



U.S. MASTERS SWIMMING

Board of Directors Candidate Application Form

Date Submitted

Tuesday, June 3, 2025

Section 1: Candidate Information

Board Position Title

Vice President of Programs

Candidate Name (as on USMS registration)

Carrie Stolar

LinkedIn Profile URL

<https://www.linkedin.com/in/carrie-stolar-b71bb81/>

Profile Photo Upload



Section 2: Qualification Questions

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

Yes

I have completed ONE of the following in the past five years: A) Attended one or more annual meetings, B) Been on a standing committee or permanent committee of the Board of Directors, or C) Been a member of my LMSC Board of Directors.

Yes

USMS annual meetings attended in the last 5 years

Year Attended
2024
2023
2022
2021
2020

USMS standing or permanent committee(s) served on in the last five years

Committee(s)
Legislation

LMSC Board position(s) served on in the last five years

Position
Chair of MINN
Co-Chair ALTS Committee
Co-Chair Coaches Committee

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

Section 3: Nomination and Recommendations

First Nominator and Recommender

Recommender 1: Name

Tom Moore

Recommender 1 LMSC

Minnesota

Second Recommender

Recommender 2: Name

Teddy Decker

Recommender 2 LMSC or N/A

New Mexico

Section 4: USMS Background

USMS Permanent Member Number

025C1

USMS Profile URL <https://www.usms.org/people/025C1>

Current LMSC

Minnesota

Years as a USMS Member 19

Service at the LMSC Level

How many years have you served your LMSC?

6-10

LMSC Service History

LMSC Position/Committee	Length of Service (Years)
Chair	4
Secretary	2
Chair/Co-Chair ALTS Committee	9
Co-Chair Coaches Committee	3

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)
USMS BOD At Large (Breadbasket Zone)	3
USMS BOD Secretary	4
Chair/Ex Officio ALTS Programming Committee	5
Legislation Committee	1
Director, USA-Swimming Foundation Board	1

Section 5: General Questions for all Candidates

Please state why you are interested in serving on the USMS Board of Directors.

In my involvement with USMS, as a swimmer, a coach, and a volunteer, I have discovered that the more I give back to USMS, the more I get out of it. I enjoy serving USMS as a volunteer at the local and the national level, and I feel that my skills doing community outreach and project management in my day job can be an asset to the Board of Directors.

Please share a personal story about what USMS's mission means to you.

The USMS mission, "Empower adults to improve their lives through swimming," can be a life-changing opportunity. I am passionate about Adult Learn to Swim (ALTS). In my community there are underserved populations that have never had the opportunity to learn to swim or even get in a pool. My LMSC, Minnesota, has a women-only ALTS program, originally set-up to teach Muslim women how to swim. I have been fortunate to have led or been in the water for several sessions of this program. Muslim women must be in a women-only environment, and most are fully covered in the water (head covering, long sleeves and leggings.) The participants are so joyful to have the opportunity to get into a pool, and even more so to be able to learn to swim. The participants have said that this ALTS opportunity has changed their lives. They have more confidence and they have a new life skill (especially important in the Land of 10,000 Lakes), and they now have a new way to improve their health through swimming. Several mother/daughter or sister/sister combinations have participated. The experiences that I have had through these ALTS classes have been the most impactful swimming experiences that I have ever had in my 50+ years of swimming.

What do you consider to be USMS's greatest opportunities for the next 2-4 years? How might the Board support these opportunities?

As the USMS membership continues to age and membership retention remains low, we need to focus on attracting younger members and keeping them. College Club Swimming (CCS) and Grown-Up Swimming (GUS) can be prime vehicles to attract and retain the younger demographics. USMS needs to devote the appropriate resources, both staff time and financial, to the programs to continue to develop them and strengthen the links to make the transition between them and USMS effortless and appealing. In addition, the spotlight on swimming will begin to shine as the 2028 Olympics in Los Angeles approach. USMS needs to capitalize on the popularity of swimming that comes with the Olympic Games and the bonus of the Games taking place in the United States. USMS needs to utilize the relationship with USA-Swimming as well as those former Olympians that are USMS members to promote swimming and drive membership and potentially the addition of new Masters clubs. ALTS continues to be a huge opportunity to spread our mission of empowering adults to improve their lives through swimming. We all know adults who don't know how to swim. ALTS is a program that helps make adults safer in the water. The USMS Board and its members need to continue to support the ALTS effort through raising funds for ALTS grants/programs, holding instructor certification and ALTS classes and increasing awareness of the program.

Section 6: Position-Specific Questions

What makes you a good candidate for a USMS vice president? What skills, experiences, and attributes do you have that will contribute to the success of USMS?

I believe that my range of experiences within USMS combined with my personal skills help make me a good candidate for the USMS Vice President of Programs. I have participated in USMS as a pool and OW swimmer, a coach, an official (a new one!), an ALTS instructor, an LMSC leader/Board member and a member of the USMS Board of Directors. While I have served on the Board of Directors previously, I believe that it is important to have a balance of new Board members along with those that have a more in-depth knowledge of the Board and can serve as a resource to the newer members. My personal strengths of leadership, flexibility, attention to detail, communication, listening skills and teamwork/relationship building will allow me to successfully work with the Officials, Long Distance, and Championship Committees and advocate for them so that they can work effectively with the Board of Directors and contribute to the success of USMS.

Describe your experiences within or outside of USMS that would help you act as a liaison to the standing committees overseen by this position.

As Vice President of Programs, I would oversee the Officials, Championship, and Long Distance Committees. Over the last 19 years as a USMS member, my swimming and volunteer experiences have enabled me to become familiar with these committees, either on an LMSC or national level. I am an official and have worked closely with the Officials chair at my LMSC. I have competed in and served on the host committees for both OW and pool national championships, so I have had frequent interactions with member(s) of those committees during the planning process for those events. Combined with my USMS experiences, my work background provides a strong foundation for this Board position. I have been the project manager of multi-functional teams for large companies as well as small non-profits, responsible for completing projects on time and on budget. In this role I strived to guide my teams, whose members have had different personalities and areas of expertise, to work together to achieve common goals. My communication skills and the ability to consider situations and diverse opinions and options when making decisions will be important. Finally, as

Secretary of the USMS Board of Directors for the last 4 years, I have been able to learn vicariously about the roles of the VPs while attending Executive Committee meetings, and I look forward to being a voice these committees.

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	Tuesday, June 3, 2025



Board of Directors Nomination/Recommendation Form

Submitted on

Tuesday, June 3, 2025

Section 1: Nominator/Recommender Information

Name

Tom Moore

LMSC or N/A

Minnesota

Zone or N/A

Breadbasket

USMS Permanent Member Number

M00R3

Section 2: Candidate Information

Board Position Title

Vice President of Programs

Candidate Name (as on their USMS registration)

Carrie Stolar

Section 3: Nomination & Recommendation

How do you know the candidate?

I have served with Carrie on the Minnesota LMSC board of directors for many years, and work closely with her on the Minnesota Adult-Learn-To-Swim program.

We also worked closely together on the Steering Committee for the 2017 Long Course Summer Nationals.

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?

Carrie is 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 for the Minnesota LMSC. She has the temperament, the knowledge, and the experience to be an excellent leader in the role of VP of Programs, since she will continue to serve as a member of the USMS BOD and will also take on the role of overseeing the Championship, Long Distance, and Officials committees; areas where she has relevant personal experience

Section 4: Agreements & Submission

Nominator/First Recommender

Accepted

Attestation

Accepted

Consent to Publish

Accepted

Signature

A handwritten signature in black ink, appearing to be 'J. P.' or similar, written in a cursive style.

Date Signed

Tuesday, June 3, 2025



Board of Directors Nomination/Recommendation Form

Submitted on

Wednesday, June 11, 2025

Section 1: Nominator/Recommender Information

Name

Teddy Decker

LMSC or N/A

New Mexico

Zone or N/A

Southwest

USMS Permanent Member Number

06B2Z

Section 2: Candidate Information

Board Position Title

Vice President of Programs

Candidate Name (as on their USMS registration)

Carrie Stolar

Section 3: Nomination & Recommendation

How do you know the candidate?

I met Carrie through USMS when serving on the BOD with her about 5 years ago. We quickly became good friends and have enjoyed getting to know each other better through our BOD service and USMS activities.

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?

Carrie's professional and volunteer services give her great experience to draw from and make her an excellent board member. Her professional career as a project manager has given her plenty of opportunities to work with lots of different personalities and to guide them in finding solutions that are the best for everyone involved. Her volunteer service with SSL, USMS, and her kids' activities also make her a perfect candidate with intimate knowledge of the workings of many organizations and a wealth of experience to draw from.

In my time serving on the BOD with Carrie, she has always had insightful additions to discussions and is able to communicate viewpoints to make people think about things from different perspectives. Carrie is also very open-minded and thoughtfully listens to all sides of a discussion.

Carrie has served USMS and made great contributions to the organization and her knowledge and experience in USMS and outside of it will continue to enrich all of our members as well as the organization and make her an ideal candidate for this position.

Section 4: Agreements & Submission

Second Recommender

Accepted

Attestation

Accepted

Consent to Publish

Accepted

Signature

A handwritten signature in black ink, consisting of several overlapping loops and a long horizontal stroke at the bottom.

Date Signed

Wednesday, June 11, 2025