

Ally Sega – Colonies Zone Candidate for At-Large Director



The Election Committee has deemed that Ally Sega is a member in good standing of U.S. Masters Swimming. The candidate has indicated she is planning to attend the HOD Meeting for this election year and, if elected, is planning to attend all HOD Meetings during her tenure in office.

The candidate was nominated and recommended by *Rob Duquay* and received a letter of recommendation from *Sarah King* in accordance with the USMS Election Operating Guidelines.

The candidate provided the following responses on the Candidate Questionnaire/Consent-to-Run Form:

Section Two: Candidate Qualifications

- I am a member in good standing of USMS in this election year:* X Yes ___ No
- I am planning to attend the HOD Meeting for this election year:* X Yes ___ No
- I am planning to attend all HOD Meetings during my tenure in office:* X Yes ___ No
- I have attended 1 or more HOD Meeting in the past five years?* X Yes ___ No

Please list the USMS National HOD Meetings you have attended, including the dates of attendance:

2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, and 2022

Section Three: Questions

Why are you interested in this position and why do you believe you would be a good candidate?

I believe that members are looking for a voice willing to listen and work with leadership to make USMS a more welcoming and inclusive environment, while trying to maintain fairness and integrity. I have a Masters Degree in Social Work and Community Organization. My background includes working with minority communities including people with disabilities, LGBTQ+, Islamic women, and Native Americans. As a member of USMS, I have served both on the LMSC and National Level. I was CONN Masters LMSC Secretary 2011-2019, Diversity and Inclusion Chair 2020-present. I am a Certified USMS Level 4 Coach. As a coach within the Connecticut LMSC, I created and developed Masters programs in Meriden, Cheshire and Orange. These teams were known for their growth that attracted new members, non-traditional swimmers, and encouraged participation in local, regional, and national events. I have served as a mentor to novice coaches, helping several new coaches within Connecticut get established and set up new programs. I ran swim clinics for people looking to start participating in triathlons and assist swimmers learning to swim for participation in the Gaylord Para-Triathlon team. I ran swim meets out of the Meriden Y in the early 2000's as Part of our "Try a meet" program to bring new members into the sport. From 2015-17 I was the meet director for the Nutmeg State Games' Masters Meet and from 2017-Present I have been meet director for The Connecticut Masters Games Swim Meet. These meets are run with a "no-pressure" atmosphere, to be welcoming to new swimmers and create an environment where they would be accepted into the Connecticut Swimming Community. I believe based on my track record of creating inclusive and

supportive programs and events, my long service to the Connecticut LMSC, USMS, and marginalized communities that I can be a strong voice for our membership.

What do you consider to be the major issues facing USMS now and in the future? As a person holding an elected position within USMS, how would you address these issues?

Membership and finances are the biggest issues facing any membership driven organization. I believe the way to increase our membership is to be inclusive to all adults interested in swimming. Part of being inclusive is maintaining a low cost membership with quality benefits, for competitive, fitness and learn to swim members. Transparency and integrity are integral in creating trust between members and leadership. I feel that I can actively listen to members and share those concerns to the larger board and offer solutions that can meet the needs of both the organization and membership.

Please list USMS committees on which you have served. Include the dates you were on the committees and the names of the committee chairs under whom you served:

Open Water Committee, 2015, under Lynn Hazelwood

Open Water Committee, 2016-2018, under Bob Bruce

Diversity and Inclusion Committee, 2019, under Sarah Welch

Diversity and Inclusion Committee, 2020, Vice Chair under Sarah Welch

Diversity and Inclusion Committee, 2021, under Sarah Welch

Diversity and Inclusion Committee, 2022, Vice Chair under Jeff Commings

Please list any other experience that relates to your qualifications for the position.

Masters in Social Work in Community Organization, 2010. My topics of interest included Hospice and Palliative Care, including how it relates to minority populations, Native American Reservation Community Building, LGBTQ+ awareness, Jewish Studies.

Was on the Board of Directors for Hawkwing Inc. Hawkwing, Inc is a Connecticut based non profit organization that worked both on and off the Cheyenne River Reservation in South Dakota. Off the reservation, people were provided learning opportunities about reservation life and volunteer opportunities to help people on the reservation. On the reservation, community building was assisted and supplies and services were donated. This a win win situation for all people who participated.

Was on the Board of Directors for The Connecticut Stonewall Foundation. Connecticut Stonewall Foundation is an organization that provides speakers and learning opportunities for people who want to learn more about the experiences of LGBTQ+ people.

Participate and volunteer in adaptive sports including Achilles, International, CT Chapter and Gaylord Sports Association, as a runner and triathlete. I have been a recipient of the Challenged Athletes Fund multiple times for dedication to my own competition while giving back to sport.

Please write a short summary statement that will be posted on the display board with your photograph at the HOD Meeting

My goal in serving on the board of directors is to give our membership a voice. USMS is a member driven organization and our concern is that the voices of our volunteers and members are going unheard. As an At-Large director, I will make sure that all our members' concerns are brought to the attention of the National Office, and that we work towards meaningful solutions to address them. There are many challenges facing USMS, but if we can listen to our members and meet their needs, we can build our organization into a more inclusive and stronger one.



**U.S. MASTERS
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Nomination: Ally Segal Board of Directors-At Large for Colonies Zone

From: Robert Duguay

Date: 9/9/2022

To: The Elections Committee

It is my pleasure to nominate Ally Segal to run for the At-large director for Colonies' Zone for the USMS Board of Directors.

In addition to nominating Ally Segal, I am also recommending Ally as a member of the Board of Directors representing Colonies Zone.

Ally has been involved in the Masters Swimming community for nearly twenty years. She currently serves as the Diversity and Inclusion Chair on the Connecticut LMSC Board and is the Vice Chair for the National Diversity and Inclusion Committee where she has served since 2019, previously serving on the National Open Water Committee from 2014-2018. She holds a USMS Level 4 Coaches' Certification and two master's degrees in social work, specializing in organizational development.

Ally has been vocal for disability and LBGTQA+ rights and racial and social equity programs. She has served outreach and advocacy groups such as The Stonewall Speakers, Hawkwing, Achilles CT, and the Gaylord Para-triathlon team. She has been a leading voice in making Masters Swimming, "a sport for all adults". Her current workout group, in Orange, Connecticut is one of the fastest growing and most diverse in the state, encompassing a wide range of ability levels, as well as age, racial, social-economic, disability, sexual preference, and gender groups.

Ally has served as the meet director for The Connecticut Masters' Games since 2017. This event has been vital in getting non-traditional, and new swimmers into the sport. In a sport dominated by elitism and massive egos, the Connecticut Masters' Games Meet, has been an arena where all feel welcome, and getting in and enjoying the experience is more important than the times you swim.

I nominate Ally as a candidate for the National Board of Directors, as she will not sit silently when issues regarding underrepresented swimmers are pushed aside. She is a fierce voice for access, for anyone, looking to embrace the sport of swimming. I feel that she will best put forward the needs and concerns of the Colonies' Zone to the Board of Directors and is not afraid to fight for us.

I highly encourage you to support Ally Segal as the Colonies' Zone At-Large Director.

Regards,

Robert Duguay

General Chair, Connecticut LMSC



**U.S. MASTERS
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Letter of Recommendation

Date: September 13,2022.

Letter of Recommendation for Ally Segal

To: The Elections Committee

I am writing this letter to recommend Ally Segal for the Colonies Zone At-Large Board of Directors position. Ally currently serves U.S. Masters Swimming as a certified USMS Level 4 Coach. She writes online workouts for U.S. Masters Swimming and coaches a diverse masters team in Orange, Connecticut. In addition to serving as a coach, Ally is an active participant at local, regional, and national U.S. Masters Swimming meets and open water events. Ally is currently serving at the local level as the Diversity and Inclusion Chair for Connecticut LMSC. Ally has served at the national level on the Open Water Committee and is the current Vice- Chair for the U.S. Masters Swimming Diversity and Inclusion Committee.

In recommending Ally for the Colonies Zone At-Large Board of Directors position, I think of Ally asking me, "Do you want to be on a relay?" It is an honor to be asked to be on a relay. No matter how fast or slow that relay goes or whether that relay is swum at a local, regional, or national masters swim meet, Ally wants everyone to get the chance to be on a relay. Masters swimming is meant to include everyone. Ally includes everyone. Ally is a voice for those who are voiceless, or who don't know how to share their concerns with the U.S Masters Swimming community. Ally fights for inclusion of everyone both on and off the pool deck. It's not about how fast you swim; it's about who you are.

I recommend Ally for the Colonies Zone At-Large Board of Directors position because I believe Ally needs to share her passion for swimming, coaching, and Diversity and Inclusion with the entire U.S. Masters Swimming community. I believe that Ally will think critically and carefully about issues currently facing U.S. Masters Swimming at the local and national level and eloquently give voice to those issues. Not just her own voice, but of those within Colonies Zone as a whole. Ally stands up for what she believes in and on the Board of Directors she will continue to advocate for local swim clubs, on deck coaching, LMSC development, sustainability of U.S. Masters Swimming as an organization, and will be a voice that helps U.S. Masters Swimming to think critically and advocate locally for all of us within the organization.

Thank you for the opportunity to recommend Ally Segal for the Colonies Zone At- Large Board of Directors position. I hope you would join me in my recommendation of her as she continues to share her passion for swimming and equality with us all.

Sincerely,
Sarah King
Colonies Zone Member
Connecticut LMSC Secretary
U.S. Masters Swimming Long Distance Committee Member