

Kentucky LMSC Meeting

December 10, 2023

The meeting was called to order by Chair Bill Tingley at 1:42 p.m. at the Ralph Wright Natatorium, University of Louisville. Also present were Secretary Meg Smath, Treasurer Pam Luebbe, Sidney Doctor (LAKE), C.J. Rushman (NORTH), Tom Mester (SLM), Susan Ehringer (SLM), Terry Walther (CCMKY), William Kolb (LAKE), Jim Luebbe (LAKE), Jennifer Davis (CCMKY), Steve Hill (SLAKE), Scott Bavaro (SLAKE), and Eric Bunnell (BEST). Bill declared a quorum was present.

At-Large Delegate. Eric had been appointed Officials chair for the LMSC since the last meeting. MSA to designate Eric as an at-large LMSC delegate by virtue of his office.

Minutes to March 19, 2023, Meeting. MSA the minutes to the annual meeting, held March 19, 2023. Meg will forward a copy of these minutes to the National Office.

Treasurer's Report. Pam presented the report since the last meeting, and noted that income from Vanguard had not yet been entered; that increases the bottom line by \$2600. MSA the treasurer's report as amended.

The foundation to upgraded facilities at Clear Creek Recreation Center in Shelbyville has been renamed the Mimi Ward Aquatic Fund in her memory. The LMSC has run a meet there in the past but agree that the facility needs upgrading. Not only will funding benefit the LMSC when future meets are held there, it is a fitting memorial for Mimi, who loved Clear Creek and was loved in return. Pam suggested that since we have ample funds in our accounts, we donate \$3000 to this fund. The fund is being run by a board, and will go towards aquatics only. C.J. noted that the national organization is trying to get LMSCs to spend down hoarded dollars. The Mimi Fund will be continuing, but all that was under consideration at this time is a one-time gift. We could make more donations in the future. A matching grant from USMS is also a possibility. MSA to make a one-time donation of \$3000 to the Mimi Ward Aquatic Fund and to ask USMS for a matching grant; we will consider future donations as needed. The donation will added as a line item to our budget.

Meg asked that the LMSC also remember Sandra Marlowe, a former member of Wildcat Masters, who passed away only four days after Mimi. Sandra was not active in administrative matters, but she frequently attended national championships and was a friend to many of our members.

Membership Coordinator's Report. Susan reported that at the close of the 2023 membership year we had 522 members. We have 166 members registered so far for 2024 and eight registered workout groups. These are our highest numbers since COVID; seems we are mostly recovered from the pandemic.

Top 10 Recorder's Report. Bill provided a written report before the meeting (attached). He noted that we had a number of new swimmers in the Long Course Top 10. SC season concludes December 31.

Sanction Chair's Report. Bill has yet to receive any sanction requests for 2024. He has learned that Wildcat Masters will not hold a spring meet at Falling Springs in 2024. He has

reached out to the aquatics director at Clear Creek about holding a SKY-sponsored meet there in the spring. Suggested dates are March 23 or March 30. Since March 30 is Easter weekend, March 23 seems more likely. There are several events planned for April that could conflict. Lakeside could have a mini-meet in April. C.J. announced that North will have a meet on March 23, which would seem to preclude a meet on that date at Clear Creek. We could have another mini-meet May, perhaps the third weekend. Or we could have a full meet in May at Clear Creek, perhaps May 19. If Clear Creek is not available we could try for a meet at Blairwood. Sidney announced that the long course mini-meet will be held July 14 at Lakeside, and the Lakeside Invitational will be August 14–15. There will be a short course yards meet at Falling Springs in October. The Louisville Invitation will be at approximately the same time in 2024 as it was this year.

USMS Relay. C.J. and Steve attended the USMS relay event (see attached report). They learned at the meeting that USMS has bought Grown-Up Swimming, an organization similar to USMS but much less formalized. The goal is to siphon swimmers from Grown-Up Swimming. Some are concerned about potential liability for USMS. We should keep an eye out for developments at the local level, although currently Grown-Up Swimming has no presence in Kentucky. Steve said we should expect Relay to stay at Houston or Denver for the foreseeable future because of long-term contract considerations.

Communications. William was unable to attend but provided a written report (attached). He has obtained the historic documents that were once on our website and will work toward getting them online. Scott said he would like the LMSC to have a more robust presence on Instagram. He suggested we take a look at his workout group's page, @SilverLake_MastersSwimming.

ALTS. William submitted a written report for ALTS as well (see attached). He is working on a stroke clinic, for swimmers and coaches. USMS could contribute some funds in addition to our own. C.J. felt we should have a big name there to increase attendance, someone like Rowdy Gaines.

Officials Chair's Report. Eric reported that 10 of our members have signed up for USMS officials certification. This is important because starting in 2025, all meet referees will have to be certified by USMS.

Rule Books. USMS is no longer providing rule books to registered clubs and workout groups. We will have to buy our own. MSA to buy five rule books for workout groups that host meets.

Adjournment. The meeting was adjourned at 3:44 p.m.

SKY

MSA minutes

\$2560 in SKY will have full report on this meet. SKY will ask LMSC to reimburse any overrun.

Coaches at nationals. Should we be ready to take more than one coach to Indy? To have two coaches at Indy if we have at least 16 swimmers, and provide caps and T-shirts. Once we hit 16 appoint coach. Can accept applications now. MSA

Where is the banner? Probably somewhere at Lakeside. Bulky. Explore cost of nylon SKY banner. MSA

Do we need to update policy? Someone should look over and suggest any changes. Meg and CJ will update Steve/Scott.

Adjourn 4:07 P.M.

Conversation with Bill. Put in policy re buying minis for officials

William Kolb -- KYLMSC Reports
December 10, 2023

LAKESIDE MEETS

- NEW MEET: April 14, 2023 SCY mini meet -- all SKY swimmers needing times before the entry deadline for "spring" nationals are welcome, there will be relays, the same time restrictions as the Lakeside Mile (finished by 10:45 a.m.) must be followed and entry limits will ensure this; open to suggestions on events to offer
- SAVE THE DATE: Lakeside Masters LCM Mini Meet -- Sunday, July 14, 2024
- SAVE THE DATE: Lakeside Masters 47th LCM Invitational -- Saturday & Sunday, August 3 & 4, 2024 (back to usual 1st weekend in August timeframe because USMS nationals do not conflict)
- ADD TO LIST: 2024 Lakeside Mile -- December 1 or 8 (specific tbd in September) -- likely same format as this year

COMMUNICATIONS

- Our website remains largely the same as it has been over the years. I have plans to update some of the images and information on the page to keep them up to date.
- The "Officers" page needs to be updated-- please submit a photo and information you would like published on this page.
- I have temporarily removed the "Calendar" page because it is redundant to USMS.org and only features so many events a year. Because Bill has asked for our meet dates in advance, I will reload it once we have a large number of "save the dates" prepared.
- As always, any workout group representative may "take the wheel" on a page of their own hosted on KYLMSC.org for free. Contact me for details.
- If you have any updates to your workout group pages or the link to your page, let me know and I'll handle it.
- Representatives from SLAKE have requested we establish an Instagram account. I am happy to set this up but ask that content equally represent all workout groups as best as possible.
- Archival content: I am in the process of locating and uploading missing archival content to our website. I need assistance locating several old minutes and administration documents. Bill can share more.

SCHOLARSHIPS & GRANTS

- There have been zero applications for Joanne Tingley Scholarship funds in 2023.
- Remember, the opportunity is for any USMS education expense— Coaches Certification, ALTS Instructor Certification, Clinic Course (for coaches or swimmers).
- I recommend that we also expand the opportunities available to any education opportunity that furthers the knowledge of a Masters swimmer or coach, not restricted to what USMS has to offer. Examples include: ASCA, USA, YMCA, Para Swimming conventions and clinics. As the number of Kentucky Masters who earn and renew certifications, the need for this fund as a USMS specific scholarship will go down.

- I will work with Susan to launch and promote the Dave Burgio Grant Program— a program approved by the board that will allow clubs or workout groups in the Kentucky LMSC to request funds for special projects or other special needs via an application, review, and award process similar to the Joanne Tingley Scholarship. Our goal is to have this ready by the start of the new year.

ADULT LEARN-TO-SWIM

- Adult Learn-to-Swim continues to thrive in the state of Kentucky. There are several programs, each of varying size and operation style.
 - (1) Central Adult Learn-to-Swim, Inc. — Co-founded by William Kolb and Amy Benton of Lakeside Masters, Central ALTS, Inc. is a registered 501 C 3 nonprofit with an independent board of directors who are a mixture of Masters swimmers, instructors, and graduates from the program. The program runs beginner ALTS classes 8-10 times a year utilizing the USMS ALTS curriculum and volunteer instructors (many of whom are Masters swimmers) to teach. They have taught more than 500 swimmers since 2018 and are the largest free provider of adult swim lessons in the nation.
 - Affiliation with USMS: The program has been the recipient of several USMS “Swimming Saves Lives” grants through the years, but is now financially independent from USMS/USA Swimming and is therefore also no longer a workout group of SKY. The organization’s insurance needs are being met by the same company USMS contracts with, but without a membership program. It costs approximately \$7 per swimmer to have the same kind of insurance USMS offers for a year.
 - (2) Shelbyville Adult Learn-to-Swim -- co-founded by Terry Walther and Mimi Ward of Clear Creek Masters, Shelbyville ALTS is a smaller program that has taught 100 adults since 2018. The program has used USMS “Swimming Saves Lives Foundation” grant funding over the past few years and looks forward to funding from the newly establishe Mimi Ward Memorial Aquatics Fund to operate 2-4 classes a year for the next 3 years.
 - Affiliation with USMS: This program uses USMS insurance and 30-day trial membership waivers as a subset of SKY → CCM.
 - (3) Northeast YMCA LiveStrong ALTS -- founded by Wendy Medley of Lakeside Masters, the LiveStrong ALTS program is specially designed for participants in the LiveStrong program-- a health and fitness program offered to cancer survivors. Wendy has taught more than 50 adults who have also survived various cancers to swim since 2019.
 - Affiliation with USMS: This program is not affiliated with USMS but uses Masters swimmers as volunteer instructors, therefore it deserves recognition in this list.
- Of note: in 2022, USMS and USA Swimming partnered to sunset the “Swimming Saves Lives Foundation” and establish a new branch of the USA Swimming Foundation specifically for Adult Learn-to-Swim programs, with funds being available for the general public, not just USMS members. The administration of USA Swimming ALTS grants is

handled by USA Swimming national office staff. There is more informatino for grants, due December 15, 2023, here:

<https://www.usaswimming.org/coaches-leaders/team-leaders/learn-to-swim-grants>

2023 USMS Relay Report – C.J. Rushman



USMS held the second USMS Volunteer Relay, in Houston, TX, Oct. 20–22, 2023. Steven Hill (Silver Lake Masters) and I (C.J. Rushman) attend the 2 day conference representing the Kentucky LMSC. The first was in March 2022 in Denver Colorado which focused on Community Development.

The purpose of the relay event is to help local volunteers network, share ideas, collaborate, and motivate each other. This gathering of fellow master swimmers is intended to enrich the local Master’s Swimming experience. The set up is to feature a series of workshops and discussion topics with the main theme of 2023 to be event development. The theme for the 2024 Relay will focus on Community Development.

The most intriguing topic presented was “Grown Up Swimming.” The new program is going to be a new initiative for USMS for 2024. The National Office introduced the new outreach program at Relay. “Grown Up Swimming” is like a Summer League Swimming for adults. This initiative may be something that could encourage ALTS swimmers to being taking part in USMS events.

Below is a listing of the presentations and a direct link to the documentation saved on the USMS website if you want to know more about a topic. There is a Relay 2023 Community forum where you can follow discussion and ask questions on.

<https://community.usms.org/swimming/relay-conference/f/relay-2023-forum>

Respectfully submitted.

C.J. Rushman

- [USMS 101 for New Volunteers](#) - Orientation for New USMS Volunteers
 - **Speakers:** Britta O'Leary, Ian King
- [Relay Kick-Off Event Development](#)
 - **Speakers:** Ed Coates, Dawson Hughes, Brian Robbins
- [Sanctions Chair Responsibilities & Best Practices](#) - Discussion on best practices for Sanction Chair & Safety Chair, similarities, and differences for pool meets & open water events, follow up post event completion.
 - **Speakers:** Linda Chapman, Karen Harris, Phyllis Quinn
- [USMS Sanctions & Best Practices for Event Hosts](#) - Discussion on how/why to sanction, overview of sanction rules, similarities & differences for pool meets & open water events, follow up after sanction, and submitting times.

- **Speakers:** Nicole Christensen, Jacky Merianos
- **Session Resources**
 - [Jeopardy Game: Questions and Answers](#)
 - [Championships Meet Announcement Template](#)
 - [Gulf LMSC Meet Director's Report](#)
 - [Meet Director Checklist](#)
 - [QR Codes - Helpful Resources for Event Directors](#)

- **[Promote more USMS Events through Event Hosts and Facilities](#)** - How LMSCs can Advocate for USMS Competition Events, Why Run a Masters Meet? What is the "sales pitch" from a master's volunteer to a club leader and/or facility owner; why should they want to host master's events?
 - **Speakers:** Bill Brenner, Kenny Brisbin

- **[De-Mystifying Open Water Sanctioning and Event Hosting](#)** - Start to finish how to run an OW event, including USMS sanction process, safety rules, best practices, resources.
 - **Speakers:** Jill Wright, Beth Nymeyer

- **[Event Showcase](#)**- Featuring 6 experienced USMS event hosts. From open water to pool to dryland, this session promises to be a diverse and dynamic showcase of the best USMS events across the country.
 - **Speakers:** John King, Doug Garcia, Bonnie Adams, Celia Wolff, Rick Osterberg, Teddy Palmer, Peter Guadagni

- **[How LMSCs can Advocate for Events Participation](#)** - How LMSCs can Advocate for USMS Virtual, Clinic, and Fitness Events (How LMSCs can support participation). What is LMSC role in helping meet directors.
 - **Speakers:** Tim Waud, Jeff Commings

- **[Events with community building focus](#)** - Events with social elements / community building and/or fundraising. 25s / fun relays / other "non-conforming" events. "recognized" versus "sanctioned" events.
 - **Speakers:** Doug Sayles, Carrie Stolar, John King

- **[Committee-BOD-LMSC Roles Meet-Up](#)** - National committees/BOD/LMSC Roles - info sessions/meet up - geared towards getting more volunteers involved by learning about what committees do or getting time to meet with others in same LMSC roles to network. floating around to have convos.
 - **Speaker:** Ian King

- **[Starting Your First Event](#)** - How to create a new event / resources available to event hosts. time to map out event stakeholders, marketing, facility, fees, tasks, and volunteers.
 - **Speakers:** Shari Cruse, Cory Nguyen, Tony Preston

- **[Adding Pizazz to Your Established Event](#)** - Details and playbooks from experienced event hosts featuring unique event ideas & best practices, with opportunities to brainstorm in groups.
 - **Speakers:** Beth Nymeyer, Kenny Brisbin, Gary Girolimon

2023 USMS Top 10 LCM for Kentucky LMSC

Women 30-34

Place	Event	Name	Age	Club	LMSC	Time
9	1500 Free	Grace Nafziger	32	SKY	Kentucky	23:40.13
10	50 Fly	Abigail Fish	34	SKY	Kentucky	31.60

Women 45-49

Place	Event	Name	Age	Club	LMSC	Time
9	200 Back	Jennifer Brey	45	SKY	Kentucky	3:12.05

Women 50-54

Place	Event	Name	Age	Club	LMSC	Time
9	400 IM	Dana R Holbrook	50	SKY	Kentucky	8:49.18

Women 60-64

Place	Event	Name	Age	Club	LMSC	Time
10	400 Free	Cindy Ciampa-Wise	63	SKY	Kentucky	5:36.19
9	800 Free	Cindy Ciampa-Wise	63	SKY	Kentucky	11:42.82
10	100 Breast	Jeanne M Pettinichi	61	SKY	Kentucky	1:37.38
10	200 Fly	Nancy Ackerson	62	SKY	Kentucky	4:19.47
8	200 IM	Cindy Ciampa-Wise	63	SKY	Kentucky	3:08.57
7	400 IM	Cindy Ciampa-Wise	63	SKY	Kentucky	6:44.17

Women 75-79

Place	Event	Name	Age	Club	LMSC	Time
10	1500 Free	Linda S Hubbuch	78	SKY	Kentucky	34:28.43
10	100 Back	Linda S Hubbuch	78	SKY	Kentucky	2:16.93
7	200 Back	Linda S Hubbuch	78	SKY	Kentucky	4:45.74

Women 85-89

Place	Event	Name	Age	Club	LMSC	Time
10	50 Free	Joyce L Voit	89	SKY	Kentucky	1:43.12
9	100 Free	Joyce L Voit	89	SKY	Kentucky	4:02.31
8	50 Back	Joyce L Voit	89	SKY	Kentucky	1:49.96
5	100 Back	Joyce L Voit	89	SKY	Kentucky	3:39.60
4	200 Back	Joyce L Voit	89	SKY	Kentucky	7:58.36

Men 25-29

Place	Event	Name	Age	Club	LMSC	Time
9	200 Back	Nolan S Smith	29	SKY	Kentucky	2:41.19

Men 30-34

Place	Event	Name	Age	Club	LMSC	Time
6	50 Free	Jp Goyetche	30	UC41	Kentucky	24.30
9	1500 Free	Stephen L Bradley	30	SKY	Kentucky	24:03.17
10	50 Fly	Jp Goyetche	30	UC41	Kentucky	27.05

Men 40-44

Place	Event	Name	Age	Club	LMSC	Time
5	50 Back	Jordan D Proffitt	42	SKY	Kentucky	29.44
2	100 Back	Jordan D Proffitt	42	SKY	Kentucky	1:03.06
4	50 Breast	Jordan D Proffitt	42	SKY	Kentucky	33.05
4	50 Fly	Jordan D Proffitt	42	SKY	Kentucky	27.25
3	100 Fly	Jordan D Proffitt	42	SKY	Kentucky	1:00.23
2	200 IM	Jordan D Proffitt	42	SKY	Kentucky	2:17.54

Men 45-49

Place	Event	Name	Age	Club	LMSC	Time
9	100 Free	Mark T Hurst	47	SKY	Kentucky	1:00.23
5	200 Free	Mark T Hurst	47	SKY	Kentucky	2:12.92
9	50 Breast	Mark T Hurst	47	SKY	Kentucky	33.14
6	200 IM	Mark T Hurst	47	SKY	Kentucky	2:33.38

Men 50-54

Place	Event	Name	Age	Club	LMSC	Time
8	100 Back	Abraham E Solano	54	SKY	Kentucky	1:12.03
3	200 Back	Abraham E Solano	54	SKY	Kentucky	2:34.01
6	50 Breast	Abraham E Solano	54	SKY	Kentucky	35.30
3	100 Breast	Abraham E Solano	54	SKY	Kentucky	1:13.08
2	200 Breast	Abraham E Solano	54	SKY	Kentucky	2:38.18
2	200 IM	Abraham E Solano	54	SKY	Kentucky	2:24.67

Men 55-59

Place	Event	Name	Age	Club	LMSC	Time
7	400 Free	Mark J Lowney	55	SKY	Kentucky	4:59.76
7	800 Free	Mark J Lowney	55	SKY	Kentucky	10:28.05
4	1500 Free	Mark J Lowney	55	SKY	Kentucky	19:47.60
3	50 Breast	James G Luebbe	56	SKY	Kentucky	35.15
4	100 Breast	James G Luebbe	56	SKY	Kentucky	1:20.70
10	200 Breast	Mark J Lowney	55	SKY	Kentucky	3:11.45

Men 60-64

Place	Event	Name	Age	Club	LMSC	Time
10	400 IM	Steven Hill	64	SKY	Kentucky	6:32.76

Men 65-69

Place	Event	Name	Age	Club	LMSC	Time
8	200 Fly	Cork Haberek	66	SKY	Kentucky	3:27.45

Men 70-74

Place	Event	Name	Age	Club	LMSC	Time
8	50 Free	Charles E Johnson	73	UC41	Kentucky	30.91
6	50 Back	Charles E Johnson	73	UC41	Kentucky	37.19
5	200 Breast	Philip Wilder	70	SKY	Kentucky	3:22.44
4	400 IM	Philip Wilder	70	SKY	Kentucky	6:44.69

Men 75-79

Place	Event	Name	Age	Club	LMSC	Time
9	400 Free	Tim E Kute	78	SKY	Kentucky	6:22.84
7	800 Free	Tim E Kute	78	SKY	Kentucky	13:05.23
7	200 IM	Tim E Kute	78	SKY	Kentucky	3:34.89

Men 100-119 LCM (2023)

Place	Event	Club	LMSC	Time	Swimmers
1	800 Free	SKY	Kentucky	10:22.44	

Curtis Fuchs (33), Gregory G Willett (26), William G Kolb (28), Nolan S Smith (29)

Men 280-319 LCM (2023)

Place	Event	Club	LMSC	Time	Swimmers
2	800 Free	SKY	Kentucky	15:37.68	

Thomas Mester (72), Scott Whittemore (69), Michael Radmacher (72), Carlton A Arnold (70)

Women 120-159 LCM (2023)

Place	Event	Club	LMSC	Time	Swimmers
3	800 Free	SKY	Kentucky	11:49.49	

Grace Nafziger (32), Katrina B Edwards (32), Megan Penrod (41), Erika M Ford-Clement (25)

Women 200-239 LCM (2023)

Place	Event	Club	LMSC	Time	Swimmers
2	800 Free	SKY	Kentucky	14:06.06	

Shannon K Davis (43), Nancy Ackerson (62), Pamela Luebbe (60), Julia Howard (49)

Women 280-319 LCM (2023)

Place	Event	Club	LMSC	Time	Swimmers
3	800 Free	SKY	Kentucky	20:11.19	

Joyce L Voit (89), Wendy J Medley (69), Linda S Hubbuch (78), Norah A Kute (66)

Mixed 120-159 LCM (2023)

Place	Event	Club	LMSC	Time	Swimmers
1	800 Free	SKY	Kentucky	9:48.14	

Nathan Knopf (40), Miranda M Tate (30), James C Thomas (47), Abigail Fish (34)

Mixed 200-239 LCM (2023)

Place	Event	Club	LMSC	Time	Swimmers
3	800 Free	SKY	Kentucky	11:41.03	
5	800 Free	SKY	Kentucky	13:40.23	Jennifer Ackerman (56), Mitchell C Reinhart (42), Theodore M Wathen (76), Amy R Saurer (58)

Julie May (56), Shannon Thomas (56), Rory Gillman (46), James G Luebbe (56)

Mixed 240-279 LCM (2023)

Place	Event	Club	LMSC	Time	Swimmers
8	800 Free	SKY	Kentucky	15:03.91	

Jerome F Walker (73), Karen A Rokich (64), Sally S Wilson (64), Bob C Rueff (77)

Mixed 320-359 LCM (2023)

Place	Event	Club	LMSC	Time	Swimmers
6	200 Free	SKY	Kentucky	4:35.14	

Joyce L Voit (89), Linda S Hubbuch (78), Frank J Diebold (75), Stanley W Bearden (80)