



POTOMAC VALLEY
SWIMMING

House of Delegates
May 20, 2025, 6:30 PM

1. Call to Order & Moment of Silence
2. Proof of Quorum
3. Approval of Minutes: May 14, 2024
4. Approval of Agenda
5. Approval of Submitted Board Member and Chair Reports
6. Introduction of the Current Board
7. Team Recognition – New Teams/PVS Meet Hosts/Safe Sport
8. State of the LSC - General Chair
9. Board member and Committee Comments
10. Old Business
 - a. Acceptance of Bids for PVS Open & Distance Meets (Oct, Nov, Jan, Feb)
 - b. PVS Bylaw Update
 - c. PVS Policy & Procedure Update
11. New Business
 - a. PVS Amendment for USA-S Rulebook
12. Approval of 2025-2026 Budget – Finance Vice Chair
13. Nominations Report/Elections - Governance Committee
14. 2026 HOD schedule (May 12, 2026)
15. Adjournment

PVS Mission Statement

PVS Supports and promotes excellence for all through competition, education, innovation and leadership

PVS Vision Statement

PVS: Leadership and excellence in and out of the pool

Potomac Valley Swimming
House of Delegates
May 20, 2025
Overlee Community Center, Arlington, VA

- Attendance – see attached
- Call to Order & Moment of Silence – The meeting was called to order at 6:30 pm by General Chair, Cherlynn Venit.
 - There was a moment of silence to remember those we have lost this past year.
- Proof of Quorum – There are a sufficient number of attendees to conduct business.
- **Motion to approve the minutes from the 2024 HOD meeting, seconded and approved.**
- Approval of Agenda – **Motion to approve the agenda as presented, seconded and approved.**
- Approval of Submitted Board Member and Chair Reports – **Motion to approve the submitted Board and Chair reports as presented, seconded and approved.**
- Introduction of the Current Board – Cherlynn and all BOD Members introduced themselves.
- Team Recognition
 - Welcome new PVS Clubs in the last year – There are 7 new clubs. Welcome to PVS!:
 - PAVA Panthers Swim Club
 - Exercise Network Swim & Aquatics – ENSA
 - Hydra Aquatics – HYAC
 - Lionfish Swim Club – LFSC
 - Quince Orchard Swim Academy – QOSA
 - Top Speed Aquatic Club – TSAC
 - YMCA Bethesda-Chevy Chase - YBCC
 - Thank you to the PVS Meet Hosts – Cherlynn thanked the 22 PVS clubs that hosted PVS meets during the 2024-2025 season. 30% of clubs hosted the 22 meets.
 - Congratulations to the Safe Sport Recognized Clubs – Jim Crampton thanked the SS Committee. There are 16 clubs who have completed Safe Sport Recognition. All clubs received a banner.
 - For clubs not yet Safe Sport Recognized, please reach out to Jim Crampton. There are a couple plans in place to get your club recognized. Be sure to review the best practice to help keep your athletes safe.
- State of the LSC – Cherlynn presented:
 - Thank you to the board for all their great ideas, hard work and countless hours working to bring services to PVS athletes and membership.

- Thank you to all PVS clubs for your support, ideas and suggestions and bring forth any issues to the board.
- Thank you to the PVS Employees and the many volunteers in PVS who help keep PVS running!
- As we have announced many times this past year, we are still looking for clubs to step up and host PVS meets, including Opens, Distance and Championships. There will be a Meet Director training at the Swimpodium on September 6. There will be more info sent out in June.
- Charts showing the growth with Athletes, Officials, Coaches and improvements.
 - The PVS retention rate has remained higher than the National average. Is there anything specific we are doing to help the retention up?
 - Summer league is likely factor – largest summer league by density in the country.
 - Improvements – we have hovered close/just below the national average of the % of total improvement over the years, this year we have gone just above the National average. –
- We will be sending out a nomination form for the PVS Service Award.
- Last year, USA Swimming Lifetime Awards were presented to: Tom Ugast, Barb Ship and Terri Marlin. Congratulations to all. We will be looking for nominations for Lifetime Achievement this year.
- The Outstanding Volunteer was presented to Barb Ship.
- Last year we issued Athlete Scholarships to for up to \$10,000 and plan to offer the Athlete Scholarship Program again this spring. The Finance Committee is already working on the process.
- Three clubs took advantage of the PVS Equipment Grants.
- Over the past year PVS Open Water has kicked off and an Open Water Committee has been formed. Thank you to the Potomac Marlins who have hosted the two Open Water Meets and are planning another one in September. A number of Officials have received OW Certifications and we are looking to get more certified in the next year. Open Water is still being built and developing and we are looking towards a great future with Open Water in PVS.
- Long Course Age Group Zones in August will be team travel, in Richmond, VA. We are looking to send best athletes and to swim fast, have fun and represent PVS in a positive way.
 - Chris Schlegel noted that we are still looking for one Zone Coach.
- Our Athlete Representatives have done a tremendous job this year bring forth a number of new ideas and programs, getting more athletes involved in leadership positions and starting the Athlete Rep Committee. We look forward to having them continue to grow, be involved and help bring ideas forward.
- Safe Sport Recognition saw great improvement this year. We now have 16 recognized clubs with 12 more in the pipeline. Currently 34% of our clubs are

Safe Sport Recognized, once the other 12 complete the process we will be at 59%. Last year at HOD we had 18 clubs recognized and in the pipeline combined.

- This year at SC Champs we had a podium for award presentations, this addition to the meet was well received.
- The Athletes initiated Spirit nights for SC Champs, on the Saturday night Finals session. It was great fun and we look forward to doing it again.
- A new camp program was started, as we partnered with Fitter & Faster. A camp was held in April the 75 available slots sold out in less than one hour. We will be working with F&F on more camps during the 25-26 season, bringing more opportunities to our swimmers. A perk to this partnership is being able to offer these camps at a significant discount to the swimmers, through both a discount from F&F and a subsidy through the PVS Camp program budget.
- We are always looking to get more people involved in PVS and to join the fun.
- Board members and Committee Comments –
 - Coach Representative: Nicole Erickson – Nominations for Junior Coach Representative will be open through May 31 at 7 pm. Then election ballots will be sent out.
 - Nicole Erickson commented she has enjoyed working on the board, has learned a lot and felt it was a great experience.
 - Webmaster: Tim Husson reported:
 - He has updated all LSC records and posted them on the website. This was a multi-year process finding and validating records from the 80s and 90s in SWIMS. With the addition of the 13-14 50s of strokes, those records have been researched and added as well. If you notice anything is incorrect or missing please let Tim know.
 - Working with USA Swimming on TASK Force to help make SWIMS better. Let Tim know if you have thoughts or ideas.
 - Athlete Representatives: Harper Freeman thanked everyone for the opportunity to serve on the Board of Directors. He enjoyed being on the Board and hope the incoming Athlete Reps continue to keep things going. Record number apply for leadership and want to see that number continue. The Athlete Reps received the Eastern Zone Impact Award this year.
 - Scholar Athlete Coordinator, Dave DiNardo reminded the house that the Scholar Athlete application will be available in July. If there are any student athletes with a 3.5 GPA in school and a 3.5 swimming average (3 A times and 3 B times), they are eligible for the Scholar Athlete Award. Applications are due October 15. Please encourage athletes to get involved.
- Old Business –
 - Acceptance of Bids for PVS Open & Distance Meets for 25-26 season:
 - PVS is seeking more hosts for PVS meets. PVS takes care of pool contracts, however, we have to commit 4 months from the meet date or cancel without a penalty.

- Hosts for the 2025-2026 PVS meets; October Open, November Open, January Open, January Distance and February Distance were requested and will be finalized this summer.
- PVS Bylaw Update – Each September USA Swimming sends By-Law updates for LSC to update. Admin Chair, Trish Buswell, made the changes, presented to the Board and then sent back to for final USA Swimming approval. The updated By-laws have been posted to the website.
 - **Motion to approve the adopted and posted By-Laws as approved by USA Swimming and the PVS Board, seconded and approved.**
- PVS Policy & Procedure Update – P&P has been updated and posted on the PVS website. We will continue to update on a monthly basis based upon votes at the monthly Board Meetings.
 - There is still work being done on creating an advertising policy. The draft has been written and will be presented to the Board of Directors.
 - Hardship Financial Aid policy was updated on P&P several years ago.
 - **Motion to approve the P&P, as currently updated and posted, seconded and approved.**
 - The PVS P&P is a living document and changes come through the Board and/or CCM.
- New Business
 - PVS Amendment for USA-S Rulebook to be presented at USA Swimming Annual Meeting – Cherlynn presented the current sanction issues regarding the border between PVS and Virginia Swimming (VSI).
 - PVS's physical boundaries include the following counties/cities in Virginia; Alexandria, Arlington, Falls Church and Fairfax, Washington DC and the following counties in Maryland; Prince Georges and Montgomery. PVS has a small footprint but one of the 5 largest swimming population in USA Swimming.
 - In January 2007 when we had just under 9,000 athletes, PVS and VSI passed a sanction fee reciprocity agreement: \$100 to sanction a meet in the “other’s” territory. In order to obtain a sanction, at least 80% of the meet had to be from their own LSC and the host LSC had to do all the work for the meet (sanction and pre/post meet reports). This agreement existed for 13 years.
 - In March/April 2020 VSI unilaterally dissolved the agreement and implemented a \$2.50 per swimmer surcharge for any meet that is held in VSI territory (Loudoun, Prince William, Fauquier, Manassas). In addition, PVS charges a \$.55 Splash fee. Forcing clubs who host meets in VSI territory to pay both fees.
 - Because the initial agreement was still in effect, PVS was also continuing to pay the \$100 sanction fee, in addition to the clubs paying the newly instituted fees.

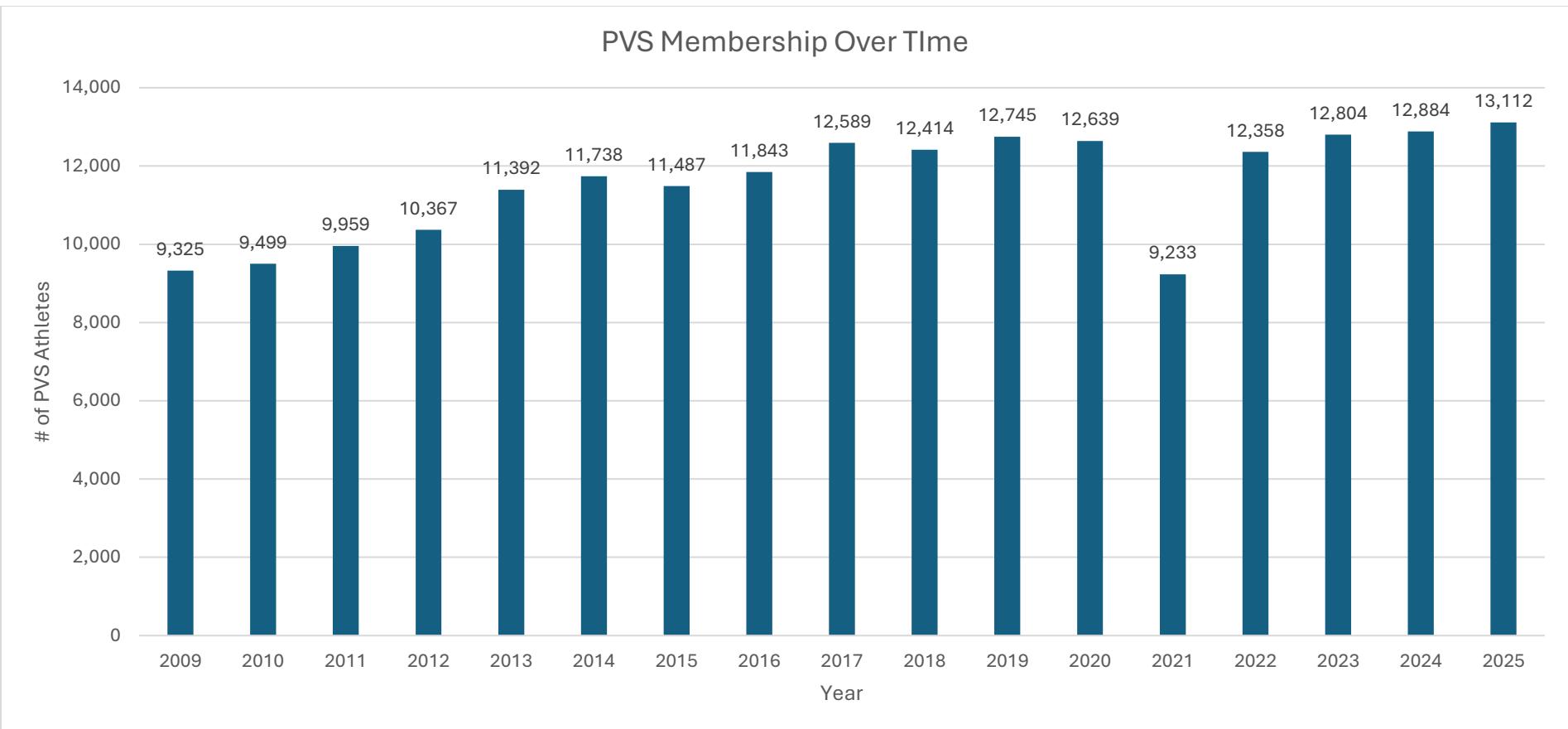
- In 2021 PVS reached out to VSI and told them we were not happy with their change to the policy and the increase in charges. VSI requested we wait 1 year to see the full impact of these changes. During that time, VSI collected over \$30K in fees.
- In September 2024, at the Board urging, Cherlynn approached the VSI general chair about what could be done to make changes to their new policy. VSI responded by saying this was the way they wanted to continue and are not willing to compromise. PVS then sent a formal request in December 2024 to return to the initial agreement set in 2007.
- The issue was also taken to USA Swimming, and their response was that “whoever is sanctioning the meet (the territory where the facility resides) will determine the rules and sanctioning/splash fees. Which now means that any meet in Loudoun, Prince William Counties (VSI territory) then VSI will receive all sanction and splash fees as directed by the LSC that houses those counties.
- In January, 2025, PVS made a request to share DC Metro area, as defined and asked to share, Loudoun, Prince William, Manassas, and Fauquier. Cherlynn attended a VSI board meeting to present this request/proposal, but in April VSI rejected the proposed and refused to make any counter proposal.
- What does PVS do now? The PVS board decided to send a rule change proposal to the USA Swimming (get wording from Cherlynn) – for sharing counties of Loudoun and Prince William. (must follow the VSI rules).
 - The growth of PVS has continued as the DC Metro area has continued to grow beyond PVS borders.
- Due to the timing of our Rule change request, voting at the annual HOD will only require a 50% majority vote to pass. The rule is written and will be for all LSC's in USA Swimming. WE feel that this new proposed rule will be in the best interest of all athletes.
 - **Motion to approve and fully support the PVS Board rule change proposal to be sent to USA Swimming HOD at the Fall Annual Business meeting seconded and approved.**
- Approval of 2025-2026 Budget – Ellen Colket reported and will be reviewing the budget 2025 EOY projections and Budget for 25-26.

- Kim was thanked for all her help, as the accountant. The Board thanked for helping to review and work on the proposed budget items for the 2025-2026 Budget.
- This year the full Audit of our finances was completed and due to all the hard work of our Finance Chair and Accountant it was returned with no questions or issues. Next year there will only be an accounting review.
- The total 2025 revenue was within .5% of the intended budget. Expenses are expected to be about 5% lower than budgeted. The narrative in the Finance Report explains the income and expensed in more detail.
 - There were a number of credits put in place for clubs.
 - PVS paid all club dues (\$70 for all clubs) for 2025
 - Gave each club in good standing a \$500 credit.
 - Made some increased in our investments, how do we build up the investments and bring it back to the LSC community? We reinvest into PVS clubs.
- Expense –
 - Meet Management fees came in a bit less than budgeted.
 - Meet entries were down 9.5% over the last few years.
 - Last year we increased the Meet Management fees for Open meet to \$2.25 per entry and \$2.50 for Distance and Championship meets.
 - We had a reduction in a few programs – but not as much as projected.
 - Reduced the VSI fees (FY is Sept 1-Aug 31).
 - Increase in Athlete Scholarship and Zone meet costs.
- Budget deficit was projected at \$114K, but the deficit projection now will be closer to \$52K.
- Highlights of the proposed 2026 budget:
 - 2026 budget includes an increase in income by 5%. Athlete membership is expected to increase by 3%. The Board has approved a proposal for PVS to pay for Club Registrations for 2026. The club fees are increasing to \$225 this year. PVS will pay for current clubs, but will not pay the new club fee of \$700. We will also provide another \$500 stipend to all clubs in good standing.
 - Meet Entries and Splash Fees are expected to increase by 3%.
 - LC Age Group Zones are expected to grow by 25%.
 - Camps: we will increase the budget for various camps in PVS, F&F camps for “all athletes”, a Select Camp and a DEI Camps.
 - Athlete awards, travel assistance we increased by 10%.
 - PVS programs – 3% (DEI, Club/coach development, health & wellness).
 - What this means for reserve? Our membership is the 5th largest in the country. We have a significantly less reserve than other LSC of similar size. As per our policies we cannot go below .65% or above 1.00% of total revenue. For 2025 we will come in at .69% and .65% for 2026.

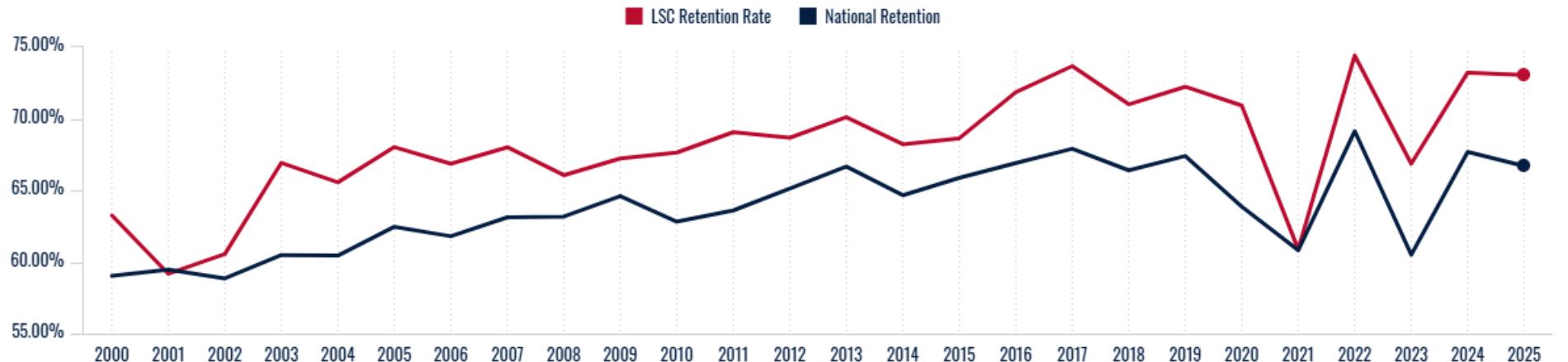
- **Motion to approve the 2025-2026 Budget as presented, seconded and approved. (1 against)**
 - Much of the money that we have is going back to the athletes, both directly and indirectly.
 - Ellen shared some general information/charts about money that comes in for meets (chart). The money brought in by meets goes directly back to the operating costs of PVS meets.
 - Did Block Parties have an impact on our budget? Ellen noted that there were 32 Block Party meets, hosted by 5 clubs and resulting in roughly \$7400 in Splash fee not collected. One of the goals for Block Party events is swimmer retention. Ellen feels that the small loss in income will ultimately be offset by the retention of swimmers, but we will need to wait a few years to see how this plays out.
 - Block Party is still a pilot program if you like it – let the Board know.
 - Camps? There is a plan to build a pipeline of camps over the next couple years. We will be expanding opportunities for all athletes, with a reduced rate and a PVS subsidy.
 - Will the camps be designed and run by PVS? No, we are negotiating with Fitter & Faster, to work out a partnership, with a discounted rate, coaches clinics, etc. and this is how we can start to offer more.
 - Advertising – how does one go about of taking advantage of advertising a private business? There is a new policy currently in draft form and will be presented to the BOD for approval.
 - Did we ever get answers regarding the Reserve from last year Governance and Strategic planning? Yes, subsudicy for clubs, policy above and now being below the reserve.
 - Is there somewhere where the definition of the reserve is written ?Yes, we will get it posted.
- Nominations Report/Elections – The following positions will be voted on: General Chair, Finance Vice-Chair, Senior Vice Chair and DEI. All nominees are incumbents.
 - **Are there any additional nominations from the floor? Seeing none, Motion to close the nominations for General Chair, Finance Vice Chair, Senior Vice Chair and DEI Chair, seconded and approved.**

- **Motion to accept the following slate of nominee; Cherlynn Venit (General Chair), Ellen Colket (Finance), Aaron Dean (Sr. Chair) and Cliff Gordan (DEI) and elect by acclamation, seconded and approved.**
- Governance Committee Election: The following were nominated for Governance Committee: Francis Freedman, Ellen Colket, Karyn McCannon, Paul Jampole, Jim Crampton, Isabelle Meredith, Anna Valco. Motion to approve the above mentioned nominees for the 2025-2026 Governance Committee, seconded and approved.
 - We need to nominate one athlete from the floor.
 - Anna Valasco was nominated from the Floor.
 - Ballots were handed out and Governance Members were voted on.
 - Upon tallying all votes the following were elected to the Governance Committee. **The results for Governance Committee: Jim Crampton, Ellen Colket, Karyn McCannon and Anna Valasco (athlete).**
- 2026 HOD schedule (proposed date May 19, 2026). **Motion to approve Tuesday, May 19, 2026, as the 2026 HOD meeting date, seconded and approved.**
- Adjournment

PVS Membership Over Time

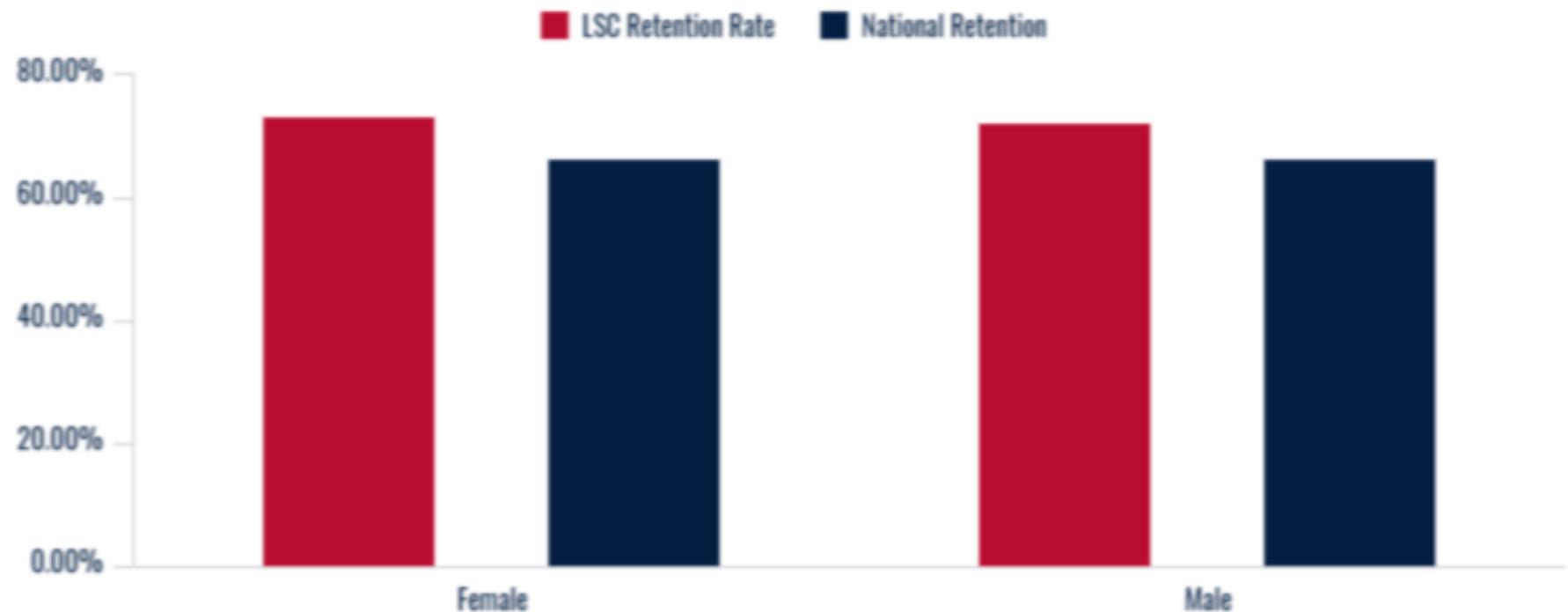


LSC Retention Rate vs National Average by Season



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Retention Rate by Competition Category

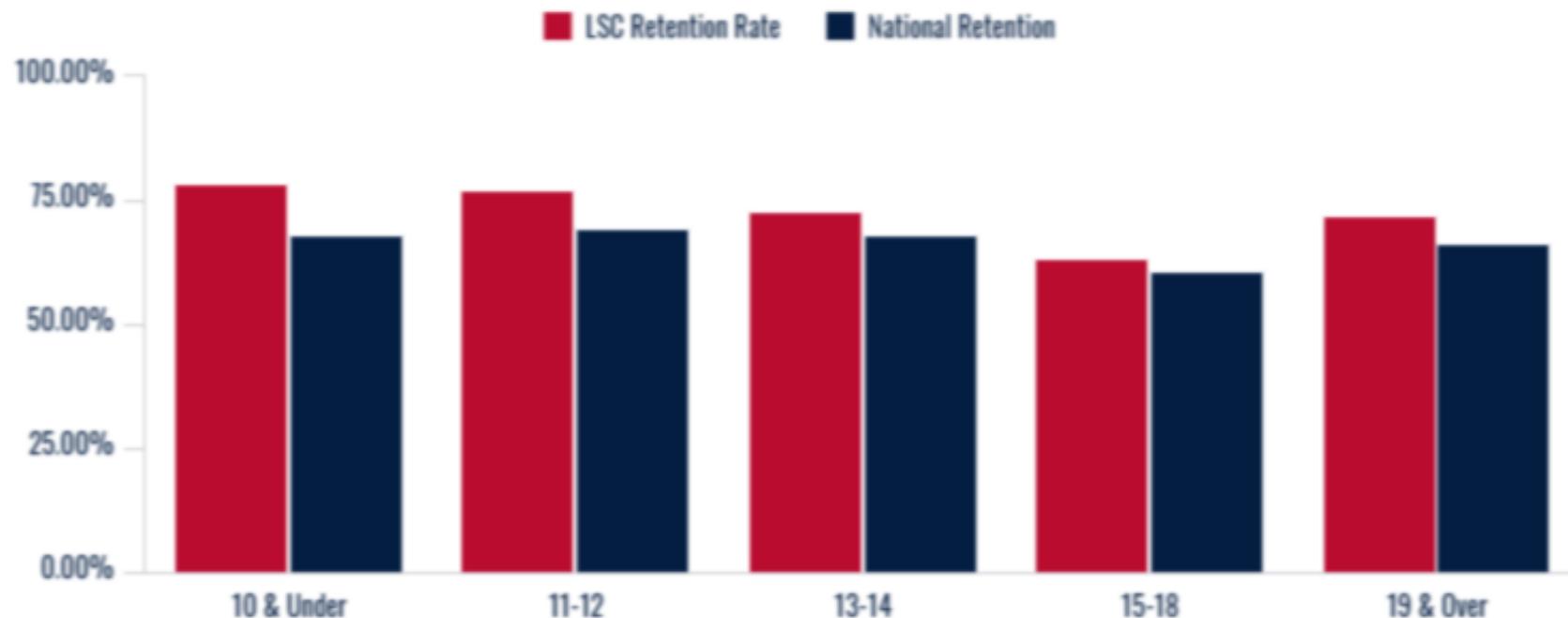


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Retention Rate by Competition Category

Competition Category	LSC Retention Rate	National Retention
Female	73.51%	66.66%
Male	72.52%	66.72%

Retention Rate by Age Group

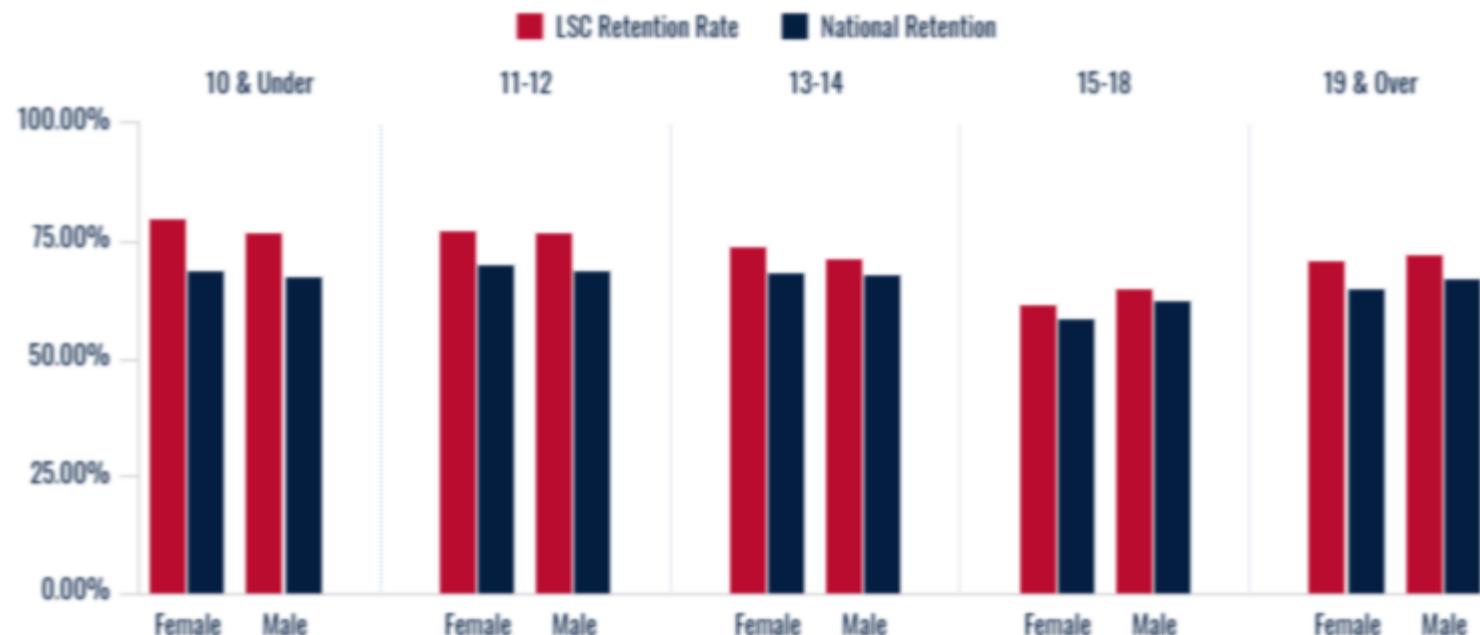


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Retention Rate by Age Group

Age Group	LSC Retention Rate	National Retention
10 & Under	78.51%	68.31%
11-12	77.37%	69.59%
13-14	72.73%	68.29%
15-18	63.50%	60.60%
19 & Over	72.17%	66.41%

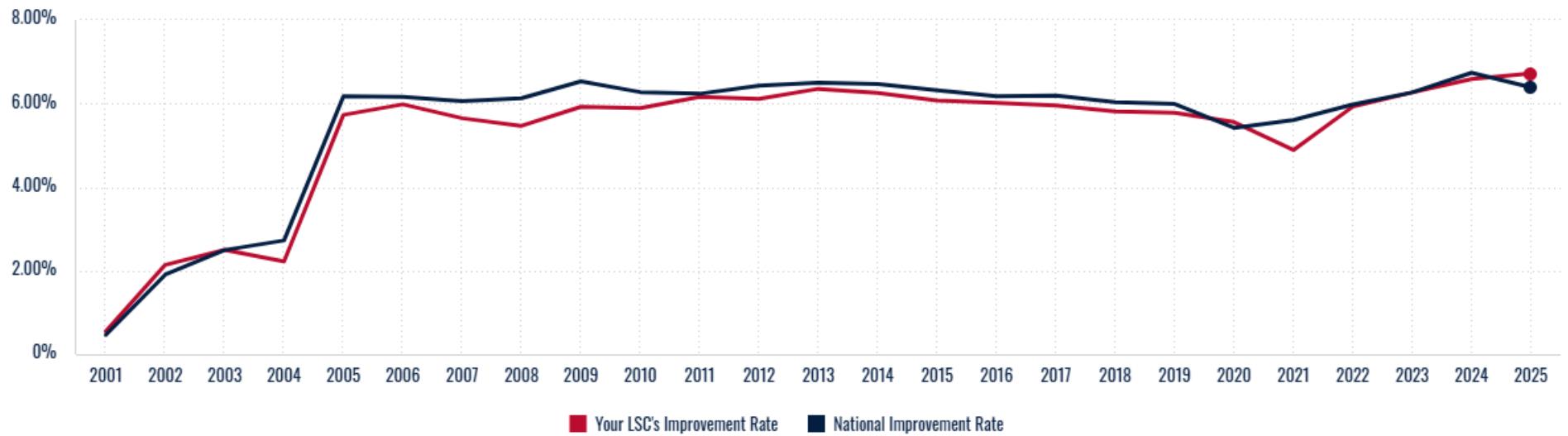
Retention Rate by Age Group/Competition Category

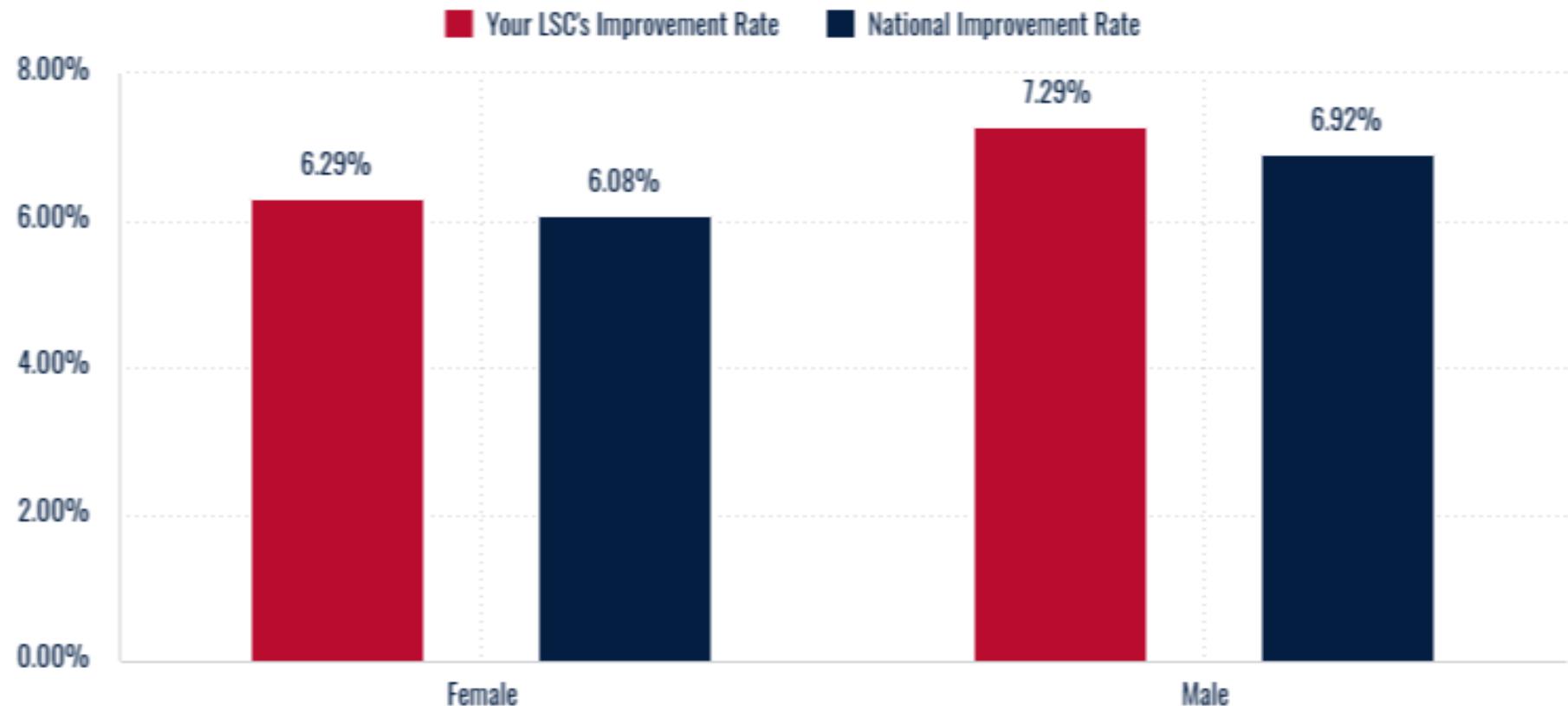


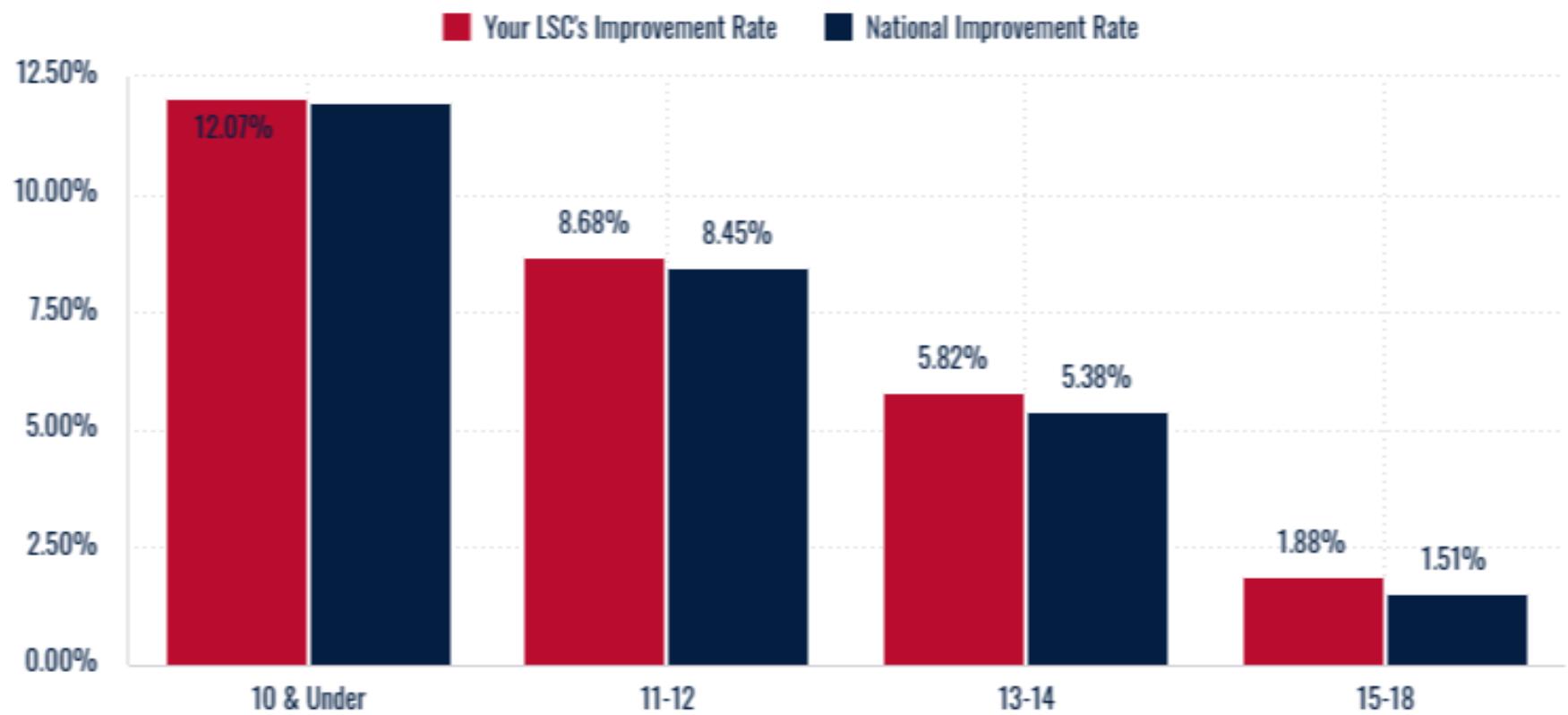
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Retention Rate by Age Group/Competition Category

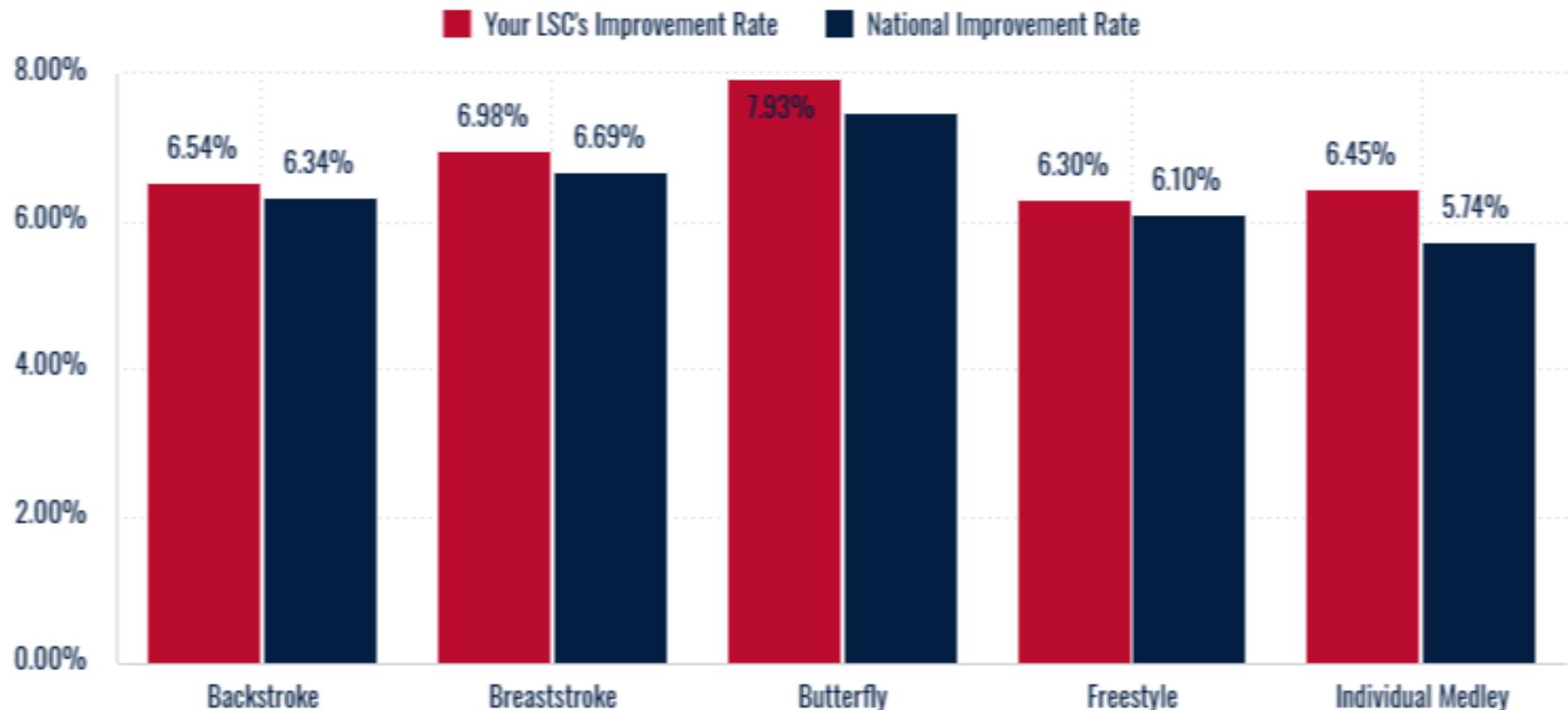
Age Group	Competition Category	LSC Retention Rate	National Retention
10 & Under	Female	79.79%	68.90%
	Male	76.90%	67.59%
11-12	Female	77.53%	70.29%
	Male	77.18%	68.75%
13-14	Female	73.95%	68.30%
	Male	71.28%	68.28%
15-18	Female	61.71%	58.92%
	Male	65.27%	62.38%
19 & Over	Female	71.12%	65.19%
	Male	72.19%	67.15%



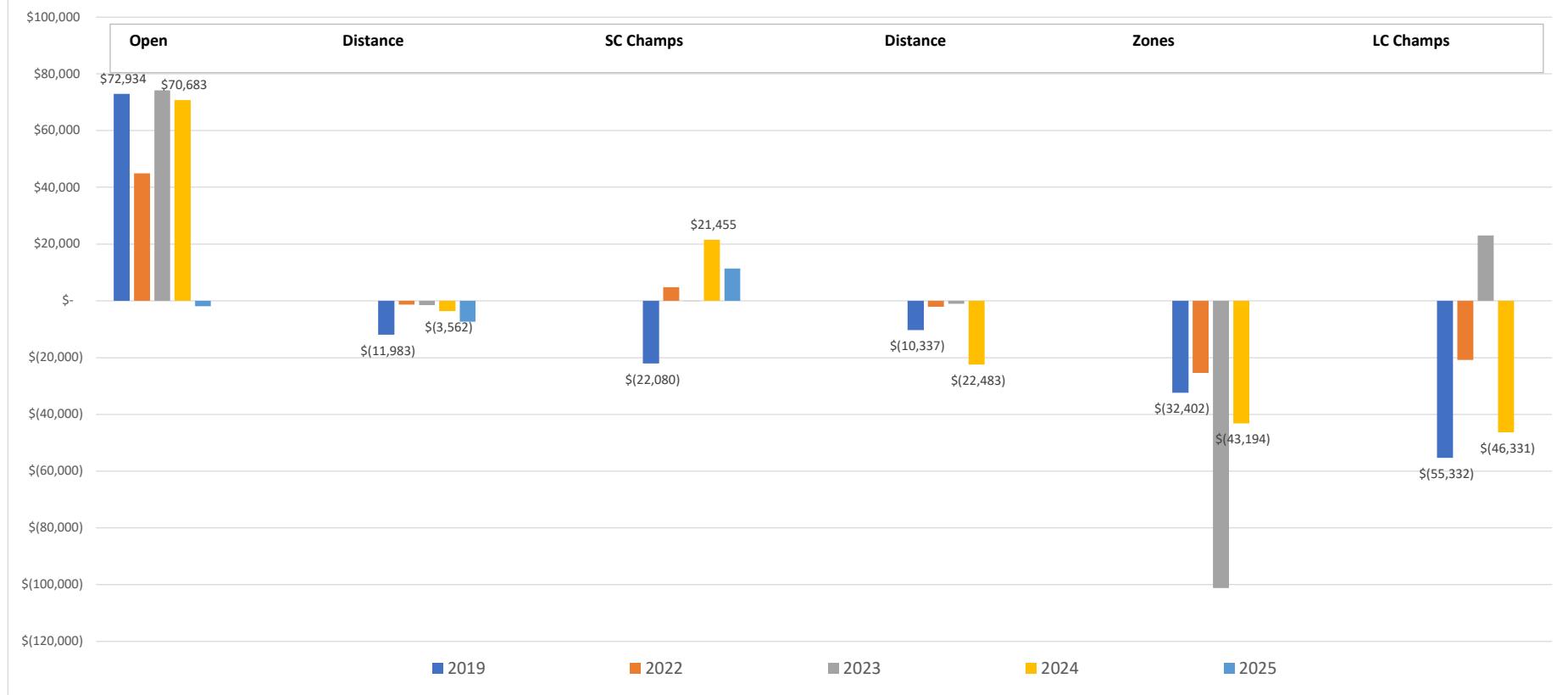




Improvement Rates By Stroke



PVS Meets - Net Income Summary
2019 - 2025



2025 HOD Attendance

Club	Delegate Name	Athlete
AAC		
ANSC		
APEX		
ASA	Bob Walker	
ASTS	Dominique Banks	
AU		
BWST		
CSC	Russ Ramey	
DCPR	Jim Crampton	
DRAG		
ENSA	Carla Austin	
ERSC	Anise Foreman	
FAA		
FXFX	Julia Koczot	
GW		
HACC	Matthew Lear	
HEAL		
HYAQ	Torey Ortmayer	
LIFE	Dan Rhinehart	
MAC	Mun Young Joung	
MACH	Dan Jacobs	Hanna Kovacs
MAKO	Heather Haddock	
NCAP	Karyn McCannon	Anna Valasco
		Eurie Kim
OCCS	Aaron Dean	
PAC	John Venit	
PAVA	Matt Haupt	James Leather
PGPR	Corey Wallace	
PM	Bill Marlin	
QOSA	Shannon English	
RIPS	Shandra Richardson	
RMSC	Mark Eldridge	Jonathon Lei
RY	Arthur Raven	Johnny Eschmann
SA	Justin Eppard	
SDS	Ian Handerhan	Phineas Johnson
		Asher Van Schagen
SSCT		
STJS	Chris Stankiewicz	Leonardo Valli
TANK	Priya Aurora	
TIBU		
TOLL		
TRA		

TSAC	David Miller	
VLAC	Priya Aurora	
WEA	Elizabeth Oduro	
WSH		
YBCC		
YORK	Patrick York	
YSS		

At Large	
Club	Name
MACH	Paris Jacobs
MACH	Dave DiNardo
NCAP	Tom Ugast
NCAP	Tim Kelly
NCAP	Paul Jampole
PVS	Tim Husson

Board Members	
General Chair	Cherlynn Venit
Admin	Trish Buswell
Finance	Ellen Colket
SR Chair	Aaron Dean
AG Chair	Chris Schlegel
Coach Rep	Nicole Erickson
Coach Rep	Matt Cohen
Official Rep	Barb Ship
Safe Sport	Jim Crampton
DEI	Cliff Gordan
Athlete	Harper Freeman
Athlete	Nicole Zhang

Non Voting	
Service Manager	Terri Marlin
Accounting	Kim Bullers
Webmaster	Tim Husson
Member	Ward Foley
Member	Greg York
ASTS	JaNise Hyson