

# Adirondack Swimming

## Fall HOD meeting

September 29, 2019

### Attendees:

Amaya DiGiovanni  
Mark Lipkin  
Abby O'Donnell  
Jen Dixon  
Alison Vitullo  
Sean Caron  
Don Lipkin  
George Stopyak  
Rossi Maldonnado  
Andre Paradis  
Jillian Gale  
Marco Greico

Maggie Hartman  
Chuck Dunham  
Jarrett O'Donnell  
Josh Wolin  
Max Kaback  
Josh Richardson  
Richard Horsch  
Sue Cortright  
Jef Martin  
Marco Greico  
Sally Zaengle  
Laurel Zaengle

Penny Sorbello  
Kate Carroll  
Maggie Carroll  
Maddie Ferreira  
Wendy Nelson  
Emma Lindecke  
Abigail Nelson  
Anne-Marie Nelson  
Isabel Nelson  
Debbie Erickson

Meeting called to order at 11:00am.

Reviewed and approved minutes from Spring 2019 HOD.

Approved Agenda.

### Announcements:

- Using consent agenda.
- Sean Caron introduced Jillian Gale as new Treasurer. Jillian is a paid professional treasurer. She came onboard 3 months ago so far it is working well.
- Alison Virtullo is stepping down from the board but will continue to officiate at meets. Sean thanked Alison for her many years of service.
- Report Approved.

### Block 1:

#### Financial Report – Alison Vitullo and Jillian

- 2019 fiscal year had net income of \$2,987 but still have outstanding payables and receivables for 2019 fiscal year totaling -\$7,317 which would make net income -\$4,331.
- Total bank balance was \$401,812 as of 8/31/2019; This is on a slight downward trend.
- \$50,000 CD needs to be re-invested on 11/13 at a hopefully better rate.

- For the 2019 fiscal year, AD had \$10,000 more in coach and swimmer reimbursements than the previous year.
- Convention costs have increased.
- Registration revenue down mainly due to Flex membership.
- Jillian will file 990 by the November 15 deadline, but should be done well before that.
- Treasurer Services New expense. 2020 budget was approved in Spring. Board amended budget to include actual expense for treasurer to be \$13,500 instead of \$10,000. Actuals for 2020 will be over budget by \$3,500 due to late billing of first 3 months of treasurer service.
- Budget for 2020 has net revenue at -\$28,005.
- Need to get update on Adirondack Aquatic Center for \$10,000 donation that was approved at Spring HOD meeting.
- Finance report was approved.

**Discussion:** Revenues reflect one less meet than previous year and meet participation is also down. Swimmer travel reimbursement expenses over budget, but budget not increasing in future years. Reimbursement rate was increased last year. Will have a finance committee mtg to discuss details of budget.

### **New Business:**

Convention attended by 8; Abby, Mark, Sean, Jo-Ann, Jerry, Jen, Chuck, Don

**Mark/Abby:** Attended lots of workshops. Safe sport, foster good leadership on your teams.

**Jen** – followed safe sport track – opportunities for coaches; Will be on website and have a track for boys and girls. Replacing Safe Sport Mondays. Podcasts will also be available. Coaches need concussion training. No AD team has started Safe Sport process at time of convention; SHARKs and Duanesburg have since started.

**Chuck:** – EZ LC Age Group Zones will be at Liberty University. School is not open to diversity. USA Swimming cancelled diversity camp at Liberty University for that reason. Bid for EZ LC Age Group Zones was approved before anyone was aware of Liberty's diversity policy. Going forward, planners have to be aware of potential issues before decisions are made.

**JoAnn** – Attended Officials Track; there was a proposal regarding observed meets that would not require officials to be on deck while observing meet. It did not pass and the rule is now that a meet has to be observed from the corners of the pool.

**Don** – Attended LSC Development, Treasurer and Rules & Regulations Workshops; no swimming rule changes until FINA mtg in Jan 2021. Treasurer workshop – about risk, risk mitigation and sales pitch from TeamUnify for transactions. LSC Development: Leap recognition program changing. EZ workshop in Chicago May 1-3 will focus on governance and administration. Someone from AD has to attend. LSCs are now required to sign an affiliation agreement contract with their Zone.

**Sean:** USA Club fees currently \$75/club. A proposal was presented to raise Club fees to \$250 or \$500 for new clubs. Motion was re-committed and will be presented at a later meeting again.

Reports approved.

### **Coaches Clinic - Jen Dixon**

- USA Swimming had a coach's clinic in Adirondack September 27 – 29 that was led by Scott Colby, Jeff Allen and Guy Edson from ASCA. It was well attended by coaches from teams in Adirondack LSC. Clinic was focused on beginner level coaches and included both classroom and swim session. On USA Swimming website it is possible to ask for consultants to come to individual teams. Need to do a better job scheduling in the future so it won't conflict with HOD/BOD meetings.

### **LEAP 1 and 2 - Don Lipkin**

- Recertified for Leap 1.
- LEAP 2 certification was finalized and Adirondack was recognized at Convention and will receive check for \$1,130. This certification is good for 4 years.
- USA Swimming is eliminating the tiered LEAP program in January 2021. A single non-optional LEAP program will be implemented instead. It will be much simpler.
- Revised By-laws were approved by USA Swimming on May 14<sup>th</sup>. They are posted on AD website.
- Working on getting policies and procedures up to date.
- Report Approved.

### **We Lead Workshop – Maggie Hartman and Amaya DiGiovanni**

- Maggie and Amaya attended We Lead workshop in Atlanta in June. It was hosted by Growing Leaders.
- They both reported that workshop was great and focused on building team culture; team culture starts with athletes and you are never too young to lead. They also learned about supporting and communicating with coaches and how to give them feedback.
- They strongly recommend supporting this workshop in the future and to bring a session to Adirondack.
- Report Approved.

### **General Chair's Report – Sean Caron**

- Want to get more teams participating in HOD meeting. Should we do conference call? Fine teams not participating? Will establish focus group to work on issue.
- **Swimposium:** USA Swimming will pay for LSC to host one every 3 years. Last we had in AD was 10+ years ago. Looking to host one in April or May; probably May 3 at Shen. Swimposium is a one day training event for coaches, swimmers and parents featuring Olympians and/or known motivational speakers. Can also have an athlete leadership track. The following volunteered to help with planning: Jen Dixon, Chuck Dunham, Rossi Maldonnado, JoAnn Faucett and Penny Sorbello.
- Report Approved

### **Old Business:**

Adirondack Aquatic Center update: They are still waiting on 3 major grants.

## **LSC Elections:**

Coaches rep will be elected at GOLDS. Until then Jerry Adams has been appointed by Sean Caron.

Appointed positions:

Operational Risk: Dan Tanski

Records and Top 10: Jarrett O'Donnell

The following positions are up for elections and these candidates have been recommended by governance committee:

General Chair: Sean Caron

Administrative Vice Chair: Don Lipkin

Finance Vice Chair: Debbie Erickson

Secretary: Penny Sorbello

Age Group Vice Chair: Jen Dixon

Senior Vice Chair: Chuck Dunham.

There were no nominations from the floor.

Motion: "to approve above slate of nominations from governance committee". Passed.

Block 2 Reports:

For discussion:

Mark Lipkin

JoAnn

Marco

Motion to approve all other reports: Approved

## **Block 2: Report for Discussion:**

Official Report (JoAnn Faucett), Athlete Report (Mark Lipkin), Marco Greico (Tech Planning (Andre Paradis). All other reports were approved.

- Official Report - JoAnn Faucett
  - Hosted officials' clinic on September 21. 5 clubs were represented. Best attended clinic in years. Report was approved.
- Athlete Report – Mark Lipkin
  - Athletes spent \$100 of their budget for meetings.
  - Hosted successful 1<sup>st</sup> mock swim meet for new swimmers. It was attended by 3 coaches, 5 officials, 8 athlete leaders and 15 new swimmers with parents.
    - Considerations for future mock meet:
      - Date of event: Not all teams had new swimmers fully onboard.
      - Contact Risk office of USA Swimming to see how to include YMCA only swimmers.
    - Thanked everyone that helped.
    - Josh Wolin suggested to also teach parents how to read meet announcements.

- Report was approved.
- Marco Greico – National athlete rep on Operational Risk. Report of occurrence should be filled out anytime there is an incident. Many incidents are not reported. Website problems have been fixed. Instances to report include both injuries and bullying. Report was Approved.
- Andre – Tech planning: Team assignment for Silver Championships. Distance Friday at Shen. Approved. For meets at RPI, get meets on calendar and get contracts signed soon.

<b>Silver Championships Sites 2020</b>	
<b>Shenendehowa</b>	<b>RPI</b>
<b>CPP - Host</b>	<b>ALBS – Host</b>
Addison Otters Swim Team	Adirondack Bluefins Swim Club
Bennington Marauders Swim Team	Albany Starfish Swim Club
Clark Sports Center	Ballston Spa Swim Club
Clifton Park-Halfmoon Piranhas	Cnajoharie Crocodiles
Clinton Cudo Swim Club	Glens Falls YMCA
Delmar Dolphins	Greater Glens Falls Flyers
Duanesburg Electric Eels	Hawks Swimming Association
Glenville YMCA	Jammin' Jellyfish Swim Club
Kingston YMCA Hurricanes	Lake Champlain Waves Swim Team
Northern TRIBS Swimming	Marlboro Dukes Swim Team
Saratoga YMCA	New Hartford Aquatics
Sidney Swim Club	Oneida Dolphins
Tigers Aquatic Club	Schenectady-Saratoga Swim Club
Unattached	Schoharie Valley Penguins
Uncle Sam Swim Club	Turbine Swim Club

Adjourned 12:43.

# Adirondack Swimming Fall Meeting 2019 Reports September 29, 2019

## General Chair's Report – Sean Caron

The **Adirondack By-laws**, **LEAP1 Recertification**, and **LEAP2 Advancement** have all been filed and approved by USA Swimming. AD received the “Giant Check” from USA Swimming in the amount of \$1,130 at Convention on 9/14/19.



It's my great pleasure to announce that we have **successfully transitioned to a professional treasurer** for AD. Jillian Gale from Wojeski & Company has been on-board for the past few months and the transition has been very smooth. I'd like to thank Jillian for her efforts to ease this transition and welcome her to the Board and to Adirondack Swimming.

In 2012, I was the Admin Vice-Chair for Adirondack Swimming, when our long-time Treasurer Peter Kalish informed me that he would be retiring at the end of the season. Without missing a beat, Alison Vitullo stood up and said she would be willing to take on this vital role. For the past 7 seasons, Alison has contributed uncounted hours of time and uncountable reams of information and good advice to JoAnn and me as General Chair. She kept the books, paid the bills, deposited checks, filed the taxes, wrote the reports, invested our funds – in short, she did everything necessary to manage the financial business of Adirondack. It is with deep sadness that we announce that Alison

is retiring from the Board (but NOT the deck!!) as of this meeting. Alison deserves our profound thanks and best wishes as she hones her new grandma skills and prepares for Amanda's wedding! Thanks Alison!

I am greatly interested in **increasing participation of teams at the AD HoD Meetings**. I am asking for some volunteers from the Board and from the House to participate in a task force to explore ways to increase participation of teams in the leadership and governance of the LSC.

At Convention it was stated that 48% of LSCs have at least one **Safe Sport Certified Club**. AD does not as yet. I realize this is a new program but I would like to ask the HoD to seriously consider working on this initiative this fall to achieve this certification. I am sure Laura Davis, the AD Safe Sport Coordinator, would be delighted to work with your teams to get this done.

A quick "heads up" to clubs that I expect the 2020 **Athlete Leadership Summit** applications to be requested from us in December. If you have interested athletes who will be 15 years old in April, 2020, please ask them to be on the lookout for this announcement in December.

USA Swimming offers each LSC the opportunity to do a "Swimposium" every four years. This is an activity largely funded by USA Swimming bringing together talks, presentations, training sessions and fun events for the LSC members. The last time AD hosted a Swimposium was, I believe, 2007 or 2008. I'd like to organize a task force to begin planning for a 2021 AD Swimposium. A simple Google of "Swimposium" will show you a wealth of agendas from other LSCs full of fun and informative events. Let's do this for AD!!

Thank you,  
Sean Caron, General Chair

## **Administrative Vice-Chair Report – Don Lipkin**

Progress since Spring 2019 meeting:

- New ADSI By-Laws were approved May 14
- LEAP I renewed
- LEAP II approved
- Strengthening financial governance (Finance V-C + Professional Treasurer/Bookkeeper)

Key focus areas for Fall/Winter:

- ADSI Policies & Procedures
- Governance: work with Governance Committee to tighten ops, internal finance audit

Respectfully submitted by  
 Don Lipkin  
 Admin V-C

## Registrar's Report Ann Korzun

### **2019 -- Final Statistics for the Season**

2751 Members of USA Swimming, Adirondack LSC (similar to 2018)

2407 Athletes

Includes 225 Flex, 161 Seasonal, 44 outreach

Usual pattern is a significant increase in the post-olympic year

344 Non-athletes

Includes 192 coaches, 89 officials

33 Clubs (32 year-round, 1 seasonal)

We have 4 "unattached" groups of athletes: AJCC, Greenbush Y, Hudson Falls, and Oneonta Y

Two clubs did not renew (AMST = Amsterdam, GATE = Colgate)

One club is newly approved (Oct 2018): TAC, Tiger Aquatic Club, head coach Chris Sammons

One club is preparing to apply as a USA S Club (Oneonta YMCA, head coach Doug Macomber)

CANA has a new head coach, Jef Martin.

### **2020--Year to Date Registrations, as of 9/22/19**

305 Athletes, 34 Non-Athletes, 3 Clubs

(A slow start for September...expecting a deluge in October!)

includes 0 Flex members and 4 Outreach members

### **New Requirements for Coaches and Officials -- must complete by 1/1/2020**

Coaches' Advantage Tutorial -- an online course, coaches must update yearly

Concussion Protocol Training -- a one-time online course, for coaches and officials

Also, Athlete Protection Training is now a yearly requirement

### **New Requirement for Adult Athletes (18 and over)**

Adult athletes must complete Athlete Protection Training within 30 days of their 18th birthday

### **Flex - a new option for Athlete Memberships, this is the second year being offered**

Fee: \$20 -- can be upgraded to premium by paying the difference.



Limited to 2 sanctioned meets per membership year, below LSC championship level  
**Junior Coach - a new category, this is the second year being offered**

Age 16-17 can register as a Junior Coach. ALL requirements & certifications are needed, except BGC.

Must have an over 18 certified coach on deck with them. Pays one \$79 fee if also an athlete.

### **NEWS FOR CLUB REGISTRARS**

1) The new "MDVS" process for club registrars to directly upload batches to a queue in SWIMS

(rather than email attachments to Ann) is in place for TeamUnify and TeamManager users!

2) PayPal payment option for expedited registration of SMALL batches (1 to 3 members)

2.9% service charge is absorbed by AD

3) Non-athletes must be renewed every year (mail signed applications and payment to Ann)

4) You may send your club file to Ann for a Registration Reconciliation

5) Make use of the Club Portal on the USA-S website - contact Ann for your password if needed

6) Check the reports posted on the Registrars' Private Page of the AD website

### **Member Cards and Certifications - Non-Athletes**

AD will continue to print and mail cards to coaches and officials (one per year)

Non-athletes can view, display, print their own card any time (through DeckPass)

Invalid non-athletes may not act in any official capacity on deck, at practice, or at meets.

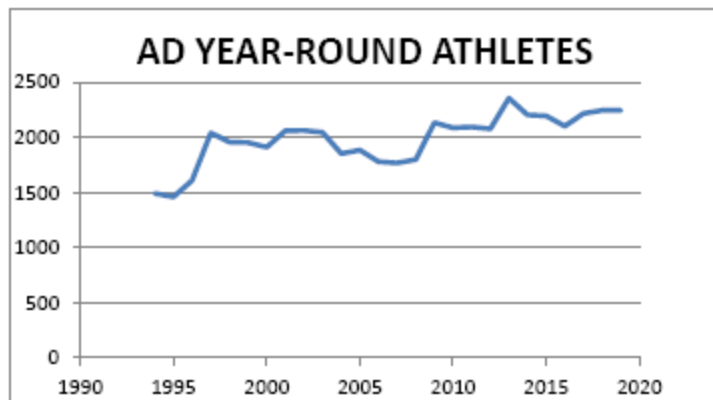
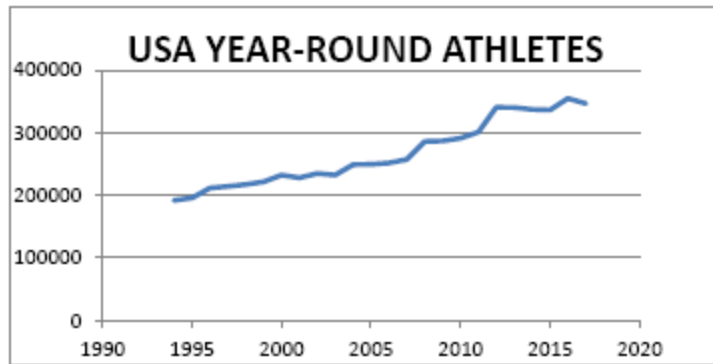
Clubs have the responsibility to monitor the certifications of their non-athlete members.

### **Proof of USA Swimming Membership -- Meet Hosts please take note!**

DeckPass

Official Roster from the USA Swimming Club Portal

Verification by the Adirondack LSC Registrar (Ann Korzun)



## Officials Chair Report – JoAnn Faucett

- 1) MAAPP FAQ's: Abby Howard, Associate Counsel & Director of Safe Sport, has provided on the USA-S website FAQs on Safe Sport.
- 2) Referee Workshop: Oct 4-6, 2019 in Tampa FL. AD will not be sending anyone because of the referee restrictions for attendees.
- 3) National Aquatic Convention: held in St Louis Sept 10-15<sup>th</sup>, National Officials Committee meeting held Wed Sept 11<sup>th</sup>, Sept 13<sup>th</sup> Celebration of Officials Meeting.
- 4) 2020 Workshops & Events:
  - a. We ARRE Mentors-April, N3 mentors
  - b. OW Workshop- tied to OW event, date to follow.
  - c. Zone Workshop- May 1-3 Chicago for all zones
  - d. Referee Workshop- fall
  - e. Aquatic Convention-Jacksonville FL Sept 20-27, 2020
- 5) OQM Process: OQM request have to be submitted 30 days out.
- 6) New Equipment: Goggles developed by Form, coming out in Sept per 102.8.1E will not be allowed be allowed in competition but will be allowed in practice. These goggles have a minicomputer and heads up display and enable the swimmers to use the smart display to know splits, distance and more as they swim.

7) The 4-hour Rule: clarifying the 4-hour rule regarding 12 & U swimming in open events either before or after a 12 & U session. The 4-hour rule does not apply to open events. A meet can have an age group session and an open events session. The 12 & under can compete in both sessions.

8) 120 Day Rule: has been waived for any swimmer affected by any National Disasters

9) Concussion Protocol Training: for USA-S membership, all officials and coaches must successfully complete concussion and head injury education by 1/1/20. Individual states may require it annually, officials must abide by the requirements of their home state. Links CDC Course or NFHS Course

10) LSC Officials Chair workshop held June 21-23,2019 Charlotte NC, attended by me. Most of the 59 LSC were in attendance. Many topics were covered, very little on questions and answers of every day typical swim meets. The main topic, the process of advancement in certification such as N2 and N3.

11) AD Fall Officials Clinic Sat Sept 21<sup>st</sup> 1:30 pm at Duanesburg Y. If a time, date, and location become available, AD will have a second clinic later in the season.

12) 2019 USAS (United States Aquatic Sports) Convention Sept 11-14, 2019 held in St Louis was attended by many USA Officials of various certification levels from all 59 LSCs. At the Sat HOD there was a recommendation put forth to change the requirement of where the USA official needs to be on deck when observing meets (non-sanctioned USA meets such as high school invitationals, championships and State meets). Presently observation must take place at the end of the pool deck. If this specific language was removed it would be allowed to observe meets from anywhere, the stands, hallway and yes even the parking lot as ridiculous as that may sound. There was some strong heated conversation brought forward mostly against the recommendation. At the conclusion it was voted to keep the original verbiage, observations will be done on the end of the pool decks.

13) Many thanks to all AD officials who have volunteered many hours to walk o the hot pool decks. Also, thanks to the officials who observed meets allowing the times to be put into SWIMS. Finally, thanks to the officials who volunteered for Special Olympics, the athletes and coaches are always very appreciative.

Respectfully Submitted,  
JoAnn Faucett  
AD Officials Chair

## **Age Group Vice-Chair - Jarrett O'Donnell**

- 19 Applicants to the Long Course Zones Team

- Final makeup of the team was 17 swimmers
- 2 applicants did not qualify and received a partial refund
- By age group:
  - 10&U - 2
  - 11-12 - 8
  - 13-14 - 5
  - 15&O - 2
- 11-12 Girls and 13-14 Girls each had relays
- Applications continue to be low for summer zones, despite maintaining the “A” minimum time standard to compose the team established 2 years ago (down from “AA”)
- Breaking down swimmers attending over the past 4 years:
  - 2019 - 17
  - 2018 - 25
  - 2017 - 17
  - 2016 - 26
- 2020 Short Course Age Group Championship held April 1-4, 2020, Webster, NY (hosted by Fairport Swimming & Webster Aquatic Club)
- 2020 Long Course Age Group Championship will be held August 5-8, 2020, Liberty University, Lynchburg, VA (hosted by Virginia Swimming)

I would like to thank JoAnn Faucett for all her efforts coordinating the zones trips over the last 4 years, and all the coaches that have gone through their rosters looking for one more zones applicant so that the kids could have relays!

## Technical Planning Chair: Andre Paradis

### Short Course Championship Season

- Silvers 2020 will be hosted by Albany Starfish at RPI and Clifton Park at SHEN. Both meets will be February 28-March 1, 2020. 2020 Silvers site team lists were distributed at the meeting.
- Golds will be hosted by Schenectady March 8 and 13-15, 2020.

- Future Site Rotation:

	2020	2021	2022	2023
Golds	SCHE	ALBS	CPP	DELM
Silvers	ALBS	CPP	DELM	SCHE
Silvers	CPP	DELM	SCHE	ALBS
Off	DELM	SCHE	ALBS	CPP

- Spring Speedo Sectionals: March 26-29, 2020. LC-Buffalo SC-Christiansburg, VA
- SC EZ Age Group Championship: April 1-4, 2020-Webster

## Long Course Championship Season

- LC Super Sectional Meet: May 28-31, 2020-Richmond, VA
- Summer AD LC Championships: July 24-26, 2019 hosted by Clinton Cudas
- LC Age Group Championship: August 5-8, 2020- Lynchburg, VA
- LC Senior Zone Championships: August 6-9, 2020-Buffalo, NY

## Changes in Cut Times- AD Golds Championship 2020

Event	Old Cut	New Cut
11-12 Girls 50 Back	36.89	36.59
13-14 Girls 100 Fly	1:09.09	1:10.49
13-14 Boys 50 Free	26.31	27.39
13-14 Boys 200 Free	2:05.99	2:06.99
13-14 Boys 100 Breast	1:16.89	1:17.99
13-14 Boys 100 Fly	1:05.39	1:06.99
13-14 Boys 100 Back	1:06.29	1:07.19
Senior Girls 400 IM	4:59.99	4:56.99
Senior Girls 50 Free	27.39	27.19
Senior Girls 100 Free	59.59	58.99
Senior Girls 200 IM	2:23.59	2:22.99
Senior Girls 500 Free	5:37.99	5:34.99
Senior Boys 100 Breast	1:08.89	1:09.49

## Sanction & Times Report – Bill Faucett

Overall we had one less SC meet this season than last season.  
LC season remained the same.

SC fees were \$2975.00 less than last season.

LC fees were \$429.00 less than last season.

Fines for late payment of fees totaled \$460.15 in the current season, there were no fines last season.

General meet fee statistics showed 9 meets produced higher meet fees this season, while 22 meets had less meet fees this season. This shows a general trend of lighter participation.

The 2018-2019 season produced revenue as follows;

Overall	Bids	\$1225.00	Meet Fees	\$49313.50	Fines	\$460.15
Short Course	Bids	\$925.00	Meet Fees	\$38036.50	Fines	\$200.00
Long Course	Bids	\$300.00	Meet Fees	\$11277.00	Fines	\$260.15

In addition, there were \$420.00 in Bid Fees for Approved Meets.

At this time, there is one meet which we have not yet received meet fees. The \$703.00 fee total is overdue 3 months and has accumulated \$150.00 in fines to date.

There are 2 meets with balances due, \$19.00 short payment on one and \$110.15 in a late payment fine due on the other.

Adirondack had only one athlete qualify for the Scholastic All American team. Congratulations to Jackson Homan from the Schenectady-Saratoga Swim Club. Athletes do have to apply for this.

We have started off the season with bids coming in late. SC Bids were due July 31<sup>st</sup> and we have not yet received all of the SC bids for this season. Late bids and last minute publication of meet information leads to poor meet subscription. For the most part, all of our surrounding LSC's have all of their meets posted for the SC season already. AD needs to do better.

<b>SANCTION</b>	<b>....MEET NAME...</b>	<b>DATE(S)</b>	<b>BID FEE</b>	<b>.....AD FEE.....</b>	<b>FS</b>	<b>.....MISC....</b>
AD19-001	IMXtremely Spooked	10/27/2018	30.00	01/05 ck 260247 \$542.00	X	\$100.00 fine
AD19-002	North Country Invite	12/8-9/2018	45.00	12/19 ck 1666 \$858.50	X	
AD19-003	Fall Challenge	10/14/2018	30.00	11/20 ck 5980 \$922.00	X	
AD19-004	Trick or Treat	10/20-21/2018	45.00	11/03 ck 1654 \$2808.00	X	

AD19-005	Harvest Invite	11/17/2018	30.00	12/03 ck 2053 \$1783.00	X	
AD19-006	Trophy Invite	01/04- 06/2019	55.00	01/04 ck 2075 \$2810.50	X	
AD19-007	Blizzard on the Blocks	01/26/2019	30.00	02/07 ck 2086 \$701.50	X	
AD19-008	Pilgrims Pride	11/11/2018	30.00	12/13 ck 015975 \$2448.50	X	\$100.00 Fine
AD19-009	December Distance	12/09/2018	30.00	01/09 ck 1583 \$1168.00	X	
AD19-010	SuperSplash	12/01/2018	30.00	12/30 ck 50433 \$1452.00	X	
AD19-011	Canajoharie Developmental	01/12/2019	30.00	02/02 ck 2808 \$1083.50	X	
AD19-012	Sharks Mini Meet	12/15/2018	30.00	01/02 ck 1687 \$1626.00	X	
AD19-013	Candy Cane Crush	12/14- 15/2018	45.00	01/20 ck 4084 \$233.00	X	
AD19-014	Stingray Splash	01/27/2019	30.00	02/22 ck 1614 \$1704.50	X	
AD19-015	Cabin Fever	01/19/2019	30.00	02/09 ck 1010 \$1159.50	X	
AD19-016	Goody IMX	01/12- 13/2019	45.00	01/19 ck 1692 \$1603.00	X	
AD19-017	Region 1	02/15- 19/2019	\$55.00	03/07 ck 1717 \$1815.50	X	
AD19-018	February Freeze	02/03/2019	\$30.00	02/25 ck 6024 \$2496.00	X	
AD19-019	Mile Madness	01/26/2019	\$30.00	02/25 ck 1020 \$283.00	X	

AD19-020	Silvers at RPI	03/01-03/2019	\$55.00	04/01 ck 6035 \$2713.50	X	
AD19-021	Silvers at SHEN	03/02-03/2019	\$45.00	03/10 ck 2104 \$2491.00	1	
AD19-022	Golds	03/15-17/2019	\$55.00	04/01 ck 1734 \$2937.00	X	
AD19-023	Piranhas Pentathlon	02/10/2019	\$30.00	03/14 ck 1611 \$1425.00	X	
AD19-024	CVSL Champs	02/23/2019	\$30.00	05/20 ck 1021 \$340.00	X	\$100.00 Fine
AD19-025	Bluefins Last Chance	02/23/2019	\$30.00	04/06 ck 16517 \$972.00	X	
AD19-026	Mothers Day Splash	05/01/2019	\$30.00	05/22 ck 263220 \$302.00	X	
AD19-027	Hawks Summer Invite	07/12-14/2019	\$55.00	08/07 ck 4117 \$3214.50	X	
AD19-028	Sharks Summer Invite	07/05-07/2019	\$55.00	07/09 ck 1774 \$1310.50	X	
AD19-029	DELM Spring Fling	06/01/2019	\$30.00	06/20 ck 6059 \$450.50	X	
AD19-030	CPP Summer Kickoff	06/02/2019	\$30.00	09/12 ck 1672 \$703.00	X	\$150.00 fine due
AD19-031	Colgate Classic	06/08-09/2019	\$45.00	07/26 ck 1836 \$2203.00	X	\$110.15 fine due
AD19-032	AD LC Champs	07/26-28/2019	\$55.00	08/30 ck 1849 \$3074.50	X	\$19.00 short due

**Adirondack Swimming 2018-2019 Sanctions**

SC Summary Bids \$925.00 Fees \$38,036.50 Fines \$200.00

LC Summary Bids \$300.00 Fees \$11277.00 Fines \$260.15

Fee Totals Bids \$1,225.00 Fees \$49,313.50 Fines \$460.15

**Balance Due Fees \$19.00 Fines \$260.15**





## Safe Sport Report – Laura Davis

There are 20 out of 33 Clubs that have a designated Safe Sport Coordinator in Adirondack Swimming.

No Clubs in Adirondack Swimming are Safe Sport Recognized. This recognition is attainable by all clubs in the district and demonstrates a team's commitment to safeguard athletes and all participants.

Safe Sport messages are being sent most every month to the Club Safe Sport Coordinators and club contacts. Over the summer, these emails focused on MAAPP (Minor Athlete Abuse Prevention Policy).

During the long course season, there was one issue brought to coaches of an AD team regarding inappropriate behavior by another AD coach. This issue was reported to US Center for Safe Sport.

Thank you,

Laura Davis, AD Safe Sport Coordinator

## Diversity & Inclusion: Rossi Maldonado

Alan Xiang from Clifton Park Piranhas has been selected to participate at the 2019 Eastern Zone Select Camp and Regional Diversity and Inclusion Summit at the University at Maryland, June 6-9, 2019.

I'll be participating as a Coach and presenting at the Summit as well.

Attached is the information from EZ Diversity Select Camp.

We had award Grants for the neediest families with smallest per-family request first. 13 families were award \$300 or less.

Net result would be \$4350 disbursement, which is what Alison rolls up.

Here were the final numbers on requests in November 2018:

For Wave 2, we have 13 families making requests  
For Wave 2, we have 25 Athletes making requests  
For Wave 2, and we have 7 teams making requests

Total grants requested	\$5000
Total team match requested	\$1200

Total requested \$6200 above budget.....!

We had to stay in budget for 2019.

## **AD Records Report - Dan Tanski**

New AD Records set during 2019 Long Course season:

### **3 New District Records**

Megan Deuel (UN-NI) Girls 15-18 200 Fly  
Tucker Durr (SCHE) Boys 11-12 200 Back  
Brayden Henkel (CPP) Boys 13-14 100 Breast

### **10 New Resident Records**

Sophia Gao (CPP) Girls 9-10 50 Breast, 100 Breast  
Brayden Henkel (CPP) Boys 13-14 100 Breast  
Tucker Durr (SCHE) Boys 11-12 200 Back  
Liam Picozzi (SCHE) Boys Open 100 Free  
SCHE Girls Open 200 Free Relay (M. Conway, I. Bushway, M. Williams, M. Wyngowski)  
SCHE Girls Open 400 Medley Relay (M. Williams, M. Wyngowski, E. Lipkin, M. Conway)  
CPP 13-14 Boys 200 Free Relay (B. Henkel, B. Miller, C. Xiang, L. Marshall)  
SCHE Open 200 Free Relay (L. Picozzi, J. Haraden, J. Homan, M. Lipkin)  
SCHE Open 400 Medley Relay (L. Picozzi, T. Askew, J. Homan, J. Haraden)

## **Coaches Report – Jennifer Dixon**

Safe Sport is working on a few projects that Coaches can implement to replace the Safe Sport Monday's. There are two programs that will be launched in October, Coaching Boys into Men and Athletes as leaders. These are note cards that give coaches tips and topics to address with their teams.

Coaches need to take the Concussion training and the USADA training. And teams need to implement MAAPP

As of September 15<sup>th</sup>, Adirondack currently didn't have any team that has initiated the Safe Sport Recognition program.

Starting 10/16 there will be podcasts on the USA swimming site that will help Coaches implement Safe Sport programming.

Adirondack Swimming is working on a Swimposium for the spring 2020

USA swimming is working with YMCA's to streamline the duplication of trainings, background checks etc. And to also facilitate a healthy relationship between YMCA's and their local LSC's. If you have any questions you can reach out to Jeff Allen at USA or Meredith Griffin at Y USA

USA swimming has resources available for team training. On the USA website, under the Coaches tab there is a sports development and sports performance consultant application, you can fill out.

## **Senior Athlete Representative's Report – Mark Lipkin**

- September Start-Up Completed
  - Event went smoothly, 15 athletes attended each with one or more family members
  - Scheduling and other event info will be passed along to simplify planning for the future
- A few additions/changes for next time:
  - Hand out Adirondack Swimming caps to swimmers who attend.
  - Include backstroke event in mock meet planning to work on backstroke start
  - Include "meet warm up" in scheduling
  - Include Event, Heat, Lane grids to pass out during informational session

All in all, the event was a great success. Thank you to everyone who helped out with the event!

## **Athlete's Report - Maggie Hartman and Amaya DiGiovanni**

WE Lead Summit.

In June we went to the WE Lead swimming in Atlanta Georgia and had a great experience and met so many amazing people that are from so many LSCs across the country. We learned things like

- how to respect your coaches but also give them feedback/ communicate with them
- That you are never too young to be a leader
- How to build your character to be a great leader/ how to develop your character (improve on your weaknesses)
- how to be a great teammate but also give constructive criticism and see things from your teammates' perspective.
- How to improve the culture on your team and LSC because attitude can be contagious, good and bad. And trust is an important factor in that. Overall we learned that all the lessons that were taught we can use in so many different instances and throughout life. I would definitely recommend giving this opportunity for people to go to represent Adirondack again next year. We also would like to thank the board for giving us this wonderful opportunity!

## **Junior Rep Report – Abigael O'Donnell**

Convention

This year, I had the opportunity to attend the USA Swimming Convention. Throughout my time there, we focused on using leadership skills to encourage athlete involvement in our LSCs. We also discussed Clean Sport and Safe Sport, as well as how to promote these principles in our clubs and in our LSCs. Coinciding with this is the implementation of MAAPP, designed to protect athletes from abuse.

Another activity we participated in was a breakout session with our General Chair, where Mark, Sean, and I discussed our goals for Adirondack. One of the ideas we brainstormed about was the possibility of hosting Swimposium in conjunction with an Adirondack Leadership Summit.

## September Start Up

Last week, the athletes reps hosted a mock meet for new USA swimmers. The event taught these swimmers about things like typical meet format, what to do behind the block, and how to handle DQs. We also held an information session for the athletes and parents. This was a great idea by Mark, and we had a great turnout. 14 swimmers attended and we had 4 athlete volunteers as well as all of our athlete reps present. I think that this event is beneficial to new swimmers, their parents, and meet officials; and that we should continue to run it annually.

## National Operational Risk Fall Report – Marco Greico

Attached please find my Fall National Operational Risk Report.

1. Report of Occurrence - Please, if an incident occurs during practice, meet, etc fill out a Report of Occurrence form (ROO). There are too many incidents a year that go unreported, when unreported it is very difficult to process a claim. ROO can be completed on a cell phone, the link is [www.usaswimming.org/roo](http://www.usaswimming.org/roo)
2. 2019 Incidents- 383 Incidents 01/01-08/31. 143 in water collisions and 126 collisions with wall. Amount of concussions has begun to drop, attributed to the prominence of concussion training required by states.
3. New Training Requirements- USA Swimming requiring these trainings by January 1st, 2020. USADA Coaching Advantage Tutorial(CAT) for Coaches, this is available on the Learn platform. Concussion Protocol Training for Coaches and Officials, acceptable courses include CDC and NFHS. Failure to complete these by Jan 1st will result in a member in not good standing. Upon completion please forward certificate of Concussion Protocol to the Registrar (Ann).
4. "Cheat Sheet" Requirement Checklist -This checklist is still in DRAFT form, it will be distributed by USA Swimming Staff in the weeks to come. The checklist is attached to this report.
5. 2020 Zone Workshops- May 1st-3rd in Chicago.. Operational Risk presented this year in both Chicago and Denver. Likely will not be enough space at 2020 workshop. Issue with 2019 Zone Workshops, manyOperational Risk Chairs double as Safesport chairs which creates a conflict during workshops, especially with the continued questions regarding MAAPP. If you have any Operational Risk questions that can't be answered at the LSC level please feel free to reach out to me, Adirondack is one of the LSC's I am directly responsible for.

Respectfully Submitted

Marco J. Greico  
USA Swimming Operational Risk  
National Athlete Rep  
Eastern Zone Tech Planning  
Eastern Zone Finance Committee  
Athlete Rep  
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## **Board Positions up for elections**

### **Candidates recommended by Nominating Committee**

#### **General Chair**

Sean Caron

#### **Finance Vice-Chair**

Debbie Erickson

#### **Secretary**

Penny Sorbello

#### **Age Group Vice-Chair**

Jen Dixon

#### **Coaches Representative**

Jerry Adams

#### **Senior Vice-Chair**

Chuck Dunham

#### **Operational Risk Coordinator**

Dan Tanski

#### **Records/Top 10 Coordinator**

Jarret O'Donnell

#### **Administrative Vice-Chair**

Don Lipkin