

Annual Meeting of Southeastern LMSC Monday, November 4, 2024

This annual meeting was convened by Zoom and was called to order by LMSC Chair Roger von Jouanne at 7:05 p.m. A total of 23 people were in attendance, including Board and non-Board members. This is a far better turnout than in previous years, perhaps due to an incentive introduced by Roger in the form of paid USMS membership for 2025 to any non-Board member attending. Treasurer Helen Naylor kept a list of non-Board attendees and, using a random number generator announced (at the end of the meeting) that Paul Freeman was the winner.

The first order of business was review and approval of the minutes from the last annual meeting of Southeastern LMSC held on February 11, 2023. The minutes of this meeting were distributed in advance and briefly reviewed by Conner Bailey (LMSC Secretary). Vice Chair Chris Shrader moved to approve, Helen Naylor seconded, and the minutes were approved as presented.

Officer's Reports

Each of the five LMSC officers (Chair, Vice Chair, Treasurer, Membership, Secretary) presented their reports in written form, displayed on screen for all to see, and opened for discussion. These reports are appended to and incorporated into these minutes.

There was some discussion after Helen Naylor presented the Treasurer's report. Chris McPherson asked about the rationale behind the LMSC paying club registration fees for some and not all clubs. Board members explained that the goal was to support the majority of long-term clubs that may not have paid coaches or their own pools, but were already discussing ways to expand the program to cover more clubs in the next few years.

Committee Chair Reports

Six committee chairs (Competition, Top Ten, Communications, Fitness, Open Water, and Officials) submitted written reports which were displayed on screen for all to see and opened for discussion. A seventh report (Coaches committee) was submitted immediately after the meeting concluded. These seven reports are appended to and incorporated into these minutes. There was no report from the Diversity and Inclusion Committee.

Lana Burl (Open Water Committee) added to her report that the Bussell Island swim will occur earlier in the year to avoid warm water temperatures and that talks are underway to develop an open water competition in the Nashville area.

As Top Ten Recorder, Rick Schumacher announced that he would work with Mary Jo Schmalz so that she can take over as our Top Ten Recorder.

As Sanctions Chair, Conner Bailey reported that Sharon Burlingame has expressed interest in learning about and taking over the role as Sanctions Chair at some point in the Spring.

Unfinished business

There was no unfinished business.

New business

Roger invited suggestions on things that the LMSC can do for Masters swimmers in our area.

Sharon Burlingame suggested that mini meets associated with clinics might be a popular combination. Helen noted that a clinic at Auburn some years ago extended over a four-to-five-hour period. The consensus was a more focused clinic associated with some short-distance events might represent a good mix of activities.

Other suggestions included combining a clinic with an open water swim or with a relay meet. Helen noted that holding relay meets has been the subject of Board discussion. Roger added that relay meets can be complicated because of the non-standard events, and also because the persons swimming on the relay may not all be from the same club.

Roger thanked those who attended and participated in discussions and expressed appreciation for those who have volunteered to serve on the LMSC Board.

Barbara Calhoun moved the meeting be adjourned, Pia Vanheyste seconded, and the meeting was adjourned at 8:25 p.m.

Respectfully submitted

Conner Bailey, Secretary, Southeastern LMSC

Appendices to 2024 Annual Report of Southeastern LMSC

1. Reports of officers
 - a. Chair – Roger von Jouanne
 - b. Vice Chair – Chris Shrader
 - c. Treasurer – Helen Naylor
 - d. Membership – Pia Vanheyste
 - e. Secretary – Conner Bailey
2. Reports of committee chairs
 - a. Competition/Sanctions – Conner Bailey
 - b. Top Ten – Rick Schumacher
 - c. Communications – Barbara Calhoun
 - d. Fitness – Adam Arrington
 - e. Coaches – John Fox
 - f. Open Water – Lana Burl
 - g. Officials – Gregg McAdams
 - h. Diversity and Inclusion (No Report)

Chair's Report

This has been a very good year for the SE LMSC, and that doesn't happen all by itself. I'm continually grateful for the energetic, enthusiastic, and professional contributions of our LMSC Board Members and Committee Chairpeople. On top of that are the hard-working folks throughout our LMSC, who are organizing and hosting swim meets and open-water swims, coaching, recruiting, officiating, and engaging in other activities to promote our sport and our organization.

The Southeastern LMSC Board has had four Board positions filled in 2024, as the previous occupants of the positions have successfully completed their service and have turned the page to new things. These four positions are:

Officials Chair: Frank O'Dell completed service; Gregg McAdams has stepped in.

Open Water Chair: Jack McAfee completed service; Lana Burl has stepped in.

Fitness Chair: Cheryl Corvo completed service; Adam Arrington has stepped in.

Top-10/Records Chair: Rick Schumacher completed service; Mary Jo Schmalz has stepped in.

In each case where an open Board/Chair position was advertised, we had several very capable candidates step forward to serve, showing that our LMSC is populated with individuals who are interested in supporting and sustaining this great sport of Masters Swimming.

The Southeastern LMSC Board encourages personal growth and expanded capabilities for our membership, as we continue to offer tuition-reimbursement to those who participate in training and certification courses. With a healthy budget, we will also be able to cover the 2025 team-registration-fees for our long-term teams. We also have plans to offer advanced coaches training within our LMSC in the coming year. With continuous growth in membership over the past 4 years, we're looking forward to another good year of Masters Swimming here in the Southeast in 2025!

Respectfully submitted,

Roger von Jouanne

SE LMSC Board Chair

Report of the Vice Chair
Chris Shrader

A primary focus of my efforts has been to organize an adults learn to swim and coaching clinic for Spring 2025.

The ALTS and Coaching Levels 2 and 3 coaching clinics will be held at Bishop State University in Mobile, AL on March 29 and 30, 2025. These clinics will be put on by USMS with Bill Bremmer from the National Office facilitating the classes. Coaching Level 2/3 will be on Saturday. ALTS will be on Sunday. More details to follow January. Mark your calendars.

Respectfully submitted

Chris Shrader

Southeastern LMSC Treasurer's Report
for 2024 helen naylor
October 12, 2024

2023 Financial report

The 2023 financial report is on page 2 in the pink column (2023 actual). We had planned do a clinic or two for the LMSC, but unfortunately, neither came to fruition. As the board attended the annual convention virtually, we ended up not spending as much as we had planned.

End of the year balance in both checking and savings was: \$81,458.73.

2024 Financials

The 2024 financial budget and forecast are in the blue and green columns on page 2 respectively. We had several of our usual meets held this year and we had a new open water event debut this year. Sadly, hurricane Helene resulted in the cancellation of Swim the Suck out of an abundance of caution for swimmer and pilot safety. We had hoped to hold an LMSC clinic this year, but the timing did not work out due to the Olympics. The Annual meeting was also held virtually.

Membership incentives from the National Office now mean that only membership registration income for the second half of the year (year plus memberships) is paid in 2024. They keep the 2025 membership amount until the beginning of the next year.

Current projected end of the year balance total is roughly \$88,000.00.

2025 Budget

The purpose of the Budget is to approve allocating funds for events, policies, and programs. The goal of the Board will be to come in at or below budget! We have additional reserves right now, due to the lack of programs the last few years, thus the projected deficit. The plan is to spend down some of our reserve over the next few years and then get to a sustainable income/expense relationship (aka, balanced budget) with a reasonable reserve (usually two years of operating expenses). As this has not been approved by the board yet, it is not included in this report, but a draft will be shared at the meeting. Below, i've highlighted a few accounts in the budget.

Income:

🚩 We are cautious in estimating membership income, as we have not seen a significant bounce back in memberships compared with previous years.

Expenses:

🏠 USMS Fees: This year, the house of delegates at the annual convention elected to eliminate the sanction fees for pool and open water events. However, the recognition fee still applies, thus,

🏠 Convention

🏠 Coach & LMSC clinics:

The board is hoping to host at least one, possibly two stroke clinics if the timing works out. We continue to support coaches' education for those teams that do not have a certified coach. The 2025 Annual meeting will be held virtually and in person and thus we have allocated funds for delegates to attend in person as able.

If you have suggestions for additional programming or educational opportunities, please let the board know so we can consider. Please let us know if you have any questions, as they are always welcome!

Respectfully submitted, helen naylor

Forecast for Southeastern LMSC as of October 12, 2024								
Account	Description	2023 Budget	2023 Actual	2024 Budget	2024 Forecast	variance Actual-Budget	% Increase over Budget	Notes
Income								
	Individual Memberships	12,750.00	13,972.00	12,755.00	15,195.61	2,440.61	19.1%	
	Clubs	455.00	476.00	448.00	462.00	14.00		
	LMSC Donations		693.00		267.00	267.00		
	One Event	192.00	(109.04)	32.00	(167.82)	(199.82)	-624.4%	
	Interest	36.00	181.05	36.00	161.98	125.98	349.9%	
	Other							
	USMS offset fees		128.00		27.00	27.00		
	Income Total	13,433.00	15,341.01	13,271.00	15,945.77	2,674.77	20.2%	
Expenses								
	USMS Sanction Fees	4,250.00	2,130.00	3,250.00	2,250.00	(1,000.00)	-30.8%	Budgeting for "full slate" of meets/events
	Subvention payments & club dues	1,250.00	-	1,500.00	2,600.00	1,100.00	73.3%	
	USMS Convention & "Relay"	3,000.00	250.00	3,000.00	-	(3,000.00)	-100.0%	Includes travel and reg expenses for in person events
	Annual meeting	1,200.00	-	1,200.00	-	(1,200.00)	-100.0%	
	Small group LMSC mtgs	900.00	-	900.00	-	(900.00)	-100.0%	
	Coaching certifications	1,500.00	125.00	1,500.00	1,525.00	25.00	1.7%	
	Coaching & LMSC clinics	3,900.00	255.00	3,900.00	250.00	(3,650.00)	-93.6%	
	Postage & Delivery	60.00	-	60.00	-	(60.00)	-100.0%	no more mailed cards!
	Internet Web hosting	215.00	180.00	210.00	210.00		0.0%	
	Travel Expense	1,700.00	-	1,700.00	2,227.99	527.99	31.1%	Includes last year and travel to new OW event this year.
	Bank Charges		65.00		(75.00)	(75.00)		
	Supplies/Admin office expense	90.00	20.00	90.00	90.00		0.0%	
	Telephone Long Distance		-		-			
	Miscellaneous	360.00	(441.43)	360.00	360.00		0.0%	
	Expenses Total	18,425.00	2,583.57	17,670.00	9,437.99	(8,232.01)	-46.6%	
	Overall Total	(4,992.00)	12,757.44	(4,399.00)	6,507.78	(5,557.24)	-247.9%	

Report of the Membership Chair

Overview of 2024

As of November 1st, we have 1,063 members registered in our LMSC.

The composition is as follows: 541 females or 51% and 522 males or 49%.

The majority of members register from November through January. For the past year these numbers looked as follows:

November through January 746 registrations or 70%. Throughout the rest of the year about 36 members on average register each month with September and October showing the lowest amount where it drops off to about half.

The number of clubs registered in 2024 is 36.

History from 2015 through 2024 for membership:

Year	Total	Male	Female	+ or -
2015	1282	590 or 46%	692 or 54%	
2016	1539	756 or 49%	783 or 51%	+257
2017	1407	683 or 49%	724 or 51%	-132
2018	1244	591 or 48%	653 or 52%	-163
2019	1161	602 or 52%	559 or 48%	-83
2020	1022	515 or 51%	507 or 49%	-139
2021	978	481 or 49%	497 or 51%	-44
2022	1042	517 or 49%	525 or 51%	+64
2023	1058	535 or 51%	523 or 49%	+16
2024	1063	522 or 49%	541 or 51%	+5

As you can see during the past 10 years our SE LMSC membership was the highest in 2016 with 1539 registered, and the lowest was in 2021 with 978 registered (post-pandemic), however the steepest decline was in 2018.

Since 2016 the amount of male versus female registrations is mostly 50/50 give or take 1 to 2%. Prior the number of female registrations was a bit higher compared to male registrations.

History of clubs registered for 2010 through 2023:

As for membership I looked at increments of 5 years as well for club registrations.

2010	2011	2012	2013	2014	
3	3	1	6	5	total: 18

2015	2016	2017	2018	2019	
4	7	6	9	5	total: 31 (pre-pandemic)

2020	2021	2022	2023	2024	
8	5	7	1	?	total: 21 (2024 not available yet)

Although the pandemic affected our SE LMSC numbers, the biggest decline in numbers for swimmers as well as clubs was in 2018, with our best year during the past decade being 2016.

Report created by Pia Vanheyste,
Membership Coordinator for SE LMSC.

Report of the Secretary
Prepared for the 2024 Annual meeting of Southeastern LMSC
Monday, November 4, 2024

As Secretary for Southeastern LMSC, I keep minutes for Board meetings, annual meetings, and any other meetings that occur. Board meetings generally take place using Zoom. The meetings are recorded to facilitate accurate reporting of the minutes of each meeting. The minutes are distributed to the Board, usually the day after the meeting and Board members are invited to submit corrections and clarifications. These comments are incorporated into minutes which are reviewed and adopted at the subsequent Board or annual meeting.

There were no meetings of the Executive Committee (officers only) during 2024.

As Secretary, I submit to USMS minutes of our annual meeting, including written reports of each officer and committee chair.

I also play an active role in discussions during Board and annual meetings.

Respectfully submitted,

Conner Bailey, Secretary
Southeastern LMSC

Report of the Sanctions/Competition Committee Chair
 Prepared for the 2024 Annual meeting of Southeastern LMSC
 Monday, November 4, 2024

During 2024, Southeastern LMSC sanctioned five pool and four open water events, and recognized one event (Table 1). One of our open water events (Swim the Suck) had to be cancelled due to unsafe water conditions (pollution plus debris) due to Hurricane Helene. The Auburn meet was designated the Southeast Zone SCY Championship. Four of the five pool events as well as the one recognized event were for short-course yards competitions. We only had one sanctioned long-course meters meet in our LMSC.

Table 1: Sanctioned and Recognized Competitions in Southeastern LMSC, 2024

	DATE	EVENT HOST	TYPE	SANCTIONED/RECOGNIZED
1	Jan 5-7	TN Aquatics Masters	SCY	Sanctioned
2	Feb 3-4	Auburn Master Swimmers	SCY	Sanctioned
3	Mar 16	Kingsport Viperfish Masters	SCY	Sanctioned
4	June 8	Alabama State Games	SCY	Recognized
5	July 6	KOWS - Bussel Island	OW	Sanctioned
6	Aug 10	Kingsport Viperfish Masters	LCM	Sanctioned
7	Sept 8	TRTC - Hobbs Island	OW	Sanctioned
8	Sept 22	KOWS - Bridges to Bluffs	OW	Sanctioned
9	Oct 5	COWS - Swim the Suck	OW	Sanctioned – cancelled
10	Oct 10	Eastern Shores Masters	SCY	Sanctioned

TRTC = Team Rocket Triathlete Club; KOWS = Knoxville OW Swimmers; COWS = Chattanooga OW Swimmers

At this point for 2025 we have four SCY meets scheduled, two of which have been sanctioned (Table 2). We welcome back Masters swimming at Sewanee after several years absence as well as the Nashville Masters team who were unable to host during 2024 due to facility renovations.

Table 2: SCY Meets Scheduled for Early 2025

	DATE	EVENT HOST	TYPE	SANCTIONED/RECOGNIZED
1	Jan 18	Nashville Masters	SCY	Pending
2	Feb 15-16	Auburn Master Swimmers	SCY	Sanctioned
3	Mar 1	Sewanee	SCY	Pending
4	Mar 15-16	Kingsport Viperfish Masters	SCY	Sanctioned

In 2019 (pre-pandemic) our LMSC sanctioned or recognized 18 competitions. In 2023 the number was only six, so the ten competitions of 2024 are a good step in the right direction.

There are opportunities in Huntsville, Opelika, and Mobile. The Huntsville tourism bureau submitted an application to host a USMS national championship but their lack of USMS experience worked against them. Opelika has just built a new outdoor 50m pool and Mobile is in the construction phase of an outdoor 50m pool. I was approached by people from Memphis about hosting a meet in 2024 but they did not follow through and did not reply to repeated offers of assistance. The Birmingham Crossplex is an excellent facility, but no Masters teams currently use that pool. That does not mean a Birmingham-based team could not host a meet at the Crossplex.

Respectfully submitted,

Conner Bailey, Sanctions Chair
Southeastern LMSC

Report of the Top Ten Recorder
Rick Schumacher
Prepared on November 3, 2024
Presented at the annual Southeastern LMSC meeting

As Top Ten Recorder, my responsibilities are two-fold:

1. Process results from sanctioned and recognized pool meet held in our LMSC. This involves the following tasks:
 - a. Receive Meet Manager software output file from meet director, upload results to the USMS database, review and correct the individual swimmer and relay audit exceptions, and – when necessary – work with the meet director to resolve various issues (eg, specific questions about swim times, registration or name irregularities, etc).
 - b. Work with Meet Director to ensure pool measurements are valid. This consists of looking up the pool to see if a pool measurement form is necessary and, if so, ensuring that the Meet Director properly completes and submits the pool measurement form to me. For a new facility, I will forward the pool measurement form to USMS for review, approval, and addition to their central certified pool course database.
 - c. Work with Meet Director to determine whether there were any one-event registrations, and if so, communicate accordingly with LMSC Registrar.
 - d. Communicate with other LMSC officers when meet results are processed and complete, so that subvention (when applicable) can be paid.
 - e. The objective is to upload and complete the 4 steps above within 2 weeks of a given meet. I have found that for sanctioned meets, this is very straightforward, and each meet typically takes 1-2 hours to review and process. For recognized meets – particularly large “Senior Games” events – this can be more involved, because the underlying participant data hasn’t been validated beforehand (ie, swimmer names, USMS valid id’s, birth dates, etc.). This causes many exceptions to be kicked out in the USMS database, which then have to be individually researched. I have recently begun communicating with meet directors of recognized meets *before* the event to guide them on areas to be particularly careful of, which appears to have improved the quality of data that comes to me.
2. Prepare Top Ten reports (both individual and relay) for each season: SCY (Short Course Yards), LCM (Long Course Meters), and SCM (Short Course Meters) and ensure they are submitted before the deadline of each season (SCY – June 30; LCM – Oct. 20; SCM – Jan. 26).

The Top Ten Recorder has no role in open water events. The position itself requires modest computer skills and an eye for detail, along with being responsive to ensure deadlines are met.

I held the Top Ten Recorder role for the duration of 2023 and 2024.

During the period from November 1, 2023 to October 31, 2024, we had 5 sanctioned meets. One recognized meet was held in June 2024 but results were never provided. In addition, there were two USA Swimming meets where a USMS member competed and provided meet and results that were sufficient to be included in Top Ten reporting. All Top Ten reports were submitted on time.

Dates	Course	LMSC	Swimmers	2024 Meets
Oct 19, 2024	SCY	SE	39 member 2 nonmember	2024 Oktober Splash Masters Swim Meet (20241019ESMS24Y)
Aug 10, 2024	LCM	SE	26 member 3 nonmember	Last Chance LC Invitational 2024 (20240810KGPTLCL)
Jun 8, 2024	SCY	SE	0	Alabama State Games (20240608AL2024Y)
Mar 16, 2024	SCY	SE	36 member	St. Patrick's Day Invitational 2024 (20240316StPat4Y)
Feb 3-4, 2024	SCY	SE	196 member	Southeast Zone SCY Championship (20240203SEZoneY)
Jan 5-7, 2024	SCY	SE	1 member	TNAQ January Invite (20240105TNAQ24Y)
Dates	Course	LMSC	Swimmers	2023 Meets
Nov 30 - Dec 3, 2023	SCY	SE	1 member	2023 Cardinal Christmas Classic (20231203CARDXCY)
Nov 18, 2023	SCM	SE	71 member	12th Annual 2023 NAC Masters Sprinting Turkey Classic (20231118TurkeyS)



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USMS Top 10

USMS Top 10 Summary - Southeastern LMSC

Individual Top 10 Listings

- 2024** LCM (69), SCY (89)
- 2023** SCM (29), LCM (53), SCY (83)
- 2022** SCM (51), LCM (59), SCY (111)
- 2021** SCM (56), LCM (48), SCY (48)
- 2020** SCM (5), SCY (203)

Report of the Communications Committee

Prepared for the 2024 Annual meeting of Southeastern LMSC

Monday, November 4, 2024

As Chair for the Communications Committee for the Southeastern LMSC, I am responsible for the newsletters and website. For the newsletters, I solicit content from the general membership and the Board, and compile and publish it to the website three or four times a year. I also provide a copy of the completed newsletter to the Membership Coordinator to be electronically sent to the membership. For the website, I update as needed with documents (newsletters, minutes, bylaws) and announcements (Board openings, special events).

I also play an active role in discussions during regularly scheduled LMSC meetings.

Respectfully submitted,

Barbara Calhoun

Chair of the Communications Committee

Southeastern LMSC

Annual Meeting – Fitness Chair Report

November 3, 2024

New Fitness Chair to LMSC

I started swimming at age 8 and continued competing thru college at Clemson University. After taking a 20+ year break. I found love for the sport again via a Masters Swim Group in Birmingham Alabama. I enjoy sharing my experience and encouraging others to seek the same benefits from the sport. I own an engineering company in Birmingham, am married and have three adult children.

I just submitted to our LMSC newsletter my first fitness article “Fitness Monitors” on the benefits of these devices for Masters Swimming.

Next article topic will be on “The Sprint Revolution.”

Respectfully submitted

Adam Arrington

Fitness Chair

Report of the Open Water Committee
Southeastern LMSC
November 3, 2024

Open Water Swimming in our LMSC enjoyed a new event this year, but also saw the unfortunate cancellation of a big fall favorite. All of the Open Water events in our LMSC take place in the Tennessee River and its lakes.

The KOWS (USMS) and Prime Aquatics (USMS & USA Swimming) swim clubs delivered the Bussell Island Swim in Lenoir City, TN on 06 July. The co-sanctioned event featured three current-neutral distances (1-mile, 2-mile, 5-mile). Swimmers ranged in age from 11 to 75, with 79 finishers completing the inaugural event.

The Hobbs Island Swim again took place on 08 September just outside Huntsville, AL, with three distances (1, 2 & 5 miles) that all start up river and return down river. 95 swimmers completed the event celebrating its eighth year.

Bridges to Bluffs returned for its seventh year in Knoxville, TN on 22 September. The water was the slowest and warmest ever recorded for B2B, following several weeks of minimal rainfall. 12 two-person relays and 77 solo swimmers completed the downriver 10k swim, including two USA Swimmers, as this was the first year of dual sanctioning.

Swimmers were barely dried off from Bridges to Bluffs when Hurricane Helene roared through the Southeast just a few days later. An unbelievable amount of rain fell, concentrated in the mountains of Western North Carolina, Eastern Tennessee and surrounding states. The affected area is the watershed for the French Broad River, a primary feeder of the Tennessee River. The resultant flooding was devastating, overwhelming many communities and ultimately spilling through the entire distance of the TN River, creating more flooding, heavy debris, unsafe flow rates and high organic & bacterial loads for many miles.

Swim the Suck was ready for another big year, but that very swollen Tennessee River also runs through Chattanooga. The Ironman in Chattanooga was immediately impacted with a canceled swim, and the river was also not ready for the 10-mile Swim the Suck planned for 05 October, leading to its first cancellation since the 2020 Covid pandemic.

We look forward to seeing all four races return in 2025.

Respectfully submitted

Lana Burl, Chair, Open Water Committee

Officials Committee Report

As Chair of the Official Committee for Southeastern LMSC, I keep members informed of rules that apply to USMS swimming. I also write informative briefings for the Southeastern LMSC newsletter. I also keep records of officials that are available to help officiate at USMS meets.

I also play an active role in discussions during Board and annual meetings.

Respectfully submitted,

Gregg McAdams, Official Committee Chair

Southeastern LMSC

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Submission of Annual Minutes

These minutes have been reviewed by the Board of Southeastern LMSC and will be formally adopted at the 2025 Annual Meeting of the Southeastern LMSC.

Respectfully submitted

Conner Bailey

Secretary, Southeastern LMSC