



Community via Service

Presenters
Carrie Stolar and Bill Meier

Agenda

- Introductions
- Partnering with community organizations
 - Habitat for Humanity
 - Local food shelves
- Adult Learn to Swim (ALTS)
 - Providing a community resource
 - Partnering for pool time
 - Connecting with ethnic communities
- Breakout Exercise: Small Groups
- Questions and Answers



Presenter



Carrie Stolar

- Lead Coach, Minnetonka Masters, Minnesota
- Minnesota LMSC (832)
- Co-Chair, Minnesota Masters ALTS Committee
- Secretary, U.S. Masters Swimming
- Certified USMS Level 3 Coach & ALTS Instructor
- 2016 USMS Dorothy Donnelly Service Award
- Ex-Officio, Ad Hoc ALTS Programming Committee



Presenter



Bill Meier

- Head Coach, Simon's Rock Pacemakers, Great Barrington, MA
- Athletic Director, Bard College at Simon's Rock
- Architect of the USMS Adult-Learn-to-Swim program
- Certified USMS Level 4 Coach & ALTS Lead Instructor
- Head Coach, 2017 USMS High Performance Camp
- Past Board Chair & Fitness Chair, New England LMSC
- 2014 USMS Dorothy Donnelly Service Award, 2019 National Fitness Award, 2024 Kerry O'Brien Award
- 2024 New England LMSC Coach of the Year
- SwimAmerica National Director



RELAY2024
COMMUNITY DEVELOPMENT
— HOUSTON —

Partnering with community organizations

Habitat for Humanity



RELAY2024
COMMUNITY DEVELOPMENT
— HOUSTON —

Partnering with community organizations

Local food shelves

- Holiday swims
- Entry fee is a donation to a local food shelf
 - Thanksgiving
 - New Year's



Partnering with community organizations

Local food shelves

- Food Bank event



Adult Learn to Swim (ALTS)

Providing a community resource

- View Masters as a community resource on water education/safety
- Hold open water lessons at local lakes
- Give buoys at no charge
- Provide water safety instruction
- Often the instructors get just as much or more out of the lessons as the students



Adult Learn to Swim (ALTS)

- Providing a community resource
- Seen as a retention tool for USMS
- Builds a sense of community with the instructors
- Giving back to swimming and the community



Adult Learn to Swim (ALTS)

Partnering for pool time

- School districts
- Community centers



Adult Learn to Swim (ALTS)

Reaching ethnic groups in your community

- Refugee organizations
- Alight



RELAY2024
COMMUNITY DEVELOPMENT
— HOUSTON —

Breakout Session

- Small groups of 2 to 4 people each
- Introduce yourselves (name, club, location), your LMSC, volunteer role, why are you attending this session
- **Task 1:** Name 2-3 organizations you can partner with for pool time
- **Task 2:** Identify 2-3 groups in your community that don't have easy/regular access to pools





Questions & Answers

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

Carrie Stolar

Carrie is the lead Masters coach at Minnetonka Masters. She is the Minnesota LMSC chair and co-chair of the Minnesota LMSC ALTS Committee whose passion is teaching adults how to swim. Carrie is a certified ALTS instructor and Level 3 Coach as well as a certified USA-Swimming coach. She is a Dorothy Donnelley Service Award recipient and a member of the USMS ALTS Programming Committee and the USMS Board of Directors where she serves as secretary.



Bill Meier

As Aquatics Director for the Kilpatrick Athletic Center on the campus of Bard College at Simon's Rock, Bill inherited the local Masters team in 2008. He is a Level 4 coach with All-American, Top 10, and fitness swimmers enjoying his practices simultaneously. Bill was elected Chairman of the Board for the New England LMSC in 2009, introducing a volunteer learn-to-swim program for adults in 2010 that was the genesis for USMS's ALTS program and April is Adult Learn-to-Swim Month. Bill has trained over 1500 program directors, coaches, and instructors how to teach adults how to swim or run this type of program in their facility. He is a Dot Donnelly Award and National Fitness Award in 2018 recipient. After rewriting the manual for ASCA's SwimAmerica program, he was offered the position of National Director in 2021. Bill is a rabid believer in the importance of swim lessons as the foundational step toward opening the aquatic world to anyone who does not know how to swim.

