

USMS 101

Carrie Stolar — Minnetonka Masters, Minnesota LMSC, USMS Board Member

Jacky Merianos — Lone Star Masters, North Texas LMSC



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Presenters



Carrie Stolar

Lead Coach
Minnetonka Masters



Jacky Merianos

Head Coach
Dallas YMCA Masters
Lone Star Masters

Agenda

- USMS Mission, Vision and Values
- USMS Organizational Structure
- USMS National Leadership
- USMS Regional Leadership
- USMS Local Leadership
- Clubs & Workout Groups
- Finding the Answers
 - Volunteers & Coaches
- Q&A / Wrap-Up Discussion



USMS Mission & Vision

Mission:

Empower adults to improve their lives through swimming.

Vision:

Foster a nationwide adult swimming community through lifelong fitness, competition and education



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USMS Value

Values

- Fitness
- Camaraderie
- Inclusion
- Learning
- Excellence
- Competition
- Fairness



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U.S. Masters Swimming National Organization Structure



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USMS National Leadership

USMS National Office – paid employees



Dawson Hughes
Chief Executive Officer



Kyle Deery
Chief Marketing Officer



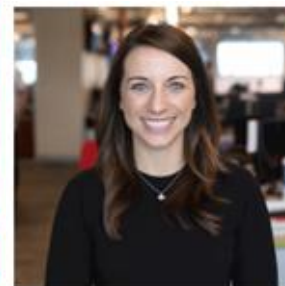
Jessica Reilly
Sr. Director, Business
Operations



Bethany Burchill
Manager, Member and Club
Services



Melanie Jaudon
Coordinator, Membership and
Club Services



Meredith Buchanan
Coordinator, Volunteer
Services



Jay Eckert
Senior Director, Membership
and Business Development



Onshalee Promchitmart
Manager, Events and
Business Development



Meghan Varner
Manager, Business
Development



Colton Martin
Coordinator, Events and
Business Development



Daniel Paulling
Director, Publications and
Communications



Rendy Opdycke
Specialist, Marketing and
Communications



Erica Totten
Manager, Marketing



Jay Place
Web Developer



Gary Keehner
Controller



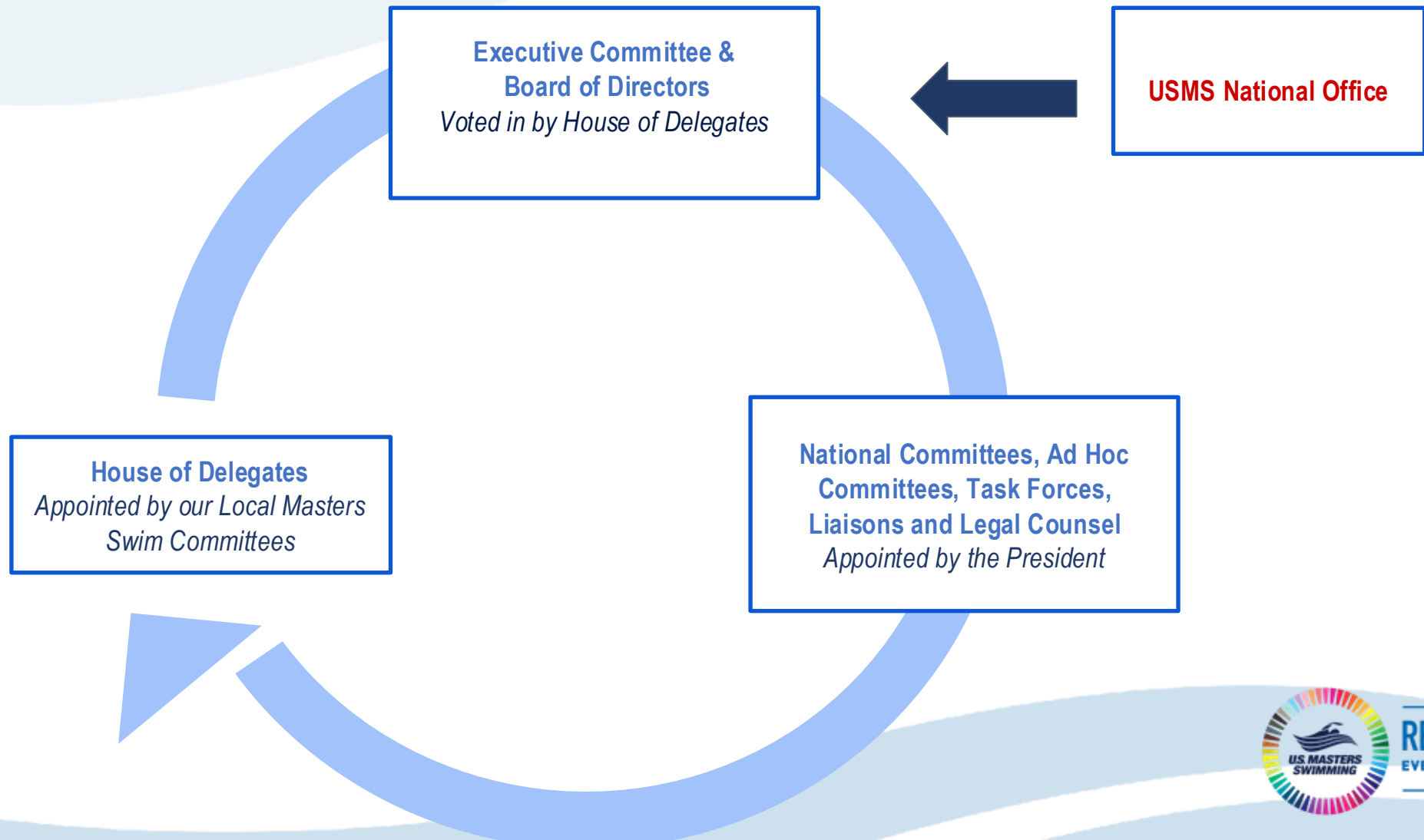
Adrienne McKee
Staff Accountant



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USMS National Leadership

USMS National Level Volunteers

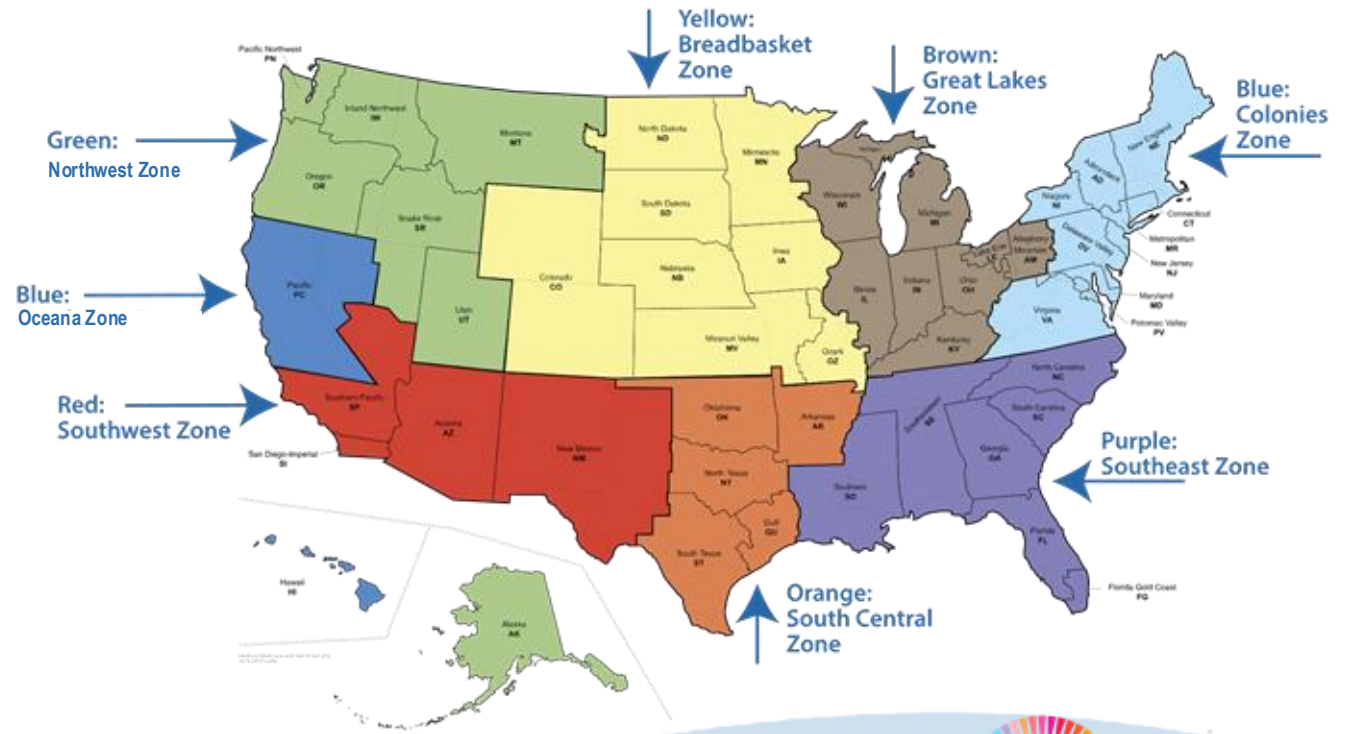


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USMS Regional Leadership: Zones

Local Masters Swimming Committees (LMSCs) within USMS are grouped into **eight** regional Zones.

Each Zone is overseen by a **Zone Chair**, another volunteer role within USMS. Zone Chairs are elected every two years by LMSC leadership within their respective Zones.



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USMS Local Leadership: LMSCs

LMSCs exist to support the local needs of clubs and members by offering club support, promoting/hosting events, and advancing USMS initiatives.

USMS Local Masters Swimming Committees (LMSCs)

- 501(c)(3) nonprofit subordinates of USMS
- There are 51 LMSCs in masters swimming
- Each has its own board, bylaws, policies and procedures

Structure of LMSC Board Of Directors

- Officers (Chair, Vice Chair, Treasurer, Secretary, Membership Coordinator, Sanctions Chair, etc.)
- Chairs, Committees and task forces (Coaches Chair, Open Water Chair, Officials Chair, etc.)
- Club representatives



USMS Local Leadership: LMSCs

Ways your LMSC boards can provide value locally:

- Host and/or support local Masters swim meets
- Fitness challenges
- Adult learn-to-swim programs
- Stroke clinics
- LMSC-wide workouts and socials
- Educational opportunities for coaches
- Support local clubs
- Recognize volunteers for their service

To learn more about your LMSC, including its website and chair contact info, visit [USMS.org](https://usms.org).



USMS Clubs: Local vs Regional

- Local Clubs
 - A club is a club, right?
 - Coach, facility, or board ownership
- Regional Clubs
 - Why do they exist?



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Club Teams: Workout Groups

Clubs and workout groups: What's the difference?



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Finding the Answers - Volunteers

Help is always within reach! There are countless resources and support systems available to assist our members and volunteers:

- Visit your LMSC's website
- Explore [Volunteer Central](#) on [USMS.org](#)
- Contact your LMSC's leadership team via email
- Get on Slack!
- Email the LMSC Development Committee at lmsscdevelopment@usmastersswimming.org
- Email the National Office at volunteer@usmastersswimming.org



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Finding the Answers — Coaches

Resources and support systems available to assist our coaches:

- Reach out to your LMSC's coaches chair or board chair
Contact information can be found on your LMSC's website
- Explore [Coach Central](#) on [USMS.org](#)
- Join one of the Coaches Committee's webinars for coaches
2027 schedule to be announced soon
- Email USMS' Coaches Committee at clubandcoach@usmastersswimming.org



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Wrap-Up / Questions & Answers

Don't be afraid. Ask away.
If you're thinking it, someone else probably is too!



Next Up:

**Welcome & Relay/NCC
Kickoff**

8:00am-8:30am
Grand Ballroom

Session Leader / Panelist Bio

- **Carrie Stolar** is the lead coach for Minnetonka Masters and is an assistant coach for a girls high school team (future Masters swimmers?). She serves as the Vice President of Programs on the USMS Board of Directors and is also a member of the USA Swimming Foundation Board of Directors. Her passion is teaching adults how to swim. She helps lead and participates as an instructor in Minnesota's robust ALTS program. When not on the deck, she can be found in the water as she competes in both pool and open water events and is working on checking off pools and OW swims around the world from her bucket list.

Email: coachcarriestolar@gmail.com

- **Jacky Merianos** serves as the Head Coach and Program Director for both Dallas YMCA Masters and Lone Star Masters. With a lifelong background in competitive swimming, Jacky has dedicated the past decade to coaching both youth and masters swimmers. She has a particular passion for working with adults, helping them rekindle or discover their love for the sport of swimming. When she's is not coaching, she is usually in the pool working towards her own swimming goals. She is an active pool competitor and open water enthusiast. Her goal is to swim an open water mile in all 50 states.

Email: coachjackyswims@gmail.com

