

Potomac Valley LMSC  
2024 Annual Meeting  
Sunday, November 24, 2024 2:00pm eastern

## Minutes

Meeting called to order at 2:06 pm.

### I. INTRODUCTIONS

Attendees:

- GERM – Mark Walters, Denise Dombay
- TERR – Brett Laplante, Courtney Randolph, Mollie Grover, Jeff Strahota
- ALEX – Ray Novitske, Stephanie Gauzens
- GMUP – Tim Timmons
- DCAC – Carr Phillips
- ANCM – Jeffrey Hugh Roddin

### II. COMMITTEE REPORTS:

- **Chair** – Brett Laplante
- **Treasurer** – Tim Timmons
- **Secretary** – Jeff Strahota
- **Membership Coordinator** – Jeff Roddin
- **Top Ten** – Mollie Grover
- **Vice Chair/Rules** – Dave Robinson
- **Sanctions** – Stephanie Gauzens
- **Officials** – Vacant
- **Communications** – Courtney Randolph
- **Awards** – Vacant
- **Fitness** – Christina West
- **Long Distance/Open Water** – Paul Grecco
- **Coaches** – Vacant
- **Webmaster** – Ray Novitske

### III. ELECTIONS AND OTHER BUSINESS

- Elections
- New Business
- Schedule Next Meeting?

## COMMITTEE REPORTS:

### Chair – Brett Laplante

Thanks to everyone for the support over the last 2 years and I apologize for not attending to this position as much as I would have liked in the last 2 years.

Thanks to Germantown Masters for a great meet yesterday, and I'm looking forward to seeing the meets on the calendar for 2025, especially IGLA in May/June! Hope everyone can support these events as best as we can!

### Treasurer – Tim Timmons

As of November 15, 2024, we had a total of \$111,680.05 in our checking and savings accounts combined. For this calendar year, we have taken in \$32,482.05, primarily through individual swimmer registrations. For the same timeframe, we have spent \$24,923.22, mostly on meet support, our payment of annual club registrations and payments of meet sanction fees. This results in a positive net for the year of \$7,558.83. Our finances remain very solid.

Anticipated expenses for the remainder of the year will mostly consist of supporting the remaining swim meets of 2024. Payment of stipends to our membership coordinator and top ten officer are complete and included in the figures above. Anticipated income will mostly be our portion of individual memberships for those swimmers who register in November. We'll see December swimmer registration money in January 2025. I anticipate our end-of-year Net to be around \$10,000.

As this is my last meeting as treasurer, I want sincerely thank all the board members I have worked with over the past twenty years. I have really enjoyed this position and working within this organization. I wish all of you the very best in the days, months and years ahead!

**// SIGNED //**

**TIMOTHY T. TIMMONS**  
Treasurer, PVLMSC

### Secretary – Jeff Strahota

Our last meeting was the 2023 annual meeting, and minutes were approved electronically in April and sent to the National Office in a timely manner.

### Membership Coordinator – Jeff Roddin

Please continue to review your club listings on the PV website (<http://pvmasters.org/newsite/index.php/clubs/>) and let Ray or I know if anything needs updating.

Attached are the final club membership statistics for 2024. Here is the trend of the final individual membership totals starting with our highest year ever (see graph below):

October 31, 2014 – 2960

October 31, 2015 - 2847

October 31, 2016 – 2830

October 31, 2017 – 2704

October 31, 2018 – 2417

October 31, 2019 – 2351

October 31, 2020 – 1958

October 31, 2021 – 1868

October 31, 2022 – 2110

October 31, 2023 – 2060

October 31, 2024 – 2123

We have 29 registered 2025 clubs (vs 30 2024 clubs). The following clubs did not renew for 2025 as of 11/14/2024:

DC Masters (12 members in 2024)

YMCA Reston Water Wolves (2 members in 2024)

WeAquatics (WEA) is a new club for 2025. They have two practices a week at Prince George's Community College.

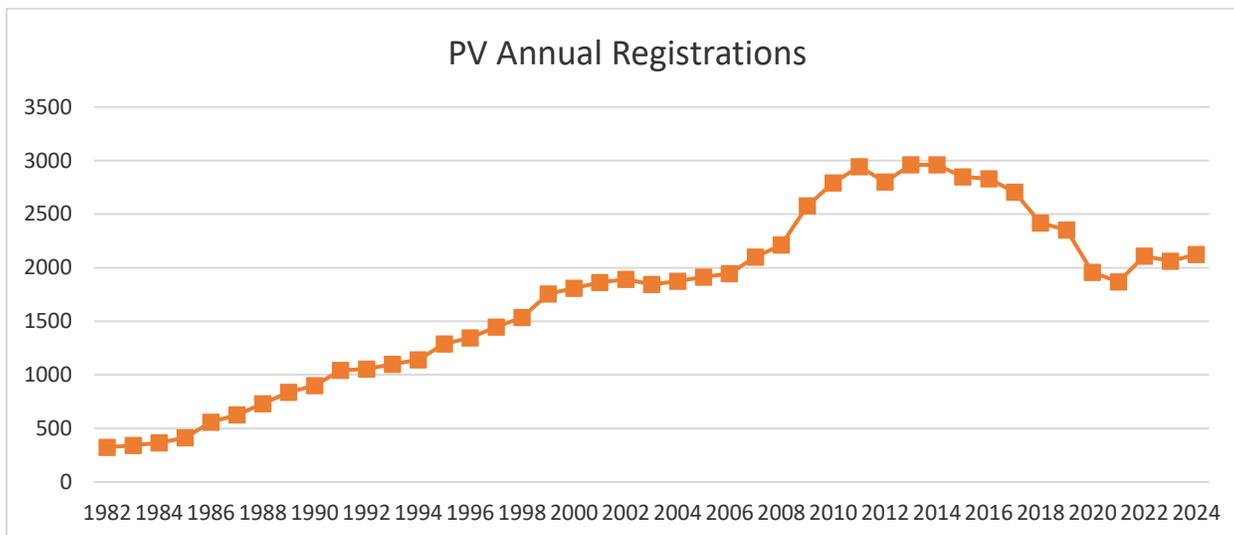
Welcome WEA!

Both individual and club registration fees for 2025 have increased from \$70 to \$75. The PV board agreed to continue the offer to cover the renewal costs for those clubs who submitted a renewal request directly to us last month (as opposed to renewing online). Twenty-eight clubs took advantage of the scholarship offer during the month of October.

WeAquatics would have paid directly to USMS to register, so we should issue them a refund.

Geographical breakdown of our 2024 membership by state:

- Virginia: 45%
- Maryland: 30%
- District of Columbia: 22%
- Other: 3%



## Top Ten – Mollie Grover

For the 2023-2024 SCY season:

- 996 individual swims were submitted for top ten consideration.
- 25 relays were submitted for top ten consideration.

For the 2023-2024 LCM season:

- 413 individual swims were submitted for top ten consideration.
- 26 relays were submitted for top ten consideration.

Of note, the results from Gay Games XI (held in Mexico on November 4-9, 2023) were not included for top ten consideration, as the meet was not sanctioned or recognized by a FINA/World Aquatics member federation.

There were no national and/or world records set in our LMSC in these two courses.

A note on rule changes for 2025 - USMS members will be permitted to make 3 changes to club affiliation outside of the time of annual registration. There will be more details on the practical implications of the rule change coming from the National Office soon.

[Following up on the Mexico situation, DCAC/Igla is working to make sure everything will be above board and everything submitted in accordance with everything.](#)

## Rules – Dave Robinson

The USMS House of Delegates (HOD) met in September. Most amendments to the USMS Rules and legislation were fairly administrative this year. The Rules and Legislation committees entertained 4 and 8 amendments respectively and spent a good deal of the year tending to important projects happening behind the scenes. Of note:

- To eliminate the bridge membership and significantly ease the way CCS + USMS events can occur, CCS members are officially also USMS members as of Jan 1 2025.
- One change of note that could impact us: The HOD did approve legislation changing the 60 day waiting period to 3 club affiliation changes per year. In theory, a swimmer could compete for club A on Friday at meet 1, Club B on Saturday at meet 2, and Club C on Sunday at meet 3.

For more information, please see: <https://www.usms.org/volunteer-central/annual-meeting/2024-annual-meeting>

## Sanctions – Stephanie Gauzens

Upcoming events include:

- 11/23/2024 11th Annual Solstice SCM Swim Meet
- 12/07/2024 XL Sweather Weather Swim Meet
- 1/18/2025 Tropical Splash
- 5/25/2025 Jim McDonnell Lake Swims

Tentative IGLA 2025 dates are Sat May 31 – Thurs Jun 5 2025. Swimming will be taking place at Long Bridge (SCM), and occur in morning sessions (with polo/artistic swimming in the afternoons). One of those mornings will be an off day for the pool swimming and an open water event is planned. [Looking at ~1000 athletes over the 5 sports. Polo will be at Wilson/Takoma. Open Water will be at National Harbor. Relay day on June 5. 787 athletes in Argentina \(hoping for something similar\). Website is \[igla.org/igla2025\]\(http://igla.org/igla2025\).](#)

And a reminder to all meet hosts to close their 2025 meets during the work week (and at least 48 hours in advance) since the 3 team changes per year rule will go into effect upon renewal or on 1/1/25 and they might need to allow a little more time for people to contact membership coordinators/the national office to get things updated. (see aforementioned note in the Rules section about club affiliation changes.)

[ANCM may happen but venue and date is TBD.](#)

[Ray is continuing to investigate St. James \(Aug 3\) for a LC Meet, which is the weekend prior to the start of USMS Summer Nationals \(Aug 6-10\).](#)

[George Mason is back in the mix for a potential Colonies Zone meet in 2026. Targeting April 4-6 for 2025 Colonies Zone, location TBD.](#)

[DCAC is trying to host a SCY meet at Takoma in February! Nothing set in stone yet.](#)

## Officials – Vacant

Still Vacant! The Chair and Secretary have tag teamed this responsibility this year, but looking for someone! Please contact the new chair!

Primary duties include keeping tabs on the official community, trainings, and helping meet hosts find officials for events.

## Communications – Courtney Randolph

Please find us on Facebook and Instagram. Please subscribe to the pages:

- <https://www.facebook.com/potomacvalleylmsc/>
- <https://www.instagram.com/potomacvalleylmsc/>

If you have any event news, team news, anything you would like to be included, please let me know!

[PVCommunications@usms.org](mailto:PVCommunications@usms.org).

I'd like to explore an end-of-year newsletter to be published in Jan/Feb and covering the prior year once SCM top-10s, etc. come out. It would be pretty straightforward:

- Letter from the chair
- Results summary - 2024 All Americans and Top 10s for PV LMSC (can run reports on this)
- Team shoutouts - I'd send a call for optional team write ups via Roddin/the listserve and the social channels
- 2024 meet notices (save the dates for national meets, any known PV or Colonies meets, etc.)

## Awards – Vacant

This position is currently vacant and duties being conducted by the Chair and Vice Chair. If anyone is interested, please contact the current chair and chair elect.

Primary responsibility is calculating the annual SCY, SCM, LCM male and female swimmers of the year; as well as identifying and coordinating nominations of individuals for local, zone, and/or national awards.

~~For whomever takes over, New England has a great awards setup if someone needs a good mentor/ LMSC to steal ideas from. <https://www.nelmsc.org/hof-home>~~

## Fitness – Christina West

Information on USMS Fitness events is here: <https://www.usms.org/events/fitness-events>. 2025 events are included in the USMS+ membership; if you have not registered for 2025 already and participate in these events, this is a great way to save some money and get a few added bonuses.

USMS has not yet posted the 2025 schedule for Adult Learn to Swim instructor courses (see: <https://www.usms.org/alts-central/alts-instructor-certification/alts-instructor-course-schedule>).

## Long Distance/Open Water – Paul Grecco

The Jim McDonnell Lake swim will be held 25 May and has been approved / sanctioned.

The 2025 National Championships have not been announced yet.

## Coaches – Vacant

USMS has restructured coach certification a bit. Level 1 class is entirely online. Level 2 and 3 are still offered via in person instruction.

We had a certification in person in Richmond earlier this year. Several people did take advantage of attending not only coach certification but also ALTS certification.

Information on coach certification is available here: <https://www.usms.org/coach-central/coach-certification>.

## Webmaster – Ray Novitske

The website calendar is being updated with local meets as they become available. Club contacts and workout times have been updated from coordination with Jeff Roddin. Minor tweaks and improvements continue to be made.

Listserv Emails will be updated pending elections and new appointments as a result of this meeting.

[Listserv emails directing to @pvmasters.org don't seem to be working. May be some plugins for newsletters from wordpress or our website host.](#)

[Our listserv tends to have more success with plain text emails \(or at least those without links\). The list also works best when emails are sent directly to that address and no cc's.](#)

Event Directors: Please make sure to send results in PDF format (or links to results) to [PVwebmaster@pvmasters.org](mailto:PVwebmaster@pvmasters.org).

The website has an email subscription where Ray is able to send out something when updates are made. Please encourage swimmers and team admin to subscribe.

## Elections & New Business

### Chair

Jeff Strahota (TERR) has been nominated (Roddin, Novitske) for the position. (voted in by majority vote)

### Treasurer

Denise Dombay (GERM) has been nominated (Timmons, Strahota) for this position. (voted in by majority vote)

### Secretary

Brett Laplante (TERR) has been nominated (Roddin, Timmons) for this position. (voted in by majority vote)

## New Business

### Summer 2024 PV Meet recap (Ray)

LC meet at the St. James over the summer. We had a bit of trouble getting officials due to having kids meets. Expected 90 swimmers and got 130. We paid timers \$40, had to rent the pool a little longer due to the numbers. Ended up running a profit instead of a projected deficit. Lu (DCWW) was looking to have a meet in conjunction with this in order to have most of the events. Denise from Reston shadowed Ray and is in line to be a future meet director for this/other meets. There was an issue with the timing where we had to swap start ends for the 50s which meant diving into 4'1" of water.

Thank you Ray for diving into this meet!

**CCS + PVLMSC Funds.** What role does PV LMSC have with CCS now that this group is closer to us as of Jan 1 2025? I bring this up because in October, University of Maryland Club Swim hosted a large (500 person) regional meet and paid their officials. Should we reimburse them for that expense?

- To be clear, they are NOT asking us for money, but we do have the officials reimbursement policy on the books and I think it would be a good opportunity to extend this offer and start building a good relationship with this community that may also benefit us with additional event venue opportunities down the road.
- CCS clubs within PV include: UMD, George Washington, Georgetown, George Mason, American University, with 9 more in VA and 4 in Baltimore.

Jeff S/Jeff R will lead an effort to figure out how many meets each club is running so that we can come up with a figure. We are leaning towards making a one time sponsor-type donation to each club to do with what they wish.

MSA (Timmons, Strahota) – Support UMD Club Swim with \$1000 to offset any expenses from their regional meet last month. Motion passes by majority vote.

### Other?

Meet Directors – tying financial incentives to get meet directors to following all USMS responsibilities ahead of the LMSC issuing any reimbursements. The conversation discussed ways to strengthen the partnership between teams hosting events and the LMSC, rewards our meet hosts for achieving their required obligations. No decisions were made.

MSA (Timmons, Dombay) - LMSC monetary support to clubs hosting a sanctioned event is contingent on providing publishable event results back to the LMSC in a timely manner. Effective with events starting in 2025. (vote passes by majority)

BRETT - What does PV Reimburse for? Lets revisit this list (Jeff S to lead effort) and add on to these meeting notes as an appendix!

TIM - LMSC Disbursements for board members – We pay Membership Coordinator and Top Ten stipends. Would like to see additional persons receive stipends.

- Chair, Treasurer, possibly secretary, anyone who is a PV LMSC Meet Director, (Mollie added Sanctions chair; Jeff R added Webmaster)
- Need additional research; will explore and revisit at future meeting.

MSA (Timmons, Strahota) – Reimburse PV Board members for their annual USMS membership. Motion passes unanimously.

Meeting Adjourned at 4:02 (Roddin, Timmons)

Minutes contain committee reports as prepared in advance and discussion from meeting itself.

Signed

A handwritten signature in black ink, appearing to read "Jeff R Strahota". The signature is written in a cursive, somewhat stylized font.

Jeff Strahota, PV Secretary