

**Minutes to the March 21, 2015  
Annual Ohio LMSC Board Meeting**

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**1. Ohio Chairman: Carl Bromer called the meeting to order at 2:15 PM**

**2. A quorum was established with the following attending in person:**

Carl Bromer

Jason Hill

David Hardwick

Jim Monahan

Amanda Janszen

Franklin Halley

Scott Conley [srconley@gmail.com](mailto:srconley@gmail.com) from the Anderson Barracudas was also in attendance

**3. The following were in attendance via Teleconference call:**

Pete Tarnapoll

Jen Wood

Jeff Stephan

Craig Baldwin

**4. The following Board Members were absent:**

Laura Wright

Trina Ingole

**5. Minutes from the 8:00 PM, February 12, 2015 Ohio LMSC Teleconference Board Meeting:**

**Attending:**

Laura Wright [rwright3@columbus.rr.com](mailto:rwright3@columbus.rr.com) Treasurer

Jen Wood [klinejm@miamioh.edu](mailto:klinejm@miamioh.edu) Registrar

Amanda Janszen [amandamstier@gmail.com](mailto:amandamstier@gmail.com) Top-Ten

David Hardwick [Davidtristar@yahoo.com](mailto:Davidtristar@yahoo.com) Fitness

Trina Ingole [padawan77@zoomtown.com](mailto:padawan77@zoomtown.com) At Large

Carl Bromer [carlb@stellarsales.com](mailto:carlb@stellarsales.com) Ohio Chair

Jeff Stephan [jeff.stephan.7@gmail.com](mailto:jeff.stephan.7@gmail.com) Sanctions & Open Water

Pete Tarnapoll [peter.tarnapoll@gmail.com](mailto:peter.tarnapoll@gmail.com) Vice Chair, Secretary

**Absent:**

Jim Monahan [jimmonahan@outlook.com](mailto:jimmonahan@outlook.com) Webmaster

Trina Ingole [padawan77@zoomtown.com](mailto:padawan77@zoomtown.com) At Large

Craig (Norm Jr.) Baldwin [meetdirector@csmst.com](mailto:meetdirector@csmst.com) At Large

Jason Hill [jmhill46@att.net](mailto:jmhill46@att.net) Coaches and Officials Chair

**1. Meeting called to order: 8:05 PM via Teleconference**

**2. Minutes:** MOTION SECONDED & PASSED (MSP) Waived the reading of the minutes of the last Board meeting since there were no issues voted on.

**2. Treasurer's Report** (*Running 2015 report attached to annual report*)

**3. MSP for Ohio LMSC to underwrite a portion of the Ohio State Championship** cost for Ohio LMSC Registered members. The Ohio LMSC will underwrite \$25 for each Ohio LMSC member who registers and competes in the State Championship currently scheduled for April 11<sup>th</sup> 2015 — 3rd Annual Ohio State Short Course Yards at the Ohio State University in Columbus. We will underwrite the first 100 who register.

**4. MSP to pay for Pete Tarnapol to attend the inaugural "LMSC Leadership Summit"** March 13-15, in Phoenix, AZ. LMSC to pay up to \$1,250 for expenses associated with this meeting and trip.

**5. Fitness Report** tendered by David Hardwick

**6. Meeting adjourned 8:45 PM**

**6. Reports of Officers:**

**a. Top-Ten Report - Amanda Janszen**

Amanda is attempting to contact each meet directors prior to sanctioned meets to make sure they know how to submit results so they count for USMS Top-10 and record times  
Also announced records are updated at the end of each year (once per year)

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- b. Coaches Report:** Submitted by Carl Bromer  
The Oct 25, 2014 coaching clinic was a success - 32 Attendees... 25 from Ohio...  
Financially, the event was close to break even. The Board had approved up to \$2,500 and the end result was a cost of \$339.03 (*RE: Financial Report*)
- c. Officials Report:** Submitted by Jason Hill (No Report to submit). Jason reported that everything ran smoothly with Officials at meets
- d. Fitness Report:** Submitted by David Hardwick
- Accomplished last 12 months: Fitness Awards - 38x 100 mile Caps awarded and 10x 300 mile certificates/\$10 awards awarded. Cost was \$613.85 (Went under budget by \$36.15)
  - Issues to address: Approve the 2015 Fitness award request. Request \$350 for this year's program (See Request Form) MSP to approve \$350 for 2015 Continuation of Ohio LMSC Fitness Awards program (*See Fitness Attachment at the end of the Board Minutes*)
  - Things I personally would like to accomplish in my Board of Director's capacity in the next 12 months: Continue the 2015 Fitness award program and support other learn-to-swim initiatives.
- e. Registrar Report:** Submitted by Jen Wood
- I accomplished learning all about the registrar position this year and becoming comfortable with almost everything. I attended multiple conference calls with the other LMSC registrars to learn more about the position.
  - We have 597 currently registered Members. We should have more by the end of the year... Last year, ended with 741
  - Things we need to address with the National USMS office is a better mass email system for the national website. It needs to be able to attach multiple attachments.
  - I would like to see Ohio LMSC offer more incentives of partial payments for other meets in the LMSC to encourage participation.
  - I would like to accomplish getting emails out a lot earlier this year about team and personal USMS renewals.
- f. Webmaster Report:** Submitted by Jim Monahan
- Since taking over the web master role last year, I have worked to familiarize myself with the structure of the website and on applying the requested updates to the site.
  - I have been researching options for implementing a new responsive website design that would handle a variety of screen formats including mobile.
  - My intention is to work to implement a new design in the coming year. Once in place, I would like to solicit content from each club team within the LSMC (pictures, news, updated website links, etc.) to improve the value of the site.

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**g. Sanctions Report: Submitted by Jeff Stephan**

**Ohio Local Masters Swimming Club Sanctions Annual Report (March 21, 2015)**

- There were a total of nine (9) sanctioned meets for the period March 15, 2014 – March 21, 2015 as shown in the 1<sup>st</sup> table below.
- There is one (1) future sanctioned event on the calendar as shown in the 2<sup>nd</sup> table below.
- Each sanctioned event has a corresponding LSMC invoice for \$40 payable to the LSMC Treasurer billed to the requestor
- A total of \$360 in invoices were sent for the period (9 invoices @ \$40 each) o A sample invoice appears at attachment 1.
- The USMS participant waiver changed this year. The new waiver must be used for all USMS sanctioned meets and can be found at attachment 2.
- There were four (4) non-sanctioned, "Calendar Only", events for the period March 15, 2014 – March 21, 2015 as shown in the 3<sup>rd</sup> table below.
- There are four (4) future non-sanctioned, "Calendar Only", events on the calendar as shown in the 4<sup>th</sup> table below.

Sanctioned Events for the Period March 15, 2014 – March 21, 2015

Event	Type	Date	Sanction #
Anderson Barracuda Masters St. Patrick's Day Meet 2014	SCY	03-15-2014	174-S004
2nd Annual Swim Against Huntington's Disease Master Meet SCY	SCY	03-29-2014	174-S001
2014 Miami Redfin Long Course Meet and Ohio Long Course State Championships	LCM	06-21-2014	174-S005
2014 Fall Miami Redfin Masters Meet	SCM	11-15-2014	174-S006
The 9th Annual Dayton Area Sharks Masters Swim Meet & Sprint Pentathlon	SCY	12-06-2014	174-S007
Mason RAYS Masters Meet	SCY	01-25-2015	175-S001
2015 Miami Redfin Mardi Gras-Valentine's Day Meet	SCY	02-14-2015	175-S003
Arnold Sports Festival 2015 Swimming Championships	SCY	03-07-2015	175-S005
Anderson Barracuda Masters 2015 St. Patrick's Day Swim Meet	SCY	03-21-2015	175-S004

Future Sanctioned Events

3rd Annual Swim Against Huntington's Disease Master Meet SCY	SCY	04-11-2015	175-S002
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Non-Sanctioned "Calendar Only" Events for the Period March 15, 2014 – March 21, 2015

Event	Type	Date	Sanction #
Zoom Multisport Series Race #1: 2k & 5k Open Water Swim	OW	06-15-2014	Calendar Only
Zoom Multisport Series Race #2: 2k & 5k Open Water Swim	OW	08-03-2014	Calendar Only
Zoom Multisport Series Race #3: 2k & 5k Open Water Swim	OW	08-17-2014	Calendar Only
Anderson Barracuda Masters Swimming Clinic with C.J. Rushman & Bill Wadley	Clinic	11-02-2014	Calendar Only

Future Non-Sanctioned "Calendar Only" Events

Report Prepared by Sanction Chair: Jeff Stephan, [jeff.stephan.7@gmail.com](mailto:jeff.stephan.7@gmail.com)

Event	Date	Type	Sanction #
Zoom Multisport Series Race #1: 2k & 5k Open Water Swim	06-21-2015	OW	Calendar Only
Lucky Duck Open Water Swim	07-18-2015	OW	Calendar Only
Zoom Multisport Series Race #2: 2k & 5k Open Water Swim	08-02-2015	OW	Calendar Only
Zoom Multisport Series Race #3: 2k & 5k Open Water Swim	08-16-2015	OW	Calendar Only

# Minutes to the March 21, 2015 Annual Ohio LMSC Board Meeting

**Sanctions Attachment #1** – Sample Invoice -----

FROM: Jeff Stephan Ohio LMSC Sanctions Chair 1591 Cambron Ct Vandalia, Ohio 45377  
TO: New Albany Aquatic Club c/o Pete Tarnapoll 1 Richmond Square New Albany, OH 43054

**INVOICE**

**175-S005 February 11, 2015**



Qty	Description	Unit Price	Total
1	Ohio LMSC Sanction Fee - 175-S005 Arnold Sports Festival 2015 Swimming Championships - Saturday, March 7 <sup>th</sup>	\$40.00	\$40.00
			\$40.00
Make all checks payable to: Ohio LMSC		Send Payment to: Laura S. Wright Ohio LMSC Treasurer 312 E. Mulberry St. Lancaster, Ohio 43130	

**Sanctions Attachment #2** – USMS Liability Waiver -----



**PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) MF	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	

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**h. Treasurer Report - Laura Wright**

End of 2014 Bank Account Balance: \$11,211.22

As of Mar 21, 2015 Bank Account Balance: \$13,101.23

Budget for 2015 will be determined and approved at our next Board Meeting

**i. Chair Report - Carl Bromer**

- Coaches Clinic completed successfully at a total cost of \$339.03 (Budgeted up to \$2,500)
- Leadership Summit attended by Pete Tarnapoll; cost \$768.97 (Budgeted up to \$1,250)
- Significant event each month... Done if you count National Events
- Creative events within each meet... 25's/CJ... Kick-Board Sprints/Pete... More to come
- Columbus re-activated in the Ohio LMSC (Thanks to Pete and Craig... Some of our best events are now sponsored and conducted in the Columbus area)
- Board Member Development strategy... We are still in need of Board members in key positions... Secretary, Open Water/Safety, Editor Newsletter/Marketing, Coaches Chair – Our goal is to fill these positions with volunteers as soon as we are able.

**7. Unfinished business:**

- a. Policies and bylaw review Committee (Still need volunteers)

**8. New business:**

01. 2015 National Convention - Kansas City Marriott - Sep 30 to Oct 4 – Pete is planning to attend, If anyone else on the Board is interested, we have one additional attendee who can attend at the expense of the LMSC.
02. Proposing that we consider paying our Treasurer \$300/year. This is an open item for next Board meeting
03. Proposing that we consider the Editor/Newsletter/Marketing position as a paid position for \$1,200 per year (prorated) We would need to develop a job description for this position before actually choosing a member to fill this position. This is an open item for next Board meeting
04. Learn To Swim Month in 10 LMSC's is April'15. We will discuss having a goal to get April'16 declared as "Learn To Swim Month" in Ohio by the Governor.
05. Goals for 2015/6: (Preliminary by Carl Bromer)
  - a. 800 members
  - b. Hire an editor who knows how to promote (*Pay Editor \$1,200/year to develop newsletters and coordinate with Webmaster to keep the Ohio LMSC better informed*)
  - c. Explore Open Water – Underwrite a Budget up to \$2,500 for meet, insurance, and Meet Director... (RE: Shannon Kurek ... I have contacted)
  - d. All active Coaches who host meets in our LMSC are also encouraged to become 'Voting' At-Large members of our Board
  - e. NOTE: At Large positions are typically people who want to be part of the Board and are open to serve on active committees. The following individuals have expressed an interest in becoming members of our Ohio LMSC Board:
    - i. Anne Frayne -- [annefrayne@myersandfrayne.com](mailto:annefrayne@myersandfrayne.com)
    - ii. Sara Matchison -- [sara.matchison@gmail.com](mailto:sara.matchison@gmail.com)
    - iii. Scott Conley – [srconley@gmail.com](mailto:srconley@gmail.com)
06. **Upcoming Events:**
  - a. **April 11<sup>th</sup>** — 3rd Annual [Ohio State Short Course Yards Championship](#) Conducted at the Ohio State University Pool -- Great venue; Great organization; Great event
  - b. **April 18<sup>th</sup>** — Save the date for an all day training event at the beautiful newly

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remodeled Antioch College Health and Wellness Center, in Yellow Springs. The facility includes a brand new 6-lane 25-yard pool with a low chlorine/ultraviolet filtration system. The day will benefit, competitive swimmers, triathletes, fitness swimmers and those who want to explore the interface and complementary benefits of Swimming and Yoga. Lunch will be included. More info soon!

- c. **April 23<sup>rd</sup> – 26<sup>th</sup>** — San Antonio, TX --- [USMS SCY National Championship](#)
- d. **May 7<sup>th</sup> – 10<sup>th</sup>** — Sarasota, FL --- **YMCA Masters National Championship**... If you would like to participate, but your YMCA does not have a team or if you are not currently affiliated with a local Y, please e-mail [dayton.sharks@gmail.com](mailto:dayton.sharks@gmail.com) to ask about the opportunity to represent Ohio as part of the Dayton YMCA team.
- e. **June 20<sup>th</sup>** ---2nd Annual Miami Redfins Long Course Meet...your chance to get some long course times before the national championship. — More details coming
- f. **August 6<sup>th</sup> – 9<sup>th</sup>** — Geneva, OH --- [USMS LCM National Championship](#) (This one's right in our own back yard! And the facility is one of the Best in the World!!)

**9. Board member elections:** (2015/16 to serve for two years of New Board members MSP (Motion, Seconded & Passed) to elect the slate of officers by Proclamation

**The vote was unanimous**

**Chair**... Pete Tarnapoll will be running (Currently serving as Vice-Chair)

**Vice Chair** ... C. Bromer will be running (Stepping down from Chair after 3 years)

**Secretary** ... (Open)

**Editor/Newsletter** ... (Open)

**Treasurer** ... Laura Wright will be up for re-election

**Registrar** ... Jen Wood will be up for re-election

**Sanctions** ... Jeff Stephan will be up for re-election

**Coaches** ... (Open)

**Officials** ... Jason Hill will be up for re-election

**Open Water** ... (Open)

**Fitness** ... David Hardwick will be up for re-election

**Safety** ... (Open)

**IT/Webmaster** ... Jim Monahan will be up for re-election

**At Large (Voting)** ... Franklin Halley, Trina Ingole and Craig Baldwin will be up for re-election

**10. Open Discussion**

*None*

**11. Adjournment**

*MSP Meeting adjourned 3:25 PM*

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Minutes Submitted by:

**Carl Bromer (Outgoing Ohio LMSC Chair**

[OHChair@usms.com](mailto:OHChair@usms.com)

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(937) 609-0542 Cell

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Dayton, OH 45459


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**Fitness Attachment #1 -----**



*Project Proposal... Submitted By: David Hardwick / 21 Feb 2015*

<b>PROJECT NAME:</b>	Ohio LMSC Fitness Awards 2015												
<b>Project Goal:</b>	Season 2 - Ohio Fitness Awards - Augments Nike Challenge 60 or more Ohio LMSC members involved in Ohio fitness challenge												
<b>Project Cost:</b>	<p>Figures are based on 60x 100 mile awards and 20x 300 mile awards. (NOTE: for 2014 the known totals for these levels was 38x 100 mile and 10x 300 mile finishers)</p> <table> <tr> <td><b>63 swim caps (On hand - 100 mile award)</b></td> <td align="right">-- \$0</td> </tr> <tr> <td><b>20 certificates (300 mile award)</b></td> <td align="right">-- \$15</td> </tr> <tr> <td><b>20 Discounts (300 mile award)</b></td> <td align="right">-- \$200</td> </tr> <tr> <td><b>60 Mailers (On hand 12)</b></td> <td align="right">-- \$50</td> </tr> <tr> <td><b>Postage</b></td> <td align="right">-- \$85</td> </tr> <tr> <td><b>TOTAL</b></td> <td align="right"><b>Budget -- \$350</b></td> </tr> </table>	<b>63 swim caps (On hand - 100 mile award)</b>	-- \$0	<b>20 certificates (300 mile award)</b>	-- \$15	<b>20 Discounts (300 mile award)</b>	-- \$200	<b>60 Mailers (On hand 12)</b>	-- \$50	<b>Postage</b>	-- \$85	<b>TOTAL</b>	<b>Budget -- \$350</b>
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<b>TOTAL</b>	<b>Budget -- \$350</b>												
<b>Responsible LMSC Member:</b>	David Hardwick												
<b>Board Oversight by (Name):</b>	Trina Ingole												
<b>Project Description:</b>	 <p>100 mile distance award = unique designed swim cap 300 mile distance award = \$10 USMS renewal discount and a certificate of achievement (Suitable for framing)</p> <p>Program tracking would be accomplished through each swim team/club group or using the NIKE Go The Distance data base with results being posted by me (Dave Hardwick) on a quarterly basis in 2015. I will send out award packages to the clubs/teams for distribution to their members, use the postal service or directly distribute award packages during various swimming events or swim meets during the season.</p>												
<b>Benefit to OH LMSC Members:</b>	Increased and unique incentives to increase fitness distance challenges.												
<b>Approval:</b>	(Must be approved by a majority Ohio LMSC Board Vote) <b>DATE: Approved 3/21/2015 by Unanimous Vote of the Ohio LMSC BOD</b>												
<b>Final Accounting ... Results and Return on Investment:</b>	To be completed after the completion of 2015												