# FLORIDA LMSC – ANNUAL MEETING MINUTES – OCALA, FLORIDA SEPTEMBER 22, 2012

#### I. Welcome Meegan Wilson

2:43 PM: The meeting was called to order by Chair Meegan Wilson\*FACT

### II. Verify voting members - Fernette Ramnath

The following members were in attendance:

- 1. Marianne Bradley\* Social and Awards Chair FACT-2
- 2. Joan CampbellSenior Games Liaison FACT
- 3. David Miner\* Top Ten/Records Chair, Long Distance Chair SYSM 1
- 4. Sherri Bogue\* FMM-1
- 5. Fernette Ramnath\* Secretary SYSM
- 6. Jim Stine\* Treasurer
- 7. Sheila Carpenter –van Djik\* Newsletter Editor- TMM1
- 8. Gary Henderson FACT
- 9. Bob Jennings \*FACT-1
- 10. Alan Phillips \* NTC-1
- 11. Florence Delaney \* FACT-3
- 12. Margaret Dodson \*HLJ-1

A total of 13 members attended the meeting; 6 clubs were represented. The total number of voting delegates were 11. \*Indicates voting members

**Verify Voting Members:** Numbers after team designate the team voting representative pursuant to Florida LMSC Bylaws as of 4/14/2007 Sec. 5.03 Eligibility to Vote. For Example FACT-1, FACT-2-, and FACT-3 designates the three voting representatives allowed for FACT since their team falls within the 199-298 classification. Board Members do not count towards a team's voting representative's allotment.

# III. <u>Approval of Minutes – Fernette Ramnath</u>

Approval of July 14, 2011 Minutes (taken by Marianne Bradley) were submitted by Meegan Wilson. Sherri Bogue moved that the minutes be accepted. Joannie Campbell seconded the motion. The motion was carried unanimously.

## IV. Reports of Officers and Committee Chairs

#### A. Treasurer's Report - James Stine

#### Financial Report – June 2012

The June 2012 Financial Report was presented by Jim Stine., Sherri Bogue motioned to accept the report. Joan Campbell seconded the motion. The motion was carried unanimously.

#### 2. Financial Report - August 2012

The June 2012 Financial Report was presented by Jim Stine., Sherri Bogue motioned to accept the report. Joan Campbell seconded the motion. The motion was carried unanimously.

#### 3. Budget 2012

The 2012 Budget Report was presented by Jim Stine., Sherri Bogue motioned to accept the report. Joan Campbell seconded the motion. The motion was carried unanimously.

#### 4. Signature Card

James Stine advised due to the change of officers pursuant to the election, the signature card with Bank of America would need to be changed to reflect the new member's names. Sherrie Bogue made a motion that James obtain a new signature card form the bank and for signatures by Scott Bay (new Chair, Meredith Moore (Registrar), Sherri Bogue(Treasurer) and Fernette Ramnath (Secretary). Margaret Dodson seconded the motion. The motion was carried unanimously

#### B. Registrar Report – Meredith Moore

The Registrar Report was submitted by Meredith Moore and presented by Meegan Wilson. Sherri Bogue moved to accept the report. Fernette Ramnath seconded the motion.

#### C. Sanctions Report – Patricia Tullman

The Sanctions Report was submitted by Pat Tullman and presented by Meegan Wilson. Sherri Bogue moved to accept the report. Bob Jennings seconded the motion. The motion carried unanimously.

#### D. Newsletter Report – Sheila Carpenter-van Djik

Sheila Carpenter-van Djik presented the Newsletter Report. She mentioned that the deadline for submitting information for the next newsletter is October 8<sup>th</sup>.

Sherri Bogue moved to accept the report. Bob Jennings seconded the motion. The motion was carried unanimously.

#### E. Top Ten Report – Dave Miner

Dave Miner discussed that he was performing the position temporarily for Bill Brenner. David Burris will be taking over that position. He presented the Top Ten Report. Sherri Bogue moved to accept the report Bob Jennings seconded the motion. The motion carried unanimously.

#### F. Open Water Report - Dave Miner.

Dave Miner presented the Open Water Report. Sherri Bogue moved to accept the report Bob Jennings seconded the motion. The motion carried unanimously.

#### G. Senior Games Report – Joannie Campbell

The Senior Games Report was presented by Joannie Campbell. Sherri Bogue motioned to accept the report. Bob Jennings seconded the motion. The motion was carried unanimously.

#### H. Fitness Report - Sue Moucha

The Fitness Report was submitted by Sue Moucha and presented by Meegan Wilson Sherri Bogue moved to accept the report. Bob Jennings seconded the motion. The motion carried unanimously.

I. Coaches Report – Scott Bay Scott could not attend the meeting. No report.

#### J. Web Page Report – Meegan Wilson

Meegan Wilson presented the Web Page Report. Meegan reported that Kimberlee Riley agreed to accept the web master position. Sherri Bogue moved to accept the report. Bob Jennings seconded the motion. The motion carried unanimously.

#### K. Social & Awards Report – Marianne Bradley

Marianne Bradley presented the Social & Awards Report. Sherri Bogue moved to accept the report. Bob Jennings seconded the motion. The motion carried unanimously.

#### V. Old Business

#### A. Florida Grievance Procedure – tabled from July 14, meeting

The Board reviewed the current grievance procedures as authorized by The By Laws Article 8 Section 8.01-8.02. Dave Miner motioned that Fernette Ramnath review the current procedure, compare ours to other procedures, specifically, USMS' procedures and present the Board with a suggested changes at the next meeting. Bob Jennings seconded the motion. The motion carried unanimously.

#### B. Online Meeting Entry Subsidy – renewal

The board discussed the benefits of the online meet subsidy. Bob Jennings motioned for the subsidy to be renewed and to be effective until December 31, 2013. Sherri Bogue seconded the motion. The motion carried unanimously.

#### c. National LMSC Standards Survey – Florida Results

The Board discussed the results of the survey presented at Convention. No motions were made to address the issue.

#### **VI.** New Business

#### A. By Laws Changes.

Meegan Wilson proposed changes to the by-laws. Dave Miner motioned to accept the changes. Bob Jennings seconded. The motion was carried unanimously.

#### B. Convention Delegates Reports September12-16, 2012 Greensboro, NC

Marianne Bradley and Bob Jennings spoke about their experiences at Convention. Other reports were submitted by Scott Bay, Joan Campbell, Jack Groselle, Laura Groselle, and Meegan Wilson.

# c. Elections and Appointments: The following was the slate Slate for the 2012 Elections:

#### Joan

<b>Elected Board Position</b>	Current Officer	Running
Chair	Meegan Wilson	Scott Bay
Treasurer	James Stine	Sherri Bogue
Secretary	Fernette Ramnath	Fernette Ramnath
Registrar	Meredith Moore	Meredith Moore
Top Ten Recorder	Dave Miner	David Burris
Sanctions	Pat Tullman	Pat Tullman
News Letter Editor	Sheila Carpenter-van Dijk	Sheila Carpenter- van Dijk
Vice Chair	New Position	Jillian Wilkins

Appointed Board Position	Appointed by the Chair	Appointed
Officials	Vacant	John King
Coaches	Scott Bay	<b>Gary Henderson</b>
Senior Games Liaison	Joan Campbell	Joan Campbell
Social and Awards	Marianne Bradley	Marianne Bradley
Fitness	Sue Moucha	Sue Moucha
Long Distance	David Miner	David Miner
Webmaster	Meegan Wilson	Kimberlee Riley

Dave Miner moved to accept the slate in its entirety. Sherri Bogue seconded the motion. The motion was carried unanimously.

# **VII Adjournment**

The meeting adjourned at 3:54p.m. All reports are incorporated herein and made a part of the minutes.

The Minutes are Respectively Submitted,

Fernette Ramnath

Secretary

#### FLORIDA LMSC ANNUAL MEETING AGENDA

September 22, 2012 Ocala, FL

- I. Welcome Meegan Wilson
- II. Verify voting members Fernette Ramnath
- III. Approval of Minutes Fernette Ramnath
  - A. July 14- St Pete <a href="http://floridalmsc.org/administration/2012-July-minutes-FloridaLMSC.pdf">http://floridalmsc.org/administration/2012-July-minutes-FloridaLMSC.pdf</a> Marianne Bradley
- IV. Reports of Officers and Committee Chairs
  - A. Treasurer's Report James Stine
    - Financial Report January June, 2012 http://floridalmsc.org/administration/2012-January-June-Treasurer-Report.pdf
    - 2. Financial Report January August, 2012
    - 3. Budget 2012
    - 4. Bank signature card
  - B. Registrar's Report Meredith Moore
  - C. Sanctions Report Pat Tullman
  - D. Newsletter Report Sheila Carpenter-van Dijk
  - E. Top Ten Report Dave Miner
  - F. Open Water Report Dave Miner
  - G. Senior Games Report Joan Campbell
  - H. Fitness Report Sue Moucha
  - I. Coach's Report Scott Bay
  - J. Web Page Report Meegan Wilson
  - K. Social & Awards Chair Marianne Bradley
- V. Old Business
  - A. Florida Grievance Procedure tabled from July 14 meeting. http://floridalmsc.org/administration/Grievance-Procedure2006.pdf
  - B. Online meet entry subsidy renewal.
  - C. National LMSC Standards Survey Florida results.
- VI. New Business
  - A. Bylaws changes: http://floridalmsc.org/administration/By-LawsChanges-2012.pdf
  - B. Convention Delegate Reports September 12-16, 2012 Greensboro, NC
  - C. Elections and Appointments: http://floridalmsc.org/administration/Elections-2012-revised.pdf
- VII. Adjournment

# FLORIDA LOCAL MASTERS SWIM COMMITTEE, INC. Balance Sheet

As of August 31, 2012

	Aug 31, 12
ASSETS Current Assets Checking/Savings	
CD - BOA	36,708.06
Checking - BOA	19,018.98
Total Checking/Savings	55,727.04
Total Current Assets	55,727.04
Fixed Assets Accumulated Depreciation	-56.00
Furniture and Equipment	388.59
Total Fixed Assets	332.59
TOTAL ASSETS	56,059.63
LIABILITIES & EQUITY Equity	
Unrestricted Net Assets	52,337.53
Net Income	3,722.10
Total Equity	56,059.63
TOTAL LIABILITIES & EQUITY	56,059.63

# FLORIDA LOCAL MASTERS SWIM COMMITTEE, INC. Statement of Activities

January through August 2012

	Jan - Aug 12	
Income		
Investments Interest-Savings, Short-term CD	91.42	
Total Investments	91.42	
Program Income Awards Banquet Income Registration Fee Income	860.00 16,364.50	
Total Program Income	17,224.50	
Total Income	17,315.92	
Expense Contract Services Web Site Expense	420.00	
Total Contract Services	420.00	
Operations Awards Awards Banquet Expense FI LMSC Registrar Fees Newsletter Expense Newsletter Postage Newsletter Print/Fold/Address	565.20 1,318.90 439.20 400.23 1,536.80	
Total Newsletter Expense	1,937.03	
Office Supplies Online Registration Fee Reimb Postage & Shipping Registration Fee Expense	33.91 2,912.13 203.06 4,259.50	
Total Operations	11,668.93	
Other Types of Expenses Annual Corporation Fee	61.25	
Total Other Types of Expenses	61.25	
Travel and Meetings Conference, Convention, Meeting Travel	1,129.33 314.31	
Total Travel and Meetings	1,443.64	
Total Expense	13,593.82	
**	2 722 40	
et Income	3,722.10	

### FLORIDA LOCAL MASTERS SWIM COMMITTEE BUDGET VS. ACTUAL AUGUST 31, 2012

CATEGORY	YTD ACTUAL	ANNUAL BUDGET	<b>%</b>
REVENUES:			
Registrations (Net) Sanctions (Net) Awards Banquet Interest	12,104 860 91	15,700 250 625 225	77.1% 0.0% 137.6% 40.4%
Total	13,055	16,800	77.7%
EXPENSES:			
Newsletter	1,937	3,100	62.5%
Postage	203	750	27.1%
Convention	1,129	6,000	18.8%
LMSC Registrar Fees	439	600	73.2%
Awards Banquet	1,319	900	146.6%
Awards	565	450	125.6%
Administration Costs (1)	95	800	11.9%
Website	420	3,200	13.1%
On Line Registration Reimb.	2,912	0	0.0%
Travel	314	1,000	31.4%
Total	9,333	16,800	55.6%
YTD NET	3,722		

<sup>(1)</sup> Bank charges, corporation fee, office supplies, printing & copying, books & subscriptions.

Net per P & L 3,722
Equipment purchase
Depreciation
Net per Budget 3,722

# Registrar Report - Annual Meeting, September 22, 2012 Meredith Moore, FL LMSC Registrar

As of Tuesday, Sept 18, 2012, we have 1,961 members registered. That represents about a 3% increase over 2011's final October figure of 1915 swimmers. 1,206 (61.5%) of our 2012 members were registered in 2011. 194 (9.9%) of our current members have been a USMS member sometime in the past (1984-2010). 561 (28.6%) of our members are brand new for 2012. USMS totally had 25.9% new members register for 2012.

709 (38.5%) of last year's members did not rejoin USMS for 2012 despite me sending out numerous "registration reminders" to these members well after the November  $1^{\rm st}$  registration date.

2012 – 82% registered online; 18% paper registrations 2011 – 77% registered online; 23% paper registrations 2010 – 65% registered online; 35% paper registrations

We have 46% female registered swimmers and 54% male, the same as 2011.

We have 54 Clubs registered for 2012, which include our new Clubs this year:

CBUC - Carlouel Buccaneers Masters Swim Team in Clearwater

HOTM - Hilltoppers of Terra Vista Masters in Hernando

LOLM - Land O Lakes Lightning Masters Swim Team in Land O Lakes

NFMS - North Florida Masters Swimming in Jacksonville

PCG - Perform Coaching Group in St Petersburg

PPM - Palencia Piranhas Masters in St Augustine

SUNC - Sun Country Masters in Gainesville

A couple of teams that have been dormant for a few years have reorganized and registered for 2012:

BLUE - Blue Wave Masters in Bradenton NTC - National Training Center Masters in Clermont.

Our 10 largest clubs in 2012: SYSM 264 swimmers, SPM 244, FACT 176, BLU 103, T2NM 72,  $21^{st}$  Century 62, FMM 60, NFMS 59, TMM 58, TBAM 50.

We have 8 active Workout Groups of FACT: CATF, HLJF, MOOF, SARF, SPCF, SUNF, SWIF, TBAF, VASF and UNAF. Our largest groups:

UNAF 56 swimmers, VASF 48, SARF 36, SUNF 17 and HLJF 14.

In October, Clubs will be registering for 2013. All Clubs must be registered by October  $31^{\text{st}}$  as 2013 Swimmer Registration begins on November  $1^{\text{st}}$ . If your Club is not registered, then swimmers will not be able to register for your Club and will have to register with another team or as UNAT.

# Sanction Report - September 2012 Annual Meeting Pat Tullman

Since July report 3 pool events have been sanctioned for 2013 including the Pan American Championships.

- 3 open water events also for 2013 including the Pan Am OW.
- 1 recognition for POLK CTY senior games has been withdrawn due to discrepancy with pool length using pads.
- 1 RECOGNITION GRANTED to Villages Senior Games

FOR the remainder of 2012:

- 2 recognitions Jacksonville Senior Games, and the Florida State Champs Senior Games
- 1 recognition of a new sky meet at Univ of Tampa. Recognized due to fact that other than USMS registrants will participate.

All this info can be found on two sites: USMS site which narrows events by your desired distance and the Dixie Zone site. Thank you Dick Brewer for keeping this fresh for all of us.

The on line system is working and being refined as we see new needs. Snags this year came up re Pool measurement. If you plan to run a pool event and have had work done to the pool recently it would be a good idea to re measure and submit data to USMS and FLMSC. Sorry can't be there. See you in Orlando.

# Chip Timing Services For Open Water Races by David Miner

This is a short report on using timing chip services for open water races in our LMSC. It is my opinion that open water races in our LMSC should be encouraged to use timing chips for reasons I've listed below. As with much of the high-tech equipment today, costs are always the negating factor in making the decision to use the equipment or not. Many race directors run their races on very tight budgets and therefore choose not use such systems. As the sport of open water swimming keeps growing and races get more and more participants, it will become increasingly more important to keep track of these swimmers before, during, and at the end of a race. Using a manual method for a race with 50 or so swimmers may be sufficient, but a race with 100, 200, 300 or more swimmers becomes exponentially more difficult to accurately track and record a swimmer's race.

With safety becoming more and more at the forefront of the sport, one way to reduce tracking errors, timing errors, and increasing the safety of a race is by using a chip timing system. Knowing that an athlete entered and exited the water is a huge safety factor. Because of this, it is of my opinion that costs shouldn't dictate safety in a race in any way. Knowing that race directors do operate on tight budgets and knowing that our LMSC wants to support and promote safety in all of its sanctioned races, then it is my proposal that the LMSC pays for a chip timing service for all sanctioned races in our LMSC that have 100 or more athletes. Race directors can contact a company providing this service near their race location, work out the details with the company, and get a price quote. The price quote could either be submitted to the LMSC for approval or, if we decide, not require approval and let them order the system for their race. When the race is complete, the race director can submit to the LMSC for reimbursement of the costs for the system.

**Note:** This could be a mandatory requirement to get sanctioning for a race?

# Overview of chip timing system

For details and information about a chip timing system, see this article online at: http://www.marathonguide.com/features/Articles/RaceTimingWithChip.cfm

# Safety, pros, and cons of using a system

Problems I see when a chip timing system is not used:

- Possibility of inaccurate timing due to human error when manually recording an athlete's time
- Not knowing who enters the water at the beginning of the race (safety issue)
- Possibility of an inaccurate count and not knowing that each swimmer finished the race at the finish line (safety issue)
- Slow tabulation of results (overall and age groups)

Pros of using a chip timing system:

- Accurate timing for each swimmer
- Knowing each swimmer that enters the water (safety issue)
- Knowing each swimmer that finishes the race at the finish line (safety issue)
- Ouick tabulation of results

Cons of using a chip timing system:

Costs

### Costs for hiring a chip timing management service

Costs depend on the number of athletes in the event but range from \$1200 for 300 athletes to \$2200 or more for 800 or more athletes. Typically the race director must also pay travel expenses for the person managing the system. These costs are why the majority of race directors choose not to use the system.

Some races have less than 100 athletes making it easier to keep track of racers and scoring results and may remove the need to use a chip timing system. However, races with over 100 athletes, chip timing systems are valuable for safety and accurate results.

#### Companies in our LMSC providing chip timing services

1<sup>st</sup> Place Sports: Jacksonville and Orlando

Front Running Sports/Allied Race Management: Lake Mary

# REPORT OF SENIOR GAMES LIAISON FOR ANNUAL MEETING SEPTEMBER 22, 2012 Joan Campbell

I understand that other than Jacksonville and Lakeland for the State Games, there have been no other requests for Recognition of Senior Games for the remainder of the year. As you know, the Florida Sports Foundation (merged with Enterprise Florida) sanctions local games as prerequisites for the State Senior Games held in Lakeland on December 1-2, 2012. Florida residents are required to qualify for the State Games through their Local Florida Sports Foundation sanctioned meets. Out of state residents do not have that requirement, but cannot impact the qualifying of Florida Residents. . Be aware that local meets do not have to be USMS recognized to qualify for the State Meet.

The recognition of Senior Games by USMS guarantees the strict adherence to USMS rules as best we can and the recognition of times for USMS Top Ten. In certain instances over the past few years the measurements of the pool have not been adhered to and have caused those times to be discarded. We are emphasizing that these requirements be followed to the letter and Bob Lyons, who recently attended the Florida Sports Game Workshop in my absence, made a point of mentioning a recent problem with the Polk County Pool, where the addition of timing panels to the pool had shortened the measurement.

The minutes of the Workshop that Bob attended have been posted on the website by Meegan and again I appreciate the fact that Bob was able to be our Representative at the meeting - it is always informative and a value to both our organization and theirs.

The State Senior Games registration is now on-line and the qualifiers in the State Meet will be able to participate in the National Senior Games to be held in Cleveland July 21 - August 1, 2013. Good luck to all our qualifiers!

# 2012 Florida Sports Games Workshop For Local Senior Games Representatives Lakeland, FL - August 24, 2012 by Bob Lyons

#### **Meeting Summary:**

Prior to lunch, I reminded all the participants that to obtain US Masters Swimming sanctioning for their meet, they needed their pool measurements up to date and sent to LMSC.

There were only minor changes in the swimming minimum performance standards (MPS) this year to qualify for the National Senior Games. It should be noted that the sport competition rules in the attachments are only for 2012 because the 2013 location has not been selected and location can impact some of the other sports' rules. It was also emphasized by Stephen Rodriguez that residency is based on living six months in Florida, not legal residence. In addition, sports that qualify by placement in competition (like swimming) can qualify out-of-state competitors without impacting the number of Florida residents that can qualify for the National meet. For example, at the Florida State Senior Games, if only the top 3 in an event can qualify for the National meet, and 2nd and 3rd places were out-of-state residents, then 5 people could qualify from the Florida State Games in that event(the top 3 Florida residents plus the 2 out-of-state residents). Finally, Florida has provisions for separate divisions from the National Senior Games if appropriate. For example, Florida can allow a wheel-chair bound contestant to participate in a running event even though the participant would not be allowed in the equivalent National Senior Games event.

#### Other information:

There were 22 attendees (plus the 3 Florida Sports Foundation representatives, plus 3 presenters) from the following Local Senior Games organizations:

The Villages
Gainesville
Good Life Games (Pinellas County)
Kissimmee
Palm Beach Gardens
Polk County

Heartland Games
Sanford
Tallahassee
Gulf Coast Senior Games
Martin County
Florida LMSC (me)

The meeting was run by Stephen Rodriguez of the Florida Sports Foundation, along with Jared Fleet and Kevin Bryan (Event Coordinators). The Florida Sports Foundation has merged with Enterprise Florida last year and there have been some changes. Kevin Bryan and Jared Fleet are both taking new jobs and moving from Lakeland. The logo on the Florida Sports Foundation now has the Enterprise Florida logo incorporated (see the first slide of the file "2012 LSG Workshop") and the sanctioning forms have dropped the "charitable foundation" wording, although they are in the process of obtaining that designation from the IRS with the new organization.

Statistics on the State Senior Games were presented (and the slides are included in the attached files). Of particular interest to me was that 1,850 qualifiers participated in last year's senior games and 136 of these were swimmers. Also, the on-line registration forms for this year's Florida State Senior Games are now available on their web site.

In addition to the files listed above, the Local Senior Games Planning Manual was also included in soft copy form. I can forward the files separately, or I can send the appropriate representative the thumb drive with the information.

# Fitness Report Florida LMSC September 22, 2012

Congratulations to Doris Prokopi for being featured in the **4 YOU** Section of the <u>Tampa Tribune</u> for her outstanding achievements in the Florida Senior Games and for setting example for everyone. Being active can be fun!

Congratulations to Greg Rotole, Florida Maverick Masters, for successfully completely his 4 mile medley swim—one mile swim each of backstroke, butterfly, breaststroke, and freestyle of Golden Gate Bridge, California, September 8th. He is having a video made and will be writing an article about his journey. I am in the process of contacting him in hopes he will share the article with the Florida LMSC Newsletter.

Sue Moucha Fitness Chairperson

#### FLORIDA LOCAL MASTERS SWIM COMMITTEE

#### **BYLAWS**

# (INCORPERATING ALL CHANGES as of 3-20-2010) (Changes adopted 9-20-2012 shown in pink)

**Purpose:** The purpose of the Florida Local Masters Swimming Committee (FL LMSC) shall be to promote and develop physical fitness and competitive swimming for the benefit of adult swimmers of all abilities in accordance with the standards, objectives, and goals prescribed by United States Masters Swimming, Inc. (USMS).

**Article 1: Membership** 

Article 2: Officers
Article 3: Directors

**Article 4: House of Representatives** 

Article 5: Meetings
Article 6: Elections

**Article 7: General Provisions** 

Article 8: Athlete's Rights, Hearings, and Rights of Appeal

**Article 9: Amendments** 

#### **ARTICLE 1, MEMBERSHIP:**

- **1.1 General:** Individual and club/chapter membership in the FL LMSC shall be upon receipt of application form approved by the FL LMSC Board of Directors with the payment of a membership fee established by the Board of Directors, and shall be assessed on a yearly basis from January 1st through December 31st.
  - 1.1.1 **Club Membership**: Club membership is open to those organizations which register with the FL LMSC and which are interested in fostering the purposes of this organization.
  - **1.1.2 Individual Membership**: Individual membership is open to any individual who is at least 18 years of age.

#### 1.02 Responsibilities of Members

- **1.02.1 Income**: Any income received by any member from promotion of Masters Swimming or Masters Swimming events shall be used in accordance with the purposes of the FL LMSC.
- **1.02.2 Conduct**: Each individual and club member of the FL LMSC shall bide by the bylaws and any rules, regulations and policies of the FL LMSC.

#### **ARTICLE 2, OFFICERS:**

- **2.01 Officers:** The officers of the FL LMSC shall be a Chair<del>man</del>, a Vice Chair, a Secretary, and a Treasurer. These positions are elected by the Board of Directors and members of the House of Representatives.
  - **2.01.1 Requirements**: Officers shall be registered members of the FL LMSC in good standing.
  - **2.01.2 Executive Committee**: Officers shall comprise the Executive Committee; meetings of the Executive Committee shall be called by the Chair; the Executive Committee shall have authority to act for the LMSC and to create policy between meetings.
  - **2.01.3 Voting**: Officers shall be considered voting representatives of the FL LMSC by virtue of their office and are not required to represent their clubs as delegates, but may do so at their discretion.

#### 2.02 Duties of the Officers:

#### **2.02.1 Chair:** The Chair shall:

- a. Preside at all meetings of the FL LMSC;
- b. Preside as Chair of the Board of Directors:
- c. With the Secretary, execute all legal papers, documents and instruments ordered to be executed by the Board of Directors;
- d. Appoint the appropriate number of delegates to the annual national USMS convention and submit their names to the National Secretary;
- e. Appoint chairperson positions as deemed necessary by the board and subject to board approval;

- f. Designate either the Secretary or the Treasurer to preside at meetings in his/her absence.
- g. Perform such other duties as may, from time to time, be prescribed by the Board of Directors.
- 2.2.2 Vice Chair: The Vice Chair shall:
- 2.2.2.1 <u>a. Carry out the Chair's duties in his or her absence.</u>
- 2.2.2.2 <u>b. Provide support and assistance to the Chair.</u>
- 2.2.2.3 c. Accept specific responsibilities from the Chair.

#### **2.02.2 Secretary:** The Secretary shall:

- a. Together with the Chair, execute such legal documents, papers or instruments as authorized by the Board of Directors;
- b. Keep the minutes of all meetings of the LMSC, the Board of Directors and of the Executive Committee and make the minutes available to the membership;
- c. Send a copy of the Annual Minutes to the National USMS office as required;
- d. Maintain a record of all current policies and changes in the Bylaws and forward copies to the webmaster and make the policies and changes available to the membership.
- e. Assume the role of parliamentarian according to Roberts Rules of Order at all meetings;
- f. Preside at any meetings in the absence of the Chair if necessary;
- g. Shall perform such other duties as the Chair<del>man</del> or Board of Directors may designate.

#### **2.02.3 Treasurer:** The Treasurer shall:

- a. Have charge of the funds and securities of the LMSC and cause them to be deposited into depositories approved by the Board of Directors;
- See that an accurate record is kept of the funds and provide periodic reports to the Board of Directors;
- c. Sign all checks upon bank accounts of the LMSC as directed by the Board of Directors;
- d. Disburse funds of the corporation for all expenses authorized by the Board of Directors or the Executive Committee;
- e. Submit an annual proposed budget to the Board of Directors;

- f. Send an Annual Financial Report to the USMS National Office as required.
- g. Preside at any meetings in the absence of the Chair if necessary;
- **2.03 Term:** Each officer shall be elected at the annual meeting and serve a term of two (2) years, such term to begin upon their election. An officer may be reelected to successive terms;

#### **ARTICLE 3, BOARD OF DIRECTORS:**

- **3.01 Board of Directors:** The <u>eight</u> Board of Directors shall consist of the <u>threefour</u> elected officers of the FL LMSC: (Chair, <u>Vice Chair</u> Secretary, and Treasurer) and the four elected Directors: (Registrar, Records, Sanctions and Newsletter).
- **3.02 Term of Office:** The term of office for directors of the FL LMSC shall be a period of two 2) years.
- **3.03 Board Powers:** The Board of Directors shall have and exercise all necessary powers to control the work and policy of the LMSC.
  - **3.03.1 General Powers:** The Board of Directors shall have and exercise all necessary powers to control the work and policy of the LMSC. No contract, debt or obligation shall be binding unless contracted under the authority of the Board of Directors, except for actions by the Executive Committee in amounts authorized herein or by the Board of Directors;
  - **3.03.2 Vacancies:** The Board of Directors shall have the power to fill for the unexpired terms, all vacancies occurring in their number between annual elections. Such vacancies shall be filled by first recommending names to the Board, who shall act as a nominating committee for screening and recommendation to the Chair for appointment. The term of the person filling the vacancy will last until the next regularly scheduled LMSC election.
  - **3.03.3 Relationships:** The Board of Directors shall have the power to enter into cooperative relationships with other agencies or organizations when, in their judgment, such relationship is desirable toward achieving the association's objectives in the area concerned. If the Board enters into Articles of Agreement setting forth the rules of such cooperative association, said agreement shall contain provisions for severing relationships at anytime, when in the judgment of the Board of Directors, it is in the best

interest of the association to do so. The Board may delegate this power to the Executive Committee.

- **3.04 Number of Board Members:** The number of Board members may be modified upon vote of the Board of Directors and approval by 50% of the team representatives;
- **3.05 Number of Meetings:** The Board of Directors shall meet at least three (3) times per year. One meeting being before the October annual membership meeting. The other two (2) meetings shall be held during the remainder of the year as established by the Board of Directors and these articles. In addition, the Board shall hold meetings upon the call of the Chairman or at the request of at least three (3) members of the Board of Directors made to the Chairman. Notice of such meetings by the Chairman and/or three members of the Board shall require three (3) days notice. Said notice may be given via telephone or electronically;
- **3.06 Quorums:** At all meetings of the Board, a majority of the entire Board shall constitute a quorum for the transaction of business. The consent of those members shall be sufficient to take or authorize action unless the concurrence of a greater proportion is required by applicable law, these Bylaws or the Articles of Incorporation;

#### **ARTICLE 4, HOUSE OF REPRESENTATIVES:**

**4.01** The House of Representatives includes the Board of Directors and the Club Representatives.

#### **ARTICLE 5, MEETINGS:**

- **5.01 Annual Meeting:** The annual meeting of the corporation shall be held during the month of October each year or the first appropriate Saturday after the USMS National Convention. The exact date shall be established by the Board of Directors;
- **5.02 Special Meetings:** Special meetings of the corporation may be called at the discretion of the Chairman, or upon written request of any three (3) directors; or 15% of the members of the corporation; or 50% of the club representatives;

- **5.03 Eligibility to Vote**: At all meetings of the FL LMSC, except as may be provided elsewhere in these Bylaws or in the Articles of Incorporation, each member of the Board of Directors and one primary representative from each registered club that has members registered with the club shall be eligible to vote. Each registered club in the FL LMSC will be allotted a number of representatives as follows; 1-49 registered members = 1 representative; 50-99 registered members = 2 representatives, and 1 additional representative for each additional 100 registered members. A quorum shall consist of those present and eligible to vote;
  - **5.03.01 Definitions:** The term "club" for the purposes of this article signifies those groups within the Florida LMSC who are registered with USMS.
    - **5.03.01.1** Each Florida LMSC club shall submit on a yearly basis the name(s) and contact information of each representative to the Florida LMSC Secretary. At the beginning of each meeting the Secretary will call roll of clubs present and request identity of which member(s) are representing said clubs and ensure they are listed on the rooster as present along with updated contact information.
    - 5.03.01.2 Duplicate names of Clubs will not be permitted.
    - **5.03.01.3** Any registered club member present at any meeting is eligible to represent their club.
    - **5.03.01.4** Members in the Florida LMSC who are not a club representative and are not on the Board of Directors will have a voice, but no vote.
- **5.04 Method of Voting**: At all meetings of the FL LMSC the method of voting shall be by voice vote or show of hands except on the elections of officers or on the demand of a voting member, in which case the vote shall be by written ballot.
  - **5.04.01 Electronic Voting**: During any meeting including biannual elections, the Board of Directors and those club representatives present may table a vote for a period of twenty one days for the purpose of providing notification to all club representatives of said vote. All votes will be forwarded to the Secretary and an impartial member of USMS outside the Florida LMSC.

- **5.05 Result of Voting:** A majority of the votes cast at any meeting of the corporation at which a quorum is present shall be sufficient to take or authorize action upon any matter, question or proposal which is properly presented before the meeting.
- **5.06 Notice of Meetings:** Notice of the annual meeting and other meetings of the FL LMSC shall be sent out in written or electronic form. Notice shall be given to club representatives, who are responsible for notifying their club's membership.
  - **5.06.1 Regular Meetings**: Said notice shall be given no less than thirty (30) days prior to said meeting.
  - **5.06.2 Special Meetings**: Notice of special meetings shall be given at least fifteen (15) days before the date of such meeting and the notice of the special meeting shall include a statement of the specific purpose or purposes for which the meeting is called.
- **5.07 Organization:** At all membership meetings and meetings of the Board of Directors shall adhere to Roberts Rules of Order, and the following shall be the order of business:
  - 1. Roll call;
  - 2. Reading, correction and adoption of minutes;
  - 3. Reports of Officers;
  - 4. Reports of Committees;
  - 5. Unfinished business;
  - 6. Elections where appropriate;
  - 7. New business:
  - 8. Adjournment.

### **ARTICLE 6, ELECTIONS:**

- **6.01 Nominations:** Nomination of officers shall be by an ad hoc nominating committee; the final slate will be presented to the club representatives no later than sixty (60) days before the election.
  - **6.01.1** The Corporation shall accept nominations from the floor at the biennial election meeting. The final slate will be presented to the House of Representatives;

- **6.02 Eligibility:** No members may be considered as candidates for office unless they are members in good standing and unless their consent is obtained.
- **6.03 Elections:** The elections shall be held in even numbered years at the Annual meeting; the FL LMSC may accept nominations from the floor at the election meeting; those eligible to cast votes for candidates are those defined in Article 5.03
- **6.04 Vacancies:** Nominations and elections to fill a vacancy shall be held by the Board of Directors. The person filling the vacancy shall hold office until the next regularly scheduled LMSC election.

### **ARTICLE 7,\_GENERAL PROVISIONS:**

- **7.01 Fiscal Year:**\_The fiscal year of the corporation shall begin on the first day of January and end on the last day of December;
- **7.02 Payment of Moneys:** All checks, notes, drafts, orders for payment of money or other evidence of indebtedness issued in the name of the corporation and all such instruments shall be signed by two authorized signatures if payments are \$250 or more. Four authorized signatures should be on file at the bank. The authorized signatures shall be of the Chairman, Secretary, Treasurer and Registrar.
- **7.03 Review:** The Treasurer's accounts shall be examined annually by someone other than the treasurer, appointed by the Executive Committee, who shall verify the bank balances and samplings of the revenue and expense documentation. A signed report of the findings shall be presented at the next regular meeting after their appointment.
- **7.04 Removal From Office:** Any director or officer may be removed for cause by a majority vote of those members present at a properly called meeting where a quorum is present. Removal or resignation of an officer shall automatically lead to removal from the membership on the Board and the Executive Committee. Suspension or revocation of membership in the corporation, or the absence from two (2) meetings of the corporation or the Board without sufficient cause may be cause for removal from office or membership on the Board. Requests to be

- excused from a meeting of the corporation or the Board must be received by the Chairman or the Secretary prior to the call-to-order of any such meeting;
- **7.05 Records:** All corporation records shall be open and available to inspection by members;
- **7.06 Dissolution:** Upon dissolution, the net assets of the LMSC will not inure to the benefit of any private individual or corporation, but will be distributed to United States Masters Swimming, Inc. to be used exclusively for educational or charitable purposes, or, if United States Masters Swimming, Inc. is not then in existence, or is not then a corporation which is exempt under Section 501(c)(3) of the Internal Revenue Code and to which contributions, bequests and gifts are deductible under Sections I70(c)(2), 2055(a)(2) corporation, to be used exclusively for educational or charitable purposes.

#### ARTICLE 8: ATHLETE'S RIGHTS, HEARINGS, AND RIGHTS OF APPEAL

- **8.01 General Jurisdiction**: The Board of Directors may conduct hearings on any matter affecting the LMSC, arising solely within the jurisdiction of the LMSC, and involving only members of the FL LMSC.
- **8.02 Appeal:** Any registered member of the FI LMSC may appeal any decision by the Board of Directors at said hearings according to current USMS rules on Hearings and Appeals.

#### **ARTICLE 9, AMENDMENTS:**

- **9.01:** Adequate Notice: These Bylaws may be amended by a majority vote of those members present at any meeting of the corporation properly called where a quorum is present. Provided that no less than fifteen (15) nor more than thirty (30) days notice of such meeting is given and that said notice shall contain an advisory that an amendment or amendments shall be included in the order of business and provided further, that a copy of the text of such proposed amendment or amendments shall be included in the notice.
- **9.02 USMS:** Should any bylaw or rule changes occur at the USMS level or Florida State Statue 617 that are in conflict with current LMSC bylaws or rules,

those LMSC bylaws or rules shall be considered immediately amended to conform to USMS standards. Notice of such changes will be made at the next scheduled FL LMSC meeting.

# ELECTION OF OFFICERS OF FLORIDA LMSC SEPTEMBER 22, 2012

We want to thank those of you that have served as members of the Board and appointed members of the Board for the past several years. We have been fortunate to have an excellent group of volunteers representing our Florida LMSC and appreciate the time and effort that is involved. Some of you have volunteered for additional terms and we always are especially thankful for these, as experience is a big asset.

Marianne Bradley and I, as appointed members of the Election Committee, are really appreciative of the response to the potential slate of officers this year. Please look over the slate carefully and be cognitive of the many Clubs represented and the wealth of knowledge and experience we are fortunate to have in our LMSC.

Of course, you are aware that nominations may be made from the floor if anyone is interested. Congratulations are due to all that "have stepped up to give something back to our sport!"

Nominating Committee: Joan Campbell Marianne Bradley

# 2012 USA-S Convention Report

### Scott Bay Coaches Chair- Florida Coaches Chair- USMS

2012 Convention was the most productive convention I have been to yet. The total number of Delegates to this year's convention was higher than it has been in a long time and that speaks to the appeal and growth that Masters Swimming has experienced in the last several years. Here are a few of the highlights...

#### Wednesday 9/12/12

USMS Certification Classes Levels 1&2 and Level 3.

This was the first time ever that USMS offered Level 3 certification and it had an attendance of 19 coaches. This was especially gratifying as I have been involved with the certification program since inception. Levels 1 and 2 had a total of 26 participants each and the overall experience and feedback was overwhelmingly positive.

After all was said and done it was off to Committee Chair Orientation. We then wound up the evening at the insurance reception and it was a good kick off for a long week.

#### Thursday 9/13/12

Early morning start with the workout at the pool. Had a group of about 81 participate in the morning workout and we had a little something for everyone in terms of workouts.

Back at convention the day got started with registrations and the Zone Meetings. Dixie Zone went by very smoothly and we selected sites for 2013 Championships. It was good to see Deb Cavanaugh working with Jerry Clark on making things run smoothly.

Next was the HOD and this is pretty nuts and bolts type of information that is especially helpful to new delegates.

After a few meetings with new delegates and some Staff members, I attended the Fitness Committee meetings and also Championships. As coaches we work primarily with fitness swimmers but there is also an element that is competitive as well. Both meetings went very well and Championships discussed the site selections for Nationals up to 2015. This was an unusual step but they were basing that on the strength of the bids received for 2014.

The evening was spent with meetings and a social event.

#### Friday 9/14/12

Day Started with Fitness Oriented workout at the pool. It was very well attended! This was followed by the HOD where we listened to and approved committee reports and had candidates introduced. The afternoon was filled with more meetings including ours for Coaches. There is always an extraordinary amount of post work to be done after this and we came away with a lot of good feedback. Last part of the day was the HOD again and then of course IMSHOF induction where my good friend Mel Goldstein was inducted. It was a great evening.

#### **Saturday 9/15/12**

Saturday was the only sleep in day. Was able to get to the last championships meeting and then finish some administrative things prior to the 11:30 Workout. Despite being crowded, the workout and the accompanying Stroke Clinic put on by the Coaches Committee got a tremendous amount of positive feedback. The afternoon was the last HOD meeting and then of course the USA-S Awards banquet. It was nice to see us all gathered together and of course the highlights were the skit by USMS which is always great and the chance to give out the Coach of the Year Award to Stu Kahn despite being as nervous as I was.

**Sunday** was a travel day and I missed a lot of things but I got some of the rundown from other delegates. I highly recommend this experience to any of our volunteers and it is a great way to get excited about masters swimming and make some new friends in addition to giving back.

Special thanks to our LMSC for funding our delegates. Not every LMSC show so much support.

Respectfully submitted,

Scott Bay

Head Coach - ASCA Level 5

Blu Frog Team

**USMS** Coaches Chair

Florida LMSC Coaches Chair

scottbay@usms.org

386.341.2899

#### 2012 CONVENTION REPORT-GREENSBORO NC

#### MARIANNE BRADLEY

This was my fifth convention, although last year I was the hostess of the Hospitality suite, so did not attend any meetings, only the banquet! I will probably volunteer again in 2014 in Jacksonville to help in the Hospitality suite. This year I was back on track attending the meetings to learn what is going on behind the scenes that most of our teammates are unaware of, to hopefully contribute some needed information.

<u>Insurance:</u> It cannot be stressed enough about making sure all of the swimmers are properly registered so that they will be covered by the insurance. This is of utmost importance for those of you doing open water swim meets. There were some major accidents recently that involved swimmers versus motorized watercraft.

<u>Championship:</u> The 2014 Spring Nationals for SCY will be held in Santa Clara, California, the 2014 Summer Nationals for LCM will be at the University of Maryland. Announcement was made that the 2015 SCY Spring Nationals will be in San Antonio, Texas and the 2015 LCM Summer Nationals will be held in Cleveland, Ohio. This is a greatly diverse coverage of the US for these upcoming meets. Endeavor to try to attend one to support our sport and meet some of the other USMS swimmers!

<u>New Postal Event:</u> The MEMO Swim Club of San Leandro, California will be hosting a new USMS postal event, THE 400 KICK FOR TIME. Participation must be during December 2012, in a 25 yard pool. Kickboards, no fins. Should be a fun event to get your kick on.

<u>Rules:</u> The rules meetings and House of Delegates discussions and voting on them are always a highlight! Lots of goings on. A discussion of importance this year was on the Official Hand Signals for the Hearing Impaired that are used for the Starts. Anyone with hearing difficulties should familiarize themselves with them, and discuss it with the meet officials if necessary. Many USMS Masters swimmers are hearing impaired.

LMSC Development: I attended these to hopefully come away with good information for all of us. There can be obstacles to overcome when dealing with many people with various ideas and agendas within an LMSC. We must all endeavor when solving problems with others to be understanding, communicate your thoughts, listen and evaluate and interpret for better results with solving problems. There was also discussion on creative things to do to by individual clubs to "Give Back to your LMSC". Suggestions of First Meet Free for newbies, lunch or social after a meet, hire a coach to give clinics, pay for coaches to go to Officials Clinics. Other suggestions were Door Prizes drawings, Gift Certificates at Local Swim Shops, "Scholarships" to Nationals and more. There are many opportunities for the Clubs and the LMSC to support one another.

<u>Dinners & Banquets:</u> We had a tasty North Carolina Barbecue on Thursday evening hosted by the North Caroline Masters. Also, I attended the IMSHOF Banquet on Friday honoring the inductees into the International Masters Swimming Hall of Fame (very impressive people!!), and the Saturday Final Banquet - a great ending to a working convention.

<u>Thank you:</u> Much to my surprise and astonishment, I was one of the recipients of the Dorothy Donnelly US Masters Swimming Service Award for contributions on the local, regional and national level with USMS. I am most honored. A big thank you to all of you who have mentored and helped me with the many things that are involved with contributing to our own Club, the Florida LMSC and USMS.

### **GREENSBORO ANNUAL CONVENTION REPORT**

# JOAN CAMPBELL

#### **FINANCE COMMITTEE**

This is my twelfth year on the Finance Committee and perhaps the easiest. We have solved many of our previously time-consuming problems by teleconferencing throughout the year and settling issues with committees prior to meeting at the National Convention. Our membership is growing at a faster than expected pace and should reach close to 60,000 by the end of 2012.

Our Budget shows a small surplus and historically we have been within our budget over the past several years. We have added a full time IT person starting in January and most home office personnel are in place now. Our decision to publish SWIMMER magazine in house has proved to be a good one - our costs have decreased considerably. The Omaha Nationals proved to be a much better investment than originally forecast - entries were well over predicted (1290) - and Tom Boak's management was outstanding.

Our investment portfolio, managed by Northern Trust, shows an excellent unrealized return, contrary to last year's poor performance. This is long term investment and is providing us with future cash flow.

#### **SWIMMING SAVES LIVES**

I took an opportunity to attend one of the meetings related to our Swimming Saves Lives program - funded by donations from various organizations within and outside of USMS. Those interested in promoting swimming and Masters organizations have submitted applications for grants and the SSL committee evaluates the requests and provides funds where they think the requests are within our guidelines. By admission the program is in its infancy and guidelines need to be clarified. Currently only 5% of cash on hand may be distributed. Four programs were supported by the fund this year with a portion of their request. One was turned down for lack of specific information but asked to reapply next year.

# 2012 Convention Report Jack Groselle

The USMS Championship Committee had a very busy year. Being a "rules" year we had a number of new rules that needed to be added and a number that needed to be cleaned up. The committee awarded National bids for both 2014 and 2015 - we have never awarded a bid before for three years ahead of time. We had seven bids for hosting USMS nationals, five for the spring short course nationals and two for the long course summer nationals. This was the most bids the committee has had in a number of years. Also, all of the bids were very good and all could have been awarded an event but there were so many that we had to choose the sites. The Rule Book allows the committee to award a bid three years out and this was the perfect year to do this. The committee had a lot of communication with the seven bidders and in the end choose Santa Clara, California for the 2014 short course nationals and Baltimore, Maryland for the 2014 long course nationals. The 2015 short course nationals was awarded to San Antonio, Texas and the 2015 long course nationals was awarded to the Spire Institute near Cleveland, Ohio. Both San Antonio and Spire are new facilities with state-of-the-art pools. Get ready for some fast swimming and a good time!

# 2012 Convention Report Laura Groselle

The Rules Committee had it's biggest workload ever! There were 110 proposals which far outnumbered any year in the past. None of the rule changes were particularly contentious, so although the workload was large it wasn't hard to work through the proposals. We did get the HOD to agree to the Rules Committee making housekeeping changes to the Rules without having to have the HOD approve the changes which will reduce the convention time workload. Tracy Grilli's daughter (an artist) designed all new drawings for the disability section of the Rule Book - a welcome change.

The National Board of Review (I am the chair) had a very, very busy year. There were many issues and lots of work for the volunteer panel members. I cannot emphasize enough how important it is that an LMSC have a grievance procedure that it knows is effective. Most issues can be dealt with at the club or LMSC level and do not need to rise up to the National Board of Review. This next year we hope to review Part 4 of the Rule Book and make the national level process as effective as it can be.

# **GREENSBORO ANNUAL CONVENTION REPORT**

# **Bob Jennings**

This was the first convention that I attended as a delegate and I was very impressed. The level of dedication, communication, openness to new ideas, and the sharing of information by the delegates was outstanding. Marianne Bradley received the Dorothy Donnely Service Award and Gary Henderson received the Kerry O'Brien Coaching Award. I attended numerous committee meetings and workshops.

#### FITNESS EDUCATION

The importance of fitness swimmers to USMS was greatly stressed. The committee discussed and highly promoted the GO THE DISTANCE program with rewards from Nike, the HOUR POSTAL SWIM, and the new CHECK OFF CHALLENGE "IDIDASWIM", sponsored by the Alaska LMSC which is coming soon. The next day an informal exchange of ideas used by different teams to promote and encourage fitness was held. A list of 24 unique ideas was compiled.

#### **SPORTS MEDICINE AND SCIENCE**

There was an outstanding demonstration of activities to help prevent rotator cuff problems along with a corresponding video. The exercises work the core, scapula, and rotator. The video can be viewed at <a href="www.fina.org">www.fina.org</a> then under sports medicine. The USA Swimming website has information on good swimming stretches. During the meeting, the book, <a href="Complete">Complete</a> Conditioning for Swimming by David Salo was recommended.

#### MANAGING MEMBER/VOLUNTEER DYNAMICS in YOUR LMSC

Various approaches to dealing with problems that arise were discussed. Some of the concepts were: Being proactive, first seek to understand and then to be understood, cooperative team work, being open minded, and separating people from the problem.

#### COACHES

There was a discussion of the Masters World Championship held last summer in Italy. In 2014 it will be held in Canada. The 7 levels of online workouts from the USMS website were discussed also.

#### **OPTIONAL SWIM WORKOUTS**

The swim workouts were as informative as the meetings. Stroke clinics for all four strokes were available in addition to regular workouts. Coaches provided a variety of different approaches to swim practices such as using tennis balls to strengthen your core and emphasizing finishing your stroke. A workout was conducted based around the different levels of your heart rate.

# 2012 Convention Report Meegan Wilson

- As the chair of the History and Archives Committee this has been a very busy year. We participated in the first International Aquatic History Symposium & Film Festival in Ft. Lauderdale, FL on May 10th. An abstract titled *Masters Swimming for Life From the Beginning* was submitted and accepted as an oral presentation. John Spannuth and our own Bob Beach gave a most memorable presentation.
- The History and Archives committee is trying to obtain Open Water Championship Results that are missing so that they can be posted on the USMS website. Be looking for events still needed in Streamlines. We are also trying to ID some past record swims.
- Stories are always welcome. Please send contributions, including pictures, to me and I will post them on the USMS website in the History and Archives section.
- I'm also a member of the Legislation Committee, but was not able to attend the meeting due to conflict with History and Archives. This was an off year for Legislation and nothing was deemed an emergency. Next year will be a busy year for Legislation.
- The USMS website is being redesigned, so be looking for a new look soon.
- Our registration fees are going up by \$2 again for 2013, so total fees for Florida will be \$41. 2014 will be the last year for this annual \$2 increase. It is unclear what will happen after that.
- There was a rumor at convention that in 2014 USMS will be doing registrations in-house. On September 17, the day after convention, I received an LMSC Officer Communication from USMS verifying this. I'm surprised that it was not announced in the House of Delegates. Club Assistant will still be able to do Club fee collections, Club management, and meet entries if they desire.
- USMS has been *Going Green* for several years now. This means that convention packets are no longer printed and distributed. There are many pages of Legislation changes and Rules changes that can only be seen on a computer or if the delegate prints them out themselves. The burden is put on the convention delegate to not only read, but also print desired pages prior to convention. This adds time, cost and inconvenience for the delegate. I fear that it also decreases the delegates ability to understand what is going on at convention. I can see the direction in the future which may require lap tops, etc. in order to participate.
- Kudos to Convention Coordinator Maria Elias-Williams, Jerry Clark and all the convention hospitality volunteers for a very well run hospitality suite. The food was fantastic! Remember that the Florida LMSC will again be responsible for this task when Convention comes back to Jacksonville in 2014.