



U.S. MASTERS SWIMMING

Board of Directors Candidate Application Form

Date Submitted Thursday, June 20, 2024

Section 1: Candidate Information

Board Position Title

At-Large Director-Colonies Zone

Candidate Name (as on USMS registration)

Ally Segal

Preferred Name

Ally

Preferred Pronouns

She/Her/Hers

Profile Photo Upload



Ally Profile Picture.jpg

Section 2: Qualification Questions

I am a current USMS member in good standing in this election year.

Yes

I have attended one or more annual meetings in the past five years.

Yes

USMS annual meetings attended in the last 5 years

Year Attended
2023
2022
2021
2020
2019

I plan to attend the Annual Meeting this year.

Yes

I plan to attend all Annual Meetings, Board of Director meetings, and other assigned meetings during my tenure.

Yes

I have the technological capability to fully participate in USMS videoconference meetings.

Yes

For at-large director positions: I am a member of an LMSC within my zone of candidacy.

Yes

Section 3: Nomination and Recommendations

First Nominator and Recommender

Recommender 1: Name

Gloria Searson

Second Recommender

Recommender 2: Name

Jeff Commings

Recommender 2 LMSC or N/A

Arizona

Recommender 1 LMSC

Connecticut

Section 4: USMS Background

USMS Permanent Member Number 01SHH

USMS Profile URL <https://www.usms.org/people/01SHH>

Current LMSC Connecticut

Service at the LMSC Level**How many years have you served your LMSC?**

10+

LMSC Service History

LMSC Position/Committee	Length of Service (Years)
Chair	1
Diversity and Inclusion	4
Secretary	9

Service at the Zone Level**How many years have you served at the Zone level?**

0

Service at the National Level**How many years have you served at the National level?**

6-10

National Service History

National Position/Committee	Length of Service (Years)
Diversity and Inclusion	6
Open Water Committee	4

Section 5: General Questions for all Candidates**Please state why you are interested in serving on the USMS Board of Directors.**

USMS has the ability to change lives of adults by promoting fun, fitness, and fellowship. In order to do this though, we need to create an environment of inclusion. By welcoming younger and newer swimmers along with swimmers of all abilities, we increase our membership, our revenue, and the impact we have in the sports and fitness community. In order to welcome new and returning members, we need to keep our dues low while offering benefits that people want.

What does USMS's mission mean to you? Please share a personal story.

USMS has the mission of "Empower adults to improve their lives through swimming." As a person with a genetic disorder and chronic health issues, swimming with USMS has given me a reason to push through a wide array of physical issues, keeping me active and healthier. Whether competing at the top of my game or swimming one-armed backstroke, I've always felt the support of teammates and "rivals" from around the country on the pool deck.

The acceptance I feel directed towards me inspires me as a coach and teammate to "pay it forward" and help others overcome their fears, injuries or other challenges. I coach swimmers of all levels, and love to help them work towards their goals, whether it's being a competitive athlete after a stroke, working on the prerequisite skills to take lifeguard training, or to make World Aquatics Masters Championships. My greatest feeling as a coach is when I see my swimmers turn into coaches and cheerleaders themselves.

One example of this effort is the ability to compete as a team in a 5k, 24 obstacle race with multiple athletes with disabilities. I coach a woman who fell on a 4 inch step coming to her first masters practice. I got to see her reach the top of a 12 foot wall and raise her cane in triumph during the obstacle race. Knowing that I am part of her story and so many others, is to me about empowering adults to have better lives through swimming.

What do you consider to be USMS's greatest opportunities for the next 2 to 4 years? How would you advocate for these opportunities on the national board level?

As long as I have been a volunteer with USMS, we have been challenged with growing membership. Two newer initiatives, College Club Swimming and Grown Up Swimming have the opportunity to both grow membership and create more opportunities for members. I had the opportunity to attend the New England Masters combined College Club Swimming and USMS meet that was a huge success. The Board has the opportunity to help promote these and similar events throughout the US.

Many new potential USMS members will be younger and will come to the USMS website with different expectations. The Board can prioritize adding features to the website that will increase interactive options, be accessible to people with disabilities, be more user friendly, include information that members want in ways that are easy to find, and lastly make the experience just as good for mobile phone users as those using a desktop or laptop.

Lastly, the Board is often the place people go when they are disgruntled with a situation. Having Board members that are empathetic and willing to listen and willing to do research before responding is important. While we are always looking for new members, we must also be mindful of our current membership. As a Board member, I would continue to encourage open dialogue with any USMS member who is frustrated with a situation.

Section 6: Position-Specific Questions

What makes you a good candidate for a USMS at-large director? What skills, experiences, and attributes do you have that will contribute to the success of USMS?

I have been a life long swimmer, but due to health reasons, I have never been a fast swimmer. I started coaching in college, and was always drawn to the swimmers that, like me, seemed to be trying so hard but having a hard time keeping up. That experience drew me to getting a Master's Degree in Social Work, with a concentration in Community Organization. I've had the opportunity to work with diverse communities including: Native Americans on the Cheyenne River Reservation, several Connecticut LGBTQ+ organizations, patients and their families in Hospice, and several adaptive sports programs. A few years ago, I was given the opportunity to teach several Turkish women and their children how to swim. It was another chance to learn about how immigrants and Muslims experience living in the US. As someone who takes the time to get to know people as individuals that are part of larger groups and how they experience the world, I can use that to help the Board see how actions might be interpreted differently in different groups. Strong empathy and communication skills can aid in creating an inclusive and welcoming environment.

I have a wide variety of experiences related to the world of aquatics: I have earned a USMS Level 4 Coaching Certificate, I'm a lifeguard, age group, high school and masters coach, and I teach swim lessons and aqua fitness. I've learned to interact with all types of swimmers in these roles.

Describe a situation where you had to balance your own perspective with input from individuals representing various viewpoints, and how you ensured that all perspectives were considered.

On a personal level, I am very supportive of transpeople. I know, however, that there are many people who are worried that trans-women competing against cis-women is unfair. Personally, I get beat by many swimmers, male and female, young and old. I do not mind if a trans woman beats me. I'm not even sure I would notice. I can appreciate that if I was a fast swimmer who had the chance to win National events and break records, I might feel differently. Therefore, I believe the best thing USMS can do is to have rules based on the best science we have, continue to watch the science, and update the rules as the science suggests. Educating ourselves and others is a good way to find the compromises that will allow for the fairest solutions.

Section 7: Agreements and Submission

Election Operating Guidelines Accepted

Board Standards Accepted

Conflict of Interest Policy and Questionnaire Accepted

Code of Conduct Accepted

Unsporting Conduct Accepted

Attestation Accepted

Consent to Publish Accepted

Consent to Run Accepted

Signature


Date Signed Thursday, June 20, 2024



U.S. MASTERS SWIMMING

Board of Directors Nomination/Recommendation Form

Submitted on

Thursday, June 20, 2024

Section 1: Nominator/Recommender Information

Name

Gloria Searson

LMSC or N/A

Connecticut

Zone or N/A

Colonies

USMS Permanent Member Number

NXR4R

Section 2: Candidate Information

Board Position Title

At-Large Director-Colonies Zone

Candidate Name (as on their USMS registration)

Ally Segal

Section 3: Nomination & Recommendation

How do you know the candidate?

Ally is my swim coach. She is also the coach at my nephews high school.

What makes this person a good candidate for this position? What skills, experiences, or attributes do they bring that will contribute to the success of USMS in this role?

Ally lives to get people in the water safely and have fun. She is dedicated to growing USMS. She is committed to increasing swimmers confidence and encouraging everyone to practice and enter meets. She takes the time to know members. she promotes USMS, clubs, nationals, and CT Masters programs at every opportunity. Ally continues to share with everyone her knowledge of the sport and the great events hosted by master's programs. She shares all meets at her various activities from Usms. The common thought was you had to be a great swimmer and compete at a high level to join. She shows us that we can get there with practice. She has the ability to meet people where they are and help them grow. Reach the goals!

.Ally really educates people on what all the acronyms are and all of the different work groups that are available. She's always recruiting people to get involved. I have seen her single-handedly grow our team week over week for more than 2 years.

Ally is an exceptional leader of of team. She maintains all her swimmers. When someone identifies Connecticut masters programs, it's usually not to practice every day and compete initially. Often people are looking to work out a little bit, get their exercise in or even recover from an injury. Sometimes people wanna find a place to swim while they are studying at a local university or visiting. No matter how

someone enters They often stay and become committed to learning more about improving from Ally. They start to increase their skills and they want more. Even when they're not competing, they come to the events and support them. Almost everyone eventually competes because she knows how to instill confidence. She also puts people in a place so they could succeed. I think that would be a great benefit for any director. A Director should have vision. Ally does have that. A Director should also be able to communicate and relate to people. Ally certainly has the skills.

Perhaps it's her social work training that gives us drive to keep coming. And as she works with people with less confidence and previous training, it seems they bring in other new members. . We all have become students of the sport and not just swimmers now because of Ally.

On the board meetings, you hear Ally talk a lot about diversity and inclusion. She is true to that. That's how I found Usms. I was supporting a friend at an para triathlon and she encourage me to come and practice. I went from never swimming to competing in two events with her at Orange Masters.

In addition to loving swimming, loving to coach swimmers, mentoring future, coaches, and improving competitive swimming nationwide . She is also very involved on the board of Connecticut masters. That shows that she doesn't mind putting herself out front to make positive change for the positive and to holding her self accountable.

She works well with other members of gyms s md clubs. Therefore I nominate Ally Sega. to at large Director-Colonies for USMS.

Section 4: Agreements & Submission

Nominator/First Recommender

Accepted

Attestation

Accepted

Consent to Publish

Accepted

Signature

A handwritten signature in black ink, appearing to be 'Ally Sega', written in a cursive style.

Date Signed

Thursday, June 20, 2024



U.S. MASTERS SWIMMING

Board of Directors Nomination/Recommendation Form

Submitted on

Friday, June 21, 2024

Section 1: Nominator/Recommender Information

Name

Jeff Commings

LMSC or N/A

Arizona

Zone or N/A

Southwest

USMS Permanent Member Number

0310T

Section 2: Candidate Information

Board Position Title

At-Large Director-Colonies Zone

Candidate Name (as on their USMS registration)

Ally Segal

Section 3: Nomination & Recommendation

How do you know the candidate?

I have known Ally for eight years, as we have both served on the Diversity and Inclusion Task Force that later became the Diversity and Inclusion Committee in 2019. Ally served as my vice chair in 2023.

What makes this person a good candidate for this position? What skills, experiences, or attributes do they bring that will contribute to the success of USMS in this role?

Ally would make a great board member because she cares about every aspect of U.S. Masters Swimming. Though her primary focus leans toward making the Masters swimming experience more enjoyable for those with intellectual and physical disabilities, she is also a tireless advocate for creating equal opportunities for all swimmers regardless of their financial or social background.

Ally has many ideas to continue to grow USMS through the organization's values, and also through the strategic plan of club, event, and community development. I believe she will be a great asset to the board.

Section 4: Agreements & Submission

Second Recommender

Accepted

Attestation

Accepted

Consent to Publish

Accepted

Signature

A handwritten signature in black ink, consisting of two distinct parts. The first part is a stylized, cursive-like mark that resembles a large 'J' or 'G' with a loop. The second part is a more linear, horizontal signature with a small loop at the end.

Date Signed

Friday, June 21, 2024