

## Carrie Stolar - Candidate for Secretary



The Election Committee has deemed that Carrie Stolar is a member in good standing of USMS. The candidate has indicated she is planning to attend the USMS National HOD Meeting for this election year and, if elected, is planning to attend all HOD Meetings during her tenure in office.

The candidate was nominated and recommended by *Tom Moore* and received a letter of recommendation from *Teddy Decker* in accordance with the USMS Election Operating Guidelines.

The candidate provided the following responses on the Candidate Questionnaire/Consent-to-Run Form:

### Section Two: Candidate Qualifications

- I am a member in good standing of USMS in this election year:* X Yes \_\_\_ No
- I am planning to attend the HOD Meeting for this election year:* X Yes \_\_\_ No
- I am planning to attend all HOD Meetings during my tenure in office:* X Yes \_\_\_ No
- I have attended 1 or more HOD Meetings in the past five years?* X Yes \_\_\_ No

***Please list the USMS National HOD Meetings you have attended, including the dates of attendance:***

2015 Kansas City    2016 Atlanta    2017 Dallas    2018 Jacksonville    2019 St. Louis  
2020 Virtual    2021 Virtual    2022 Denver

### Section Three: Questions

***Why are you interested in this position and why do you believe you would be a good candidate?***

I am interested in the office of USMS secretary because I want to continue to give back to the sport that has helped shape me into who I am today. I have served as USMS secretary for the last 2 years and understand the workload required and have the capacity for this position. In addition, during my tenure on the BOD, I have formed good working relationships with many

members of both the volunteer and staff leadership that will help me to continue the work I have accomplished in my first term as secretary.

I have volunteered at the local, LMSC, and national levels of USMS, and this position allows me to continue to serve at the national level and while still being involved at the other levels. I would be a good candidate for secretary because of my USMS volunteer experience and my work background which includes project management and event planning, both of which require strong organization, communication, and people skills.

***What do you consider to be the major issues facing USMS now and in the future? As a person holding an elected position within USMS, how would you address these issues?***

How can USMS sustain and grow its membership? USMS needs to offer relevant and timely benefits and programming to enhance the experience of its existing membership to retain them, from fitness and independent swimmers to competitive (pool and open water) swimmers. The programs don't necessarily need to be offered at a national level but can be designed by an LMSC or club to attract and retain swimmers. While many members say that they initially join USMS to swim in meets or because their club requires it, we need to give these swimmers reasons to stay actively involved in USMS. Sometimes those reasons are the sense of community and the social events that come along with the swimming! With the adoption of the new strategic priorities, the momentum is starting. Once the strategic priority of independent swimmer support takes center stage, we as an organization can focus on converting the independent swimmers to committed USMS members and unattached swimmers to club members.

Volunteers play a vital role in success of USMS. We all need to entice more of our younger members to get involved as volunteers. By attracting both new and younger volunteers, USMS will continue to evolve as an organization. In this progression, USMS will move along the path of attracting a broader, more diverse membership base as well. Sometimes a simple, personal ask is all it takes to change a member into a member-volunteer. At the local level, we need to understand our members passions and skill to facilitate that member-only to member-volunteer transformation.

We can't forget that the face of USMS to most members is the coach on deck. That coach might be the only interaction with USMS that they will have. As such, USMS needs to continue to work to develop, support, and in some cases, reengage coaches. With the planned outreach by the Coaches Committee to the LMSC coaches chairs, the communication flow should be smoother as those relationships are created and renewed.

***Please list USMS committees on which you have served. Include the dates you were on the committees and the names of the committee chairs under whom you served:***

Board of Directors (2018 – present) (1.5 terms as Breadbasket At-Large Director, 1 term as Secretary)

SSLF 2020, 2021, (Jay Definis, chair)

ALTS Programming Committee 2020 (chair), 2021 (chair), 2022 (Marlys Cappaert, chair), 2023 (Sue Nutty, chair)

Volunteer Committee Review Ad hoc Committee (chair), April 2021 – July 2021

Strategic Planning Ad hoc Committee (chair), November 2021-March 2022

Mission Vision Values Task Force (chair), (October 2022-March 2023)

***Please list any other experience that relates to your qualifications for the position.***

Swimming:

USMS: Breadbasket Zone, At-Large Director (2018 – 2021)

MN LMSC: Board Member (2015 – present), Chair (2022- present), Secretary (3/2016 – 12/2018), ALTS Program Founder and Current Co-Chair (2016 – present); Coordinator for swim angels for local triathlons (2015 – present), Pool Committee (2022 – present), Open Water Committee (2023 - present)

Steering Committee, 2017 USMS Summer National Championships

Coach (USMS Level I, II and III and USA-S certified) at Minnetonka Masters

Certified ALTS Instructor

Attendee, 2016 USMS National Coaches Clinic

Attendee, 2019 LMSC Leadership Summit

Attendee, 2022 Relay

Open water and pool competitive swimmer, triathlete, swim-run competitor

Volunteer, 2018 NCAA Men's Division I Swimming Championships and 2020 Mountain West Swimming Championships, held at the University of Minnesota

Other Volunteer Experience:

Captain (Volunteer supervisor), 2018 Super Bowl VII in Minneapolis; Point Guard (Volunteer supervisor), 2019 NCAA Basketball Final Four, Minneapolis; Team Manager, Excelsior Legion Baseball, Summers (2012-2016, 2018-2019); Treasurer, Minnetonka Volleyball Booster Club (2018-2020), Vanderbilt University Class Agent (2020 -2022), Big Ten Women's Basketball Championships Volunteer 2023, Vanderbilt University Reunion Committee 2023

Professional:

Marketing (Consumer packaged goods, small business and non-profit), Project Management, Event Planning

***Please list any other information you would like included.***

Member of the USMS Communication Group (2019-2020), recipient of The Ted Haartz Staff Appreciation Award, 2020

Recipient of the Dorothy Donnelly Service Award, 2016

BA, Vanderbilt University

MBA, Kellogg Graduate School of Management, Northwestern University

Avid tennis player and world traveler

Mom to 3 humans and a canine and a feline

***Please write a short summary statement that will be posted on the display board with your photograph at the HOD Meeting***

I am currently active in USMS at the local level with my team as a coach and swimmer and as chair of my LMSC, Minnesota Masters. I also currently serve on the national level as the secretary for the Board of Directors of USMS. I enjoy volunteering at each level and am fortunate to have the time and energy to do so. I would like to continue to give back to the sport that I love by volunteering and trying to help our organization serve its members in the best way possible. I look forward to getting to know even more amazing swimmers, coaches, and volunteers and am excited by the opportunity to continue to serve USMS and its members as secretary.



**U.S. MASTERS  
SWIMMING**

## **Letter of Nomination and Recommendation**

From: Tom Moore, Minnesota Masters Swimming

Date: 4/3/2023

To: The Elections Committee

I am writing to you today to enthusiastically nominate and recommend Carrie Stolar for a second term in the position of Secretary. Carrie has capably served as the USMS Secretary for the past year and a half and has reliably served on the Minnesota LMSC board of directors for many years, currently as Chair, and in the past as secretary, as co-founder of our Minnesota Adult-Learn-To-Swim program and as a Steering Committee Member for the 2017 Long Course Summer Nationals.

Carrie is also a coach as well as an open water swimmer and pool competitor and is able to bring her perspective and experience to the table while thoughtfully problem solving and keeping the “big picture” in mind. Carrie is a dedicated volunteer with a proven track record, and I have observed her thoroughness and attention to detail when serving as Chair and as Secretary to the Minnesota LMSC, and throughout her first term in the role she has demonstrated her capacity to serve effectively as USMS Secretary.

I am pleased to advance her candidacy for Secretary and give my permission for this letter to be advertised to USMS delegates.

Sincerely,

Tom Moore  
Minnesota Masters Swimming



**U.S. MASTERS  
SWIMMING**

From: Teddy Decker, USMS Treasurer

Date: 04 April 2023

Subject Line: Recommendation for Carrie Stolar for Secretary

To: The Elections Committee

I am pleased to wholeheartedly recommend Carrie Stolar for the position of Secretary of the Board of Directors (BOD) for United States Masters Swimming (USMS). Carrie has served with me as Secretary for the last two years and has done a stellar job at organizing and keeping track of the myriad of meetings, notes, minutes, and other goings-on with the BOD.

In addition to her specific duties as secretary, Carrie has served on the mission, vision, and values task force and has used her considerable skill in marketing and business organization to assist in updating the guiding principles and documents of USMS.

Carrie is definitely an asset to USMS and we should continue to utilize her knowledge and expertise in the position of Secretary.

Sincerely,

Teddy Decker, USMS Treasurer