



U.S. MASTERS SWIMMING

Board of Directors Candidate Application Form

Date Submitted

Tuesday, May 14, 2024

Section 1: Candidate Information

Board Position Title

At-Large Director-Oceana Zone

Candidate Name (as on USMS registration)

Phyllis Quinn

Preferred Pronouns

No pronouns - use my name

Profile Photo Upload



[PQ photo.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
5

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

Ian King

Second Recommender

Recommender 2: Name

Nancy Ridout

Recommender 2 LMSC or N/A

Pacific

Recommender 1 LMSC

Pacific

Section 4: USMS Background

USMS Permanent Member Number 03f7y

USMS Profile URL <https://www.usms.org/people/03f7y>

Current LMSC Pacific

Years as a USMS Member 43

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	4

LMSC Position/Committee	Length of Service (Years)
Open Water Sanction Chair	7

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? 10+

National Service History

National Position/Committee	Length of Service (Years)
Chair LDC	4
Vice Chair LDC	4
Long Distance committee	5

Section 5: General Questions for all Candidates

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

I have volunteered for my club, and my LMSC. I feel the time is right to devote by volunteer efforts on a broader aspect of USMS.

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

The mission is to empower adults to swim. I have been a swimmer most of my life. I coached age group swimmers for seven years through high school and college. I have been a lifeguard and a pool manager. I recently recertified my lifeguard certification because it is important to relearn these lifesaving skills. To attract adults to swimming we need to educate the staff at various pools to encourage swimmers to try an organized workout. If the pool already has a master's team, USMS needs to help then promote themselves. All USMS members should want to be ambassadors for our programs.

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?

We need to introduce masters swimming programs in all community pools. That means getting more people certified as coaches and ALTS leaders. These new programs need to emphasis fitness and wellness activities, not just competitions. To make this happen, we need to educate and provide financial incentives for these programs. We need more diverse volunteers to help reach out to underserved communities.

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?

My career was as a Forensic Chemist. I have an analytical mindset. I like to learn about new things but apply data-based analysis before starting anything new. I know a lot about swimming teams and programs. I served three years on the BOD of the Olympic Club which is a multi-million-dollar business. I served four years as the chair, (first women) of the largest LMSC, Pacific Masters. This was through the pandemic years. We were able to help many of the teams with monetary grants. I also had to deal with difficult volunteers. I think Pacific Masters was a leader in the development of a code of conduct for volunteers and a process to

deal with these issues. I like hearing other people's point of views, as there are other ways to look at problems and solutions.

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.

Pacific Masters hold a monthly meeting that is usually attended by 25 or more swimmers. We allow open discussions on all agenda items. Trying to get a consensus is regularly a challenge. It is not about what I think is the right decision, but about what will benefit the swimming community.

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, May 14, 2024



U.S. MASTERS SWIMMING

Board of Directors Nomination/Recommendation Form

Submitted on

Wednesday, May 22, 2024

Section 1: Nominator/Recommender Information

Name

Ian King

LMSC or N/A

Pacific

Zone or N/A

Oceana

USMS Permanent Member Number

07M0V

Section 2: Candidate Information

Board Position Title

At-Large Director-Oceana Zone

Candidate Name (as on their USMS registration)

Phyllis Quinn

Section 3: Nomination & Recommendation

How do you know the candidate?

I have known Phyllis for the past 6 years. We have both served on the Pacific LMSC (she as the Chair, 2019-2023) and have been delegates for Pacific at the last several USMS annual meetings. In addition, we have collaborated as officials for many Pacific meets and also cheered each other on for individual swim events.

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?

I currently serve as the Chair for the Pacific Masters LMSC and have known Phyllis for many years. I became acquainted with Phyllis when she was elected Pacific Masters LMSC Chair in 2019 and I served as the Secretary for the LMSC. Soon after she stepped into the Chair role, COVID-19 hit the world and put challenges before us that no one ever expected. Phyllis was able to guide the LMSC through very difficult times. She utilized her significant leadership skills to sustain a modicum of progress during the pandemic and helped keep our very large LMSC intact and functioning. In addition to serving at the local level, Phyllis has served in a national capacity for several years and is currently the Chair for the Long Distance Committee. She is steadfast in her passion for Masters swimming and the mission of the organization. There is no doubt she has played a significant role in mentoring and helping me grow personally into the volunteer I am today. I will be forever grateful for her guidance and leadership in this crazy sport we are privileged to call our own.

In all transparency, I will also be running for the Oceana At-Large Director Board position. I cannot think of

a better candidate to run against. Phyllis and I have spoken about the situation and we whole-heartedly support each other's candidacy. Friendly competition doesn't get any better than this!

In conclusion, Phyllis would be a true asset to the USMS Board of Directors in the role of Oceana At-Large Director. Her volunteer efforts and leadership will lend themselves well to our organization. She exudes an air of humbleness, kindness and an ear for listening. She is always willing to lend a helping hand and to share her abundance knowledge of all things USMS. She is comfortable on the pool deck while officiating a meet as well as contributing to discussions during a House of Delegates session or a monthly LMSC meeting. Phyllis brings a positive energy to everything she does. Please accept this letter as not only a nomination request, but a hardy endorsement to elect Phyllis Quinn as the Oceana At-Large Director for the USMS Board of Directors.

Section 4: Agreements & Submission

Nominator/First Recommender

Accepted

Attestation

Accepted

Consent to Publish

Accepted

Signature

A handwritten signature in black ink that reads "Ian E. King". The signature is written in a cursive style with a large, sweeping initial "I".

Date Signed

Wednesday, May 22, 2024



U.S. MASTERS SWIMMING

Board of Directors Nomination/Recommendation Form

Submitted on

Wednesday, May 29, 2024

Section 1: Nominator/Recommender Information

Name

Nancy Ridout

LMSC or N/A

Pacific

Zone or N/A

Oceana

USMS Permanent Member Number

NANCY

Section 2: Candidate Information

Board Position Title

At-Large Director-Oceana Zone

Candidate Name (as on their USMS registration)

Phyllis Quinn

Section 3: Nomination & Recommendation

How do you know the candidate?

I have know Phyllis for many years through Pacific Masters Swimming having worked with her as part of the Pacific Masters Swim Committee, as Open Water Chair, as Pacific Masters Chair, part of the Annual Celebration Committee, and many other LMSC roles. I also know her as a fellow competitor, meet and open water director, and roommate at the USMS Annual Meeting.

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?

Phyllis brings a wealth of experience and skills to this position. Her experience as Pacific Masters Charman gives her experience for managing a leadership position; her many roles within her club and LMSC gave her a breadth of knowledge. The skills she brings include a balanced, pleasant and thoughtful style. She focuses and listens attentively to the issues being discussed and makes independent decisions based on her experience and ability to see long term consequences of these decisions.

Section 4: Agreements & Submission

Second Recommender

Accepted

Attestation

Accepted

Consent to Publish

Accepted

Signature

A handwritten signature in black ink that reads "Nancy Ridout". The letters are cursive and somewhat stylized, with a prominent loop on the 'y' and a distinct 'd'.

Date Signed

Wednesday, May 29, 2024