



**U.S. MASTERS  
SWIMMING**

# USMS Five Star Volunteer Program

Look, Learn & Let Go



# The Committee Members

- ▶ Greg Danner
- ▶ Richard Garza
- ▶ Aubree Gustafson
- ▶ William Kolb
- ▶ Clare Kubiak
- ▶ Fares Ksebati
- ▶ Claire Letendre
  
- ▶ Staff– Onshalee Promchitmart
- ▶ Chair–Daniel Cox



# What we will cover today

- ▶ Game – Wake up & test your experience...
- ▶ Why we need the five star program
- ▶ The benefits of the program
- ▶ How the program works
- ▶ Q & A





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# GAME TIME!

# Why? What is the Benefit?



- ▶ Supports looking for new members to fill our volunteer roles
- ▶ Helps Build and Support Leadership
- ▶ Uses mentoring to impart goals and history
- ▶ Encourages Turn over

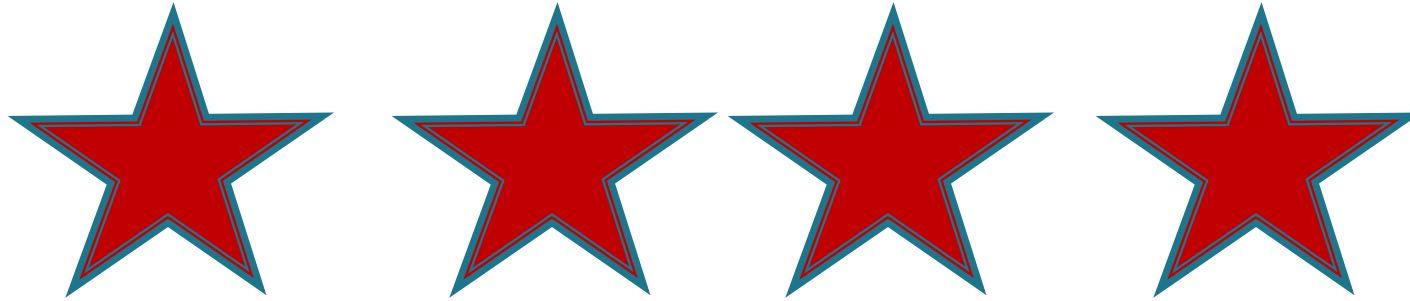
# Let's explain



One star for each year until a maximum of four stars is earned



# How it works.....



Opportunity to mentor after four years of service

# Five Star Volunteer



Fifth Star awarded after completing two years mentorship and stepping down from the committee

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## USMS Swimmer Info

**Status:** Current Member

**Name:** Fares Ksebati

**LMSC:** Michigan

**Most Recent Club:** Michigan Masters (MICH)

### Swimming Achievements for Fares Ksebati:

- [Meet results for Fares Ksebati \(74 swims\)](#)
- [Top Ten achievements \(6 individual, 9 relay\)](#)
- [All-American Honors \(1 years pool relay\)](#)

### USMS Service & Recognition for Fares Ksebati:

- Current USMS National Positions Held:  
Fitness Education Committee Member 2016 - Present
- Current LMSC Offices Held:  
Michigan LMSC Coaches ([EMail](#))  
Michigan LMSC Vice Chair ([EMail](#))
- Fares is a [USMS Recognized Coach](#) for 2015
- [USMS Certified Coach](#):
  - [Level 1](#) – achieved Sep 30, 2015
  - [Level 2](#) – achieved Sep 30, 2015
  - [Level 3](#) – achieved Sep 21, 2015
- Contributed [1 articles](#) to USMS.com
- Star Earned For Service:



# Q & A



- ▶ Can I mentor for one committee while I serve on another? **YES**
- ▶ Can I mentor someone for more than one committee at a time? **NO**
- ▶ As a mentor, what am I supposed to do? **SEE MENTOR RESOURCES**
- ▶ When do I reach five star status? **AFTER MENTORING AND LET GO**
- ▶ How often are we supposed to meet? **QUARTERLY CALLS**
- ▶ I have four stars. Who can I mentor? **NEW COMMITTEE MEMBERS**

# Q & A



- ▶ Who will monitor the program in each committee?  
**The Vice Chairs**
- ▶ Who will determine who will receive the fifth star?  
**The Vice Chair**
- ▶ Who will determine the award and when it given out? **Awards and Recognition committee**
- ▶ Where will the stars be reported? **USMS Athlete profile**
- ▶ Existing volunteers are grandfathered, meaning time served will count towards star recognition consistent with the rewards.

Now.....

Look

Learn

And Let go!