positions up for election are: Admin Chair, Age Group Chair, Operation Chair, Safe Sport Chair and 4 Governance (at least one athlete) spots. The Junior Coach Rep will have elections in March/April, the Junior Athlete Rep and at-large Athlete Rep will have elections in the June/July time frame.
 - Athlete Rep nomination & voting procedure – Samantha Gilbert (Sr Rep) will help Harper Freeman (Jr Rep) conduct the elections this summer. It was requested to also have a Governance Committee member to assist them.
 - HOD Meeting Location – Overlee Community Center, in Arlington, has been requested for the House of Delegates Meeting on Tuesday, May 14. Greg York will confirm the availability.
 - Beth Winkowski visit (when/what/who) – Beth Winkowski, Eastern Zone Senior Advisor is planning to visit PVS and meet with coaches and the Board.
 - Beth explained that the staff from team services is working to combine LSC and Club visit to get the most out of the trip. She is hoping to hold both formal and informal meetings, assist with a strategic planning meeting, discuss the future state of PVS, impact growth, and performance with members from PVS. She is happy to do whatever we decide will benefit PVS the most.
 - Cherlynn will work on finding dates that will work with Beth's schedule sometime in the next 6-8 months and then we will begin to work on a schedule and plan for the various meetings. All board members are asked to start thinking about what they would like to get out of Beth's visit.
 - Needs for JR/SR/AG Champs (awards/polos) – Awards have been ordered and delivered. The shirts are in production.
 - Board Orientation/Strategic Planning Off-Site (Committee/Date/Location) – Cherlynn has been interested in hosting a Board Orientation and/or off-site strategic planning. She is hoping we can do something in the June time frame after new board members have been elected and before we start the 2024-2025 season.
 - A task force was formed with Nicole Erickson, Eric Collins and Terri Marlin to work on the planning of this meeting.
 - Swimposium (Committee/Date/Location/Ideas) – USA Swimming is piloting a new program, holding one event in each Zone each year. In the fall of 2024, there will be a Swimposium hosted by Allegany Mountain and Mid-Atlantic. We will continue to talk with Beth about doing something in PVS in the near future.
 - Olympic Trials Watch Parties? (Partnership with Summer Leagues) Is this something we might want to do?

- There was a brief discussion with the consensus that summer leagues will likely do this, and it is not anything that would be beneficial for PVS to host.
 - Athlete Wellness – Aaron Dean noted that the previous Senior Chair, Evan Stiles, was interested in creating some programs focused on Athlete Wellness. There is a budget line item to bring these important programs to PVS to help support our athletes.
 - Aaron will work with several athletes and Tom Ugast to find some resources and to make recommendations on programs for athletes.
- VSI Sanction Charges – Tom Ugast provided the following background regarding the Sanction fee Virginia Swimming (VSI) charges PVS and PVS clubs when our meets are held within VSI territory.
 - When a PVS/PVS Clubs is hosting a meet in VSI territory, they must obtain both a PVS sanction and a VSI sanction. PVS/PVS clubs are then charged a \$2.50 per athlete surcharge to be paid to VSI. The annual total is close to \$40,000 for all meets combined.
 - There was a Border Treaty agreed upon a number of years ago, which required a \$100 per meet sanction fee, for PVS meets in VSI territory. However, a few years ago, the VSI Board voted into their By-laws that called for the sanction fee to change to \$2.50 per athlete.
 - It was noted that PVS was given no notice or opportunity to question or negotiate this By-law change by VSI. PVS was simply told this was the new rule. It was initially thought that the directive came down from USA-S but it was recently determined that was not the case. No where can we find where USA S signed off on it.
 - VSI claims it is within their “rights” to add this sanction fee to their By-laws/P&P and that we must abide by their P&P.
 - There were several ideas discussed as to how to approach VSI and change this policy. Cherlynn, Tom and Aaron will meet next week to discuss the next step and to reach out to USA Swimming to help find options. In the meantime, we will work on gathering some data as to where the swimmers who live in Prince William and Loudoun Counties swim.
- Comments (Stop, Start, Continue) – nothing to report.
- Upcoming Meetings/Opportunities
 - USA-S webinars
 - PVS Committees: DEI-March 3, Officials – April 9, Safe Sport-Feb 21-23 & Mar 13-15, Tech & SM – Mar 10, Governance – Mar 13, Finance – not currently planned, Open Water – not currently planned,
 - Reminder: Meetings must be posted to website, please send to Cherlynn and Tim
 - Next BOD meeting – Tuesday, March 19, Zoom
- Motion to Adjourn, seconded and approved.

Consent Agenda

(BOD Meeting 1-16-24)

1. January 16, 2024 Meeting Package
2. Committee Reports
 - a. [General Chair](#)
 - i. [PVS Athletes](#)
 - ii. [PVS Coaches](#)
 - iii. [PVS Officials](#)
 - iv. [PVS Safesport Clubs](#)
 - b. [Administrative Vice Chair](#)
 - c. Finance Vice Chair
 - i. [Finance Report](#) (pulled)
 - ii. [Budget vs Actuals](#) (pulled)
 - iii. [PVS Budget Request Form](#) (pulled)
 - d. Senior Vice Chair
 - e. Age Group Vice Chair
 - f. Operations Vice Chair
 - g. Athletes Representatives
 - h. [Coaches Representatives](#)
 - i. [Officials Representative/Chair](#)
 - j. DEI Chair
 - k. SafeSport Chair
 - l. Registrar
 - m. [Open Water Coordinator Report](#)
 - n. Operational Risk Coordinator
 - o. Governance Chair



PVS General Chair Report

2-20-24

January and February have been busy months with lots of meets and swimmers qualifying for Junior, Senior and Age Group Champs!

Currently PVS has 12,536 athletes registered, 580 coaches and 624 officials (as of 2-18-24). Ten (10) of our 45 teams are SafeSport certified. Congratulations to Centreville Swim Club (CSC) and All Star Aquatics for completing their SafeSport certifications in October and December respectively. We would like to see several more teams complete the certification. There are a number of teams who are close!

USA Swimming offers a General Chair Resource and Education Program that has been helpful. Trish, Erik and I attended the January meeting that covered working groups. February will cover P&P, March will be Succession Planning, and April will offer a key workshop on Board Orientation and Strategic Planning.

The Women in Governance program will be seeking nominees during Apr/May 2024 for next year's program. Those currently in the program will attend a workshop in the Fall on 9/25-26 and it suggested that the attendees stay for the entirety of the Annual Business Meeting (ABM) taking place that weekend.

ABM and HOD will be held Sept. 26-29. So far it has been announced that there will be a coach's track, General Chair Resource and Education Program component, DEI track, Officials education and Athlete track. It sounds as though USA Swimming wants as many people as possible to participate.

The 10 & Under Network, 11-14 Network and Senior Network seem to be a big hit. The next Senior Network topic will be Short Course Training in a Long Course Season where the discussion will revolve around "How to get good results without access to a LC pool." It will be offered on both March 26 & March 27. If coaches cannot attend on the day/time of one of the webinars, they will be sent a recording of the session if they register to attend.

During the Leaders call this month, a representative from Niagara Swimming discussed a Camp for 10 & Unders they run as well as a Women in Coaching event. They are willing to share the agendas used to anyone interested.

A Coaches Leadership Summit – Leading through Change - will be offered twice this year, once Apr 19-21 and once in the Fall (TBD). Application deadlines are Feb 23 (scholarship application) or March 1 (non-scholarship application). Participants will attend 2 Zooms prior and one following the Summit. 20 Men and 20 women will be invited to participate at each summit.

There is still time to host an event at Trials. Several LSCs are bringing athletes and coaches to train and watch trials. There are 12-15 pools available in the area for training as well as several different meet formats. Do we have any teams taking advantage of this opportunity?

PVS February Coach Reps Report

Andrew Koons and Nicole Erickson

- We are still working on getting an updated list of ASCA certified coaches, but it will take some manual data extraction.
- We attended 1 or 2 meetings for the following task forces
 - Andrew is on the PVS Outstanding Athletes Task Force. The task force plans to share its plans for an updated procedure ahead of the May HOD and/or CCM meetings, so we're ready to name outstanding athletes at the end of the season.
 - Nicole is on the PVS Open Meets Task Force. The task force is working through various ideas to make small and manageable changes to the Open meet structure to allow for a better meet experience for all.
- We look forward to connecting with more coaches at the PVS Championship meets in March. It will be a good time to receive any questions or concerns ahead of the May HOD & CCM meetings.
 - Nicole will be talking with coaches about the upcoming election for PVS coach reps, and will be sending out details on that process soon.

Official's Chair Report 2-20-24

R-9 Legislation from USA Swimming

Standardized certification requirements for Stroke and Turn Judge, Starter, Referee and Administrative Official with an optional certification for Chief Judge. PVS has elected to continue to certify our Chief Judges.

Certification typically requires some prerequisites (registration with USA Swimming as an official is the minimum one), education (i.e. clinic), training sessions, test, and "evaluation."

USA Swimming is developing clinic modules for Stroke and Turn, Starter, Referee and Administrative Official. The first is expected to be rolled out April 1, 2023 for Stroke and Turn. The clinics will include the testing. Starter and Administrative Official clinics should be available Oct 1, 2024 and Referee clinic sometime in 2025.

The certified positions of Computer Operator and Timing Equipment Operator have been eliminated. The PVS Officials Committee will continue to offer its online training programs for these positions and will continue to mentor individuals and evaluate them, if desired. In fact, individuals cannot be required to register with USA Swimming if they desire to train in these positions, nor are they required to pass background checks or do athlete protection training. Training and evaluation are voluntary, not required. PVS Officials Committee will do its best to ensure that these positions are staffed by trained individuals, but that role may eventually fall to the clubs that host meets (as is done in much of the rest of the country). OTS will not be able to track sessions worked as CO or TO unless those individuals become USA Swimming non-athlete official members. As an fyi, anyone who was previously certified as a CO or TO was remapped to being an AO.

Since there is no longer a Meet Referee certification, all referees may be meet referees. However, we will continue to offer the voluntary training program to become better equipped to be a meet referee.

The PVS website is up-to-date regarding the certification and voluntary training programs. We will make updates as further information comes forward from USA Swimming.

Potential impact on PVS

Benefits:

Immediately there are more Meet Referees and Administrative Officials available to help staff meets.

People will be able to move up the ladder much more quickly. In fact, it is possible that someone can go from not being an official to becoming a stroke and turn official in a few

weeks, a starter 3 months later, and administrative official a few weeks after that, and then become a referee a few weeks after that. Conceivably someone could become a referee within 5-6 months.

Potential negative impact

Meet Referees and Administrative Officials (or officials in any other position) may not be as qualified or skilled as those who went through our previous training programs.

Overall, it is likely that the expertise of our officials will not be as comprehensive and skilled as before given that they are likely to have less experience and less training.

Since TO and CO will no longer be certified officials, there will be fewer certified officials. PVS will need to rethink the fine structure for officials.

I already get the sense that people are less inclined to become CO or TO so staffing the table may become much more difficult and may fall to the clubs to supply these positions as happens in other LSCs.

I think it very likely that there will be issues with obtaining accurate times from meets. This will be something that the board and the Officials Committee might need to address.

Policy and Procedures that will need to be updated or addressed:

p. 48: Registration and Participation Requirements (redefine what is an official) with penalties

p. 51 – Officials committee – what we do

p. 52 – Officials Certification Program

p. 53 – Officials background screening reimbursement

p. 7 – Officials reimbursement for USA-S registration dues

Club	Official	Required	Deficit/ Surplus	Total
AAC	21	22	-1	651
ANSC	0	0	0	0
APEX	0	1	-1	26
ASA	27	10	17	281
ASTS	8	5	3	153
AU	0	0	0	0
BWST	3	4	-1	111
CSC	3	5	-2	143
DCPR	30	10	20	302
DRAG	7	2	5	73
ERSC	0	1	-1	28
FAA	0	0	0	25
FAST	4	2	2	54
FISH	16	10	6	304
FXFX	24	12	12	341
GMU	0	0	0	5
GW	0	0	0	5
HACC	4	6	-2	161
HEAL	0	1	-1	26
JFD	4	9	-5	272
LIFE	2	6	-4	169
MAC	5	4	1	109
MACH	43	44	-1	1306
MAKO	31	16	15	469
NCAP	112	64	48	1924
OCCS	54	16	38	477
PAC	17	9	8	275
PGPR	0	2	-2	64
PM	19	23	-4	675
RIPS	0	0	0	20
RMSC	88	55	33	1632
RY	8	4	4	122
SA	9	4	5	106
SDS	22	15	7	440
SSCT	0	0	0	16
STJS	1	11	-10	328
TANK	0	1	-1	34
TIBU	2	4	-2	107
TOLL	13	7	6	194
TRA	1	0	1	9

UN	16	1	15	28
VLAC	5	4	1	112
WEA	0	1	-1	27
WSH	0	3	-3	79
YORK	25	27	-2	819
YSS	0	1	-1	34
Total	624	422	202	12536

Admin VC Report 2-20-24

As part of our ongoing efforts to enhance the digital presence and operational efficiency of PVS, we are excited to share updates on our website transition project. With an aim to offer a more streamlined, user-friendly, and secure online platform, we have decided to leverage the capabilities of the Team Unify page, moving away from our current website structure.

In collaboration with Courtney Johnston, who has been instrumental in spearheading this initiative amidst her busy schedule, we've embarked on a series of strategic steps to ensure a smooth transition. Our approach includes:

1. **Content Management:** To maintain a clean and current interface, we plan to archive board meeting records older than one year on a secure drive, readily accessible as needed. This measure will ensure that our website remains relevant and uncluttered.
2. **Accessibility of Meeting Minutes:** We will promptly publish all committee meeting minutes on the site, enhancing transparency and accessibility for our members.
3. **Stakeholder Engagement:** Recognizing the diverse insights and needs of our board members, we will be reaching out individually to gather your input. Your perspectives are invaluable to us, ensuring that critical information is both available and easily navigable.

As we progress, we are currently reviewing various website mock-ups, carefully considering design and functionality that best serve our community's needs. While AI-driven design options have been explored, our focus remains firmly on selecting the best fit for PVS, guided by practicality and user experience.

We invite your feedback, suggestions, and any specific content you believe should be featured or prioritized on the new site. Your active participation is crucial to the project's success, ensuring that the final outcome truly reflects the needs and values of our community.

Please feel free to share your thoughts, concerns, or questions at your earliest convenience. We are keen on ensuring a collaborative process and would appreciate your input by March 15, if possible. Thank you for your continued support and dedication to PVS. We look forward to making this transition a success together.

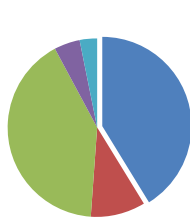


Potomac Valley Swimming Finance Report as of 12-Feb-2024

Financial Performance

Our investment portfolio managed by RBC Wealth Management continues to exceed our growth target, outperforming the MSCI All Country World Index and earning 3% or greater, net of fees. Changes were made to our portfolio last quarter to reduce investment fees, improve quality instruments, and we have established an Educational investment fund (Treasury Money Market) in support of the growth and development of membership.

As of 12 Feb 2024 ASSET ALLOCATION SUMMARY



<ul style="list-style-type: none"> ■ 41% ■ 10% ■ 41% ■ 5% ■ 3% 	<ul style="list-style-type: none"> US Equities International Equities Taxable fixed income Real Assets RBC Insured Cash/Treasuries Current account value
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CURRENT VALUE	% of Portfolio
\$ 171,635	41%
\$ 41,008	10%
\$ 171,095	41%
\$ 19,412	5%
\$ 13,092	3%
\$ 416,242	100%

Investment Objective - **Balanced Growth**
Risk Tolerance - **Low Risk**

Our General Operating Account (GOA), Restricted Operating Account (ROA) and Special Accounts currently remain within the Wells Fargo Banking Institution. We are researching the feasibility for Wells Fargo to provide bill pay service which would save on the cost of purchasing checks, stamps, envelopes, and saving time.

Budget Performance

We are five + months into the 2023-2024 season and 60% of budgeted net income has been booked which is on target with the fiscal year's plan. The key areas contributing to this are registrations as well as meet entries and associated splash fees. Our expenses are lagging and just under 28% of the plan. DE&I, Safe Sport, Development, and grants are key areas that require our attention to ensure funds are being spent to meet the goals of these programs. We have identified a few opportunities for cost savings to offset the projected year-end deficit of \$35,000.

2024-2025 Budget Preparation

During the February BOD meeting, the Board will discuss to-date performance of the 2023-2024 budget as well as anticipated end of season projections for each budget category. Each budget owner will develop a draft for their 2024-2025 budget line items and will discuss their plan during the 19-March Board meeting. Any new items will need to have a Budget request form completed



Potomac Valley Swimming Finance Report as of 12-Feb-2024

and transmitted to the Finance Vice Chair. Based on discussions, each budget owner will finalize a draft budget and transmit to the Finance Vice Chair by 8-April so the full budget can be consolidated for review, discussion, and vote at the 16-April Board Meeting. All revisions will be incorporated and readied for posting in advance of the 14-May HOD meeting.

Opportunities for improvement

- There are a few areas we have identified to assist with more streamlined and effective Financial Operations and some require the assistance of the LSC's clubs. They are as follows:
 - When hosting a PVS meet, Meet Hosts must please read, sign, and return the Meet Director's form to the LSC Services Manager one week prior to the meet. This document includes important financial and operational details for managing and hosting these meets.
 - We are requesting that all clubs look to utilize ACH payment of bills in lieu of writing checks to process payment to PVS. We currently have approximately 80%+ of clubs utilizing the ACH function and are striving to achieve 95-97%.
 - Working with Wells Fargo and QuickBooks to determine the feasibility of using Bill Pay to mitigate the number of checks, stamps, envelopes, and reduce the amount of time processing checks issued by PVS.
 - Working with the Post Office to activate Informed Delivery for PVS so we will have the opportunity to preview images of all incoming mail to our PO Box.

Respectfully submitted,

Ellen Colket
Vice Chair Finance

February AG Chair report:

The past month has been busy with multiple Task Forces meetings, USA Swimming zooms, and continued work on the PVS Zone Team coaching staff.

Both the PVS Open Meets and PVS Outstanding Athlete Task Forces have met via Zoom and discussed several ideas regarding the streamlining of the athlete nomination process (Outstanding Athlete) and evolution of the meet format (PVS Open Meets) in an attempt to make those aspects of our LSC more user friendly. They will meet again early next month; the goal is to pass on a set of recommendations to the board by the conclusion of the SCY season.

I've been on a series of USA Swimming Zooms regarding the training and development of athletes ("Age Group Deep Dive," "Tapering for Senior Athletes," and "10&U Training Ideas"), as well as LSC Leadership and a specific track for LSC Age Group Chairs- which was particularly enlightening. I'm in touch regularly with other LSC AG Chairs as a result of that Zoom.

The PVS Zone Team has a Head Coach (Stephen Clendenning) and Team Manager (Gabi Trainor) in place. Gabi is working on securing a block of hotel rooms for athletes & coaches in Hampton for the Summer LC AG Championships, while Stephen & I are actively trying to recruit potential assistant coaches for the meet (August 7-10, 2024).

I'm available for questions anytime at 301-980-4747,

EC
AG Chair|Mason MAKOS

Potomac Valley Swimming Diversity, Equity & Inclusion Committee

Next meeting with DEI Committee is March 3.

DEI and Disability Committees have combined into one committee!

37th ANNUAL BLACK HISTORY SWIM MEET – February 16-18, 2024 @ Takoma Aquatic Center/Hosted by DC Wave Swim Team

3rd ANNUAL JUNETEENTH SWIM MEET - June 23, 2024 @ Wilson Aquatic Center

2024 National Diversity Select Camp – June 13-16 @ Indianapolis, Indiana. Criteria for selection can be found [HERE](#)

Monthly/Bi-Monthly WOMEN IN COACHING/OFFICIATING zoom call/webinar/get together for the female coaches in our LSC to discuss any issues they face/see and changes they'd like to see implemented. First zoom will be in April. The first topic will be helping acquire and promote younger female coaches/officials in the sport.

Black History Invitational Swim Meet

In 1987 the DC Department of Parks and Recreation and the United Black Fund created a swim meet in honor of Black History Month, the Black History Invitational Swim Meet. It was the first swim meet in the nation to focus on the contributions of African Americans swimmers. In 1987, the meet included a D.C. swim meet and a swim team from Baltimore. Today the meet hosts nearly 1000 swimmers from over 40 teams from across the United States. It is the signature event of DC's Parks and Rec swim team, DC Wave. USA Swimming recognizes the meet as the "premier minority swim competition in the United States and the world."

In previous years the meet has included famous swimmers such as Tom Dolan and Cullen Jones. But it is not only the incredible talent at the meet that makes it special. It is the atmosphere – a feeling of community and welcome that envelopes you before you even enter the building, as swimmers and parents gather at the entrance, many sporting previous years' BHISM t-shirts, and greeting one another like long lost relatives. Throughout the three days spectators come together, get to know one another, and cheer on one another's swimmers irrespective of what club they come from. Swimmers do the same – cheering on friends from previous years, and for swimmers they have never met. Each swimmer is there to win, but unlike at most meets, the swimmers are also there to support one another – across teams, across ages, across races.

Good luck to PVS swimmers and their families who will participate in the **37th Black History Invitational Swim Meet!**

Proposed Meeting Dates for DEI Committee 2024:

March 3 @ 7:00pm

April 7 @ 7:00pm

May 5 @ 7:00pm

June 2 @ 7:00pm

July 7 @ 7:00pm

Resources

- [USA Swimming DEI](#)
- [USA Swimming Programs & Services](#)
- [USA Swimming Disability](#)
- [Diversity in Aquatics](#)

Open Water Chair Report 2-20-24

I've got more great news on the OWS front. We will be providing a coach/athlete clinic with an upcoming 2024 OWS Olympian and their coach via zoom to all athletes & coaches with athletes registered for the event by 3/31. Date/Time TBD based on their schedule but I requested mid-April. Advertise this to PVS. Post photos on the PVS OWS website afterwards.

Additionally, Genny Kimbell will be providing an official's clinic to aid in OWS education for our LSC.