

Pacific Northwest Association of Masters Swimmers
Saturday, April 13, 2019
King County Aquatic Center Banquet Hall
Annual Meeting Minutes

Following a yummy meal and social, the meeting was called to order by President Sally Dillon at 4:45 pm.

Attendees: Board members Kim Boggs, Kathy Casey, Linda Chapman, April Cheadle, Bob DeWard, Todd Doherty, Arni Litt, Hugh Moore, and Steve Peterson. Non-voting board members attending were Dave Baer, Lucianne Pugh, and Walt Reid. Approximately 30 other PNA members attended.

Sally introduced and thanked the organizing committee: Kim, Lucianne, Steve, and Zena Courtney. She also thanked those who pitched in with set up: Bob, Walt, and Kathy

Board Election: The slate of officers was elected at the conclusion of online voting. Re-elected for 2-year terms were President Sally Dillon, Secretary Jay Pearson, Treasurer Arni Litt, and At-Large Director Kathy Casey. Newly elected were Vice President Linda Chapman and At-Large Director Todd Doherty.

Board Position Descriptions: The board spent the better part of two years updating the position descriptions for the board positions and revising the PNA policies. All of this information can be found on the PNA website at www.swimpna.org. Sally noted that a "snapshot" of Masters Swimming hierarchy could be found on the tables and on the back side of the document was the 2019 PNA Open Water schedule.

Social Media Coordinator Isaac Contreras Sandoval has been maintaining the PNA Facebook Page and Twitter account. If you haven't "liked" PNA's Facebook page, please do so. PNA is planning a new website but work on that has stalled in recent months.

PNA Award Presentations

Dawn Musselman Inspirational Swimmer Award: Steve Peterson presented the award to Arni Litt. Arni was nominated by her workout group, Green Lake Aqua Ducks Masters (GLAD). Many examples of Arni's tireless volunteering were cited. As a substitute coach, she keeps up her lifeguard, CPR, and first aid certifications and leads workouts when needed. As team treasurer, she tirelessly tracks the finances and makes arrangements for the pool facilities the team uses. For many years she volunteered to help keep the Fat Salmon OW swim organized and afloat. In addition to her service to GLAD, Arni has been a member of the PNA Board for more than 15 years, serving as registrar for ten and treasurer for more than five. A well-deserved "congratulations" to Arni!

Sally reminded all that in 2018, April Cheadle was selected as the USMS Coach of the Year. She received the award in front of more than 1000 athletes, coaches, and volunteers at the USAS convention banquet in Florida in September. April also received her USMS Level 4 Coaching Certification, a rarity in USMS.

PNA Coach of the Year Award: April Cheadle presented the award to Brad Hering. Brad is head coach of the Stanwood Camano Masters workout group (SWYM) and was nominated by his team members. His nomination stated that Brad's workouts are varied to build certain skills, but he also incorporates fun activities to foster teamwork. He has encouraged the growth of SWYM through his expertise and welcoming nature. Brad's ability to offer advice and encouragement without overwhelming or intimidating swimmers is amazing. Through collaboration with other Masters swim coaches, Brad has connected his swimmers to many opportunities through clinics and skill improvement.

Sally noted that each year PNA offers the Coach of the Year an opportunity to attend a coaching clinic. She provided Brad with a list of clinics coming up in the next 18 months and hoped he will find an opportunity to take advantage of the funding available to him. The board currently budgets \$750 for this activity.

Coaches' Education: PNA will play host to USMS coaching clinics and an ALTS clinic on June 8 & 9. The USMS National Office Staff will visit Seattle to conduct Coach Certification classes for Level 1&2 and Level 3.

They will also conduct an Adult Learn to Swim clinic (ALTS) on the 9th. Details will appear in the May issue of *The WetSet*. PNA offers \$125 scholarships for coaches and members who wish to attend these events.

PNA Membership: PNA had 1437 members as of April 12. The men have pulled ahead of the women and are leading 731 to 703. There are 6 clubs (including UC36), and 26 workout groups registered with USMS. PNA continues to have a handful of workout groups that do not register. They are at a disadvantage by not registering because they aren't on USMS's Club Finder, making it difficult to attract new or visiting swimmers.

USMS Convention: The 2019 edition of the United States Aquatic Sports convention will take place in September in St Louis, MO. More than 300 USMS delegates attend this convention, along with delegates from USA Swimming, Diving, Synchro, Water Polo. PNA is represented on many national committees: We have four who are members of the Legislation, Long Distance, or Rules committees, which gives them automatic delegate status. We also have members who sit on the Recognition & Awards, LMSC Development, Compensation and Benefits, Records & Tabulation, Sports Medicine & Science, Officials, and Governance committees.

SCY Nationals: PNA will likely submit a bid next month to host the 2021 SCY nationals. Last year Sally reported that PNA was bidding for the 2020 National Championship meet. It was awarded to San Antonio instead, but our bid was considered "acceptable" to the committee. Sally is waiting to see how big the Mesa meet is; they have 1995 entries, but scratches occur. PNA's bid limited entries to 1800 last year, due to our limited warm-up space at KCAC, in the past the NW has drawn fewer entries than other parts of the country. We hope the national Championship Committee will give us the meet, but we won't know until mid-summer.

LCM meet at KCAC: PNA is committed to hosting a one-day long course meet on Saturday, July 6. We had two dates to choose from at KCAC; the other shared a weekend with one of our OW events, so we selected the holiday weekend. Our goal is to draw enough entries to cover most of the expenses. We plan to keep the pool post-meet to offer an opportunity for PNA swimmers to complete a 5K for the annual postal event of that distance. Operation of this meet will be a combined effort with various clubs & workout groups pitching in to see that all of the meet duties are handled. Volunteers are still needed; contact Sally if you'd like to help.

What would you like to see more of from PNA? Linda Chapman reported on answers to this question, which was posed to those who cast votes in the recent Board Officer election. There were a number of excellent suggestions including the request for more clinics. Clinics could cover varied topics such as meet preparation, warmups, or dryland activities to prevent injury. Also suggested were more relays or relay meets; maybe a 4X100 IM relay! There was a request for financial help for smaller clubs to host a meet and Linda noted that PNA guarantees that every meet will earn a minimum of \$6/swimmer profit.

Linda shared a fitness event idea she and Sally heard about when they attended an LMSC Leadership Summit in early March. A good-sized pool would be reserved for an event where everyone swims a challenging and lengthy workout, such as 100X100's (or 100X75's). Lanes would be organized by intervals according to the participant's ability. A limited number of swimmers could register to participate and have an opportunity to swim in a pool with everyone attempting the same challenging training goal of the day. No awards; refreshments – definitely!

There were no questions for the board. Sally thanked everyone for attending the event and wished all safe travels home and good luck on Sunday for those competing.

The meeting adjourned at ~5:30 pm.