

# Adirondack Swimming

Fall HOD meeting

October 16, 2022

## Attendees:

Don Lipkin	Sean Caron	Jennifer Dixon
Marco Greico	Debbie Erickson	Abbie Sellnow
Rossi Maldonnado	Rob Macleod	Katie Ferreira
Marco Greico	Bill Faucett	Caitlin Cho
Chuck Dunham	JoAnn Faucett	Josh Wolin
Penny Sorbello	Jeff Watson	Lindsey Bailey
Carl Hatt	Dennie Swan-Scott	Melissa Fraley
Isabella Gayle	Carly Antolick	Gregg Antolick
Andrew Orcutt	Michele Napoli	Julia Napoli
Matt Walton	Erin Quinn	Adam Hershberg

Meeting called to order 11:01am.

Don Lipkin - GC report – Welcomed everyone. Don highlighted that we measure success by whether the athletes have the opportunity to train and compete. We are on the way to returning to pre-pandemic levels but the clubs are down a bit. We have a flux in clubs. Need to start looking at volunteers to take board positions, as will have a few potential vacancies next year. Don asked people to encourage more volunteers.

Addison Otters have moved to New England LSC. We stand at 25 clubs with 2-3 clubs that left during Covid are thinking about returning. The season looks much healthier this year than in the past few years. Short course meets are about 21-23 meets available. Although we were able to hold several meets last year many were TTs style meets. Don highlighted that often people ask why we keep so much in reserve in the financial budget. He explained that Covid taught us that we needed the financial safety net. We were able to weather more unknowns because of the reserve. We did draw down on it during that time period to help clubs financially.

Debbie Erickson- Finance report

Net income of \$9,600, we have not been spending the Outreach budget. Annual audit of accepted agreed upon procedures will be conducted this year by Cushak & Company. Adam Hershberg asked about the possible reduction in sanction fees. He highlighted that admission will be down, no program sales, no concessions. Restrictions regarding facilities for meets may result in revenue being reduced. Adam – higher pool fees means less revenue. Debbie said waiving fees means a loss of \$40k to AD Swimming. Don asked that we review the financials following the meets and look at potential shortfall. Debbie encouraged clubs to copy AD on the financials.

Bill Faucett, Registration – The new USA Swimming system for registration is tricky with reporting. They are working through the kinks. He highlighted that we have some clubs rejoining and new clubs going

through the certification process. One of the clubs is in Fulton. They are going through the process. Bill also discussed that the transfer requirement for athletes between clubs has been reduced from 120 days to 60 days from the date of last competition. This allows athletes to affiliate with their new teams sooner.

Andres Paradis, Technical planning delivered by Don Lipkin (report attached) – Host teams for championships for 2023 short course season may be able to access RPI for the 1<sup>st</sup> week of March. Rob Mcleod has spoken with facilities management at RPI and it is looking hopeful that we may be able to get it for at least one weekend.

Caitlin Cho, Athlete Report – They have been trying to get an athlete board started so that all of the athletes in LSC are getting involved. Caitlin stated that are asking each team to provide an athlete rep (10<sup>th</sup>-11<sup>th</sup> grade) as a contact for the club but they are having difficulty getting the coaches to provide the contact. Don implored the clubs to provide that athlete names. She said if they don't get names from the teams the athlete reps will assign them. Attendees spoke up: Carly Antolick is the rep for Starfish, Julia Napoli -Hawks.

Rob Macleod, Governance Committee – Rob explained what the Committee does and what they are working on. He is trying to establish monthly meetings on the 3<sup>rd</sup> Wed every month. Those will be posted on the AD website.

Sean Caron, Safe Sport – He highlighted the need for more teams to obtain Safe Sport recognition. It is easy to obtain the recognition. The new guidelines are in the attached report. Start organizing now because new guidelines will be available in November. He needs each team to provide a Safe Sport Coordinator and each team has to have someone available to contact in the event of a safe sport issue (i.e. bullying, abuse, etc.). If a team has the recognition make sure it is on the team's webpage. 9 clubs in AD currently have the recognition on their webpage. In an effort to push teams to go through the process, Don asked Marco to see if it is worth AD putting it in the LSC bylaws to require teams to identify the POC for Safe Sport to ensure that is completed; it is such an important recognition. Sean agreed to add information to the AD website concerning the MAAP v2 paperwork.

Marco Greico, Vice Chair – He represented AD at the USA Swimming HOD meeting in Colorado Springs. HE highlighted that the next 4-year cycle fees remain the same. See report for specifics. HOD 360 credentials. They are requiring that every meet host have 1 male and 1 female Meet Marshall Jan. 1<sup>st</sup> 2023. Each sanctioned meet must have a quality control. Meet 360 failed for now.

Meet announcements – 1/1/23 – must disclosure medical supervision available. Requirement from USOCP.

JoAnn Faucett, Officials Report – An officials clinic was held at Shen HS and 6 teams attended. She highlighted that it is really important for teams to have more officials. In particular, those teams that host meets. The requirement is to have 2 officials on the team to host a meet in order to obtain a sanction however some teams have been really loose with this requirement. It is expected that there are 2 officials from the host team present during every session of the meet. Discussion surrounding this requirement included the possibility that fines could be imposed if a host team does not meet this requirement for all sessions of a meet.

Rossi Maldonado, Diversity & Inclusion – USA swimming is pushing to implement strategies regarding engagement, education, empowerment but they need more people attending the meetings. Rossi stated that in order for us to function as an LSC we need people to attend and be involved and that includes a lot more athletes being involved. Rossi highlighted a pilot swim lesson program for children with Autism at the JCC. AD has agreed to cover 3 children for the \$90 fee.

Jen Dixon, Swimposium – The event is back on the schedule and details will be coming soon. It will be held at Shen HS the weekend of May 6<sup>th</sup> & 7<sup>th</sup>.

Motion to Adjourn.

Our last BoD/HoD meeting was held on June 4, 2022. I am pleased to say that Adirondack Swimming is continuing our rebound from two and a half tough COVID years as we kick off the Short Course season. Let's break it down by the numbers:

- **Our Athletes.** We're back up to ~1900 athletes, approaching the pre-COVID high of just under 2200. Compared to a year ago (~850 athletes) and Long Course season earlier this year (~1700), we're on the right trajectory. Most importantly, our athletes are back in the water and will have a full competition season (see below).
- **Our Clubs.** We stand at 25 clubs, down from our pre-COVID high of 32. We're sad to say goodbye to the Addison Otters as they switch LSC's to New England Swimming next season, but are happy that they are rebuilding after Peter Bicknell's retirement and wish them the best of luck. On the flip side, we have several clubs coming back after a hiatus as well as newly forming.
- **Our Competitions.** We already have 21 meets approved or bid through the season, and the Tech Planning Committee is working hard to arrange the Silvers and Golds championship meets. While this may not at first blush seem like a huge improvement from last year's numbers, a third of last year's meets were time trials and intrasquad events due to severe facility restrictions.
- **Our Finances.** We have weathered the worst of our fiscal troubles, in large part thanks to our reserve, which currently stands at just under \$400k. Leveraging our reserve allowed us to provide relief to Clubs and families through fee waivers, additional travel grants and other support while remaining committed to our Outreach activities through individual and community grants. We expect to be nearly cashflow neutral by the end of the 2022-23 fiscal year. Furthermore, the updated Policies and Procedures legislation passed by the HoD in the Spring will help maintain our fiscal rigor and proper controls so that we can deploy the resources of Adirondack Swimming responsibly.

I'll close the report by paraphrasing my closing remarks from June:

*Athletes, parents, and coaches: Adirondack Swimming is YOUR organization. The Board represents you, your interests and your financial contributions. We are here so that our Athletes have opportunities to practice, compete and develop their self-confidence and sportsmanship without having to worry about the nitty-gritty of LSC operations. Please continue to stay involved and let us know if you'd like to participate more strategically as a volunteer in our organization.*

Respectfully submitted,

Don

# Adirondack Swimming

## Board Meeting Financial Report Fall, 2022

### Bank Balances as of 8/31/2022

Checking x0903	\$ 20,911.82
Savings x7619	\$ 323,856.46
CD x1029	\$ 52,611.44
<b>TOTAL</b>	<b>\$ 397,379.72</b>

Interest rate 0.05%. Matures 2/13/2023

### High level Financial Summary

	2021-22			2022-23				2023-24		2024-25		2025-26	
	Actuals	Budget	Variance	Budget	Budget	Budget	Budget	Budget	Budget	Budget	Budget	Budget	
<b>Income</b>													
Registration Fees	\$ 162,153	\$ 188,575	\$ (26,422)	\$ 41,063	\$ 46,795	\$ 46,795	\$ 46,795	\$ 46,795	\$ 46,795	\$ 46,795	\$ 46,795	\$ 46,795	\$ 46,795
Travel Fund	\$ 27,086	\$ 47,750	\$ (20,664)	\$ 39,750	\$ 42,400	\$ 42,400	\$ 42,400	\$ 42,400	\$ 42,400	\$ 42,400	\$ 42,400	\$ 42,400	\$ 42,400
Zones	\$ 3,000	\$ 1,800	\$ 1,200	\$ 3,450	\$ 3,450	\$ 3,450	\$ 3,450	\$ 3,450	\$ 3,450	\$ 3,450	\$ 3,450	\$ 3,450	\$ 3,450
Interest	\$ 67	\$ 83	\$ (15)	\$ 68	\$ 68	\$ 68	\$ 68	\$ 68	\$ 68	\$ 68	\$ 68	\$ 68	\$ 68
Other	\$ 2,342		\$ 2,342	\$ 1,000	\$ 1,000	\$ 1,000	\$ 1,000	\$ 1,000	\$ 1,000	\$ 1,000	\$ 1,000	\$ 1,000	\$ 1,000
<b>Total Income</b>	<b>\$ 194,648</b>	<b>\$ 238,208</b>	<b>\$ (43,560)</b>	<b>\$ 84,331</b>	<b>\$ 92,713</b>	<b>\$ 92,713</b>	<b>\$ 92,713</b>	<b>\$ 92,713</b>	<b>\$ 92,713</b>	<b>\$ 92,713</b>	<b>\$ 92,713</b>	<b>\$ 92,713</b>	<b>\$ 92,713</b>
<b>Expenses</b>													
Registration Fees	\$ 123,931	\$ 147,825	\$ (23,894)	\$ 2,963	\$ 3,212	\$ 3,232	\$ 3,232	\$ 3,232	\$ 3,232	\$ 3,232	\$ 3,232	\$ 3,232	\$ 3,232
Travel Expenses	\$ 24,468	\$ 41,450	\$ (16,982)	\$ 40,600	\$ 40,600	\$ 40,600	\$ 40,600	\$ 40,600	\$ 40,600	\$ 40,600	\$ 40,600	\$ 40,600	\$ 40,600
Zones	\$ 12,739	\$ 15,700	\$ (2,961)	\$ 19,149	\$ 19,599	\$ 19,699	\$ 19,699	\$ 19,699	\$ 19,699	\$ 19,699	\$ 19,699	\$ 19,699	\$ 19,699
Admin Expenses	\$ 18,900	\$ 20,364	\$ (1,464)	\$ 20,840	\$ 20,990	\$ 20,990	\$ 20,990	\$ 20,990	\$ 20,990	\$ 20,990	\$ 20,990	\$ 20,990	\$ 20,990
Awards, Scholar, Athlete	\$ 2,005	\$ 1,900	\$ 105	\$ 2,850	\$ 2,850	\$ 2,850	\$ 2,850	\$ 2,850	\$ 2,850	\$ 2,850	\$ 2,850	\$ 2,850	\$ 2,850
Outreach	\$ 3,000	\$ 13,300	\$ (10,300)	\$ 12,517	\$ 10,000	\$ 10,000	\$ 10,000	\$ 10,000	\$ 10,000	\$ 10,000	\$ 10,000	\$ 10,000	\$ 10,000
<b>Total Expenses</b>	<b>\$ 185,044</b>	<b>\$ 240,539</b>	<b>\$ (55,495)</b>	<b>\$ 98,918</b>	<b>\$ 97,251</b>	<b>\$ 97,371</b>	<b>\$ 97,371</b>	<b>\$ 97,371</b>	<b>\$ 97,371</b>	<b>\$ 97,371</b>	<b>\$ 97,371</b>	<b>\$ 97,391</b>	<b>\$ 97,391</b>
<b>NET INCOME</b>	<b>\$ 9,605</b>	<b>\$ (2,331)</b>	<b>\$ 11,936</b>	<b>\$ (14,587)</b>	<b>\$ (4,538)</b>	<b>\$ (4,658)</b>	<b>\$ (4,658)</b>	<b>\$ (4,658)</b>	<b>\$ (4,658)</b>	<b>\$ (4,658)</b>	<b>\$ (4,658)</b>	<b>\$ (4,678)</b>	<b>\$ (4,678)</b>

#### Comments:

\$2517 in outreach budget for 2022-23 is restricted from Skidmore College

Our fiscal and tax year ended 8/31.

Cusack & Co CPA's will perform the Agreed Upon Procedures Review that is now required annually by USA Swimming.

# Adirondack Swimming

## Board Meeting Financial Report Fall 2022

	2021-22 Actuals	2021-22 Budget	Variance	2022-23 Budget	2023-24 Budget	2024-25 Budget	2025-26 Budget
<b>Income</b>							
<b>Registration Fees</b>							
Athlete	139,150	160,675	(21,525)	35,231	40,123	40,123	40,123
Non-Athlete	20,603	24,900	(4,297)	5,112	5,922	5,922	5,922
Club	2,400	3,000	(600)	720	750	750	750
<b>Total Registration Fees</b>	<b>162,153</b>	<b>188,575</b>	<b>(26,422)</b>	<b>41,063</b>	<b>46,795</b>	<b>46,795</b>	<b>46,795</b>
<b>Travel Fund</b>							
Meet Fees	25,676	46,000	(20,324)	38,350	41,000	41,000	41,000
Bid Fees	1,005	1,000	5	1,000	1,000	1,000	1,000
Fines	405	750	(345)	400	400	400	400
<b>Total Travel Fund</b>	<b>27,086</b>	<b>47,750</b>	<b>(20,664)</b>	<b>39,750</b>	<b>42,400</b>	<b>42,400</b>	<b>42,400</b>
<b>Zones</b>	<b>3,000</b>	<b>1,800</b>	<b>1,200</b>	<b>3,450</b>	<b>3,450</b>	<b>3,450</b>	<b>3,450</b>
Interest	67	83	(15)	68	68	68	68
Outreach Grant	1,342	-	1,342	-	-	-	-
Donation	1,000	-	1,000	1,000	1,000	1,000	1,000
<b>TOTAL INCOME</b>	<b>194,648</b>	<b>238,208</b>	<b>(43,560)</b>	<b>84,331</b>	<b>92,713</b>	<b>92,713</b>	<b>92,713</b>
<b>Expenses</b>							
<b>Registration Fees</b>							
Athlete	104,178	125,725	(21,547)	264	268	272	276
Non-Athlete	17,827	19,800	(1,973)	1,056	1,072	1,088	1,104
Club	1,828	2,100	(272)	-	-	-	-
Paypal Fees	98	200	(102)	1,643	1,872	1,872	1,872
<b>Total Registration Fees</b>	<b>123,931</b>	<b>147,825</b>	<b>(23,894)</b>	<b>2,963</b>	<b>3,212</b>	<b>3,232</b>	<b>3,252</b>
<b>Travel Expenses</b>							
Swimmer Reimbursement	15,500	25,500	(10,000)	25,700	25,700	25,700	25,700
Coach Reimbursement	1,700	5,750	(4,050)	3,400	3,400	3,400	3,400
EZ Meetings	-	4,000	(4,000)	-	-	-	-
Athlete Training	2,369	-	2,369	4,000	4,000	4,000	4,000
USA-S and EZ mtg/Workshops	4,899	4,700	199	7,000	7,000	7,000	7,000
AD Local Meetings	-	1,500	(1,500)	500	500	500	500
<b>Total Travel Expenses</b>	<b>24,468</b>	<b>41,450</b>	<b>(16,982)</b>	<b>40,600</b>	<b>40,600</b>	<b>40,600</b>	<b>40,600</b>
<b>Zones</b>							
Long Course *	12,196	15,700	(3,504)	18,599	19,049	19,149	19,149
Short Course	543	-	543	550	550	550	550
<b>Total Zones Expenses</b>	<b>12,739</b>	<b>15,700</b>	<b>(2,961)</b>	<b>19,149</b>	<b>19,599</b>	<b>19,699</b>	<b>19,699</b>
<b>Administrative Expenses</b>							
Board Development	251	-	251	1,000	1,000	1,000	1,000
Clinics	-	500	(500)	500	500	500	500
Officials	774	-	774	1,000	1,000	1,000	1,000
Office Supplies, software	188	1,790	(1,602)	150	300	300	300
Accounting Fees	9,290	10,500	(1,210)	10,600	10,600	10,600	10,600
Payroll (Sanctions and Registrar)	8,398	7,574	824	7,590	7,590	7,590	7,590
<b>Total Administrative</b>	<b>18,900</b>	<b>20,364</b>	<b>(1,464)</b>	<b>20,840</b>	<b>20,990</b>	<b>20,990</b>	<b>20,990</b>
<b>Awards, Scholarships and Athlete Reps</b>							
Awards	1,505	1,100	405	1,550	1,550	1,550	1,550
Athlete Rep Events	-	300	(300)	300	300	300	300
Scholarship	500	500	-	1,000	1,000	1,000	1,000
Donations	-	-	-	-	-	-	-
<b>Total Awards, Scholar and Athl Reps</b>	<b>2,005</b>	<b>1,900</b>	<b>105</b>	<b>2,850</b>	<b>2,850</b>	<b>2,850</b>	<b>2,850</b>
<b>Outreach</b>							
Grants	3,000	10,000	(7,000)	10,000	10,000	10,000	10,000
Events	-	3,300	(3,300)	2,517	-	-	-
<b>Total Outreach</b>	<b>3,000</b>	<b>13,300</b>	<b>(10,300)</b>	<b>12,517</b>	<b>10,000</b>	<b>10,000</b>	<b>10,000</b>
<b>Total Expenses</b>	<b>185,044</b>	<b>240,539</b>	<b>(55,495)</b>	<b>98,918</b>	<b>97,251</b>	<b>97,371</b>	<b>97,391</b>
<b>Net Income</b>	<b>9,605</b>	<b>(2,331)</b>	<b>11,936</b>	<b>(14,587)</b>	<b>(4,538)</b>	<b>(4,658)</b>	<b>(4,678)</b>

\* Additional LC Zone expenses of \$4,931 and Travel Reimbursement of \$4,250 were paid in September.

## AD Fall 2022 Meeting Report Registrar

The 2022 registration season (September 1, 2021 – August 31, 2022) looked closer to normal. AD had 1901 total Athletes and 281 Non-Athlete members, totaling 2182.

New registrations are looking up this season so far.

The new SWIMS 3.0 and OMR (online member registration) have been “challenging” so far. Hopefully the new system gets fixed soon, as we all have had quite a time with it.

Everyone must register themselves, or parents must register their children, directly with USA Swimming. Clubs and LSC’s do perform any USA-S registration processes anymore.

Clubs are now more responsible to verify the registrations of their members and keep ahead of their non-athlete members requirements. Every club has at least one new Club Admin who has full access to their club’s information and their member’s information. Head Coaches and club Registrars also have a good deal of SWIMS access to their club and member information.

The new SWIMS system allows access based on the user’s security level. Parents and Members can see their information only, when logged in to their Dashboard. *This replaces Deck Pass for everyone.* Users with higher security levels have more options available in their Dashboards.

The biggest issue we have had so far is the creation of a user’s Login Account. I have information and instructions posted on the AD site on the “USA-S Registration” link. USA Swimming has contracted a third-party vendor (Ping One) to administrate the secure access to their SWIMS and OMR systems. The “account” a user creates is really just a login verification of a valid user. It has nothing to do with the members information in SWIMS. Logins can be completely deleted and recreated without any effect on the member’s SWIMS record.

The second largest issue is when someone creates a New SWIMS record when they should have Renewed themselves. This new system is not very good at catching duplicates because of the new randomly generated ID format. We have had thousands of SWIMS records merged. If you were ever a member of USA Swimming in any capacity, you must Renew.

The transfer process has not changed. AD still requires a Transfer Form and \$5 fee for athletes. See FORMS and USA-S Registration pages and fee can be paid to AD by check or PayPal.

The transfer waiting period has been reduced from 120 days to 60 days for all athletes.

Updates will be posted as they become available.

<i>Club</i>	<i>Athletes</i>	<i>Flex</i>	<i>Outreach</i>	<i>Seas 1</i>	<i>Seas 2</i>	<i>Indiv Season</i>	<i>Single Meet</i>	<i>Other NA</i>	<i>Coaches</i>	<i>Officials</i>	<i>Total</i>
ADDI	14	9	0	0	0	0	0	5	1	0	29
ALBS	126	0	6	19	0	0	0	5	13	3	171
BENN	20	23	0	0	0	0	0	5	5	0	53
BFIN	57	3	0	0	0	0	0	1	5	1	67
CANA	33	0	2	0	0	0	0	5	2	0	42
CLIN	28	0	0	4	0	0	0	0	2	1	35
CLRK	0	0	0	0	0	0	0	0	3	0	3
CPP	186	0	0	32	0	0	0	3	11	3	235
DELM	118	25	1	0	0	0	0	2	13	3	162
EELS	23	2	0	0	0	0	0	0	3	4	32
GGRF	82	9	0	0	0	0	0	0	6	0	97
HAWK	84	0	0	7	0	0	0	5	7	4	105
JJSC	13	29	0	0	0	0	0	2	3	0	47
KING	37	0	0	0	0	0	0	0	2	2	41
KNOS	0	22	0	0	0	0	0	3	2	0	27
NHA	95	0	0	0	0	0	0	0	7	1	103
NTS	21	168	0	0	0	0	0	5	12	2	208
ONEI	4	0	0	0	0	0	0	0	0	0	4
SARY	86	0	0	0	0	0	0	1	5	3	95
SCHE	296	1	2	3	0	0	0	5	16	17	340
SVP	0	0	0	0	0	0	0	0	2	1	3
TAC	34	0	0	0	0	0	0	0	4	0	38
TBS	32	17	0	0	0	0	0	3	12	0	64
UN	21	1	0	1	0	0	0	4	8	8	43
USAM	52	4	0	0	0	0	0	0	7	5	65
WAVE	38	0	0	11	0	0	0	7	9	2	67
<b>Total</b>	<b>1500</b>	<b>313</b>	<b>11</b>	<b>77</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>61</b>	<b>160</b>	<b>60</b>	<b>2176</b>





Athlete report 10/22

-Sent out email to coaches to set up athlete committee board. We asked for one athlete- coach appointed to be named and sent to us.

-The goal of the athlete board is to create a larger sense of unity between different teams in AD. We want to have a board that we can use to communicate with all teams in AD to help solve problems and complications going on. We believe that having more athlete perspectives could help us improve our LSC.

-once all teams have appointed an athlete rep for their team, our intention is to meet with these athletes over zoom at least twice in short course season. Our plan was to meet once every two months and have each athlete report on their teams and any issues that have occurred for the swimmers.

-The idea to make this board was thought out by representatives Abby Sellnow and Caitlin Cho while on the CO trip last spring. A lot of LSCs utilize this board to help them keep up with what is happening in their zones.

Adirondack Swimming BOD/HOD Fall 2022 Meeting

Governance Committee

Rob Macleod, Chair

Governance Committee -

- We are going to look at meeting once a month on zoom to go over any topics that we need to address as a group, and work on any projects moving forward.
  1. One Project is reviewing past AD Meeting Minutes and making sure New Policy are input into the P & P manual.
  2. Slate of candidates for future election cycle. (If you are interested please email Rob MacLeod - [sprint3333@aol.com](mailto:sprint3333@aol.com) if you have a candidate you think we should be reaching out to for upcoming open positions.) Below are Opening in Oct 2023
    1. General Chair - May be renewed
    2. Vice Admin Chair - May be renewed
    3. Senior Vice Chair - Term Limit - OPEN
    4. Age Group Chair - Term Limit - OPEN
    5. Finance Vice Chair - Term Limit - OPEN
    6. Secretary - May be renewed
    7. Coach Representative - Term Limit - OPEN
  3. Continue review of by-laws and policy and educate current committee members - continue to oversee and be sure we as an organization continue to follow said bylaws, policy's, etc. (Again if you see something, say something we are happy to look into concerns if they exist.)



Adirondack Swimming Admin Vice-Chair Report  
Fall 2022 BOD and HOD

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## **Updates from the 2022 USA Swimming Annual Business Meeting and House of Delegates**

### **I. ABM-**

-USA Swimming Membership is up. This year there was an increase of 57,107 premium athletes from the previous year. The 2022 premium athlete registrations (339,305) has surpassed the 2020 registrations of (320,180) and 2021 (282,198). Also in the 2022 year- Outreach memberships increased by 1,352 from the previous year and Flex decreased by -2,418. Adirondack is in line with these numbers as we are seeing the same trend on the premium (year round) athlete registration numbers for our LSC. USA Swimming is very pleased with the direction that athlete registrations are trending in as they begin to reach back to Pre-Covid levels. Non Athlete registration also increased from the previous year by 4,296 for a grand total of 39,416 total non-athletes in 2022. The number of clubs decreased by 17 from the previous year with a 2022 total of 2,699 registered clubs in USA Swimming but the number of new clubs increased by 13 in 2022 from the previous year (84 total new clubs).

-USA Swimming will suspend the yearly increase in its membership fee at the end of this quad. The BOD approved this initiative at its meeting.

-Despite the technical issues, SWIMS 3.0 has had a very successful launch. They have seen a record number of registrations when compared to this point in the year other years. Patrick Murphy and his team have worked around the clock to address issues that have come up but HQ is happy with how the launch has gone. They will continue to iron out the issues that come up which can be submitted through creating a ticket with support.

-Credentials National Committee is being sunsetted. It will no longer exist going forward.

### **II. HOD/Legislation**

-438 Possible Credentials could have been issued for the House of Delegates. Only 326 were issued since there were several LSC's who did not submit the names of their delegates by the July 15th deadline.

-The House of Delegates working group is still a standing task force and will be receiving the breakdown of the 326 credentials that were issued and how many of those logged on and voted in the meeting. They will be using that feedback to guide proposals related to the composition of the HOD.

### **Important Legislative Actions related to the LSC**

-R2 and R3 passed which state that each sanctioned meet has to have at least one male and one female Meet Marshal. The effective date on this is January 1, 2023 so please be cognizant of that for those hosting meets after that date.

-R15 was withdrawn a few days prior to the HOD Meeting on Saturday as a result of the amount of feedback they received. R15 was proposed by the Safesport committee due to a requirement from the U.S Center for Safesport. This legislation dealt with Meet 360 and had the purpose that all meet sanctions at the LSC Level follow the approved quality control system that has been approved by the center and was outlined in the Meet360 deadline. This was going to include publishing a list of volunteers prior to the meet and also publishing a finalized one after the meet. This legislation is a requirement from the U.S Center for Safesport so it will reappear next year so that we as an NGB are compliant. The Safesport Committee will be regrouping and working on a new proposal that incorporates some of the feedback they have received.

-R16 passed which requires meet announcements to include the medical supervision available to athletes participating in the meet. The effective date on this is January 1, 2023. So those hosting a meet after that date please make sure you include this in your meet announcements.

-R17 and R18 dealt with the 120 day rule. The proposal was to reduce the 120 day rule to 30 days. It passed in an amended version that set the rule to 60 days. The effective date of this legislation is immediately so that updated rule is now in effect.

-R25 passed which requires all LSC House of Delegates to be members of USA Swimming. The effective date of this is January 1, 2023 and will be reflected in the next Bylaws update.

-HK2 passed which had the purpose of removing the use of the term “Junior Olympic”. This is effective immediately. This was a directive from the USOPC as the Junior Olympic term is property of the USOPC, not USA Swimming.

-Resolution 1 passed which set out that the seasonal membership fee will be increased from \$30 to \$40 effective for the 2024 membership year.

R5, R7 (Withdrawn), R9 (Withdrawn), R11, R12, R13, R14, R15(Withdrawn) were all defeated. The remainder of the legislation was adopted.

Respectfully submitted,  
Marco Greico  
Adirondack Swimming Admin Vice-Chair  
USA Swimming Athletes Executive Committee (AEC)





Adirondack Swimming



SAFE SPORT

Fall 2022 Report

Sean Caron, Safe Sport Chair

### Safe Sport Training Opportunities for Athletes, Parents and Coaches

Adirondack Swimming encourages all AD Teams to become Safe Sport recognized. As a part of Club Recognition, Safe Sport will award between 1 and 5 points (up to ¼ of the points required for Club Recognition) for participation in Online Safe Sport Education. To enable this opportunity, Safe Sport has been running live, online Zoom sessions for Athletes, Parents and Coaches. The schedule for these sessions for the remainder of 2022 is:

#### TRAINING FOR PARENTS

Wed., Oct 19 at 8:00 p.m.

EDT | [REGISTER](#)

Wed., Nov 2 at 8:00 p.m.

EDT | [REGISTER](#)

Wed., Dec 7 at 8:00 p.m.

EDT | [REGISTER](#)

USA Swimming Safe Sport Staff

#### TRAINING FOR ATHLETES

Thur., Oct 27 at 8:00 p.m.

EDT | [REGISTER](#)

Thur., Nov 3 at 8:00 p.m.

EDT | [REGISTER](#)

Thur., Dec 8 at 8:00 p.m.

EDT | [REGISTER](#)

USA Swimming Safe Sport Staff

#### TRAINING FOR COACHES

Fri., Oct 28 at 3:00 p.m.

EDT | [REGISTER](#)

Fri., Nov 4 at 3:00 p.m.

EDT | [REGISTER](#)

Fri., Dec 9 at 3:00 p.m.

EDT | [REGISTER](#)

USA Swimming Safe Sport Staff

To register for one of these sessions, go to:

<https://www.usaswimming.org/safe-sport/ssrp-training-resources>

### SafeSport Club Recognition

The process for becoming a Safe Sport Recognized Club (or renewing Recognition) is changing ... details will be announced in November. I would advise clubs to continue with the Safe Sport education, training, and policy actions as I believe these are NOT changing ... just the process to apply will change.

### Minor Athlete Abuse Prevention Policy v2 (MAAPP2)

MAAPP 2 has been officially adopted as of 9/1/21 and rolled out across USA Swimming. There is an extremely helpful resource site for MAAPP 2 here ->

## [Minor Athlete Abuse Prevention Policy](#)

This site contains MAAPP 2 definitions, policies, FAQs, and details about being MAAPP 2 compliant. Sample forms, language for meet announcements and Meet/Coach's Meetings, and travel permissions forms are all available at this site. There is also a wealth of explanatory video content.

The relevant Meet Announcement language has been in our meet announcements for this year - thank you Bill!

All AD teams should have a certification of compliance with MAAPP 2. As a reminder, I would also like to be notified of club compliance ([scaron@nycap.rr.com](mailto:scaron@nycap.rr.com)). There is a sample club compliance document here -> [Acknowledgement of Policy](#)

To be in full compliance, the Minor Athlete Abuse Prevention Policy must be reviewed and agreed to in writing by all athletes, parents/legal guardians, coaches and other non-athlete members of member clubs on an annual basis with such written agreement to be retained by the club or LSC, as applicable. Note that this can be managed electronically. Please check out the videos and FAQs on the site above for info about who needs to complete a form - for example for younger athletes. A sample compliance letter for teams to use with parents and other adult members can be found here -> [https://www.usaswimming.org/docs/default-source/safe-sportdocuments/maapp\\_2.0/consent-forms/athletic-training-modalities\\_messages-rubdowns\\_annual-consent.docx](https://www.usaswimming.org/docs/default-source/safe-sportdocuments/maapp_2.0/consent-forms/athletic-training-modalities_messages-rubdowns_annual-consent.docx)

### **Update to club SafeSport coordinators list**

Lastly, I would appreciate it if all Team SafeSport coordinators could please send me updated contact info at [scaron@nycap.rr.com](mailto:scaron@nycap.rr.com). I know this position has changed for a few clubs and I'd like to update my database.

## AD Fall 2022 Meeting Report Sanction and Times

2021-2022 Meet season produced \$26,500 income for AD in Bid/Travel Fund Fees.

Just over half of pre pandemic totals.

2018-2019 total \$50,000

2019-2020 total \$34,000

2020-2021 total \$0 (AD chose not to collect fees)

Bids are coming in and things are looking more normal this season. Still seeing some issues with pools not yet allowing AD clubs in for meets.

Based on emails I receive, clubs are looking for meets to attend, so get bids in as soon as possible and get information posted as early as possible.

Be sure to use the most current template for announcements. Several changes were made in the last 2 seasons and I expect a few new ones this season.

The new SWIMS 3.0 has caused a number of issues with times, times loading, times recons and meet recons, to mention a few. It's going to take a while to sort all of this out. I'll do my best to keep everyone updated.



<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>
AD22-001	NDAC Sprint	10/10/21	30.00	834.00 ck 4586 10/22	X	
AD22-002	Sharks Little Treat	10/17/21	30.00	341.00 ck 1989 10/21	X	
AD22-003	Hawks Trick or Treat	10/30/21	30.00	397.50 ck 4372 01/25	X	
AD22-004	Piranhas Fall TT	10/24/21	30.00	545.50 ck 101 01/26	X	100.00 fine
AD22-005	Sharks Big Treat	10/24/21	30.00	161.50 ck 1991 10/29	X	
AD22-006	Starfish Fall Splash	11/13-14/21	45.00	695.50 ck 2470 01/14	X	
AD22-007	North Country Invite	12/11-12/21	45.00	558.50 ck 1062 01/04	X	
AD22-008	December Distance	12/19/21	30.00	867.00 ck 100 01/20	X	
AD22-009	Piranhas Pentathlon	2/13/22	30.00	2547.50 ck 106 03/24	X	50.00 fine
AD22-010	Sharks 12&U Mini Meet	12/12/21	30.00	682.50 ck 2009 12/18	X	
AD22-011	Winter Blast	2/5/22	30.00	197.50 ck 1811 02/12	X	
AD22-012	Stingray Splash	1/29/22	30.00	1607.50 ck 1731 03/02	X	
AD22-013	Starfish Mid Winter Splash	1/8-9/22	45.00	Cancelled		
AD22-014	Jan Meet at Cazenovia	1/30/22	30.00	563.50 ck 6365 02/04	X	
AD22-015	Sharks Mid Winter Mini	1/16/22	30.00	742.50 ck 2021 01/20	X	
AD22-016	Feb Meet at Cazenovia	2/13/22	30.00	673.00 ck 6378 02/24	X	
AD22-017	Chris Goody Challenge	1/22-23/22	45.00	520.00 ck 2023 02/03	X	
AD22-018	NDAC Feb TT	2/6/22	30.00	307.50 ck 4601 02/17	X	
AD22-019	Region 1	2/18-21/22	55.00	1607.00 ck 1971 03/23	X	
AD22-020	Starfish Last Chance	2/26/22	30.00	919.50 ck 2500 03/09	X	
AD22-021	Eels Winter Intrasquad	2/14/22	30.00	77.50 ck 5032 6/9	X	
AD22-022	AD Gold Champs	3/10-13/22	55.00	1971.50 ck 111 04/13	X	
AD22-023	Canajoharie Intrasquad	2/16/22	30.00	103.00 ck 2899 03/16	X	
AD22-024	AD Silver Champs	3/ 4-6/22	55.00	3318.00 ck 1973 03/24	X	
AD22-025	Summer Blast	6/18/22	30.00	260.00 ck 1097 07/14	X	
AD22-026	Summer Kickoff	6/11/22	30.00	1322.00 ck 4006 08/03	X	
AD22-027	Hawks Summer Invitational	7/8-10/22	55.00	2962.50 ck 4416 08/03	X	
AD22-028	Tribs Summer Invite	7/23/22	30.00	281.00 ck 1153 07/30	X	
AD22-029	Sharks Summer Sizzle	7/23-24/22	45.00	422.00 ck 2163 08/22	X	
AD22-030						
AD22-031						
AD22-032						

Adirondack Swimming 2021-2022 Sanctions

SC Summary Bids	\$855.00	Fees	\$20088.50	Fines	\$150.00
LC Summary Bids	\$160.00	Fees	\$5397.50	Fines	\$0
<b>Total</b>	<b>\$1015.00</b>		<b>\$25486.00</b>		<b>\$150.00</b>

## **ADIRONDACK SWIMMING BOD/HOD MEETING FALL 2022**

### **AGE GROUP REPORT**

**JENNIFER DIXON**

2024 Easter Zone Championship Meets

March Age Group Zones – 27-30 March 2024

- SC Age Group Zones – Niagara – Webster Aquatic Center (Fairport Swimming) May LC Super Sectional – 16-19 May 2024
- Virginia – Collegiate School Aquatic Center, Richmond, Virginia

June Open Water - 15-16 June 2024

- Middle Atlantic – Beesley's Point, Mamora, NJ


LC Age Group Zone Meet – 7-10 August 2024

- Virginia – Hampton Aquatic Center

Adirondack  
Official Chair Fall Report  
Oct 16,2022

- 1) Membership Renewal: If you're associated with a club please go to your team registrar, request the club registration link. When registering, make sure you register Renewal not new. If you are unattached, please go to the AD registrar, request the AD registration link. When registering, make sure you register Renewal, not new.
- 2) Background Check: New USA-S Login, highlight Education, Course Catalog, Background Check, new members \$38, renewal every 2 years \$18.
- 3) APT (Athlete Protection Training): New USA-S Login, highlight Education, Course Catalog, APT, new official must take the entire course, recertifying officials take the annual recertification condensed version. You can recert your APT up to 3 months before the expiration date.
- 4) Official Clinics: 1<sup>st</sup> Official's Clinic held in Potsdam, Sat Sept 17<sup>th</sup> @ SUNY Potsdam, 4 attendees, one from the Waves, three from the TRIBS.  
2<sup>nd</sup> Official's Clinic held in Clifton Park, Sat Oct 15<sup>th</sup> @ Shenendehowa Aquatic Center. Presently 13 attendees, 6 teams represented, Clarke, Clifton Park Piranhas, Delmar, HAWKS, New Hartford and Sch'dy. Thank you TRIBS & CPP for hosting these clinics. Please remember, if your team hosts a meet, there must be at least 2 host team officials on the deck for the entire meet. It does not have to be the same officials.
- 5) OTS (Officials Tracking System): At this time many of the OTS functions are not up & running under the new 3.0 system. New officials when taking the open book test will have to request a copy be emailed to them by the OC ([faucetjm@aol.com](mailto:faucetjm@aol.com)). Online testing is not available currently.
- 6) Workshops: Tentative dates & location, New Referee Workshop April 19 & 20, 2023 Denver, Officials Chair Workshop April 21 & 22, 2023 Denver.

Respectively Submitted  
AD Officials Chair,



# Adirondack Swimming

## Diversity, Equity & Inclusion

### Rossi Maldonado

I'm currently attending the inaugural 2022-2023 Women Coaches in Governance Class. It takes place every Tuesday from 12pm-1pm Until November 15<sup>th</sup>.

I was nominated by Joanne Faucett; I'm the only female from Adirondack that applied to attend.

The weekly topics are listed below:

#### **September 13**

- Why we need you in governance – Kathy Fish
- Characteristics of a non-profit

#### **September 20**

- How to be the only female in the room – Kate Lundsten/ Rachel Stratton Mills/ Leah Stancil
- Roles and responsibilities of a board of directors

#### **September 27**

- Career growth and development – Beth Winkowski/ Kathy McKee/ Mary Liston
- Fiduciary duty

#### **October 4**

- Learning from female officials – Trish Martin/ Sandy Drake/ Amy Hoppenrath
- How the board does it

#### **October 11**

- Business 101 – Alexis Keto/ Paris Jacobs/ Julie Bachman
- Why Robert's Rules?

#### **October 18**

- Female head coaches – Olga Espinosa/ Emily Melina/ Amanda Caldwell
- Understanding the articles of incorporation

#### **October 25**

- LSC governance and structure – Shelly Rawding/ Jane Grosser/ Cathy Sheafor
- Understanding bylaws

#### **November 1**

- USA Swimming committees & working groups – Kathleen Prindle/ MJ Truex/ Jennifer Gibson
- Understanding policies and procedures

#### **November 8**

- Career reflections – Cyndi Gallagher/ Sue Chen/ Jeri Marshburn
- Board/ Executive Director/ Staff relationship

#### **November 15**

- Warp up – Allison Beebe
- Role of the House of Delegates

# Technical Planning Chair: Andre Paradis

## Short Course Championship Season

- Recommend 1 Silver and 1 Gold Championship like last year
  - Silvers-3 session format per day
  - Golds-return to distance events 1 week prior to 3 day weekend
- Recommended Short Course Season Meet Dates
  - Silvers: March 3-5
  - Golds: March 12, 17-19
- Recommend that we return to the 2 AD meet requirement for Golds and 1 AD meet requirement for Silvers
- Recommend cut times remain the same.
- Plan for a possible return to 2 Silver format for 2023 or a completely new format to be planned out prior to Spring HOD meeting

- Future Site Rotation:

	2023	2024	2025	2026
Golds	ALBS	DELM	SCHE	CPP
Silvers	DELM	SCHE	CPP	ALBS
Silvers		CPP	ALBS	DELM
Off	SCHE/ CPP	ALBS	DELM	SCHE

- Short Course Season Meet Dates
  - Speedo Sectionals LC March 23-26 Buffalo
  - Speedo Sectionals North SC March 23-26 Ithaca
  - EZ SC Age Group Champs March 29-April 1 Webster