

# Adirondack Swimming

## Spring HOD meeting

### May 13, 2023

**Attendees:**

Don Lipkin	Ally Dheeradhada	Jennifer Dixon
Marco Greico	Debbie Erickson	Andrew Orcutt
Rossi Maldonnado	Rob Macleod	Katie Ferreira
Marco Greico	Bill Faucett	JoAnn Faucett
Jerry Adams	Alison Vittulo	Jenna Hart
Penny Sorbello	Lucas Santiago	Jill Greenleaf
Dan Tanski	Andrew Orcutt	Hannah Fronheiser
Courtney Sorbello	Ava Kaufman	Josh Kaufman
Larry Kaufman	Nate Chessey	

Meeting called to order 10:33am.

Don Lipkin - GC report –

Meeting minutes approved. Outlined the agenda. It was approved with no new business items. Don highlighted that we are still struggling with access to bigger facilities for meets. Thanked Dolphins and Starfish for pulling of Championship meets. Parents really appreciated that we were able to be back. He also thanked Shen, RPI and Union. RPI is allowing us to get in their for Championships as well as Invitationals throughout the season. Welcomed Nate Chessey who is the Eastern Zone rep for USA Swimming. Welcomed Rob Macleod to talk about new records set. Jerry will talk about new technical planning towards LC Champs and Jerry and Jenn will provide update on Swimposium. Don plans to revisit the payment for the championship awards. Don welcomed Dheeradhada (Starfish) and Andrew Orcutt (USAM) as Junior reps. Katie Ferreira and Jenna Hart move up to Senior reps. Thanked last years athletes. Welcomed the new members of Governance Committee members. Wished the best of luck to Caitlin Cho and Abby Sellnow. Welcome Alison Vittulo for 3 years on Governance, joins Lucas Santiago. Katie F has rotated in as athlete member on the Governance Committee. Jill Greenleaf begins her tenure and is the Committee Chair. Don reminded everyone that this a volunteer organization and it doesn't work without your involvement and commitment. Please encourage more participation. Motion to approve.

Debbie Erickson- Finance report – See report.

Bill Faucett, Registration – 1740 athletes we used to be at 2,300. SWIMS continues to be a challenge. Addison Otters left at joined New England. 2 Clubs trying to rejoin and Glens Falls Y has rejoined. New club is Fulton FFST has been trying to join USA Swimming and they are still working compliance matters with USA Swimming. Bill also shared that additional information for this year USA Swimming will be adding to the way they register. Renewal members can either opt in as a block registration or they can select. Bill will figure out how to maybe organize a Zoom meeting for instructions on how to do it. Rossi asked Bill about Masters Programs within AD. US Masters is a separate entity. The link is on the AD website. Marco asked about “provisional coach” concept. Held for discussion during Coaches report.

Andres Paradis, Technical planning – Andre and Jerry are organizing AD LC Champs. They are working through Trials and Finals event; SUNY Cortland will be the venue. There is a lack of availability of hotels. Generally, people will have to stay in Syracuse. Cortland will open up the dorms. Dates set for July 20-23<sup>rd</sup>. Bid will go into Bill this coming week. Jerry would love to see if another team would be willing to host a SC meet for the younger, less experienced swimmers to attend rather than have families travel all way to Cortland to race 2 races (referencing the 50 free & back).

Jenna Hart, Athlete Report – Athletes are trying to develop an Athlete Board. They will meet over Zoom. Don reminded them AD does have a budget in case Athletes want to hold in-person meetings. See report attached. Andrew and Ally went to Denver, CO for Conference, they will share details at HOD.

Ally asked about the Leadership Retreat in Maine the weekend of June 23<sup>rd</sup>, specifically if LSC will pay for their attendance. Debbie said we have the funds available. They have received requests from 3 additional athletes that would like to attend the retreat. Jerry said the intention right now is to partner with the NJ LSC to share a bus to transport everyone there. Jerry said we need a coach/chaperone to go with the kids on June 23<sup>rd</sup>. 16 athletes per LSC are allowed to attend the leadership retreat. Don asked that a deadline be set to lock in who will be attending. Now set for May 22<sup>nd</sup>.

Marco said that Ally and Andrew represented AD very well from an executive committee standpoint while they attended the Annual Conference in Colorado. Marco feels they made a lot of progress and AD should be proud of the work they did there.

Jill Greenleaf, Governance Committee – The Committee met several times. Developed a short list of items that need to be addressed. There are 6 positions that need to be added for nominations for the Fall meeting: General Chair, Admin Vice-Chair, Senior Vice-Chair, Age-Group Vice-Chair, Finance Vice-Chair and Secretary.

Marco Greico, Vice Chair – Marco has been performing an audit on any discrepancies between the AD Swimming Bylaws and the Policy & Procedures. Primarily, this means making P & P and bylaws match up with all the required USA Swimming changes as well as previously approved HoD legislation. He believes everything has been changed that needed to be changed. Refer to attached report for more information. We need to make sure that delegates chosen for National meeting attend the meeting so that we have all 3 votes.

Block 1 reports approved.

Rob Macleod, Records and Top Times – Rob has changed the lists for Residents only. Rob's recommendation is that we get rid of District records. Jerry suggested that we do not do away with the District records. He thinks that it is better to keep them in place so that kids can see what other athletes are accomplishing. Jenna and Ally stated that she does not think there is much of an emphasis. Bill said that they are the easiest to maintain. Rob made a motion to remove district records. It was voted down 2-18.

Recommendation from Board is to not proceed with removal of District Records.

JoAnn Faucett, Officials Report – We have to change required #s of officials for host teams need to provide at Adirondack Championship meets. If you are hosting, you must have 3 officials in every session. Need to propose a strategy to increase numbers. P & P must be updated to mandate officials

from host teams for all sessions. JoAnn recommends that Championship meets be different requirements than regular meets. Joann said that a lot of LSCs fine the host team in the event they do not have enough officials representing from their own team. Her opinion is that this doesn't really help the situation because we just need the people on the deck. AD is currently running about 60 officials and we need to be at 80. We did 3 clinics last year with 20 people but only 6 officials actually began working. Marco suggested that JoAnn provide what she wants for the P & P to get it more formally established.

JoAnn highlighted the Safe Sport presentations from conference. She said that they were an excellent resource for addressing some things that we needed guidance on as an LSC.

Rossi Maldonado, Diversity & Inclusion – Autism Swim Program. Don asked that we revisit the continued sponsorship for families that cannot pay for the lessons. It was agreed the sponsorship of these scholarships continue and be awarded on an ongoing basis as the need arises. Hannah Fronheiser, Josh and Ava Kaufman joined the meeting to share their experience with volunteering as swim instructors for the autism swim lessons. All agreed that it was a rewarding opportunity and encouraged other Adirondack Swimmers to get involved in future lessons that will resume in the Fall.

Motion to accept and the reports.

#### **New Business -**

Awards for Championship – At the HOD meeting. Don proposed that we set aside \$17K for AD paying for the awards. Adirondack will set aside the funds as part of the annual budget. Jerry suggested that formalize exactly what awards will be provided. Motion to increase the funds set aside to \$17k from \$14k.

Surcharge will additional \$3/swimmer to cover the cost of the awards.

Meeting adjourned at 11:30am.

#### **Action Items:**

1. Marco and JoAnn will draft a P&P proposal to require Championship meet host teams to field no fewer than three officials at each session. Consequences to be considered for shortfalls, as well as alternative options.
2. We've approved a \$17k annual budget for LSC to take ownership of awards for all SC and LC championship meets. Marco to prepare proposal to officially add to Athlete Surcharge to P&P procedure to be voted on at the Fall Meeting.
3. JoAnn stated that everyone needs to sign a Code of Conduct document. She and Marco will address with Nate Chessey to see what is required and see if we can locate a template.
  - SSSC will be submitting bid to host LC Champs at SUNY Cortland July 20 weekend in coming week. Tech Planning Committee will come up with format.
  - we agreed to support Athlete Leadership Retreat on 6/22, but have some gaps that need closure:
    - \* need final athlete count (Athletes have a deadline of 5/22).
    - \* need coach/chaperone, perhaps even one for each gender. Will need to check with Mary Ellen Wiegand to see if they are ok with Adirondack providing only one. If coach, we agreed to provide \$599 stipend plus per diem. Need a volunteer. Rossi will check her availability and get back to us. If she cannot do it, we'll have to ID another coach.
    - \* we will look for opportunities to increase LSC support for Swim Whisperers and Autistic Swimming Lessons. Penny will be POC, with Athlete Reps helping to champion.



**Board of Directors    221 Harborside Dr. Schenectady    May 13, 2023    9:00 am**

**CALL TO ORDER  
APPROVAL OF MINUTES  
APPROVAL OF AGENDA**

General Chair

**Block One**

*These items will be discussed in the order presented, unless amended during the agenda approval process.*

**GENERAL CHAIR'S REPORT**

General Chair

**FINANCE REPORT**

Finance Vice-Chair, Treasurer

**REGISTRATION/MEMBERSHIP REPORT**

Registrar, Club Development

**TECH PLANNING REPORT**

Tech Planning

**ATHLETES REPORT**

Athlete Reps

**GOVERNANCE COMMITTEE REPORT**

Governance Chair

**ADMIN V-C REPORT**

Admin Vice-Chair

**Block Two**

*Items requiring discussion should be pulled at the appropriate time. Otherwise all items in Block Two will be passed / defeated as a group.*

**Senior  
Sanctions/ Times  
Diversity & Inclusion**

**Safe Sport  
Age Group**

**Oper. Risk  
Coaches**

**Records/Top 10  
Officials**

**APPROVAL OF REPORTS**

**NEW BUSINESS**

- NONE PENDING; MAY BE ADDED DURING AGENDA APPROVAL PROCESS

**ADJOURNMENT NO LATER THAN 10:15 AM**



House of Delegates

221 Harborside Dr. Schenectady

May 13, 2023

10:30 am

**CALL TO ORDER**  
**APPROVAL OF MINUTES**  
**APPROVAL OF AGENDA**

General Chair

**Block One**

*These items will be discussed in the order presented, unless amended during the agenda approval process.*

**GENERAL CHAIR'S REPORT**

General Chair

**FINANCE REPORT**

Finance Vice-Chair, Treasurer

**REGISTRATION/MEMBERSHIP REPORT**

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**TECH PLANNING REPORT**

Tech Planning

**ATHLETES REPORT**

Athlete Reps

**GOVERNANCE COMMITTEE REPORT**

Governance Chair

**ADMIN V-C REPORT**

Admin Vice-Chair

**Block Two**

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**Senior**  
**Sanctions/ Times**  
**Diversity & Inclusion**

**Safe Sport**  
**Age Group**

**Oper. Risk**  
**Coaches**

**Records/Top 10**  
**Officials**

**APPROVAL OF REPORTS**

**NEW BUSINESS**

- NONE PENDING; MAY BE ADDED DURING AGENDA APPROVAL PROCESS

**ADJOURNMENT NO LATER THAN 11:45 AM**

ADIRONDACK SWIMMING  
BOARD OF DIRECTORS  
&  
HOUSE OF DELEGATES  
SPRING 2023 MEETING  
MAY 13, 2023

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BLOCK ONE REPORTS

Our last BoD/HoD meeting was held on October 16, 2022. There is much to celebrate as we take stock of our progress.

We held 23 AD Sanctioned and Approved meets in the short course season, culminating in two outstanding LSC Championship meets: Silvers, hosted by the Delmar Dolphins, and Golds, hosted by the Albany Starfish. I want to thank our two host teams, the host facilities (Shen, RPI and Union), as well as all of the athletes' families, participating clubs and coaches for your contributions to making this a great competition season for the athletes. Our new Records and Top Times Coordinator (and Coach-of-the-Year) Rob McLeod, has been busy updating the record books with all the outstanding performances.

Our Long Course season is underway, and the Tech Planning Committee is zeroing in on details for LC Championships, which we haven't been able to hold since 2019. It'll certainly be another milestone to celebrate.

Coaches Jenn Dixon and Jerry Adams have diligently worked all of the details to bring an outstanding Swimposium to Adirondack this Spring. As you all know, a last-minute disruption with Cody Miller's ability to participate forced us to postpone the event (for the second time in three years). We're trying to re-schedule for the Fall...stay tuned and thanks in advance for your patience.

We've had some changes on our Board. The Athletes held elections on the last day of Golds and chose Ally Dheeradhada (Albany Starfish) as their Junior Athlete Representative. Andrew Orcutt (Uncle Sam) was appointed At-large Jr. Athlete Representative. With our Junior reps in place, Katie Ferreira became our Senior Athlete Rep and Jenna Hart our At-large Sr. Athlete Rep. It's bittersweet to see our graduating senior reps move off the Board, but we wish Caitlin Cho and Abby Sellnow all the best as they begin their college careers. Caitlin and Abby - thanks for your contributions and voice on the Board for the past two years!

We also have a new composition of the Governance Committee, with Allison Vitullo joining as a three-year term member, Lucas Santiago as a 1-year term member and Katie Ferreira as the Athlete member. Coach Jill Greenleaf, who has started her 2<sup>nd</sup> year of a 3-year term, was elected as the Committee Chair. Congratulations Jill! One of the critical duties of the Governance Committee is to oversee nominations for open Board positions and they have been working diligently to get that process underway. With that, I'll re-iterate my sentiment from the last report:

*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.*

Our swimmers are swimming, our coaches are coaching, and our volunteers are volunteering. Our financial position is strong and sustainable. Let's keep building on our momentum!

Respectfully submitted,

Don

# Adirondack Swimming

## Board Meeting Financial Report Spring 2023

	2023-24 Projection	2023-24 Budget	Variance	2024-25 Budget	2025-26 Budget	2026-27 Budget	2027-28 Budget
<b>Income</b>							
Registration Fees							
Athlete	30,083	35,231	(5,148)	31,553	33,086	33,086	33,086
Non-Athlete	5,248	5,112	136	5,510	5,785	5,785	5,785
Club	720	720	-	720	720	720	720
<b>Total Registration Fees</b>	<b>36,051</b>	<b>41,063</b>	<b>(5,012)</b>	<b>37,783</b>	<b>39,591</b>	<b>39,591</b>	<b>39,591</b>
Travel Fund							
Meet Fees	41,819	38,350	3,469	44,000	45,000	45,000	45,000
Bid Fees	985	1,000	(15)	1,045	1,105	1,105	1,105
Fines	50	400	(350)	-	-	-	-
<b>Total Travel Fund</b>	<b>42,854</b>	<b>39,750</b>	<b>3,104</b>	<b>45,045</b>	<b>46,105</b>	<b>46,105</b>	<b>46,105</b>
Zones	2,500	3,450	(950)	2,750	2,750	2,750	2,750
Interest	5,454	68	5,386	8,269	4,800	4,800	4,800
Events / Swimposium	11,300		11,300				
Other / Donations	2,430	1,000	1,430	1,000	1,000	1,000	1,000
<b>TOTAL INCOME</b>	<b>100,589</b>	<b>84,331</b>	<b>16,258</b>	<b>93,847</b>	<b>93,246</b>	<b>93,246</b>	<b>93,246</b>
<b>Expenses</b>							
Registration Fees							
Athlete	36	264	(228)	36	36	36	36
Non-Athlete	1,130	1,056	74	1,130	1,130	1,130	1,130
Paypal Fees / USA Swimming Fees	1,519	1,643	(124)	1,590	1,664	1,664	1,664
<b>Total Registration Fees</b>	<b>2,685</b>	<b>2,963</b>	<b>(278)</b>	<b>2,756</b>	<b>2,830</b>	<b>2,830</b>	<b>2,830</b>
Travel / Meeting Expenses							
Swimmer Reimbursement	18,150	25,700	(7,550)	20,000	21,000	21,000	21,000
Coach Reimbursement	2,650	3,400	(750)	3,000	3,000	3,000	3,000
Athlete Training	3,000	4,000	(1,000)	3,250	3,250	3,500	3,500
USA-S Officials mtg/Workshops	7,000	7,000	-	7,250	7,500	7,500	8,000
AD Local Meetings		500	(500)				
Board Development	522	1,000	(478)	500	500	500	500
<b>Total Travel Expenses</b>	<b>31,322</b>	<b>41,600</b>	<b>(10,278)</b>	<b>34,000</b>	<b>35,250</b>	<b>35,500</b>	<b>36,000</b>
Zones							
Short Course	805	550	255	900	900	1,000	1,000
Long Course	20,631	18,599	2,032	21,550	21,550	21,550	21,550
<b>Total Zones Expenses</b>	<b>21,436</b>	<b>19,149</b>	<b>2,287</b>	<b>22,450</b>	<b>22,450</b>	<b>22,550</b>	<b>22,550</b>
Administrative Expenses							
Clinics		500	(500)	500	500	500	500
Office Supplies, software	575	150	425	650	650	650	650
Officials	2,113	1,000	1,113	2,113	2,113	2,113	2,113
Accounting Fees	10,050	10,600	(550)	10,050	10,550	10,550	11,000
Payroll (Sanctions and Registrar)	7,594	7,590	4	7,594	7,594	7,594	7,594
<b>Total Administrative</b>	<b>20,332</b>	<b>19,840</b>	<b>492</b>	<b>20,907</b>	<b>21,407</b>	<b>21,407</b>	<b>21,857</b>
Awards, Scholarships and Athlete Reps							
Awards	12,938	1,550	11,388	16,000	16,000	16,000	16,000
Athlete Rep Events		300	(300)	300	300	300	300
Scholarship	1,000	1,000	-	1,000	1,000	1,000	1,000
<b>Total Awards, Scholar and Athl Reps</b>	<b>13,938</b>	<b>2,850</b>	<b>11,088</b>	<b>17,300</b>	<b>17,300</b>	<b>17,300</b>	<b>17,300</b>
Outreach							
Grants	6,330	10,000	(3,670)	9,000	9,000	9,000	9,000
Events		2,517	(2,517)	1,000	1,000	1,000	1,000
<b>Total Outreach</b>	<b>6,330</b>	<b>12,517</b>	<b>(6,187)</b>	<b>10,000</b>	<b>10,000</b>	<b>10,000</b>	<b>10,000</b>
Event / Swimposium	11,300		11,300				
<b>Total Expenses</b>	<b>107,342</b>	<b>98,918</b>	<b>8,424</b>	<b>107,412</b>	<b>109,237</b>	<b>109,587</b>	<b>110,537</b>
<b>Net Income</b>	<b>(6,753)</b>	<b>(14,587)</b>	<b>7,834</b>	<b>(13,566)</b>	<b>(15,991)</b>	<b>(16,341)</b>	<b>(17,291)</b>



# Adirondack Swimming

## Financial Summary Report Spring, 2023

### Bank Balances as of 4/30/2023

Checking x0903	\$	28,253.98	
Savings x7619	\$	74,171.50	
CD x1029	\$	52,901.99	3.198% interest. Matures 3/13/2024
CD x9343	\$	251,317.64	3.198% interest. Matures 3/16/2024
<b>TOTAL</b>	<b>\$</b>	<b>406,645.11</b>	

### High level Financial Summary

				Proposed			
	2022-23 Actuals	2022-23 Budget	Variance	2023-24 Budget	2024-25 Budget	2025-26 Budget	2026-27 Budget
<b>Income</b>							
Registration Fees	\$ 36,051	\$ 41,063	\$ (5,012)	\$ 37,783	\$ 39,591	\$ 39,591	\$ 39,591
Travel Fund	\$ 42,854	\$ 39,750	\$ 3,104	\$ 45,045	\$ 46,105	\$ 46,105	\$ 46,105
Zones	\$ 2,500	\$ 3,450	\$ (950)	\$ 2,750	\$ 2,750	\$ 2,750	\$ 2,750
Interest	\$ 5,454	\$ 68	\$ 5,386	\$ 8,269	\$ 4,800	\$ 4,800	\$ 4,800
Other	\$ 2,430	\$ 1,000	\$ 1,430	\$ 1,000	\$ 1,000	\$ 1,000	\$ 1,000
Swimposium	\$ 11,300		\$ 11,300				
<b>Total Income</b>	<b>\$ 100,589</b>	<b>\$ 84,331</b>	<b>\$ 16,258</b>	<b>\$ 93,847</b>	<b>\$ 93,246</b>	<b>\$ 93,246</b>	<b>\$ 93,246</b>
<b>Expenses</b>							
Registration Fees	\$ 2,685	\$ 2,963	\$ (278)	\$ 2,756	\$ 2,830	\$ 2,830	\$ 2,830
Travel / Meeting Expenses	\$ 31,322	\$ 41,600	\$ (10,278)	\$ 34,000	\$ 35,250	\$ 35,500	\$ 36,000
Zones	\$ 21,436	\$ 19,149	\$ 2,287	\$ 22,450	\$ 22,450	\$ 22,550	\$ 22,550
Admin Expenses	\$ 20,332	\$ 19,840	\$ 492	\$ 20,907	\$ 21,407	\$ 21,407	\$ 21,857
Awards, Scholar, Athlete	\$ 13,938	\$ 2,850	\$ 11,088	\$ 17,300	\$ 17,300	\$ 17,300	\$ 17,300
Outreach	\$ 6,330	\$ 12,517	\$ (6,187)	\$ 10,000	\$ 10,000	\$ 10,000	\$ 10,000
Swimposium	\$ 11,300		\$ 11,300				
<b>Total Expenses</b>	<b>\$ 107,342</b>	<b>\$ 98,918</b>	<b>\$ 8,424</b>	<b>\$ 107,412</b>	<b>\$ 109,237</b>	<b>\$ 109,587</b>	<b>\$ 110,537</b>
<b>NET INCOME</b>	<b>\$ (6,753)</b>	<b>\$ (14,587)</b>	<b>\$ 7,834</b>	<b>\$ (13,566)</b>	<b>\$ (15,991)</b>	<b>\$ (16,341)</b>	<b>\$ (17,291)</b>

# AD LSC Registrar Report

## Spring 2023 Meetings BOD and HOD

Attached is the AD Member summary for 2023 to date.  
So far in 2023 we have about the same registered members as in 2022.

1740 Athletes, 302 Non-Athletes. Still about 500 below pre-covid levels.

The new SWIMS 3.0 went live last September 1<sup>st</sup>. There were many issues in the beginning. At this time, we have seen a lot of improvement in the overall system and many more features have been implemented, getting us closer to those we had in the old SWIMS. The new SWIMS is somewhat more time consuming to use than the old SWIMS.

Registration in OMR has much improved since it went live and most people are understanding how to create their logins and use the new SWIMS 3.0 and OMR systems.

Clubs must have an assigned Club Admin who has access to their club's information. Club Admins are responsible to be certain all of their members are registered and in compliance at all times. The initial club admin must be assigned by the LSC Admin. After that, Club Admins can assign other members of their club as Admins, Registrars and Head Coaches.

Club Registrars and Head Coaches also have SWIMS access to most of their club's information and can check their members for compliance.

We lost 1 club, Addison Otters, who decided to join New England Swimming.

One club that hadn't registered through covid has come back, Glens Falls YMCA.

I was contacted by persons expressing interest in bringing 2 clubs back, GCAT and SIDN. To date, I haven't heard back from them. They are both eligible to renew.

There was interest in forming a new club in Fulton, FFST, and they had gone through most of the new club process, but they seem to have stalled. USA Swimming and I have reached out to them on several occasions without reply.

Clubs – Be certain that I have the most current contact information so that you will all receive information in a timely fashion. Take a look at the AD web site, TEAMS page and email me with any changes in contacts or contact information.

I need to have 3 contacts for each club;

1. A main contact person for general news.
2. A Head Coach to receive and distribute information to all the club's coaches.
3. A Club Admin to handle all SWIMS processes.

Club	Administrator	Coach	Flex Athlete	Junior Coach	Official	Other	Outreach Athlete	Premium Athlete	Season 1 Athlete	Single Meet Athlete	Total
ALBS	0	14	15	0	3	7	6	126	3	0	174
BENN	1	3	15	0	0	0	0	28	0	0	47
BFIN	1	6	9	0	0	0	0	44	1	0	61
CANA	0	2	0	0	0	5	2	33	0	0	42
CLIN	0	2	2	1	0	1	0	20	0	0	26
CLRK	0	3	32	0	0	0	3	43	0	0	81
CPP	4	10	25	2	6	4	0	181	22	0	254
DELM	3	11	24	0	5	7	0	133	0	0	183
GLFY	0	4	3	0	0	0	0	7	0	0	14
GRGF	0	7	15	0	0	0	0	69	0	0	91
HAWK	1	9	0	0	5	12	0	83	1	0	111
JJSC	0	4	15	1	0	0	0	30	0	0	50
KING	0	1	0	0	1	2	0	41	0	0	45
NHA	0	6	3	0	2	0	0	82	3	0	96
NTS	0	12	38	0	5	2	0	52	0	0	109
SARY	0	4	13	0	2	1	0	87	0	0	107
SCHE	1	12	31	2	16	5	1	196	2	0	266
TAC	0	4	0	0	0	0	0	1	0	0	5
TBS	0	5	26	0	0	3	0	24	6	2	66
UN	4	17	0	4	11	6	2	18	0	0	62
USAM	0	5	10	0	5	1	1	46	0	0	68
WAVE	4	6	18	3	2	4	0	42	7	0	86
<b>Total</b>	<b>19</b>	<b>147</b>	<b>294</b>	<b>13</b>	<b>63</b>	<b>60</b>	<b>15</b>	<b>1386</b>	<b>45</b>	<b>2</b>	<b>2044</b>

Jenna Hart, Katherine Ferreira

Adirondack BoD, HoD

Athlete Rep Annual Report

May 8, 2023

### Athlete Representative Goals for 2023

Last year, our representatives came to the conclusion that we are one of the only LSC's that lacks consistent and clear communication amongst all teams in the area. Our prior representatives began to organize an Athlete Board, modeled similarly after other LSC's. Unfortunately, even though representatives took measures to reach out to all the teams of the area we had limited and unsatisfactory responses. Our goal for this coming year is to confidently and completely establish a group of athletes that will advocate for and represent the interests of their teams. To entice teams to join this board, we will look extensively into what facets and strategies we can pursue. These may include ideas like outreach programs to encourage a greater interest in swimming, or a greater number of volunteers to help run swim meets for smaller teams. Our first strategy will include advertisement for the benefits and potential of this new board through paper fliers and personal communication at Long Course Championships, and the upcoming Swimposium.

We will continue to solidify the requirements to be eligible to be a part of this committee.

We currently require that the athlete be committed to swimming and attending High School. Once we establish greater support, the representatives will begin monthly or

bimonthly meetings to discuss seasonal goals and other issues at hand. We truly hope that this push for the committee will solidify an important communication network for the LSC.

**Adirondack Swimming  
Governance Committee Report  
Spring 2023 HOD/BOD Meetings  
Jill Greenleaf**

Governance committee met 4/1/23, 4/13/23 and 5/8/23

Committee members elected Jill Greenleaf as a chair and Lucas Santiago appointed secretary.

- Duties and role of the Governance Committee discussed and reviewed.
- Upcoming board openings discussed.
- The Committee divided the responsibility of speaking with each outgoing member about the details of their roles, any necessary skills and the time commitment associated with the role so that we can consider potential new candidates.
- We are working on identifying a slate of nominees for the upcoming fall meeting.
- Suggestions and ideas are welcome, please feel free to forward any names to any Governance Committee member.
- No new reviews of policies and procedures have occurred in our most recent meetings.

**Adirondack Swimming  
Admin Vice-Chair Report  
Spring 2023 HOD/BOD Meetings**

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National Updates

- **House of Delegates Updates**

USA Swimming House of Delegates Working Group will continue working through 2024. The working group will continue to work on a proposal to restructure the USA Swimming House of Delegates to comply with USOPC requirements. For the 2023 USA Swimming House of Delegates, Adirondack will receive 3 votes again (2 Coach, 1 Non-Coach). As a whole coach participation at the 2022 USA Swimming House of Delegates was extremely low. There is a major push this year to increase the participation of Coach delegates, this is coming from the Coaches Advisory Council (CAC).

- **Provisional Coach Membership (Effective Date: September 1, 2023)-**

Approved by the USA Swimming Board of Directors. The Provisional Coach Membership is a new membership category that has been created. There will be fewer initial requirements to get on deck. A coach can remain in this category for up to three years. This will be available in September 2023 for the 2024 Membership year. Finalized information and policies regarding it will be forthcoming. This is for coaches who are 18 years and older. The Junior Coach membership will stay the same.

- **Keeping Athletes First 2.0-**

USA Swimming Board of Directors approved the use of the \$1.8M 2021 quad surplus to fund the Legacy Level Certification for coaches and the development of National Officials Certification. The Keeping Athletes First 2.0 Working Group was formed and I was appointed to serve as the two year athlete on it. Despite serving in the athlete role on the Working Group, I am ultimately representing Adirondack as well and will be looking for input from different stakeholders in the LSC to bring back to the working group at various points throughout the project.

Eastern Zone Updates

- **Rule Changes approved at Spring Eastern Zone Meeting**

-R1: Require bidders to indicate their intention to run a 3 ½ Day or full 4 Day Format for Summer Super Sectionals at the time of bidding for consideration by the Eastern Zone General Meeting when awarding bids.

-R2: For all Eastern Zone Sectional and Senior Zone Meets, Winter, Spring and Summer will permit any athlete qualified in 1 or more individual events the opportunity to swim up to 7 individual events. If an athlete qualifies for one (1) event, they may swim in as many bonus swims as they would like, as long as they stay within the entry limits (no more than 3 events per day, no more than 7 total events).

-R4: The Senior Zone Bonus Standards be removed. Currently, the Sectional Events only have qualifying standards. It is suggested that the Senior Zone meet have a similar process for event participation qualification.

-R5: With Safe Sport calling for two-deep leadership on team travel trips, the number of coaches deck passes to be increased for teams of 4 or less athletes to two deck passes versus one.

-R6: With the exception of Eastern Zone Sectional Meets in Olympic Year, the Sectional Meets will be limited to the 100 out-of-section athletes. Winter Sectionals: North go North, South go South plus up to 100 out of Zone athletes per meet. For Super Sectionals, limit to 100 out of Zone athletes per meet. On Olympic Years, all Eastern Zone Sectional Meets are restricted to Eastern Zone athletes only. Senior Zones is always limited to Eastern Zone Athletes.

- A Working Group was formed to review a proposal to reconsider the format of the Winter Age Group Zone Meet (presently set up as an Age Group (14 & U) Invitational versus the traditional LSC entered All-Star Meet). The working group will come back to the Eastern Zone Fall Meeting with a recommendation on the proposal.

#### LSC Updates

- **Updating Policy and Procedure Manual to include all changes approved from previous meetings (will be distributed by Saturday).**
- **Updating the copy of the LSC Bylaws on the Adirondack Swimming Website to the copy that is up to date and on file with USA Swimming. There are several areas of the bylaws that need revision (terms and other items that are out of date). Will be working on the revisions between now and the fall meeting and bring them forward for a vote at Fall HOD.**
- **Also looking ahead- Will work with the Governance Committee to complete a comprehensive revision of the Policy and Procedure Manual ahead of the Fall Meeting.**

Respectfully Submitted,  
Marco J. Greico  
Adirondack Swimming Admin Vice-Chair  
USA Swimming Athletes' Executive Committee



ADIRONDACK SWIMMING  
BOARD OF DIRECTORS  
&  
HOUSE OF DELEGATES  
SPRING 2023 MEETING  
MAY 13, 2023

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BLOCK TWO REPORTS

**Adirondack Swimming  
Senior Vice Chair Report  
Spring 2023 HOD/BOD Meetings  
Chuck Dunham**

All Travel refunds for Spring Meets have been processed. Please make sure in the future that all forms and requests are turned in within 30 days of the meet per the announcement.

## Spring 2023

### Records and Top 10 Report

Coordinator – Rob MacLeod

New Resident and District Records Below – email sent out – April.

1. New Piece of business is remove District Records?
  - a. I have checked several other LSC and they do not collect these.
2. Rework – ADIRODNACK TOP 10 List
  - a. Currently done yearly and posted under AD BEST TIMES.
  - b. Looking to make a ALL TIME AD BEST TIMES TOP List
    - i. In an effort to motivate athletes but also show some history of fast swimming in our LSC.
3. ADD A IMX RANKINGS TO LIST -
4. Reformat website to have the following:
  - a. AD Records Long course Age Group
  - b. AD Records Long course OPEN
  - c. AD Records Short course Age Group
  - d. AD Records Short course OPEN
  - e. Link to USA Time Standards (BB-AAAA)
  - f. Link to USA Hub for Times:
    - i. <https://www.usaswimming.org/times>
      1. Give you access to Time Search, Meet Results, Standards, NAG Records, All Time Top 100
  - g. Adirondack TOP 10 List – SEE ABOVE
5. Would like to hear ideas from coaches on how we can better recognize accomplishments of athletes when breaking records and getting on lists?
  - a. Some LSC have listed AA or better standards on website?
  - b. Records Broken on main website
6. Awaiting to check other swimmers
  - a. Congratulations to Christian Jerome for placing in the ALL TIME TOP 100 AGE GROUP PERFORMERS – USA Swimming (Currently 67<sup>th</sup> with a time of 50.09).
7. Attended National Diversity Camp with Christian Jerom last weekend and would love to talk and work with Rossi on things we can do for our LSC.



## NEW RESIDENT & DISTRICT RECORD HOLDERS

Congratulations to the following swimmer for a successful short course yards season. After reviewing the last few Post Championships meet, we have the following to announce:

1. **Brayden Henkel (DELM)** – setting a new record in **15-18 men’s 100 breast** at Gold Champs with a time of **54.63**. (Previous Record Holder Ryan Board – BFIN - 2017) and **District Record** (Previous held by Kiernan Smith UN-CT-2018)
2. **Seth Braun (NTS)** – setting a new **15-18 men’s 100 free** record at EZ North Speedo Short Course Sectionals with a time of **45.06**. (Previous Record Holder Leo Kuyl -HAWK – 2019)
3. **Gretchen Braun (NTS)** – setting a new **15-18 women’s 100 free** record at EZ North Speedo Short Course Sectionals with a time of 50.61. (Previous Record Holder Richelle Depold – COLO – 1990)
4. **Caleb Braun (NTS)** – setting a new **9-10 500 free** record at Eastern Zone SC Age Group Championships with a time of **5:37.57**. (Previous Record Holder Seamus Trzewik-Quinn – HAWKS -2010)
5. **Christian Jerome (USAM)** – setting a new **District Record 13-14 100 free** record at Gold Championships with a time of **48.08**. (Previous Record Holder Owen Tharrington – UN-CT - 2022)
6. **Christian Jerome (USAM)** – setting a new **13-14 100 free** record at Eastern Zone SC Age Group Championships with a time of **47.11**. (Previous Record Holder Duane Couture – SCHE - 1994)
7. **Christian Jerome (USAM)** – setting a new **13-14 100 fly** record at Gold Short Course Championships with a time of **50.30**. (Previous Record Sam Brown – BFIN – 2019)

Congrats to all of you and keep swimming fast. We look forward to watching your continued development and future in the sport of swimming.

Rob MacLeod

## Adirondack Swimming – Records and Top 10 Coordinator

## AD Sanction and Times Report Spring 2022 Meetings BOD and HOD

Attached is a summary of the AD Sanctioned meets for the current season to date.  
AD Sanctioned 19 meets in the short course season and 2 meets so far in the long course season.  
Meet income is still about \$10,000 below past (2018-2019 and earlier) seasons.

The new SWIMS system has been challenging at best. Much of what we had the capacity to do was not ready in the new SWIMS 3.0 and has been slow in coming back. We are still missing some key components to the times system. Times are loading and swimmers can look at their times through their SWIMS 3.0 Dashboard.

As you may have noticed we didn't have a times recon for our championship meets this season. About 2 weeks after our champs, times recon went active. The entire system is not as friendly as the prior SWIMS system so it's difficult to test these new modules. We'll see how summer goes.

We are still not able to download results from meets in SWIMS, so I have not been able to keep our Best Times as accurate as in the past. I'm not sure if we will ever get this option back.

Bill Faucett  
AD Sanction and Times Coordinator

<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>
AD23-001	Swimtober	10/23/2022	30.00	198.50 ck 1162 12/05	X	50.00 fine
AD23-002	North Country Invite	12/2-3/2022	45.00	738.00 ck 1163 12/05	X	
AD23-003	Trick or Treat	10/22-23/2022	45.00	1767.00 ck 2198 11/28	X	
AD23-004	Fall Spook-Tacular	10/29/2023	30.00	871.50 ck 2629 11/27	X	
AD23-005	Fall Frenzy	11/12/2022	30.00	1813.50 ck 6352/6353	X	
AD23-006	December Distance	12/18/2022	30.00	966.50 ck 5534 01/13	X	
AD23-007	Sharks Mini Meet	12/11/2022	30.00	1274.50 ck 2208 01/08	X	
AD23-008	Starfish Trophy	01/06-08/2023	55.00	2250.50 ck 2666 01/28	X	
AD23-009	Winter Blast	02/04/2023	30.00	270.50 ck 1875 02/15	X	
AD23-010	Stingray Splash	01/29/2023	30.00	1454.50 ck 1779 02/24	X	
AD23-011	Goody IMX	01/14-15/2023	45.00	740.50 ck 2224 01/28	X	
AD23-012	Region 1	02/17-20/2023	55.00	1376.50 ck 2231 03/18	X	
AD23-013	Canajoharie Developmental	01/14/2023	30.00	DUE 697.00		DUE 150.00
AD23-014	February Freeze	02/04/2023	30.00	1782.50 ck 3593 02/22	X	
AD23-015	Mile Madness	01/22/2023	30.00	192.50 ck 44230 02/06	X	
AD23-016	Piranhas Pentathlon	02/12/2023	30.00	1425.00 ck 5575 05/06	X	100.00 fine
AD23-017	Gold SC Champs	03/09-12/2023	55.00	3401.50 ck 2699 04/05	X	
AD23-018	CVSL Champs	02/26/2023	30.00	283.50 ck 14326 03/30	X	
AD23-019	Silver Champs	03/-3-05/2023	55.00	6117.00 ck 1301 03/27	X	
AD23-020	Meter Madness	05/21/2023	30.00			
AD23-021	Piranhas Summer Kickoff	06/11/2023	30.00			
AD23-022						
AD23-023						
AD23-024						
AD23-025						
AD23-026						
AD23-027						
AD23-028						
AD23-029						
AD23-030						
AD23-031						
AD23-032						

Adirondack Swimming 2022-2023 Sanctions

SC Summary Bids \$685.00

Fees \$27621.00

Fines \$300.00

LC Summary Bids \$

Fees \$

Fines \$

# Adirondack Swimming

## Official Chair Report

Sat May 13, 202

\*World Aquatic (FINA) 2023 rule changes:

- a) USA Swimming Rule 101.4.2 (pp 24) – To Comply with World Aquatics SW6.3 Stroke — The swimmer shall push off on his back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it is permissible for the swimmer to be completely submerged during the turn and for not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface of the water. Additionally, once some part of the head of the swimmer has passed the 5-meter mark (long course and short course meters) or 5-yard mark (short course yards) immediately prior to reaching the finish, the swimmer may be completely submerged prior to the touch.
- b) To comply with World Aquatics SW4101.1.2C (pp 21) – On the Starter’s command “take your marks,” the swimmers shall immediately assume their starting position, in the forward start, with at least one foot at the front of the starting platform or the deck. Swimmers starting in the water must have at least one hand in contact with the wall or starting platform. When all swimmers are stationary, the Starter shall give the starting signal.
- c) Hand signals for swimmers who are deaf or hard of hearing were modified. (Article 105.3) 5.
- d) All meet announcements are required to have a statement of the available medical supervision. (Article 202.4.11) 6.
- e) The 120-day transfer period for athletes has been reduced to 60 days. (Articles 203.3, 203.9.2) 7.
- f) The term “Junior Olympics” has been eliminated. (Glossary, Article 201.1.2, 205.8.1) 12.
- g) The rules for the Breaststroke stroke and kick were amended to remove the requirements that all movements of the arms or legs be in the same horizontal plane. (Articles 101.2.2, 101.2.3)

\*2023 AD Officials: 67 registered officials are in good standing at the present time. To cover meets adequately AD should have approximately 80 certified officials on the roster. A team who is hosting a sanctioned meet must have 2 certified officials on the deck for all sessions.

\*2023-2024 Championship Meets: I would like to recommend a policy and procedure implementation, if a team is in the rotation for hosting a championship meet (Silvers & Golds) they are required to have 3 host team officials at every



session (doesn't have to be the same officials). This past year's championship meets, there were many sessions that had no host team officials working.

\*It has been suggested a **Code of Conduct** be added to our LSC Bylaws & Policy & Procedure (PP). All coaches, officials, & parents (member of USA-S) should sign the Code of Conduct and adhere to it.

\***Spring 2024, the Officials Committee** plan to roll out a standardized LSC Stroke & Turn Certification process. This is to ensure similarity in the certification process between all 59 LSCs. The main reason for this implementation is to reduce the time, and requirements imposed by some LSCs.

\***RPI is back open for business!** Both for Golds/Silvers as well as smaller sanctioned meets throughout the swimming season RPI will be willing to rent their facility. 2023-2024 prices are now being determined. Any team interested in securing a date for the upcoming season please contact Michael Sorrentino, RPI assistant coach [sorrem3@rpi.edu](mailto:sorrem3@rpi.edu).

\***OTS (Officials Tracking System)** The new 3.0 system is nowhere near working at its full 100% capacity. Not sure when all functions be will up and running. Online Testing seems to be adequately working.

\***APT (Athlete Protection Training)** New USA-S Login, highlight Education, Course Catalog. All certified officials must renew APT annually on the recertification condensed version, new officials must take the entire course. There is no course fee. Recertification can be done up to 3 months before the expiration date.

\***Background Check** New USA-S Login, highlight Education, Course Catalog  
New members \$38, renewal every 2 years \$18.

\***Official Clinics** Unfortunately the clinic scheduled for May 7<sup>th</sup> was cancelled along with the Swimposium sadly due to a death in the guest speaker, Olympian's family. When it is rescheduled, everyone will be notified. The typical fall clinics will be scheduled, dates and times will be shared once they are finalized.

Respectfully Submitted,

A handwritten signature in blue ink that reads "JoAnn M Farrell". The signature is written in a cursive style and is underlined with a blue line.

Adirondack Board Meeting  
Diversity & Equity and Inclusion Plus

Rossi Maldonado

We successfully started the Swimming lessons in late fall of 2023 to present at the Albany JCC for Autistic Kids under Adirondack Outreach Program under the guidance of Mary Kavaney who joined the Autism Society Board of Directors this Spring. Penny and I will be taking the Adaptive Swimming Program online to get certified to teach the Autistic Class.

Hopefully Adirondack Swimming, Inc. will continue the Sponsorship for the Autistic Swimming classes.

On Behalf of Adirondack Swimming we will like to thank Coach Jill Greenleaf and her Skidmore College Swimming Team for their annual fundraising to support the Outreach Program. We will like to tell Jill we are using the Fundraising money to support the Autistic swimmers that are in need on Scholarship money.

Marco Greco, JoAnn Faucett, Jerry Adams, Junior Athlete Rep. Ally Dheeradhada, Andrew Orcutt (Jr. Athlete Rep at Large and your server Rossi Maldonado; attended the USA Swimming Annual Workshop presented by live Barn in Denver Colorado April 19-23, 2023.

JoAnn will present the Safe Sport Track presented on Thursday, April 20. I thank JoAnn for attending the Safe Sport Track. After, Thursday she got busy with the Officials Track. JoAnn learned to play golf, Jerry Adam is a good Golf Teacher.

I had the privilege to attend the Women's Swim Coaches in Governance that started in September 2023 meeting every Tuesday of the Month from 12pm-1pm. All the way to the final presentation with a dinner on Wednesday, April 19, I had the privilege to invite JoAnn to the Dinner and to hear a little about the workshop.

Tim Himchey, USA Swimming President, CEO & Joel Shinofield, Managing Director of Sport Development presented their remarks at the Dinner.

Beth Winkowski & Allison Bebe in Full collaboration of USA Staff planned the Women's Swim Coaches in Governance since September, 2023 to April 2023. The learning was focus on how to help out of LSC's boards to become more functional with the Aid of USA swimming.

This year USA Swimming Workshop built specific Tracks for each member-group in attendance to keep us focused on their biggest priority for Coaches, Athletes, Officials and Safe Sport and LSC leaders who came all together for a few common sessions and then disperse for targeted learning and discussion.

Under full participation, we all asked questions and challenged each other. We also were joined by the Board of Directors and USA Staff in many of the sessions to listen and provided color and context where needed.

We all attended the Eastern Zone meeting at the Workshop. Jerry Adams will talk about it.

Also, I was invited to be part of the Coaching Staff for the Eastern Zone Select USA Camp May 18-21 in Philadelphia at the University of Pennsylvania. Pretty Cool!

I attended the 2023 JR. Maccabi Games in Baltimore, MD on Sunday, May 7 at the Owings Mills JCC in Baltimore. I coached Levi and Eli German from Startfish Swim Club and our own Albany JCC swimmers they competed against Jewish Athletes from the Mid-Atlantic & Northeast Regions for ages 9-12. Our Albany/Schenectady Delegation did very well in Swimming they all came back with a lot of medals.