

AZLMSC Board Meeting Minutes

These minutes were approved by email vote on 4/29/2024.

April 20, 2024

Location: Oro Valley Aquatic Center, after Saturday session of SCY State meet.

Board Members Present: Katy James-Chairman, Kathy Gallagher-Secretary, Barb Sloan-At Large, Jim Rowland-At Large, Judy Gillies-Past Chair

Absent: Liz Hobbs-Vice Chair, Marianne Rexer-Treasurer, Gini Baker-At Large, Lindsey Urbatchka-At Large

Others present:

Terry Heggy-Coaches Committee Chair,
Marcelo Cabral-Webmaster

Jeff Commings, Coach Dolphins of the Desert, USMS SW Zone At Large Board member
See attached sign in sheet of AZ LMSC members.

Quorum present: Yes

NEW BUSINESS

1. USMS – report from Jeff Commings, SW Zone At Large board member

Jeff is coach of the Desert Dolphins team in Tucson, and a USMS National board member representing the SW Zone, which covers LA and San Diego in CA plus the area east of San Diego, Las Vegas, all of NM, and all of AZ.

In his role as a USMS board member, Jeff would like to hear from AZ members. You can reach him regarding USMS matters, his email is jeffswim@aol.com.

He noted that the USMS board holds monthly meetings including one for setting priorities in the Spring. The board is responsible for setting policy. They don't get into the operational weeds (national committees do) and don't need to give USMS President Dawson Hughes much direction as he often comes to the board with ideas.

Jeff addressed the meeting to discuss big things that will impact AZ swimming.

A. Grown-Up Swimming – seeking Phoenix League Director

<https://www.growupswimming.com/>

This is a new concept for “adult swimming”. It’s like a kid’s summer league, but for adults. See more under format below. It started in Atlanta

USMS acquired Grown-Up Swimming and is expanding it from a regional footprint to a national one by adding 30 new markets/cities in 2024 and another 30 in 2025. The program is appealing because it is fun and may help expand USMS membership.

Brian, the “head grown up” who started the program will contact the AZLMSC to brainstorm starting AZ leagues, first in Phoenix and then expanding to Tucson.

League Format:

- It is like a kid’s summer league, but for adults.
- Intended participants → Anyone, people who want to swim 25s and 50s, swimmers who are just learning about meets and swimming, swimmers who are burned out and want non-traditional format, people who gravitate to the high-energy social format of summer-league style swimming.
- Season is, roughly, April – July, done for sure by the time outdoor pools close
- Meets are held for a couple hours one night/week (Fridays)
- Registration happens in the Spring.
- Teams schedule practices, which are very casual. Remember, this is like summer league!
- Each league sets its own fee structure, to cover associated pool, etc, costs.
- Can be done in conjunctions with existing, regular USMS structure.
- League membership is separate from USMS though. League members don’t need USMS membership.
- Each league has its own Director. Phoenix needs one!!

B. National Board of Directors Election Process Improved

It used to be an arduous process and has been improved significantly to further the USMS goal of making sure the board composition reflects membership. They want to see broader representation, new faces. Currently the board is 60% female.

C. Diversity & Inclusion – request to form a committee within the AZLMSC

USMS set up a Diversity & Inclusion Task Force in 2016 and created a formal board committee in 2019. Jeff is the Chair of that national Diversity & Inclusion Committee.

Prior to the formation of the national D&I Committee, many LSMCs were already doing things to be more inclusive and welcoming within their membership and for non-members as well. Some had/have set up D&I committees within their LMSCs..

The national D&I Committee strives to improve/address things broadly, always asking “What and How can we do better?” A couple examples of things they have done:

1. Changed rule book to use more inclusive language
2. Set some guidelines for national office to be aware of and acknowledge (e.g. special holidays).

Currently the D&I Committee is encouraging all LMSCs to create D&I committee at every LMSC. The main goal is that the D&I committee be proactive about recognizing and informing the LMSCs about D&I issues. The basic concept is that when people feel seen and recognized, they feel like they are part of the larger community.

9 LMSCs have D&I committees. *Jeff asked the AZLMSC to consider forming a D&I committee.*

2. Paul Cate Memorial Swim Meet: Sedona, May 4th

This meet has a Star Wars theme! It also has 25s, an any order 100 IM, and crazy relays. There will be lots of fun prizes and you might see some fun costumes!

Sign up and start getting your costume ready!!

3. USMS Annual Meeting

Each year, AZ and all other LMSCs send delegates to this national USMS business meeting. It will be held via Zoom this year, September 13-15. We need volunteer representatives. LMSC members will get an email with info about the Annual Meeting and how to apply for the AZ representative positions soon.

Annual Meeting Dates: September 13-15. August 15 is deadline for LMSC to send delegate names/registration to National office.

Location: Virtual via Zoom

USMS Annual Meeting info:

<https://www.usms.org/volunteer-central/annual-meeting/2024-annual-meeting>

4. USMS Relay Event: 2024 theme is Community Development

Relay is about building capacity within masters swimming communities across the country. This is a USMS sponsored event that is designed by masters swimmers and coaches who volunteer their time to create a 2-day event packed with sessions and opportunities that connect local volunteers, coaches, and swimmers with their peers across the country for learning and capacity building.

AZ will send 3 volunteers. Soon the LMSC will send members info about how to apply. The board will select Arizona's representatives. The 2024 theme is community development, e.g., growing our swimming community through social activities, community service, and unique swimming events.

Relay Dates: October 18-20. September 13 is deadline for LMSC to send attendee names/registration to National office.

Relay Location: Houston Airport Marriott

Relay info/USMS:

<https://www.usms.org/volunteer-central/lmscs/lmsc-leadership-summit/relay-2024>

5. USMS National Coaches Clinic

The National Coaches Clinic is at the same time/location as the Relay event. AZLMSC can support a portion of coaches expenses to attend as we have some funds remaining that had been budgeted for the USMS clinics held in February. The board will develop a selection/approval process and notify coaches.

Coaches Clinic Dates: October 18-20.

Location: Houston Airport Marriott

USMS Coaches Clinic page:

<https://www.usms.org/coach-central/national-coaches-clinic>

6. Awards

- A. Barb Sloan and Leslie Nook recognized **Mary Ann Case** and **Gynt Clifford**, Sun City swimmers who swam in the 85-89 age group at the Masters World Championships in Doha, Qatar –.

“The United States won eight gold swimming medals in the women’s 85-89 age group at the championship, held Feb. 29-March 2, and two Sun Citians won seven of them...”

-Sun City West Independent

Wow!!! Read more here:

https://www.yourvalley.net/sun-city-west-independent/stories/sun-citians-excel-in-world-championships,489896?fbclid=IwZXh0bgNhZW0CMTEAAR2liHDKJv7eIFuu6ZqRnbswDtnmT06Qa4JJt4Wt_WPf06GcsP2fTXsEq-8_aem_AT2R2d9QqBqILCPY2cOgHVYHY4Z70_Rmk7U0EsJAHqglU_8dhcEmevcxDQ-nBCQERdscSbe8KmhXIT2dErEtJ07g

- B. Jeff Commings noted the collective accomplishments of Dolphins of Desert swimmers for their 1-hour swim efforts over the past 8 years. Especially notable, several Dolphins of the Desert swimmers placed in the Top 10 nationally in their age group. 19 swimmers signed up for the 1-hour swim in 2024, giving Dolphins of the Desert the top-ranking for most swimmers among AZ teams. One swimmer was a national champion in their age group – Aiden B as a 21-year-old – and two others were relay national champions.

Jeff presented a coaches “Certificate of Achievement” to Marcelo Cabral, whose 3-person relay team was national champion at 12,420 yards for the 1-hour swim.

Congratulations Desert of the Dolphins!

C. Gruender Award

Please read about this award on the AZLMSC website:

<https://azlmsc.org/the-edie-and-dan-gruender-award/>

This annual award honors Edie and Dan Gruender who started masters swimming in Arizona and gave selflessly for decades to support and build Arizona Masters Swimming. The AZLMSC Board presents the award to recognize a volunteer who has made a significant contribution to the LMSC overall, and in addition to AZ masters swimming in general.

AZLMSC Chair Katy James presented the 2024 Gruender Award to Leslie Nook, who had no idea she was nominated, so was completely surprised and speechless upon receiving it!

Leslie was nominated for being a great volunteer coach, swim instructor, and official at Sun City Stars Masters. She coaches a lot of their practices, is very active with the swimming community, goes to Nationals, etc. She is a Level 3 certified USMS coach (volunteer) and a volunteer official. She brings joy to all her swimming activities.

Katy acknowledged the significant contributions of the other two nominees, Sandy Whitmeyer and Hop Bailey, both of whom also embody the spirit and intent of the Gruender Award.

Thanks to everyone who attended the AZLMSC 2024 annual meeting!

Meeting adjourned @ 4:27 pm.

Sign in

1. Lee Hawkinson
2. Amy Vidos
3. Cynthia Hayes
4. Allen Kishi
5. Vonelle Schmidt
6. Angela Randall
7. Jean Hofmann
8. Loyel Tillotson
9. Françoise Glederman
10. MARK SPARDALE
11. Terry Heggy
12. ~~Carol Traut~~
Bill
13. Richard Hagan
14. Mary Ann Case
15. Donna Ramsey
16. Mark Modjeska
17. Allison Lehman
18. Sean Hawley
19. Jeff Commings
20. Charles + Anne Muller
21. MARCO LO. Dubois
22. - MARCO C. A. Z. V. U. M. S.
23. Dale Wiley
24. William E. Star
25. William Train
26. Bob Gloom
27. M. Lewin Wood
28. Jim Rowland
29. Jenny Rowland
30. Samantha Martin
31. Amelia Su
32. Carrie Cuffman
33. Malinda Case
34. Muriel
35. ~~Don~~
36. Liz Scott
37. Gail Cluff
38. Barb Sloan
39. Jim Sloan
40. Lynn Moreno
41. Wendy Oberberg
42. TED COOPER
43. Martha Takahashi
44. Alice Wang
45. Mike Schutz
46. Cordy Schutz