

# USMS Standing Committee Reports

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## Championship

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### Committee Members

Jim Clemmons, Chair; Erin Sizelove, Vice Chair

Robert Heath, Linda Irish Bostic, Cheryl Kupan, Mark Moore, Steve Nichols, Jeffery Roddin, Sandi Rousseau, Edward Saltzman, Pete Tarnapoll

Ex-Officio: Jay Eckert, Onshalee Promchitmart

EC: Christopher Colburn

### Introduction

The mission of the Championship Committee is to serve in an advisory capacity to national championship hosts and make recommendations and decisions that enhance the quality of championship meets for all registered U.S. Masters Swimming members; to actively solicit and receive bid proposals, review bids and select the sites for national championship meets; and support marketing opportunities for U.S. Masters Swimming Corporate Partners.

### Narrative related to the 2020/2021 COVID-19 pandemic, continued...

Due to the health crisis that began early in 2020 and is continuing into 2021, we found ongoing challenges in setting up both the SC and LC National meets but feel we successfully overcame most of the obstacles that were presented for the SC version. Both meets were rescheduled from their original dates to approximately 10 weeks later than originally planned in an attempt to meet the changing guidelines put forth from the CDC, regional and local health authorities. The effort to set up the meets consumed much more effort than usual on the part of the host, national office staff and championship committee due to changing regulations. SC in Greensboro was very different than in previous years with no relays, no spectators allowed, and split sessions to keep the amount of people on deck to a comfortable level. We will not be implementing the same restrictions for SPIRE as the health authorities have relaxed the local regulations (as of the time this document was generated). We are currently planning on having relays and spectators at SPIRE, with no split sessions, but are anticipating a lower than average amount of entries.

### Discussions and Projects Since Last Annual Meeting

1. 2021 SC Nationals: discussed and approved meet format change:
  - Sought approval of emergency rule changes to allow split sessions, one backup timer, no spectators, no foreign entries
2. 2021 LC Nationals: discussed similar rules for SC to be applied to LC. Due to timing of annual meeting, we proposed temporary rules but will need to wait for annual meeting to take place before we find out if they can or will even be necessary to be implemented.
3. Confirmed recycling the 2020 NQT file for use in 2021 events; made them available to local meet directors
4. Developed, revised and approved Order of Events for SC 2021 Nationals; Developed and approved Order of Events for LC 2021 Nationals

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5. Supported pre-meet liaison meeting (virtually) in Greensboro with Host and Nat'l Office staff
6. Supported pre-meet liaison meeting (virtually) in Geneva (SPIRE) with Host and Nat'l Office staff
7. Worked with Rules committee on emergency rules questions and implementation steps
8. Established Local and Regional Club classifications for 2021 USMS clubs
9. Agreed to postpone bid receipt deadline for 2023/2024 national meets from May 1, 2021 to December 1, 2021 to allow bidders (on file or new) to incorporate any changes that were undertaken in 2021 related to health issues into their bid(s).

### **Action Items**

1. Establish sub-committee to formalize a policy document from 104.3 and 104.4 rules (2020) that were removed and placed into policy.
2. Discuss split session pros/cons based on feedback from Greensboro participant's survey.
3. Discuss Community communications and determine what seems to be the challenge of using it for a communication tool.

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## Coaches

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### Committee Members

Kenny Brisbin, Chair; Chris McPherson, Vice Chair

Scott Bay, Michael Hamm, Terry Heggy, Molly Hoover, Laurie Hug, Susan Ingraham, Bob Jennings, Wilson Josephson, Carol Nip, Elise Shank, Trey Taylor

Ex-Officio: Bill Brenner, Steve Hall

EC: Chris Campbell

### Introduction

The Coaches Committee continues to provide **safety** and educational opportunities for swimmers and coaches through their work with the National Office, LSMC Coaches Chairs, articles, On-Line Coaching and Mentoring Program.

### Discussions and Projects Since Last Annual Meeting

1. Web Workouts - With the assistance of the National office, moved all the current coaches who write workouts over to the new platform. This was accomplished with training video and communication with those coaches. We are nearing the end of the two year cycle for current workout writers. In September, the sub-committee will begin the application process for new coaches to take over starting in January 2022. The current group has done a fantastic job of figuring out the new format and adapting to the changes that have been implemented in the last two years.
2. Worlds Coaching - PanAms in Columbia was cancelled. Shortly the Coaches Committee and the USMS office will work on parameters for future international meets and Team Manager needs.
3. Awards - The awards sub committee selected recipients from all nominations for the Kerry O'Brien award and the Coach of the Year award. Kerry O'Brien award winners were: Kiley Ames, Donita Flecker, Andy Seibt, Paul Landes, Celia Wolff. There were 3 applications for Coach of the Year. The sub-committee ranked each individual from 1-5 in each category described in the application. Based on these results, the sub-committee came to an unanimous agreement on the winner. The Coach of the Year will be announced at the upcoming convention.
4. Education - In person coach's education came to a stop when covid hit, so the task force then developed an online platform for level 1. It was launched early in 2021. This program has had 123 people register and complete the online portion, and 75 have also completed the mandatory zoom call. The next call is in 2 weeks with 20 people registered. There is a budget to offer 2 level 2's and 2 level 3's in the near future. Currently looking for potential space.
5. Level 4 Applications - There are several qualified candidates. Currently the

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subcommittee is waiting on a few questions to be answered. Level 4 coaches will be announced at the Annual Meeting.

6. LMSC Communications - Emails continue go out to each Coaches Chair each month with any important information for them to share with the coaches in their LMSC. There is still not a universal way for the Chair to find contact info for all coaches within their LMSC, which seems to be the biggest hurdle in this communication process
7. Mentoring - The mentoring program began in 2019. The task force selected mentor and mentee coaches and had a great year getting the program going. Covid shut it down for 2020. Now the task force is getting the program going again. They currently have 6 mentor coaches and 5 mentee coaches that have applied. The task force hopes to have them selected, notified and paired up in the next 30 days. Going forward, looking at opportunities for coaches who were affected by the pandemic that may not qualify This will be evaluated for 2022, where they will possibly make some adjustments to criteria based on information like that.
8. On Deck Coaching - Spring Nationals went smoothly. Almost all of the coaching slots were filled. Looking forward to doing the same thing in a couple months at Long Course Nationals. Swimmers who attended were very thankful for the help.
9. Publications - Terry would like to encourage coaches to share ideas through publications, whether on the website and/ or in Swimmer Magazine. He is happy to help anyone with an idea turn it into a publishable format and get it to Daniel to get it published. Think about what contributions you may have that would be good to share and let him know.
10. Peer to Peer - Started out the year with not a lot of lead time before the calls, so they took a month and got into a better rhythm. There have been some adjustments as some content issues came up, but we have a call coming up in August, and a final peer to peer in November. They have all gone well with good feedback. The August call will be titled “Water is the Great Equalizer”.
11. Liaisons - Coaches from this committee have been assigned to Sports Medicine, Diversity, ALTS and Fitness. Coaches attend those calls each month, sharing ideas back and forth from these committees allowing us to collaborate and work together when needed.

### **Action Items**

1. Continue to server USMS coaches using the above as starting points.
2. Starting in 2022 will be setting up Zoom round robin discussions with LMSC Coaches Chairs and Coaches within that LMSC. Looking to obtain information on what they would like to see from this committee, what is working well, what needs improvement and how better disseminate information from this committee to all coaches.

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## Diversity and Inclusion

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### Committee Members

Sarah Welch, Chair; Jeff Commings, Vice Chair

Blair Bagley, Virgil Chancy, Donita Flecker, Kyle Jackson, Megan Johnston, Tom Moore, Janelle Munson-McGee, Tim Murphy, Diana Triana

Ex-Officio: Daniel Pauling and Jessica Reilly, Wilson Josephson, Coach Committee Liaison

EC: Chris Campbell

### Introduction

Mission/Purpose: The purpose of the USMS Diversity and Inclusion Committee is to help create a culture of inclusion and opportunity in USMS for people of diverse backgrounds by developing resources and sharing them with coaches, LMSCs, and local volunteers. Our annual work program expands the resources available to coaches, LMSC's and volunteers through diversity training and the development of best practices to promote a culture of inclusion. 2021 saw the inauguration of diversity and inclusion training for LMSC Leaders modeled after last year's training with USMS coaches. The Committee annually reviews USMS rules and policies to identify opportunities for new legislation. We collaborate with the National Office, Coaches Committee and LMSC Development Committees to promote diversity and inclusion throughout USMS.

### Discussions and Projects Since Last Convention

Accomplishments thus far this year include:

1. The Committee, under the leadership of Jeff Commings, proposed legislation for consideration at the Annual Meeting to ensure that the USMS code of conduct and non-discrimination provisions apply to all aspects of USMS activity rather than limiting it to 'events'. The proposal is under review by the Legislation Committee.
2. LMSC Initiatives, Lead Tom Moore. This work group built on the successful D&I training with the Coaches Committee and revised the D&I training curriculum for the LMSC audience. The Committee offered the training for LMSC Leaders in June. Follow-up sessions on five specific diversity topics are offered throughout the next six months including a July session on Age Diversity, Physical Ability / Mental Health / Intellectual Ability / Neurological Attributes Diversity. An August session will focus Gender and Sexual Orientation Diversity. Future Follow up sessions include:
  - Racial and National Origin/Cultural Diversity
  - Social Class, Religious/Ethical Value Systems, and Political Belief Diversity
  - Creating an Inclusive Culture in your LMSC or Club
- Other LMSC Initiatives include developing a role description for Diversity Coordinator at the LMSC level. At this time four LMSC's: Minnesota, Connecticut, Southern Pacific and Georgia have spontaneously adopted such a role. The draft role

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- description draws from the experience of each of these LMSC's and is under review by the LMSC Development Committee.
3. The Committee Best Practices work group, under leadership of Janelle Munson-McGee continues to identify and write up Best Practices being offered by clubs throughout USMS. In July USMS will publish an invitation for members, clubs and LMSC's to offer a description of their local example of how they promote diversity and inclusion. The work group will then hese ideas into more best practice write ups and post them on the USMS Website/Diversity and Inclusion. The group initiated club based testing and evaluation of swimming equipment and swimwear to serve a more diverse swimmer base. Several clubs are currently using and evaluating the products. Products will include swimwear for diverse body types, aids for improving vision in the water and other swimwear and gear. Their results will be shared in Swimmer Magazine later this year.
  4. Diversity and Inclusion Annual Recognition Awards, Group Lead: Diana Triana. The work group created a Diversity Equity and Inclusion recognition award. They developed a proposed program which is pending review by Recognition and Awards.
  5. Kudos to the National Office for their publications and web postings highlighting the diversity of USMS and spotlighting individual success stories. Some examples include:
    - Swimmer Magazine's Nov/Dec 2020 featured the Mahogany Mermaids, a North Carolina club focused on opportunities for women of color to learn to swim and compete and the supportive, welcoming environment they have created.
    - A profile of a West Hollywood swimmer, Rook Campbell, a transgender athlete who advocates for non-binary and transgender swimmers through swimming and in the community.
    - The magazine's July-August 2021 front cover and article feature USMS member, Tye Dutcher, a Para-Olympic competitor.
  6. The D&I Committee drafted a diversity calendar with recommendations on its uses at the local and national level. The calendar links to a robust calendar recognizing many events and celebrations by cultural groups. It provides guidance and a resource for recognizing cultural events in local communities and communicating about those holidays around event scheduling. It is under review by the National Office and BOD.
  7. The National Office rolled out member self-service with the community platform which asks members to add demographic information to their profiles (such as adding ethnicity or gender identity), The Committee consulted with the National Office on definitions and groups for the self-service information.
  8. The Committee collaborated with the National Office to draft USMS' statement on violence against the AAPI community and followed many other race and social justice issues throughout the year, weighing in on several of them.
  9. The Committee deferred the 2021 Coach Survey on Diversity due to USMS attention on getting swimmers back into the water as programs began re-opening.

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### **Action Items**

1. Approve Minutes.
2. LMSC Initiatives
3. Best Practices
4. Diversity, Equity and Inclusion Awards
5. Proposed Legislation

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## History and Archives

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### Committee Members

Frank Skip Thompson, Chair, Bob Anderson, Co-Vice Chair, Barbara Dunbar, Co-Vice Chair

Mary Ann Barkley, Rich Burns, Ashley Braniecki, Kirk Clear, Michael Laux, Ann Lea Matysek, Molly Meyer, Walt Reid, Gail Roper, Jayne Saint-Amour

Ex-Officio: Daniel Paulling

EC: Ed Coates

### Introduction

The History and Archives Committee records, collects, and preserves documents, stories, photos, exhibits, oral histories, and other memorabilia in an appropriate repository and in durable formats to ensure that the achievements of USMS and Masters swimmers will be maintained for posterity. The archived information will be available on the USMS website in the USMS History & Archives section and elsewhere. The committee encourages LMSCs to document and archive their LMSC history so that each LMSC collects and preserves its LMSC photos, documents, stories, and newsletters.

The History and Archives committee is broken up into two subcommittees. The traditional committee works on the traditional projects that have been performed for many years. The Living History is the other subcommittee that works and gives direction to LMSC's to document and archive their LMSC history as it happens through photos, documents, stories, newsletters, LMSC and Club websites, and social media outlets

### Discussions and Projects Since Last Annual Meeting

1. Relay Top 10s are being converted by year and course from paper hard copies into digital files for ID assignment and upload to the USMS Top 10 Relay database. The Relay Top 10 Project require transcribing Relay Top 10 data (names, times, ages, club, and LMSC) into a template for each year and course missing from the online database; proofing; researching and adding missing first names; and adding permanent IDs. The template is uploaded into the Relay Top 10 database. Data for 15 SCY years (1973-1987), 17 LCM years (1972- 1987), and 3 SCM years (1985- 1987) remain to be completed.
2. 1974-1997 Open Water and E-Postal Long Distance National Championship results have been located, scanned, indexed, and completed. They have been uploaded onto the USMS website during the 2021 year.
3. Missing National Record dates are researched, located, and added to the list of USMS Chronological National Records for the Records Chronology Project.
4. Identify USMS swimmers pre-1993 Top Ten lists who are missing ID's and Dates of Birth and assign ID's to them. Correct any mistakes of swimmers with duplicate names and ID's.
5. USMS current or former members with multiple permanent Swimmer IDs have been reported. Request IDs to be merged into a single ID.
6. Updated the deceased members and dates of death in the swimmers profile in the USMS Registration database. Since the 2020 convention, Anna Lea Matysek has researched and

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found the names of 1,014 USMS members who are deceased. Those names, along with their dates of death and links to their obituaries, have been sent to the USMS national office (to be entered into their USMS member forms, which then adds them to the Deceased Members list).

7. Additional Olympians and Olympic event information have been added to the “Olympians who are USMS members” list at <http://www.usms.org/hist/oly/>.
8. Check links on the USMS website especially swimmers stories. Updated and added swimmers stories if possible.
9. LMSC Records/Top Ten listing and possible history of LMSC Records/Top Ten using the USMS Database and getting assistance from the local top ten/records recorders to get this started.
10. Living History project has started with identifying how LMSC’s are currently collecting their living history, also studying how comparable organizations are making publicly available photos, videos, articles, and more from their activities.
11. The History & Archives Committee will be responsible for the presentation that honors all of the deceased USMS members since the 2020 Annual Meeting. This was a project that Brian Albright started about 4 years ago with Power Point slides and music that delegates saw live visually or on the ZOOM call. It will be preserved in the future on the USMS website in the Annal Meeting section.

### **Action Items**

1. Evaluate and prioritize the traditional H&A committee projects.
2. Evaluate the communication to the membership about their COVID 19 experience and the USMS Virtual Championship and actions taken by the LMSC’s to collect stories and photos of this history taking place and use a platform to share with membership. This will be a pilot program for LMSC’s for the future.

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## Fitness Education

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### Committee Members

Mary Jurey, Chair; Emily Cook, Vice Chair

Anita Cole, Kathy Englar, Ann Marshfield, Andy Seibt, Lisa Watson, Karin Wegner

Ex-Officio: Jay Eckert, Onshalee Promchitmart

EC: Chris Campbell

### Introduction

Despite basically another pandemic year, the Fitness Ed committee was productive in moving forward on several goals. The size of our committee was greatly reduced this year, but this helped us to focus in on what we wanted to get accomplished. We have had a meeting every month in 2021 except for March.

### Discussions and Projects Since Last Annual Meeting

1. Kenny Brisbin – the chair of the Coaches Comm – sat in and was an active participant in the Fit. Ed. Comm meetings. Mary Jurey sat in on the Coaches Comm meetings so that we could help support the other committees agendas and have more cross pollination with other committees.
2. Reduced sub-committees to four: 1) Fitness Series 2) Covid various 3) Fitness Award 4) Communications – assigned leaders for each.
3. Better defined and re-worked criteria for Fitness Award. Created a clearer nomination and evaluation process.
4. Received, evaluated and voted on this year's Fitness Award recipient.
5. Discussed creating percentage of participation based awards for the Fitness Series.
6. Spread the word on change of Fit. Series dates to: Winter – Feb 1 – 15, Summer – June 1 – 15, Fall – Oct. 1 – 15 to better align seasonally
7. Discussed Partnership ideas – pairing with other organizations such as Swim Across America and the Senior Games to promote Masters Swimming and Fitness Ed
8. Discussion on focusing on the “Education” aspect of the committee – possibly having a series of speakers, fitness experts, authors
9. Ann Marshfield was selected as rep for the Club of the Year Award Comm.
10. Discussion of how best to support Try Masters Swimming – many clubs still not up and running. Both Ann Marshfield and Andy Seibt received many inquiries for their respective clubs.
11. General consensus and discussion that it would be great to obtain more data on the Fitness Series – add questions to sign up to better understand who is participating. See if there are regional trends tied to specific promotions in those areas. Better harness the social media channels.

### Action Items

1. Mary and Kenny work to set up a call with LMSC chairs on leveraging the coaching channel to promote the Fitness Series.

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2. Promote Fitness Award to Coaches via Streamlines and to each LMSC's Awards & Fitness Chairs. Emily to write promotional paragraph.
3. Broaden the portfolio of virtual events, tailored locally, and make swimmers aware.
4. Create a survey regarding the Fitness Series
5. Set up a P2P call with LMSC Fitness Chairs
6. Help Onshalee with Swim.com monthly challenges – Andy's suggestion to swim a marathon in one month. Committee Members

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## Legislation

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### Committee Members

Charles Cockrell, Chair; Stephanie Gauzens, Vice Chair

Members: Joan Campbell, Becky Cleavenger, Diana Dolan Lamar, Jeff Enge, Kristof Kertesz, Jane Moore, Teddy Palmer, Steve Peterson, Doug Sayles, Byron Shefchik, Meg Smath, Patrick Weiss

Ex-Officio: Maria Elias, Mollie Grover, Dawson Hughes, Jessica Reilly

EC: Chris Colburn

### Introduction

The Legislation Committee met throughout the year to consider potential amendments to administrative regulations in parts two, four, five, and six in the USMS Code of Regulations and Rules of Competition.

### Discussions and Projects Since Last Annual Meeting

1. Considered and forwarded to the House of Delegates a list of proposed amendments to the USMS Code of Regulations at the 2021 Annual Meeting.
2. Approved an interpretation to article 506.3.10 concerning emergency suspensions of rules and regulations by the Board of Directors.

### Action Items

1. Consider comments from members regarding proposed amendments to the code of regulations.
2. Following the annual meeting, proofread sections of the USMS rule book for relevant changes.

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## LMSC Development

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### Committee Members

Maddie Sibia, Chair

Stacy Abrams, Linda Chapman, Nicole Christensen, Rob Copeland, Susan Ehringer, Sally Guthrie, Karen Harris, Mary Hull, Nancy Kirkpatrick-Reno, Crystie McGrail, Kris McPeak, Hugh Moore, Tom Moore, Aaron Norton, Katherine Olson, Robin Tracy

Ex-Officio: Jessica Reilly

EC: Ed Coates

### Introduction

The LMSC Development Committee is responsible for managing LMSC and zone boundaries, managing the LMSC standards policy and working with the Vice President of Local Operations to conduct and communicate an annual standards report for each LMSC. The committee fosters communication across all LMSCs and LMSC volunteer roles by providing:

1. Peer-to-peer tele-conferences for interactive discussion
2. Outreach and mentoring opportunities
3. Educational seminars and workshops on selected topics
4. Recommended “best” practices.

### Discussions and Projects Since Last Annual Meeting

#### 1. Volunteer Role Descriptions

The committee determined that existing role descriptions should be reviewed/ updated on a biannual basis moving forward, as most roles do not drastically change year-to-year. In the case of a fundamental change of responsibilities for a given role, a subcommittee within LMSC Development will work to make the changes. The next revision year will be 2023. There was also discussion about adding some key resource links from Volunteer Central to each role description so that new volunteers/new-to-the-role volunteers have a place to start – this discussion is ongoing within the committee. Two new role descriptions were proposed – ALTS Coordinator and Diversity & Inclusion Coordinator – and the committee hopes to have them finalized for posting to the website soon.

#### 2. Webinars/Peer-to-Peer

The webinars subcommittee has organized and planned the webinar/peer-to-peer schedule for 2021, and even looking further into the future in collaboration with the Coaches and ALTS Committees. A look-ahead calendar has also been drafted/ revised to reflect the educational opportunities and calls going on throughout USMS. Calls hosted thus far have been recorded and are available on the USMS website. The committee has

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continuously been discussing how best to communicate the schedule of upcoming webinars to volunteers/USMS members, and this is still an area for improvement.

### 3. Volunteer Education/Development

Subcommittee members have spent time combing through the resources within Volunteer Central to identify any missing resources or gaps that would benefit new/new-to-a-role volunteers. From this, the committee has identified a need for a consolidated volunteer onboarding process and/or a process for continuing education for volunteers. The first step will be discussing onboarding experiences with volunteers who have taken on a new role in the last couple years.

### 4. Mentorship

The committee has identified mentorship as an area of growth opportunity within all levels of USMS volunteers. A mentorship subcommittee organized and conducted a mentorship “experiment” within our own committee, with hopes of learning from the experience and providing recommendations to other National Committees, Zone leadership, and LMSC boards for implementing a similar program. Ideas for adding an organized mentorship component to future Annual Meetings and Volunteer/Leadership Summits have also been continuously discussed and refined.

### 5. LMSC Standards

Given the impact the pandemic and a focus on enhancing our educational offerings, the committee decided to postpone conducting this year’s LMSC standards survey. The will evaluate the need for a survey for 2022 and may conduct a modified version of the standards survey in 2022, keeping in mind that many LMSCs will still be recovering from pandemic impacts.

## **Action Items**

1. Reevaluate & prioritize various LMSC Development Committee projects

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## Long Distance

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### **Committee Members:**

Ali Hall, Chair; Phyllis Quinn, Vice Chair

David Brancamp, Robin Smith, Sarah King, Stephen Rouch, Alana Aubin, Catherine Rust, Jim Davidson, Tim Murphy, Bob Singer, Bob Bruce, Lorena Sims, Jenny Hodges, Chuck Beatty, Jill Wright

Ex-Officio: David Miner, Jay Eckert

EC: Donn Livoni

### **Introduction**

The Long Distance Committee shall oversee the rules and administration of open water and long distance events. The committee shall solicit and review bid proposals and select the sites for the long distance national championship events. The committee shall work in a coordinating and advisory capacity with event hosts and make recommendations to enhance the quality of Long Distance national championship events. The committee shall maintain records and select the Long Distance All-American and Long Distance All-Star Teams. The committee shall assure that the competitive rules in Part 3 of the USMS Rules and Regulations provide for fair and equitable competition in the best interests of all USMS members and that these members are informed of current rules, interpretations, and changes. The committee may initiate and shall accept, consider, and report proposed amendments, with the committee's recommendations, at the annual meeting of the House of Delegates, in accordance with the provisions of Part 6 of the current 2021 USMS Rulebook. When necessary, the committee shall interpret and render opinions regarding any provision of the rules and regulations of USMS within the committee's jurisdiction as defined in article 601.1.

### **Discussions and Projects Since the Mid-Year Reporting:**

1. All concluded 2021 event results, compilations, awards and records are complete and posted.
2. The LDC Goals working group has worked toward the following priorities: a) absorb the functions of the Open Water Committee (OWC) into the LDC; b) evaluate LDC rules review processes, especially to gather feedback and communicate with interested members from outside the LDC prior to the annual meeting; c) find a home within USMS rules for postal event that are not “long distance;” d) consider guidelines for evaluating the appropriate use of and rules around new technology; e) compare USMS and USA Swimming open water rules and prepare rules/guidelines for dual sanctioning; g) organize and centralize LDC internal documents; f) study strategies for enhancing ePostal participation.
3. The LDC continued to develop proposals for rules updates, in conjunction with the Open Water Committee and worked with the Rules and Legislation Committees as the year unfolded.
4. The LDC has met both through e-exchanges and regularly scheduled virtual meetings. All minutes approved have been sent to the USMS Secretary for posting.

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5. The LDC developed, posted and distributed the Long Distance National Championship (LD NC) call for annual award nominations. This LD NC recognition is awarded to a USMS registered individual or group that has made significant contributions to the success and promotion of USMS Long Distance National Championship events. The recipient will be announced at the Annual Meeting.
6. The 2023 LD NC selection working group developed, posted and distributed the call for bids for all OWNC distances. This working group will review bids received and make recommendations to the LDC prior to the annual meeting. The working group is also searching for a replacement host for the 2022 USMS Ultramarathon Distance OWNC event. Successful bidders will be announced at the Annual Meeting.
7. 3 scheduled 2021 OWNC events remain on the September calendar. The Bourne Texas OWNC Festival (Sprint and Long Distances) was re-scheduled from May to September 2021. The Middle Distance OWNC originally scheduled for July at Newport Pier (CA) was cancelled due to pandemic restrictions and rescheduled for September with a new host (Tri Valley Masters at Lake Del Valle, CA).
8. The in-person OW clinic connected to the Texas open water national championship festival events was transitioned to a planned video format. A working group has met virtually and created content for production and distribution. The video will be shown at the August LDC meeting that is part of the annual meeting.
9. The document flow work group updated guidelines, documents and worksheets used by the LDC to support event hosts, liaisons and the national office.
10. Lead and back-up roles for each task and function in the LDC ensured continuous coverage of responsibilities, served to mentor newer committee members and distributed workloads more evenly. Lead and back-up assignments have been identified for the 2022 LD NC events.
11. A Virtual Annual Meeting workgroup coordinated a variety of activities to support the LDC's mission and responsibilities.
12. The LDC formed an ePostal Participation working group, composed of all 2021 ePostal liaison teams, the LDC rules leaders and the goals workgroup lead, to collaborate with the National Office.

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## Membership

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### Committee Members

Sue Nutty, Chair; Chris Ottati, Vice Chair

Leslie Scott, Jill Wright, Doug Sayles

Ex-Officio: Steven Hall, Jess Reilly

EC: Chris Colburn

### Introduction

The Membership Committee met four times this season. Our focus was to continue with topics from the 2020 Convention while hopefully adding a few new ones. We spent a considerable amount of time on the GTLO updates needed specifically for Membership Coordinators.

### Discussions and Projects Since Last Annual Meeting

1. GTLO (Guide to Local Operations – sections pertaining to Membership Coordinators).  
Review, update, edit where needed.
2. FAQ section of GTLO – for Membership Coordinators.
3. LMSC, Club and Workout group affiliation and location questions.
4. Registration system member self-update opportunities.
5. Possible M-ship Committee host Peer-to-Peer in October, possible topics.
6. New England task force looking at collection of individual club-specific fees through the USMS website during registration.

### Action Items

1. What to do with our edits for the GTO? Will they coordinate with the new system USMS is building? Chris C will check with National Office on our next step with edits, corrections and suggestions.
2. Sue will check with Tom Moore of the LMSC Development Committee for more information on the Peer-to-Peer call opportunity in October.
3. New England task force project update – Doug.

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## Officials

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### Committee Members

Teri White, Chair; Mike Abegg, Vice Chair

Mike Abegg, Jerrilyn Bayless, Omar de Armas, Alina de Armas, Dave Diehl, John Fox, Judy Gillies, John King, Michael Moore, Lisa Phillips, Jeff Sargent

Ex-Officio: Onshalee Promchitmart

EC: Donn Livoni

### Introduction

The Officials Committee's purpose is to offer training and education opportunities for officials to ensure that USMS competitive meets are officiated to the highest standards.

### Discussions and Projects Since Last Convention

1. **Officials Certification Program:** We currently have 259 certified officials including 138 Starters and 47 Referees, up 20 new officials from last year despite COVID restrictions for pool competition.

#### **National Championship meet support:**

**Short Course Nationals – July 21-25, Greensboro NC:** Nine Committee members officiating – Alina (Admin Referee), Omar, Dave, John (Team Lead Chief Judge), Judy, Mike A (Assist Admin Ref), Michael M, Jeff, and Teri (Head Starter). Importantly, 25 of the 46 officials who applied are certified USMS Officials – more than 50%! This is a huge increase over the 2019 meets and testimony to the success of the certification program. Program will be advocated at the meet to increase membership. Every USMS official who works 4 or more sessions will automatically have their credentials renewed for another 4 years.

**Long Course Nationals – Oct 7-10, Spire Institute, Ohio:** Committee recommended Ed Saltzman as Meet Referee, Mike Abegg as Admin Referee, Teri White as Head Starter – all accepted by Host and Championship. Application to Officiate has been posted to the meet website.

**Rules:** No Rule changes were submitted for Officials.

**USMS Officials Excellence Award:** Award for 2021 to be presented during the Annual Meeting.

**USMS website content regarding Officials:** Content continued to be reviewed and refined, no major enhancements this year.

**Administrative Official Certification:** Beginning discussion about adding the AO position to the Officials Certification Program. Defined in the Rulebook (copy from USAS) but would need to develop separate test as much of the USAS test is about tasks not applicable to USMS meets (swim-offs, seeding Finals, etc). Timing & Recognition

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supports developing training for the role at the LMSC level to help with results submitted. Ongoing task for 2022.

### **Action Items**

1. **Full Committee meeting schedule**, conducted through Zoom calls, through June 2021:  
February 3, 2021  
March 10, 2021  
April 15, 2021  
June 10, 2021
2. **Annual Meeting:** Business Meeting Aug 24, 2021 at 5:00 PM PST via Zoom.  
Presentation of Excellence in Officiating Award to be presented Friday night, Sept 24 at Annual Meeting

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## Open Water

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### **Committee Members**

Phyllis Quinn, Chair; Ali Hall, Vice Chair

Bob Bruce, Tim Smith

Ex-Officio: Jay Eckert, David Miner, Donn Livoni VP Programs

### **Introduction**

See Part 507.1.11 USMS Rule Book

### **Discussions and Projects Since Last Convention**

1. The Open Water Committee along with the Long-Distance Committee has submitted rule changes that will integrate this committee as a working group of the Long-Distance Committee. The HOD will be voting on this change during the 2021 Annual Convention. If passed the activities of the Open Water committee will become the responsibility of the LDC.

### **Action Items**

1. HOD vote on the rule changes needed for the integration of the Open Water committee functions into the Long-Distance committee.

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## Recognition and Awards

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### Committee Members

Charis Anderson McCarthy, Chair; Elizabeth Nymeyer, Vice Chair

Marcia Benjamin, Richard Burns, Nadine Day, Barbara Deshler, Sally Dillon, Jack Groselle, Michael Hillegonds, Michael Moore, Ray Novitske, Ginger Pierson, Nancy Ridout, Laura Val

Ex-Officio: Jessica Reilly

EC: Ed Coates

### Introduction

The Recognition and Awards Committee promotes recognition of service to USMS. It reviews and approves proposals for official USMS service awards; there were no such applications during the past year. It ensures that a history of all service awards is maintained by updating the awards on the USMS website after each convention. It promotes nominations for all USMS awards by announcing a “call for nominations” in STREAMLINES and USMS’s Swimmer magazine. The committee receives nominations and selects recipients for the Capt. Ransom J. Arthur M.D. Award, Dorothy Donnelly Service Award, June Krauser Communication award, and Club of the Year Award.

### Discussions and Projects Since Last Annual Meeting

1. The committee met by conference call in January, February, April, and June. Approved minutes from these meetings can be found on the USMS website.
2. One of the committee’s goals for this year was to increase the number of nominations received for all awards under its purview. In addition to promoting nominations/awards via the Streamlines newsletter and in an advertisement in Swimmer magazine, the committee did direct outreach, via email, to individuals in LMSC and Zone leadership positions. The committee also did some direct outreach via social media at the LMCS/club level. In total, members of the committee followed up with more than 100 individuals via email and about 16 clubs/LSMCs on social media. Direct outreach was also conducted to last year’s Dorothy Donnelly Service Award winners.
3. The committee received nine nominations for the Ransom J. Arthur Award. Bob Bruce was selected as the 2021 recipient; the award was first presented during a virtual meeting at the Zone level, and then was presented in person at an open water national events, at which Bob was the event director. Bob was featured in an article on the USMS website, and was also recognized at USMS Nationals in Greensboro, NC. The selection committee consists of previous RJA recipients still registered with USMS and all R&A committee members.
4. Nominations were received for all awards governed by the committee. Subcommittees were formed for each award, and those subcommittees are in the process of reviewing nominations and selecting recipients. In total, the committee received 24 nominations for the Dorothy Donnelly Service award, five nominations for the Club of the Year award (all at the local level; no nominations for regional clubs were received), and four nominations for the June Krauser Communications award

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5. The committee submitted Kerry O'Brien as the candidate for Coach Contributor (new category) to the Masters International Swimming Hall of Fame (MISHOF) in 2020, but due to the COVID-19 pandemic there was no action on any inductees. The committee carried over the nomination of Kerry O'Brien into 2021, and he was selected as the honoree for Coach Contributor.
6. A small subcommittee has been working diligently for the last year+ on writing bios for all previous winners of the Dorothy Donnelly Service Award – and they completed the project this year! Next, this subcommittee will tackle bios for previous winners of the June Krauser Communications Award.
7. A small subcommittee reviewed the award information and nomination forms for all four awards overseen by the committee, and made minor updates as needed to ensure alignment with the committee's policies.

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## Records and Tabulation

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### Committee Members

MJ Caswell, Chair; Stacey Eicks, Vice Chair

Cheryl Gettelfinger, Chris Ottati, Walt Reid, Jeanne Seidler, Mary Sweat, Benjamin Wyckoff.

Ex-Officio: Jessica Reilly (USMS Office), Steve Hall (USMS Office), Mary Beth Windrath (National Swims Administrator-USMS Office)

EC: Ed Coates (VP of Local Operations)

### Introduction

The Records and Tabulation Committee is responsible for the process of recording and verifying Top 10 times, All-American and All-Star rosters, and USMS national records for all three courses. In addition to a chair and vice-chair, the committee includes the National Swims Administrator, who collects, verifies and compiles Top 10 submissions from the LMSCs, and also receives and verifies record applications and maintains the USMS records. The pool measurement process is within the domain of the committee. The committee maintains the USMS List of Measured Pools. The committee works with the LMSC Top Ten Recorders to use the Top 10 Tools for meet uploading to the Event Results Database.

The committee works closely with the USMS office for the online publication of lists, rosters and records, and to simplify and automate the compilation and verification of all swim performances in pools measured as per USMS pool measurement rules.

### Discussions and Projects Since Last Convention

1. For the past year, the National Swims Administrator continued the customary roles of verifying, compiling and publishing USMS Records and Top 10 Swims along with maintaining the USMS List of Measured Pools. The committee chair uploaded the list of Top 10 swims and All-Americans on the USMS website. Mary Sweat provided volunteer assistance for the Top 10 processing as she has done in the past.
2. Committee business was taken up during conference calls and electronically through email and the secure Records and Tabulation USMS Administrative Community defined for this business purpose.
3. The USMS List of Measured Pools has been kept up to date with pool measurement documents provided by LMSC Top Ten Recorders. The USMS List is a comprehensive reference of all pools which have been measured for USMS competition. This effort continues as an on-going process. There has been a project on the projects list to provide a database for pool measurements to replace the Excel spreadsheet version but the project has no priority.
4. Numerous inquiries were made to the committee, mostly to the Chair and National Top Ten Administrator regarding various questions related to Top Ten, pool measurement, availability of Top Ten times, and split request listings in the Event Results Database (ERDB). The bulk of the work of this committee actually goes on behind the scenes. Swimmers in the LMSCs are helpful in reporting potential errors in the meet results uploaded to the ERDB.

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5. We formed a subcommittee to work on updating the GTO as it relates to Top 10 recorders. This is an ongoing project. The Top 10 Recorders FAQ has been updated by Mary Beth Windrath. We are working on removing screenshots from the documentation so that we don't have to update the documentation so often when the website is updated.
6. The committee provided recommendations to the BOD regarding the changing of Top 10 deadlines due to Covid and the resulting scarcity of meets. This discussion and a related discussion of whether top 10, All Americans and All Stars should be calculated, were a topic of frequent discussion and many email discussions.
7. We have been considering the ramifications of USMS website redesign on the role of Top 10 recorders and how that job has changed over the years.
8. We worked with USMS staff to identify bugs within the current website and suggest fixes and workarounds.

### **Action Items**

1. Update GTO documentation.
2. Update RT Policies and Procedures.

# USMS Standing Committee Reports

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## Rules

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### Committee Members

Mollie Grover, Chair; Claire Letendre, Vice Chair

Carolyn Boak, Kathrine Casey, Julie Dussliere, Marilyn Fink, Christina Fox, Judy Gillies, Ian King, Mark Marshfield, Barbara Protzman, Jessica Seaton, Jason Weis

Ex-Officio: Bill Brenner, Steve Hall, Teri White, Charles Cockrell

EC: Chris Colburn

### Introduction

The rules committee is responsible for ensuring that the competitive rules in part one of the USMS rules and regulations provide for fair and equitable competition in the best interests of all USMS members. The committee works throughout the year to ensure that USMS members are informed of current rules, interpretations, and changes to rules. The committee accepts, considers, and reports proposed amendments to part one and the glossary to the USMS House of Delegates in conjunction with the USMS annual meeting. The committee held a winter organizational conference call followed by a spring conference call to consider proposed amendments submitted by the rules committee in advance of the June 10 submission deadline. The committee met in June and July to consider proposed amendments and prepare the pre-meeting delegate packets for the 2021 Annual Meeting.

### Discussions and Projects Since Last Annual Meeting

1. The chair answered rules questions from LMSC leaders, other standing committees, and general membership inquiries as received throughout the year.
2. Due to the ongoing pandemic, there were a number of rule suspensions requested by the Board of Directors to allow the Championship Committee and 2021 National Championship meet hosts to have flexibility in running the national meets in 2021. After obtaining the advice and consent of the Rules Committee, a total of 4 rules were suspended for the short course national championship held in Greensboro. Comparable rules changes are included in the delegate packet as proposals R-1 through R-4.
3. The Rules Committee reworked the proposal from 2020 to reorganize part two of the USMS Rules and Regulations. This version is a scaled back proposal from 2020 and only involves part one and part two. As did the larger proposal from last year, this proposal is intended to eliminate the need for multiple committees to address issues, questions, and proposed changes from USMS members.

### Action Items

1. Submit proposed amendments to the House of Delegates and prepare the final report for updates to the 2022 UMS Rules and Regulations following actions by the House of Delegates.
2. Support the editorial process for publication of the 2022 USMS Rules and Regulations.

# USMS Standing Committee Reports

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## Sports Medicine and Science

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### Committee Members

Christopher Rieder, Chair; Arlette Godges—Vice Chair

Jim Miller, M.D., Jane Moore, Aaron Schneider, Jessica Seaton, Robin Tracy

Ex Officio: Daniel Paulling

EC: Chris Campbell

### Introduction

Create and enhance membership value through expanded sports medicine and science based USMS products, services and delivery. The Sports Medicine and Science Committee shall educate members and the public on topics of swimming related sports medicine and science. The committee shall stimulate and encourage research pertaining to Masters swimming.

### Discussions and Projects Since Last Annual Meeting

#### 1. Current Subcommittee Projects:

- Sports Medicine Communication
  - The communication medium we will continue to use is the National Office device “StreamLines.”
  - Marketing and information sharing strategy – C. Rieder
  - You tube communication discussion – Arlette Godges and Robin Tracey are going to champion this opportunity. Update from Arlette Godges and Christopher Beach on ongoing communication.
  - Future Topics - See Appendix A - -Jessica Seaton and Robin Tracey are going to report on new topics and helpful authors moving this item forward.
  - Recovery nutrition for after practice
  - Nutrition for before practice
  - Elements of a good diet
  - Principals of training aerobic and anaerobic systems
  - Exercises for shoulder injury prevention
  - Core Strengthening exercises
  - When, where and how to foam roll
  - You tube PSA and contributions – Assigned to A. Godges
  - USMS Cardiologist / swimmer. Health benefits. – C. Campbell
  - Reducing BP/ CV
  - Reduce effects of arthritis.
  - USMS Coaches / Sports medicine – Aaron Schneider will report

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2. Nationals Booth staffing
  - The Topic is pending further guidance from the Board of Directors and National office regarding National meets.
3. Committee – Charter
  - Attached was approved through Christopher Campbell at the Board. Appendix B
4. Committee Bio's
  - Available information was provided to Chris Campbell for board consideration.
5. Research study requests
  - Moving forward all new requests will have a standard Terms and Conditions that will be approved by this committee and the board prior to access to the membership. Some of the Terms and Conditions will be: the Study Thesis, the Survey methods, and review of the resultant abstract. This is a sample list and is not all encompassing. The final Terms and Conditions will be discussed at a subsequent board meeting.

### **Action Items**

1. Each member presented a quick discussion about themselves and their inspiring motivation regarding swimming and their history.
2. The following committee members presented and reported regarding their respective areas of interests:
  - a. You Tube communication – Arlette Godges and Robin Tracey with Chris Beach (Guest) are championing this opportunity. Arlette Godges and Christopher Beach were approved as “actors” to help portray the ongoing communication. Their first video announcing is produced and a Webinar is going to be scheduled in order to have a medical authority utilizing and commenting upon the video.
  - b. For future published written/authored topics Jessica Seaton and Robin Tracey are going to report on new topics and identify helpful authors moving this item forward. Some of the topics are and will include more than our current and very success over 60 series:
    - i. Recovery nutrition for after practice
    - ii. Nutrition for before practice
    - iii. Elements of a good diet
    - iv. Principals of training aerobic and anaerobic systems
    - v. Exercises for shoulder injury prevention
    - vi. Core Strengthening exercises
    - vii. When, where and how to foam roll
  - c. The new Liaison responsibility created between the USMS Coaches / Sports medicine committees and our representative is identified as Aaron Schneider. Terry Heggy is the Coaches committee representative. Updates were discussed with Aaron regarding three differing areas of information from the Coaches

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committee. Further discussions will occur and be presented at following meetings.