

# USMS Standing Committee Reports

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## Championship

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### Committee Members

Jim Clemmons, Chair; Erin Sizelove, Vice Chair

Robert Heath, Linda Irish Bostic, Cheryl Kupan, Jeffery Roddin, Sandi Rousseau, Edward Saltzman, Pete Tarnapoll

Ex-Officio: Jay Eckert, Onshalee Promchitmart

EC: Christopher Colburn

### Introduction

The mission of the Championship Committee is to serve in an advisory capacity to national championship hosts and make recommendations and decisions that enhance the quality of championship meets for all registered U.S. Masters Swimming members; to actively solicit and receive bid proposals, review bids and select the sites for national championship meets; and support marketing opportunities for U.S. Masters Swimming Corporate Partners.

### As the fog related to the COVID-19 pandemic continues to diminish...

Although held nearly 10 weeks later than normal, the LC National meet at the SPIRE Institute in Geneva, Ohio, in October 2021, was an extremely successful event with 705 participants. Due to smaller numbers than usual and utilizing flexibility in the schedule, breaks were scheduled to allow adequate warm-up to avoid overcrowding the 6 lane 25y warm-up pool to keep exposure minimized. The post meet survey found that the majority of the participants were happy with the methods undertaken to reduce exposure and found a positive reaction to the meet overall.

During this past spring, San Antonio was host to more than 1800 participants, almost equaling the 1888 participants from 2015 and just under the number anticipated in 2020 prior to the postponement. Participants are seemingly getting more comfortable with racing their fellow competitors. With an enormous amount of pool space, no additional breaks were necessary to limit crowding as plenty of space is available. The post meet survey indicated it is still one of the favorite sites for USMS pool racing on the national level both because it is outdoors and has more than 30 lanes of warm-up space in addition to the main pool with 20 competition lanes.

### Discussions and Projects Since Last Annual Meeting

1. Developed Spring 2022 NQT Standards file; made them available to local meet directors
2. Developed Summer 2022 NQT Standards file; made them available to local meet directors
3. Received bids from the following organizations and assigned meet ambassadors to hosts submitting bids:
  - Irvine – Rob Heath
  - Federal Way/PNA – Sandi Rousseau
  - Sarasota – Cheryl Kupan
  - Indy – Pete/Jay
4. Bidders and committee discussed and awarded future national meets as follows:

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- Irvine – awarded Spring 2023
  - Federal Way/PNA – awarded Summer 2025
  - Sarasota – awarded Summer 2023
  - Indy – awarded Spring 2024 in conjunction with Olympic Trials
5. Working on developing and approving Order of Events for SC 2023 Nationals; working on developing and approving Order of Events for LC 2023 Nationals
  6. Supported pre-meet liaison meeting in Richmond with Host and Nat'l Office staff
  7. Submitted Rules change for times meeting Top Ten when meet falls out of normal dates
  8. Established Local and Regional Club classifications for 2022 USMS clubs
  9. Supported NO with new financial model for Hosts
  10. Agreed to postpone bid receipt deadline for 2024/2025 national meets from May 1, 2022 to September 1, 2022
  11. Begun preliminary work on Indy 2024 Spring meet OOE (Fri – Tues) due to possibility to have limited access to competition pool at Luca's Oil Stadium on Sunday
  12. National Championship Meet Award- (name withheld)

### Action Items

1. Discuss late entry requests – ongoing issue
2. Finish updating Site Visit document
3. Update to MDG
4. Establish sub-committee to formalize a policy document from 104.3 and 104.4 rules (2020) that were removed and placed into policy. Still in process

### Agenda

1. Review/discuss 2022 SC Nationals (San Antonio)
  - A. Summary of event - Kristen Libardoni
2. Update (if any) on 2022 event: Richmond VA (Summer)
3. Discuss Irvine OOE and work to date; awards update (if any)
4. Discuss Sarasota OOE and work to date; awards update (if any)
5. Indy update
6. Discuss late entry requests. Perhaps a one-week buffer between entry close and the start of entry processing. We reduced from 4 weeks to 3 effective 2022
7. Establish small sub-c to look at revising MDG
8. Status to update Site Visit agenda
9. Discuss establishing sub-committee to look at additional rules that could be removed from the rule book and moved into policy. Continuing
10. Anything missed, questions, comments

### Championship Committee Meeting

[Thursday August 25, 2022 7:00pm - 8:00pm EDT | Zoom Registration Link](#)

# USMS Standing Committee Reports

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## Coaches

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### Committee Members

Kenny Brisbin, Chair; Chris McPherson, Vice Chair

Scott Bay, Donita Flecker, Michael Hamm, Terry Heggy, Molly Hoover, Laurie Hug,

Susan Ingraham, Wilson Josephson, Carol Nip, Elise Shank, Trey Taylor, Tim Waud,

Ex-Officio: Bill Brenner, Steve Hall

EC: Chris Campbell

### Introduction

The Coaches Committee continues to provide educational opportunities, guidance and assistance for swimmers and coaches through their work with the National Office, LMSC Coaches Chairs, articles, On-Line Coaching and Mentoring Program.

### Discussions and Projects Since Last Annual Meeting

1. Web Workouts - Sub-Committee led by Molly Hoover reviewed and selected new coaches for the USMS online workouts. They worked with the National Office to train these coaches on guidelines and how to post workouts. The committee continues to monitor postings, address issues, and offer feedback, as necessary.
2. Worlds Coaching - for the UANA Pan American Masters Championships in Medellin, Columbia. Coach job descriptions and responsibilities were created and posted. Tim Waud interviewed applicants, and Coach Lina Bot was selected to represent and assist 80 plus Masters swimmers for USMS.
3. NCC - The sub-committee led by Trey Taylor, with the help of Bill Brenner and the National Office, secured a location in Las Vegas, NV, for the National Coaches Clinic scheduled for October 7th - 9th. Speakers for the NCC were contacted and are in the process of being confirmed. Communication with all Masters coaches has started, and the committee is working on a further marketing campaign and finalizing presenters.
4. Awards - The awards sub-committee led by Elise Shank is in the process of reviewing nominations for the Kerry O'Brien Award and the Coach of the Year Award. The review process is based on the submitted information, then ranked, selected, and presented at the Annual Meeting.
5. Education - The Education Task Force, led by Chris McPherson, worked with Bill Brenner and the National office to update the Level 1 Certification process. The Level 1 course has since taken place every month, and over 180 USMS Coaches have completed the Level 1 online portion followed by the Zoom classroom instruction (conducted by Bill Brenner and Steve Hall). Several Level 2 and 3 in person Coach Certification classes took place around the county this year, with many more coaches completing the courses.

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6. Level 4 Coaches Applications - Candidates have submitted their coaching portfolios, and the sub-committee is reviewing the information. Level 4 Coaches will be announced at the Annual Meeting.
7. LMSC Communications - Emails go out to each LMSC Coaches Chair monthly with any important information for them to share with the coaches in their region. There is still no clear, universal way for the LMSC Coaches Chair to find contact information for all coaches in their LMSC, which is a big hurdle in this communication process.
8. Mentoring - After its inception in 2018, first round of matchups in 2019, and a year off due to COVID, the Coaches' Mentoring Program came back in full force in 2021; four new mentor coaches were selected, and five mentee coaches were able to travel to meet with mentor coaches in the last few months of the year. 2022 began with the subcommittee reviewing the 2021 matchup results for insight and revising the 2022 application timeline (with separate due dates for mentors and mentees), hoping to recruit coaches more effectively for each role. As of the end of July this year, the new mentor selections are being finalized, while the mentee applications will remain open until mid-August. Mentee selection and mentor training will be completed by the end of August when mentoring matchups will be decided and scheduled. The subcommittee hopes to have all matchups completed by the end of November.
9. On Deck Coaching - Through the sign-up platform, SignUpGenius, which Michael Hamm monitors, coaches have volunteered their time before and during Nationals as on-deck coaches. Based on recommendations of the Championship Committee, adjustments have been made to the schedule. On-deck coaching is always well received by the swimmers attending the National Championships.
10. Peer to Peer Calls - These education calls are open to all USMS coaches and scheduled on the third Thursday of each month. Under the leadership of Trey Taylor and his sub-committee, we hosted a wide range of calls with different speakers. Attendance for the live presentations has declined over time. The committee is looking at factors like the number of views of the posted recordings, along with other criteria, and they will make recommendations for the future.
11. Publications - Terry Heggy encourages all coaches to share ideas through publications. He continues to reach out to individuals for articles and interviews. He is always happy to help anyone with an idea and assist them in turning it into a publishable format.
12. Coaches Community Forum - This position was recently created. Susan Ingraham has stepped up to clean up and monitor the online Coaches Community Forum. There are many years of old/outdated information on the site, and Susan has been working diligently with the National Office to update this forum by removing outdated data and then posting current and relevant information. Information is being disseminated via our LMSC Coaches Chair channel to remind coaches that this is a great format to ask questions and seek advice.

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13. Liaisons - Coaches from this committee continue to work with other USMS committees (including Open Water, ALTS, Sports Medicine, and Diversity & Inclusion) and act as a conduit of information, so all committees can collaborate and work together, as needed.

### Action Items

1. Continue to serve USMS coaches using the above criteria and expand the programs aligned with the strategic direction of USMS.
2. Launch a Zoom outreach program to all coaches in a Zone, offering monthly or quarterly round-robin discussions hoping to obtain information on what USMS coaches need help with and how we can meet those needs together.

### Agenda

1. Attendance
2. Welcome
3. Committee Reports
  - a. Web Workouts - Molly Hoover Worlds Coaching - Tim Waud NCC - Trey Taylor
  - b. Awards - Elise Shank
  - c. Education - Bill Brenner/Chris McPherson Level 4 Applications - Trey Taylor
  - d. LMSC Communication - Molly Hoover Mentoring - Chris McPherson
  - e. On Deck Coaching - Michael Hamm Open Water - Michael Hamm Publications - Terry Heggy
  - f. Peer to Peer Calls - Trey Taylor Sport Medicine - Terry Heggy
  - g. Diversity - Wilson Josephson, Elise Shank Coaches Community Forums - Susan Ingraham ALTS - Michael Hamm
4. Old Business - Try Masters – stats
5. New Business - Communication to Coaches Chairs and Coaches

### Coaches Committee Meeting

**[Monday August 15, 2022 8:00pm - 9:00pm EDT | Zoom Registration Link](#)**

# USMS Standing Committee Reports

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## Diversity and Inclusion

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### Committee Members

Jeff Commings, Chair; Ally Segal, Vice Chair

Conner Bailey, Rook Campbell, Virgil Chancy, Megan Johnston, Leo Letendre, Tom Moore, Leann Rossi, Vicki Shu, Diana Triana, Sarah Welch

Ex-Officio: Daniel Paulling

Executive Committee: Chris Campbell Coaches Committee Liaison: Wilson Josephson

### Introduction

The purpose of the USMS Diversity and Inclusion Committee is to help create a culture of inclusion and opportunity in USMS for people of diverse backgrounds by developing resources and sharing them with coaches, LMSCs, and local volunteers. That was our primary focus in 2022, as we created webinars and documents designed to help local clubs and LMSCs foster their own diversity and inclusion plans. One of our major projects was introducing the LMSC Diversity and Inclusion Chair/Coordinator position and helping LMSCs develop that role.

### Discussions and Projects Since Last Annual Meeting

One of the carryovers from 2021 was the creation of the Diversity, Equity and Inclusion Award. Once the committee approved its existence, the awards subgroup – consisting of Jeff Commings, Diana Triana, Ally Segal, and Rook Campbell – created a proposal to present to the USMS Awards and Recognition Committee. Discussion with the A&R Committee prompted a few changes in the criteria that nominees must meet to earn the award, as well as defining the award as a “grassroots” recognition. That proposal was approved in May, and the D&I Committee began receiving nominations in June once the membership was made aware of the award. In the meantime, the D&I Committee created and approved the physical award that would be presented to the awards recipient(s). It will come from Hasty Awards, and will be an 8x10 plaque bordered in white marble with the plate consisting of the logo that the D&I Committee created (via member Megan Johnston) and the recipient’s name. The committee voted to give the inaugural award to four of the seven nominees.

Creating a Diversity and Inclusion Chair/Coordinator role came from a discussion that the D&I Committee could help LMSCs understand the need for such a role, even if the LMSC feels such a role is not needed. Before 2022, three LMSCs had created a Diversity and Inclusion Committee/Coordinator role (Southern Pacific, Connecticut, and Minnesota), and since all three of those leaders are part of the national D&I Committee, it was easy to shape the document that was sent to LMSC chairs outlining the Diversity and Inclusion Coordinator Role. In 2022, Georgia, Pacific and South Dakota created D&I coordinators, with other LMSCs discussing the possibility of creating such a role as well.

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The Diversity and Inclusion Committee submitted three legislation proposals for approval by the House of Delegates in 2022. Two of them concern the ability of sanction chairs in an LMSC to deny a sanction to an organization or person that is interested in hosting a swim meet or USMS event, if that organization or person is hosting an event that does not fall within the USMS code of conduct and violates the participation and equal opportunity clauses. A sanction could also be denied if the “mission, vision, and/or goals of the host organization conflict with USMS organizing principles.” These two legislation proposals would make revisions to various parts of 202.1 in the Rule Book. The other piece of legislation is looking to add the term “gender expression” to the equal opportunity clause in 501.3. The Legislation Committee voted to not recommend this revision, as “gender expression” is not a “protected class” in any anti-discrimination law or regulation in the United States. Therefore, this proposal will need a two-thirds majority vote from the House of Delegates to get approved.

Shortly after Lia Thomas made national headlines with her participation in the NCAA Division I Swimming and Diving Championships, the USMS Rules Committee created a policy regarding participation for transgender female athletes. That policy was reviewed by the Diversity & Inclusion Committee, and several of us met with Dawson Hughes and Peter Guadagni to find out how the policy could be reshaped to fit the goals of inclusion and fairness within USMS. To that end, a task force was created to review the policy and highlight any parts that could be revised. This task force consisted of D&I Committee members Vicki Shu, Leo Letendre, and Rook Campbell. The release of FINA’s rules regarding trans athlete participation became a new element of the discussion, but did not change the vision of the task force. The task force presented their preliminary findings to Peter Guadagni in late June. In summary, the task force recommended that others join the committee, and that the national office or board of directors suggest their own priorities regarding this policy to help streamline the task force’s work. They also wanted to know who the overseer of the task force is, so the initial findings can be sent to the proper person.

The committee has also presented two webinars in 2022. In January, we finished our yearlong series of breakout sessions regarding various ways LMSCs can foster diversity and inclusion. This breakout session was titled “Creative an Inclusive Culture in Your LMSC,” and focused on a more diverse leadership in the LMSC board, being more inclusive at swim meets and swim practices, and offered questions for LMSCs to consider regarding their own practices. In March, we organized a peer-to-peer webinar to help LMSCs understand the Diversity and Inclusion Chair/Coordinator role and open discussion on its importance. A webinar that will expand on the “Creating an Inclusive Culture” webinar will take place on July 28, with a focus on the use of pronouns to help transgender and nonbinary athletes feel more comfortable and welcomed.

Sarah Welch took over responsibilities of the best practices subgroup, which took a hard-right turn this summer to present a guide on pronoun usage. With the consultation of various USMS members, the guide could help others understand how they can best understand those whose pronoun usage might not be easily

defined. We are expecting to use this pronoun usage guide as the basis for the July 28 webinar on “creative an inclusive culture.”

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The committee chair continued to have conversations with Dawson Hughes regarding any issues with diversity and inclusion. Hughes made a commitment to keep the D&I Committee in the conversation regarding anything the national office is considering regarding diversity and inclusion. That included the Zoom meeting in May that discussed how the committee could help shape policy regarding trans athletes in USMS.

### **Action Items**

1. Diversity and Inclusion Award recipients and logo design
2. 2022 legislation
3. Meeting minutes

### **Agenda**

1. Welcome
2. Approve June and July meeting minutes
3. Year In Review:
4. DEI Award
5. Legislation
6. Best practices
7. Education/webinars
8. Transgender task force
9. Discussing Diversity in Aquatics / HBCU swim meet
10. 2023 goals and projects
11. 2023 budget

### **Diversity and Inclusion Committee Meeting**

**[Wednesday August 10, 2022 8:00pm - 9:00pm EDT | Zoom Registration Link](#)**



# USMS Standing Committee Reports

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## History and Archives

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### Committee Members

Frank Skip Thompson, Chair, Kirk Clear, Vice Chair,

Bob Anderson, Mary Ann Barkley, Rich Burns, Barbara Dunbar, Ann Lea Matysek, Walt Reid, Gail Roper, Jayne Saint-Amour, Meegan Wilson.

Ex-Officio: Daniel Paulling

EC: Ed Coates

### Introduction

The History and Archives Committee records, collects, and preserves documents, stories, photos, exhibits, oral histories, and other memorabilia in an appropriate repository and in durable formats to ensure that the achievements of USMS and Masters swimmers will be maintained for posterity. The archived information will be available on the USMS website in the USMS History & Archives section and elsewhere. The committee encourages LMSCs to document and archive their LMSC history so that each LMSC collects and preserves its LMSC photos, documents, stories, and newsletters.

The History and Archives committee is broken up into two subcommittees. The traditional committee works on the traditional projects that have been performed for many years. The Living History is the other subcommittee that works and gives direction to LMSC's to document and archive their LMSC history as it happens through photos, documents, stories, newsletters, LMSC and Club websites, and social media outlets

### Discussions and Projects Since Last Annual Meeting

1. Relay Top 10s are being converted by year and course from paper hard copies into digital files for ID assignment and upload to the USMS Top 10 Relay database. The Relay Top 10 Project require transcribing Relay Top 10 data (names, times, ages, club, and LMSC) into a template for each year and course missing from the online database; proofing; researching and adding missing first names; and adding permanent IDs. The template is uploaded into the Relay Top 10 database.
2. Missing National Record dates are researched, located, and added to the list of USMS Chronological National Records for the Records Chronology Project.
3. Updating USMS Committee membership history and AAU/USA-S and USMS Rule Books for the USMS website. Documentation from 1972 onwards has been found and needs to be scanned and reviewed.
4. Identify USMS swimmers pre-1993 Top Ten lists who are missing ID's and Dates of Birth and assign ID's to them. Correct any mistakes of swimmers with duplicate names and ID's. USMS current or former members with multiple permanent Swimmer IDs have been reported. Request IDs to be merged into a single ID.
5. Updated the deceased members and dates of death in the swimmers profile in the USMS Registration database. Those names, along with their dates of death and links to their obituaries, have been sent to the USMS national office (to be entered into their USMS member forms, which then adds them to the Deceased Members list).

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6. Additional Olympians and Olympic event information have been added to the “Olympians who are USMS members” list at <http://www.usms.org/hist/oly/>.
7. Check links on the USMS website especially swimmers stories. Assist Recognition and Awards Committee with biographies of award recipients. Update and add swimmers stories when needed.
8. LMSC Records/Top Ten listing and possible history of LMSC Records/Top Ten using the USMS Database and getting assistance from the local top ten/records recorders to get this started.
9. Living History project has started with identifying how LMSC’s are currently collecting their living history, what LMSC have done in the past, researching and identifying LMSC’s that have been successful, highlighting their best practices. Identify resources that LMSC’s could use to capture and share this information. Develop educational resources to share best practices with LMSC’s. Committee members have been assigned LMSC’s to interview with the goal to complete by the end of 2022.
10. The History & Archives Committee will be responsible for the presentation that honors all of the deceased USMS members since the 2021 Annual Meeting. A process and procedure has been developed from the Obituary List, with Power Point slides highlighting the members accomplishments both in USMS and successes in their lifetime. Music is added during the presentation. The presentation is preserved in the future on the USMS website in the Annual Meeting section.

### Action Items

1. Evaluate and prioritize the traditional H&A committee projects.
2. Living History project next steps after completion of the LMSC interview process.
3. LMSC Development Committee Peer to Peer webinar for 2023.

### Agenda

1. Call History and Archives Meeting to Order.
2. Roll Call – Communication members and ex officio.
3. Review the status of the traditional History and Archive projects
4. Evaluate and prioritize traditional H&A projects with workloads and timelines.
5. Review the status of the Living History Project.
6. Plan of Action for LMSC’s to share experiences that are taking place and assist them with best practices to capture their stories through photos, videos, and written anecdotes through their communication platforms, including websites, newsletters, e-mail blasts, social media, and photo galleries.
7. Other
8. Adjournment

### History and Archives Committee Meeting

[Thursday August 18, 2022 8:00pm - 9:00pm EDT | Zoom Registration Link](#)

# USMS Standing Committee Reports

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## Fitness Education

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### Committee Members

Emily Cook, Chair; Ann Marshfield, Vice Chair

Mary Jurey, Lisa Watson, Andy Seibt, Ken Winterberger, Anita Cole

Ex-Officio: Jay Eckert, Onshalee Promchitmart

EC: Chris Campbell

### Introduction

The Fitness Education Committee shall promote the fitness, health, and lifestyle benefits of Masters swimming. The committee may also offer programs to members for this purpose. The committee shall consist of the committee chair and sufficient members to execute the committee function.

### Discussions and Projects Since Last Annual Meeting

- *Developing Incentive for Fitness Challenge(s)*
  - Based on the success of an incentive/prize offered within the NELMSC years ago for registration for the Winter Fitness Challenge, the Fitness Committee thinks offering a similar incentive/prize at the national level will be conducive to increasing participation in Fitness Challenge(s), enhancing experience of Fitness Challenge(s), and strengthening our membership at the local level.
- *How to improve engagement of “fitness swimmers”*
  - Many discussions were had on improving engagement of “fitness swimmers.” Creating/providing opportunities for varied ,fun events was a common thread. Engaging Senior Game participants who are not USMS members was made a point.
- *Creating other events/programs (relays, challenges, etc.)*
  - Often in connection with the query of how to improve engagement of “fitness swimmers,” many ideas for new events/programs were discussed. Ideas included but were not limited to: photo challenges, fun relays, distance swims, and Gold Club hosted/focused events.
- *Continuation of committee in current structure*
  - It has been recommended multiple times over the years that the Fitness Education Committee be restructured to ad hoc or dissolved. The Fitness Education Committee plans to develop and implement the Fitness Challenge(s) Incentive, then evaluate how the Committee would best serve the membership and national office.

### Action Items:

- Draft & submit plan to Incentivize Fitness Challenge(s) at national level
- Compile short bios of prior Fitness Award Winners for USMS website/Awards & Recognition consistency.
- Communicate about the Fitness Education Award so that nominations are received.

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- Increase number of Fitness Committee members to 10

### **Agenda**

1. Approve minutes
2. Plan Incentive program for Fitness Series to increase participation
3. Consider ideas to refresh/update Fitness Series focusing on increasing participation
4. Discuss committee size for 2022-2023
5. Discuss future existence of Fitness Committee.

### **Fitness Education Committee Meeting**

**[Wednesday August 24, 2022 8:00pm - 9:00pm EDT | Zoom Registration Link](#)**

# USMS Standing Committee Reports

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## Legislation

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### Committee Members

Charles Cockrell, Chair; Stephanie Gauzens, Vice Chair

Rob Copeland, Diana Dolan Lamar, Jeff Enge, Kirsten Hoffman, Kristof Kertesz, Teddy Palmer, Steve Peterson, Douglas Sayles, Meg Smath, Patrick Weiss

Ex-Officio: Maria Elias, Mollie Grover, Dawson Hughes, Jessica Reilly, Chris Colburn

### Introduction

The Legislation Committee met throughout the year to consider potential amendments to administrative regulations in parts two, four, five, and six in the USMS Code of Regulations and Rules of Competition. The committee worked with rules, legislation, long distance, and executive committee representatives to review parts five and six of the Code of Regulations to draft proposed amendments intended to clarify the conduct of the annual meeting, addressing issues that arose from the 2021 digital annual meeting, and to update and streamline the annual amendment processes. The committee also received, considered, and met with other committees to disposition additional proposed amendments.

### Discussions and Projects Since Last Annual Meeting

1. Considered and forwarded to the House of Delegates a list of proposed amendments to the USMS Code of Regulations at the 2022 Annual Meeting.
2. Approved an interpretation to article 506.3.10 concerning emergency suspensions of rules and regulations by the Board of Directors.

### Action Items

1. Consider comments from members regarding proposed amendments to the code of regulations.
2. Following the annual meeting, proofread sections of the USMS rule book for relevant changes.

### Agenda

1. Consider proposed legislative amendments (L1 through L20).

### Legislation Committee Meeting

[Monday August 15, 2022 7:30pm - 8:30pm EDT | Zoom Registration Link](#)

# USMS Standing Committee Reports

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## LMSC Development

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### Committee Members

David Brancamp, Chair; Crystie McGrail, Vice Chair

Stacy Abrams, Linda Chapman, Nicole Christensen, Robert Duguay, Karen Harris, Mary Hull, Ian King, Christine Maki, Randy Marchman, Kris McPeak, Tom Moore, Aaron Norton, Katherine Olson, Maddie Sibia, Robin Tracy

Ex-Officio: Dawson Hughes, Jessica Reilly

EC: Ed Coates

### Introduction

The LMSC Development Committee is responsible for managing LMSC and zone boundaries, managing the LMSC standards policy and working with the Vice President of Local Operations to conduct and communicate an annual standard report. The committee works to strengthen LMSC governance and operations by providing multiple educational opportunities and relationship building / mentoring for local LMSC boards and officers to improve the local volunteer base. The committee shall provide support for the local LMSC and the various roles through newly defined peer-to-peer teleconferences to enhance the various volunteer roles and build networks for collaborative leadership and improved partnerships with our swimmers.

### Discussions and Projects Since Last Annual Meeting

- **Volunteer Role Descriptions:** In 2021 the committee determined that existing role descriptions should be reviewed/ updated on a biannual basis moving forward, as most roles do not drastically change year-to-year. This subcommittee within LMSC Development in 2022 has begun work on the “Zone Chair” role description to be shared in the fall of 2022. The start of 2023 will begin the process of the biennial review of the role descriptions. The subcommittee will also discuss the potential change of “chair” to “coordinator” in the fall of 2022 as well as an “on-boarding” guide or training for all our volunteers to their new roles.
- **Webinars/Peer-to-Peer:** The webinars subcommittee has organized and planned multiple webinar/peer-to-peer during the 2022 year. Thanks to the numerous speakers and guests; this year has been loaded with fantastic information for specific roles and areas of educational need for our LMSC’s. The subcommittee shares with the LMSC Zone chairs key dates, trainings, and information to be shared within each zone. The subcommittee has met with USMS leadership to set up a phenomenal plan for 2023 and to compliment the various national events and the demands on multiple volunteers. The LMSC Development committee plans to review this plan and share with all our volunteers during the fall of 2022. The subcommittee will also be looking into the best way to communicate these educational opportunities to our LMSC’s in the standards survey this fall.
- **Relay 2022:** Subcommittee members spent the beginning of 2022 in preparation with the National office staff and board members to assist with the facilitation of the inaugural Relay event in March of 2022. This initial event was highly successful, and it was great to have many members of USMS back together in person. After reviewing the feedback and analyzing the results from the survey of the participants of Relay 2022 the subcommittee

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shared next steps to make Relay 2023 a larger and even more successful event. The initial discussions around the event have begun with the theme for 2023 to be around “Event Development”.

- **Mentorship / Relationship Building:** The committee has identified mentorship as a continued area of growth and an opportunity for all levels of USMS volunteers to collaborate and network around common jobs and responsibilities. The subcommittee has discussed ways to expand these opportunities and possibly engage in other methods to maintain the networks and grow their interest and membership. The committee also discussed ways to involve other USMS committees to share in this knowledge build and partnership.
- **LMSC Standards:** Given the impact the pandemic the subcommittee has evaluated the need for a survey in 2022 and will send out a modified version of the standards survey in the fall of 2022, keeping in mind that many LMSCs will still be recovering from pandemic impacts. During the year this subcommittee met numerous times to review and revise the standards to make them more a resource for improvement in the daily operation of the LMSC’s. The drafts will be presented this fall to full committee and based on feedback sent to board for consideration in early 2023.

### Action Items

1. Continue the evaluation and prioritization of the various Education formats and resources for the various LMSC’s, including an integrated timeline with National USMS events.
2. Build upon the success of Relay 2022 for the Relay 2023 event and expand the role that the LMSC Development Committee plays in the development and facilitation of the 2023 event.
3. Share the more user friendly and supportive LMSC standards to enhance the volunteer involvement with the local LMSC operations.
4. Pilot the online “Sanction Chair” educational supports program with the local LMSC’s by Spring 2023.

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### Agenda

- I. Welcome **Dave**
- II. Subcommittee Reports
  - a. LMSC Volunteer Roles **Karen / Crystie / Nicole / Robin/ Aaron**
  - b. Webinars **Tom / Linda / Kris / Katherine**
  - c. Relationship Building **Katherine / Kris / Karen / Aaron/ Robert /Dave**
  - d. LMSC Standards **Linda / Christine / Tom / Dave/ Randy**
- III. Additional Items
  - i. Relay 2023 Planning Group
  - ii. Update on the West Texas LMSC merge with New Mexico LMSC
  - iii. Sanction Chairs training update
- IV. Next Meeting: October18th

### **LMSC Development Committee Meeting**

**[Tuesday August 16, 2022 8:00pm - 9:00pm EDT | Zoom Registration Link](#)**



# USMS Standing Committee Reports

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## Long Distance

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### Committee Members:

Phyllis Quinn, Chair; Catherine Rust, Vice Chair

Chuck Beatty, David Brancamp, Bob Bruce, James Davidson, John Fox, Paul Grecco, Ali Hall, Jenny Hodges, Sarah King, Tim Murphy, Stephen Rouch, Lorena Sims, Robert Singer, Jill Wright.

Ex-Officio: Jay Eckert, David Miner

EC: Robin Smith

### Introduction

The Long-Distance Committee shall oversee the rules and administration of open water and long-distance events. The committee shall solicit and review bid proposals and select the sites for the long-distance national championship events. The committee shall work in a coordinating and advisory capacity with event hosts and make recommendations to enhance the quality of Long-Distance national championship events. The committee shall maintain records and select the Long Distance All-American and Long-Distance All-Star Teams. The committee shall assure that the competitive rules in Part 3 of the USMS Rules and Regulations provide for fair and equitable competition in the best interests of all USMS members and that these members are informed of current rules, interpretations, and changes. The committee may initiate and shall accept, consider, and report proposed amendments, with the committee's recommendations, at the annual meeting of the House of Delegates, in accordance with the provisions of Part 6 of the current 2021 USMS Rulebook. When necessary, the committee shall interpret and render opinions regarding any provision of the rules and regulations of USMS within the committee's jurisdiction as defined in article 601.1.

### Discussions and Projects Since Last Annual Meeting

1. All concluded 2021 event results, compilations, awards and records are complete and posted. One-hour Virtual Championship event results posted. Results for all other events will be posted as soon as possible at the conclusion of the event.
2. The LDC Goals working group has worked toward the following priorities: a) evaluate LDC rules review processes, especially to gather feedback and communicate with interested members from outside the LDC prior to the annual meeting; b) find a home within USMS rules for virtual events that are not "long distance;" c) consider guidelines for evaluating the appropriate use of and rules around new technology; d) compare USMS and USA Swimming open water rules and prepare rules/guidelines for dual sanctioning; e) organize and centralize LDC internal documents; f) study strategies for enhancing Virtual participation.
3. The LDC continued to develop proposals for rules updates and worked with the Rules and Legislation Committees as the year unfolded.
4. The LDC has met both through e-exchanges and regularly scheduled virtual meetings. All minutes approved have been sent to the USMS Secretary for posting.

## USMS Standing Committee Reports

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5. The LDC developed, posted, and distributed the Long-Distance National Championship (LD NC) call for annual award nominations. This LD NC recognition is awarded to a USMS registered individual or group that has made significant contributions to the success and promotion of USMS Long Distance National Championship events. If awarded, the recipient will be announced at the Annual Meeting.
6. The 2024 LD NC selection working group developed, posted, and distributed the call for bids for all OWNC distances. This working group will review bids received and make recommendations to the LDC prior to the annual meeting.
7. At the time of the annual meeting, all the scheduled Open Water National Championship swim should be concluded.
8. The video will be shown at the August LDC meeting that is part of the annual meeting. The theme this year is safety.
9. The document flow work group updated guidelines, documents and worksheets used by the LDC to support event hosts, liaisons, and the national office.
10. Lead and back-up roles for each task and function in the LDC ensured continuous coverage of responsibilities, served to mentor newer committee members and distributed workloads more evenly. Lead and back-up assignments have been identified for the 2023 LD NC events.
11. A Virtual Annual Meeting workgroup coordinated a variety of activities to support the LDC's mission and responsibilities.
12. The LDC formed a Virtual Participation working group, composed of all 2022 virtual liaison teams, the LDC rules leaders and the goals workgroup lead, to collaborate with the National Office as we transition to the National Office taking over the running of all the National Virtual Long-distance events.

### Action Items

1. Update the rule book to change all references of E-Postals to Virtual.
2. Review the rule book for next years annual meeting to transition from hosts for the Long-Distance Virtual events to having the National office take over the running of these events. Long Distance will still assign Liaisons to work with the National Office and provide assistance, review of results and backup.

### Agenda

1. Welcome and roll call by Power Point presentation.
2. Approval of any outstanding meeting minutes
3. Reports from the chair (Phyllis) and vice chair (Catherine) and vice president (Robin) and USMS National Office (Jay)
4. Video presentation for Pre-Annual meeting. Chuck, Catherine
5. Preview of the 2023 Open Water National Championship events. Jill
6. Working groups – reports (please send your report to all in advance)
  - a. 2022 Rules/Legislation –Jim and Tim, Lorena, Bob S., Steve, Bob B, John.
  - b. PARA – Jim and Sarah; Patches & Awards – Dave; All-Americans (AA) - Men – Lorena, Chuck; (AA) Women –Jenny, Tim; (AA) Relays – Phyllis, Dave; Records

## USMS Standing Committee Reports

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- Jill, Tim, All-Stars – Lorena, **TBD**; Postal Series – **TBD**, Lorena; ePostal Series Recognition: Catherine, Jenny
- c. 2024 NC Recruitment/Selection – Jill, lead; Ali, Steve, Catherine & Jenny;
- d. NC Oversight - Phyllis, lead; Ali, Jim, Bob S, David M
- e. Nose to Tail LD NC Working Group: Sarah, Jim, Bob S, Dave, Chuck, Catherine, Jill, Bob B, Ali
- f. Goals – Catherine, lead; Lorena, Bob S, Catherine, Tim, Chuck and Bob B;
- g. LDNC Award – Jill, lead; Lorena, Dave, Jenny, Ali;
- h. 2022 Clinic Working Group—Catherine, Chuck and Ali
- i. New Business-

Below is a list of the 2022 LD NC events and the liaisons assigned. Each lead liaison will please give a brief written report on the status of their event

### 2022 Long Distance National Championships:

- **Sprint – OHIO Masters Swim Club, Brogan, Lake Erie OH. July 9- Canceled due to high winds** Catherine, Tim
- **Middle Distance Santa Cruz Masters, Santa Cruz CA. July 31** Jill/Robin
- **Cable Swim – Green Leaf Racing LLC, Lake Placid NY. August 13** Chuck, Bob S
- **Marathon – Green Leaf Racing LLC, Lake George, NY. August 20** Ali/Bob S
- **Long Distance – Tri Valley Masters, Del Valle CA. August 27**
- **Sprint Distance Version 2.0 Tri Valley Masters, Del Valle CA. August 28** David B, Bob B
- **Ultra-Marathon – TBD**
- **OHeP – Davis Aquatic Master Jan 1-31** Sarah/Robin
- **5/10k – Palm Beach Masters May 15-Sept 15** Jenny/Jim
- **3/6k – Sawtooth Master Sept 15- Nov 15** Catherine/Lorena

### 2023 Long Distance National Championships:

- July 8 USMS Ultramarathon Distance Nationals Portland, Oregon.
- July 13: USMS 2-Mile Cable Open Water Nationals in Foster Lake, Oregon
- July 15: USMS Marathon-Distance Open Water Nationals in Applegate Lake, Oregon
- August 12: USMS Middle-Distance Open Water Nationals in Lake Oahe, South Dakota
- September 16-17: USMS Long-Distance Open Water Nationals in Lake Mission Viejo, California
- September 16-17: USMS Sprint-Distance Open Water Nationals in Lake Mission Viejo, California

## USMS Standing Committee Reports

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USMS is also hosting five virtual championships: the 1-Hour Virtual Championship Jan. 1–31, the 5K/10K Virtual Championships May 15–Sept. 15, and the 3000/6000-Yard Virtual Championships Sept. 15–Nov. 15.

Other business for the good of the order

### **Long Distance Committee Meeting**

**[Sunday August 28, 2022 8:00pm - 9:00pm EDT | Zoom Registration Link](#)**

# USMS Standing Committee Reports

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## Membership

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### Committee Members

Sue Nutty, Chair; Chris Ottati, Vice Chair

Leslie Scott, Jill Wright

Ex-Officio: Chris Colburn, Steve Hall

### Introduction

The membership committee officially met four times this year.

### Discussions and Projects Since Last Annual Meeting

1. Post-annual meeting 2021 webinar for membership coordinators
2. Lane-mates participation (in conjunction with LMSC Development Committee)
3. National Office communication with membership Coordinators
4. USMS strategic plan moving forward
5. Membership Committee dissolution statement

### Action Items

1. Creation of dissolution statement
2. Possible position of membership advisor for National Office staff

### Agenda

1. Dissolution statement created in May 2022.
2. Dissolution statement submitted to Legislation committee in June, 2022

### Membership Committee Meeting

[Tuesday August 23, 2022 8:00pm - 9:00pm EDT | Zoom Registration Link](#)

# USMS Standing Committee Reports

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## Officials

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### Committee Members

Teri White, Chair; Mike Abegg, Vice Chair

Jerrilynn Bayless, Emily Cook, Omar de Armas, Alina de Armas, David Diehl, Judy Gillies, John King, Mark Marshfield, Michael Moore, Lisa Phillips, Jeff Sargent

Ex-Officio: Onshalee Promchitmart exofficio, Robin Smith EC-VP Programs

### Introduction

The Officials Committee's purpose is to offer training and education opportunities for officials to ensure that USMS competitive meets are officiated to the highest standards.

### Discussions and Projects Since Last Annual Meeting

1. **Officials Certification Program:** 346 total, with 185 Starters and 70 Referees. This is an increase of 77 officials this year, 38 new Starters and 13 new Referees.
2. National Championship Meets:  
**2022 Spring Nationals 4/27-5/1 San Antonio TX:** Jacki Allender MR. Teri White Head Starter, Judy Gillies, Dave Diehl, Emily Cook from the committee officiated. 38 total officials of which 85% were certified as USMS Officials!  
**2022 Summer Nationals 8/3-7 Richmond TX:** Bob Rustin MR. Alina de Armas Admin Referee, Teri White Head Starter, Mike Abegg, Dave Diehl, Omar de Armas, Emily Cook from the Committee officiated. Twenty-nine officials helped with the meet, of which ALL but 4 are USMS certified officials. 87%! This year's meets have run smoothly with no "USA calls" in conflict with USMS rules.
3. **Rules:** Two Rule changes were submitted to the Rules Committee, both are being submitted to the HOD as "Recommended" by Rules. **R-1** brings our language into synch with FINA and USA-S regarding swimming in the "assigned lane" versus "same lane". **HK-1** reorders existing language to match USA-S regarding swimsuits.
4. **USMS Excellence in Officiating Award:** Award for 2022 to be presented at the Annual Meeting.

### Action Items

1. **Referee clinic presentation:** Ongoing work to create a turn-key clinic/presentation for LMSC use.
2. **Administrative Official Certification:** Develop training materials and an online test for certification of USMS Administrative Officials.

### Agenda

1. Call to order.
2. Approval of 7/7/2021 Minutes.
3. Business items:
  - Officials Certification program status
    - PowerPoint or video for Referee?

## USMS Standing Committee Reports

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- Championship meets for 2022
    - Summer LC Championships 8/3-7/22 Richmond
    - FINA World Masters update
  - USMS Officials Award
  - USMS Officials website
    - OW slide show addition
  - Administrative Official certification process
  - Nametag order
  - Testmoz Test site update
  - Annual Meeting 9/16-18 Denver
4. New Business:
  5. Next meeting date

### **Officials Committee Meeting**

**[Wednesday August 24, 2022 8:00pm - 9:00pm EDT | Zoom Registration Link](#)**

# USMS Standing Committee Reports

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## Recognition and Awards

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### Committee Members

Beth Nymeyer, Chair; Charis Anderson McCarthy, Vice Chair

Marcia Benjamin, Richard Burns, Hill Carrow, Nadine Day, Sally Dillon, Michael Hillegonds, Nancy Kryka, Ray Novitske, Ginger Pierson, Nancy Ridout, Laura Val.

Ex-Officio: Daniel Paulling

EC: Ed Coates

### Introduction

The goal of our committee is to recognize outstanding service by local and national level volunteers of USMS. The committee awards four main awards a year including Ransom J Arthur Service Award, Club of the Year Award, June Krauser Communication Award and Dorothy Donnelly Service Award. These awards are nominated by peers of the winners and voted on by our committee. The recipients are awarded once a year at the USMS annual meeting and in the spring for the Ransom J Arthur Award. The committee also maintains the history of awards and award winners.

### Discussions and Projects Since Last Annual Meeting

1. Procuring New Nominations: Emailing Zone chairs and LMSC leadership directly. Posting on social media and tagging fellow clubs, USMS members and LMSC's.
2. Successfully presenting a Webinar on LMSC peer to peer development monthly zoom calls
3. Approving a new award for the Diversity and Inclusion Committee.
4. Introducing new legislation to require a MINIMUM of two Ransom J Arthur winners on the committee.
5. Voting and choosing 2022 Award Winners.
6. The committee met approximately every six weeks to discuss and move forward with all 2022 projects.

### Action Items

1. Catalog awards and streamline branding
2. Google award form pilot to other awards
3. RJA Presentation: Make it flexible for award winner
4. Look at value add for ALL USMS awards (how do they add value to USMS members and fit with our overall mission)



# USMS Standing Committee Reports

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## Agenda

1. Introductions of Committee Members
2. Approve minutes.
3. Sub Committee Groups
4. Award Presentations 2022
5. 2023 Projects and Committee Goals

## **Recognition and Awards Committee Meeting**

**[Sunday August 21, 2022 7:00pm - 8:00pm EDT | Zoom Registration Link](#)**

# USMS Standing Committee Reports

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## Records and Tabulation

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### Committee Members

MJ Caswell, Chair; Stacey Eicks, Vice Chair

Cheryl Gettelfinger, Chris Ottati, Walt Reid, Jeanne Seidler, Mary Sweat, Benjamin Wyckoff.

Ex-Officio: Onshalee Promchitmart (USMS Office), Mary Beth Windrath (National Swims Administrator-USMS Office)

EC: Ed Coates (VP of Local Operations)

### Introduction

The Records and Tabulation Committee is responsible for the process of recording and verifying Top 10 times, All-American and All-Star rosters, and USMS national records for all three courses. In addition to a chair and vice-chair, the committee includes the National Swims Administrator, who collects, verifies and compiles Top 10 submissions from the LMSCs, and also receives and verifies record applications and maintains the USMS records. The pool measurement process is within the domain of the committee. The committee maintains the USMS List of Measured Pools. The committee works with the LMSC Top Ten Recorders to use the Top 10 Tools for meet uploading to the Event Results Database.

The committee works closely with the USMS office for the online publication of lists, rosters and records, and to simplify and automate the compilation and verification of all swim performances in pools measured as per USMS pool measurement rules.

### Discussions and Projects Since Last Annual Meeting

1. For the past year, the National Swims Administrator, a contractor hired by USMS (Mary Beth Windrath), continued to verify, compile, and publish USMS Records and Top 10 Swims along with maintaining the USMS List of Measured Pools. The committee chair uploaded the list of Top 10 swims and All-Americans on the USMS website. Mary Sweat provided volunteer assistance for the Top 10 processing as she has done in the past.
2. Committee business was taken up during video a conference and electronically through email and the secure Records and Tabulation USMS Community page.
3. Numerous inquiries were made to the committee, mostly to the Chair and National Swims Administrator regarding various questions related to Top Ten, pool measurement, availability of Top Ten times, and split request listings in the Event Results Database (ERDB). The bulk of the work of this committee actually goes on behind the scenes. Swimmers in the LMSCs are helpful in reporting potential errors in the meet results uploaded to the ERDB.
4. We formed a subcommittee to work on updating the GTO as it relates to Top 10 recorders. This is an ongoing project. The Top 10 Recorders FAQ has been updated by Mary Beth Windrath. We are working on removing screenshots from the documentation so that we don't have to update the documentation so often when the website is updated.
5. The committee discussed proposing legislation to remove all administration procedures for the Top 10 recognition program, All-American and All-star recognition programs for

## USMS Standing Committee Reports

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the rule book and move them to either a committee or Board procedure. The committee decided not to propose any legislation changes this year.

### Action Items

1. Update GTLO documentation.
2. Update RT Policies and Procedures.

### Agenda

1. Introductions.
2. Discussion on the Meet Observer Report. When should it be filled out and what standards, if any, should be in place for its' completion?
3. Can we develop a checklist for items the TTRs need to complete? Example
  - All meet results uploaded.
  - Ideally, USA kids are not included in the uploaded meet results.
  - No unconfirmed swimmers in any meets.
  - Splits/times checked for validity.
  - USA meets listed as recognized, pool name, city, state included link to official results included.
  - Pool measurements valid on our USMS list, else included.
  - Bulkhead confirmations valid and included.
  - Observer reports included.
4. Would this committee like to undertake developing a template for meet entry forms, so that some of the boilerplate language is readily available regarding times, pool measurements, etc.
5. Should we split the pool measurement form into 2 to make it more understandable? Current feedback is that it is confusing, and folks are leaving pertinent information out. Perhaps a Pool measurement form and a bulkhead confirmation form? Thoughts?
6. Enable production of LMSC records from the USMS Swims DB.
7. Enable the input of historical state records to assist in creating LMSC records.
8. Request input on educational topics TT recorders would like to have training or documentation on.
9. Discussion of the Top Ten recorder role going forward.
10. Questions and discussion from all.

### Records and Tabulations Committee Meeting

[Sunday August 14, 2022 7:00pm - 8:00pm EDT | Zoom Registration Link](#)

# USMS Standing Committee Reports

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## Rules

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### Committee Members

Mollie Grover, Chair; Claire Letendre, Vice Chair

David Benjamin, Kathrine Casey, Julie Dussliere, Marilyn Fink, Christina Fox, Judy Gillies, Timothy Murphy, Christopher Nolte, Barbara Protzman, C.J. Rushman, Jessica Seaton, Jason Weis

Ex-Officio: Bill Brenner, Steve Hall, Chris Colburn, Teri White, Charles Cockrell

### Introduction

The Rules Committee is responsible for ensuring that the competitive rules in part one of the USMS rules and regulations provide for fair and equitable competition in the best interests of all USMS members. The committee works throughout the year to ensure that USMS members are informed of current rules, interpretations, and changes to rules. The committee accepts, considers, and reports proposed amendments to part one and the glossary to the USMS House of Delegates in conjunction with the USMS annual meeting. The committee held a winter organizational conference call and then met in June to consider proposed amendments and prepare the pre-meeting delegate packet for the 2022 Annual Meeting.

### Discussions and Projects Since Last Annual Meeting

1. The chair answered rules questions from LMSC leaders, other standing committees, and general membership inquiries as received throughout the year.
2. The Rules Committee updated the transgender policy in the early spring to lower the acceptable testosterone levels for swimmers transitioning from male to female and to better align the wording of the policy with the current preferred language within the community. As this is an evolving area of sport, discussions on this policy are on-going.
3. A sub-committee of Rules Committee members worked on analyzing part 1 of the rule book for articles that are better suited as policy, rather than rules.
4. Members of the Rules Committee, along with members of the Legislation Committee, formed a sub-committee to update articles in part 5 and part 6 of the Rule Book related to the amendment process and flow of the annual meeting.

### Action Items

1. Submit proposed amendments to the House of Delegates and prepare the final report for updates to the 2023 UMS Rules and Regulations following actions by the House of Delegates.
2. Update any language changes in USA Swimming proposals U-1 through U-8 after the USA Swimming House of Delegates meets.
3. Discuss and vote on disposition of the USA Swimming proposals (after the adjournment of the USMS Hybrid Annual Meeting).
4. Support the editorial process for publication of the 2023 USMS Rules and Regulations.

## USMS Standing Committee Reports

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### Agenda

1. Review of proposed amendments to part one and the USMS glossary. Motions to reconsider are in order if additional work is required in committee meetings held in conjunction with the USMS Annual Meeting.
2. Discussion of additional updates to the transgender policy updates after 2022 updates from FINA.
3. Discussion of Transgender/Nonbinary Swimmer Task Force and soliciting volunteer(s) from Rules Committee members.
4. Updates and votes on final version of USA Swimming proposals U-1 through U-8 (likely to occur after the 2022 Annual Meeting).
5. Discussion of potential projects and housekeeping items for future amendment cycles.

### Rules Committee Meeting

[Tuesday August 16, 2022 8:00pm - 9:00pm EDT | Zoom Registration Link](#)

# USMS Standing Committee Reports

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## Sports Medicine and Science

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### **Committee Members**

Christopher Rieder, Chair; Arlette Godges—Vice Chair

Aaron Schneider, Nicole Cole, Jessica Seaton, Jim Miller, MD

Ex Officio: Daniel Paulling

EC: Chris Campbell

### **Introduction**

Create and enhance membership value through expanded sports medicine and science based USMS products, services and delivery. The Sports Medicine and Science Committee shall educate members and the public on topics of swimming related sports medicine and science. The committee shall stimulate and encourage research pertaining to Masters swimming.

### **Discussions and Projects Since Last Annual Meeting**

Current Subcommittee Projects:

1. Dr. J. Miller – Suggested focus on Coordination with the Coaches Committee to promote the values of aerobic fitness in our unique environment (water) that trains upper and lower body without impact. Articles promoting the cardio benefits, muscle development, psychological benefits (serotonin production), endurance and strength.
2. A. Godges and J. Seaton – Assigned flexibility and exercises for our swimmer population.
3. A. Schneider – spoke about the continued connection to the coaching committee their topics and his topic from last year (Cannabidiol).
4. C. Campbell – indicated items that will help with the continued increase motivation in swimmer enrollment as well as discussion about the USMS +
5. Dr. J. Miller – Covid 19 protocol for competition proposal to be submitted to the BOD for either adoption or advise.
6. A. Schneider – Review literature and work on proposal for Cannabidiol usage as part of Litigation proposals.
7. N. Cole – spoke about learning what we are focusing on as a committee and then being able to contribute as her experience is vast and impressive.

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8. D. Pauling – Spoke about the article, from the NYT and the chance to write something similar.
9. C. Rieder/C. Campbell – Legislation draft for national committee review at the house of delegates.

### **Action Items**

1. The attached Legislation Proposal for the 2022 Annual Meeting was approved and is in Appendix A.
2. C. Rieder will send a cc'd to the committee email to the national office asking for direction on articles and suggestions for more information to be provided from the USMS Sports Medicine and Science committee.

### **Agenda**

1. Please Appendix B

### **Sports Medicine and Science Committee Meeting**

**[Monday August 8, 2022 8:00pm - 10:00pm EDT | Zoom Registration Link](#)**