

**METROPOLITAN SWIMMING, INC.**  
**HOUSE OF DELEGATES MEETING**  
**Wednesday, January 14, 2009**

**1: CALL TO ORDER, WELCOME, and INTRODUCTIONS:**

The House of Delegates meeting came to order at 7:42pm at the White Plains, YWCA. The list of Clubs in attendance is at the Metro office.

Bob Vializ welcomed everyone present and wished them all a very Happy New Year. Bob also asked all to observe a moment of silence in memory of Mrs. Kelly (LIAC - Emily Kelly's Mom) who passed away today.

**2: ACCEPTANCE/CORRECTIONS OF MINUTES:**

Eric Hertenstein made a motion to accept the minutes of September 20, 2008 House of Delegates meeting. Larry Collins seconded the motion. Minutes were accepted as written.

**3: GENERAL CHAIR:** Bob Vializ

- a. **Coaches Clinic:** A clinic for Metro coaches will be held on April 18<sup>th</sup> probably at Lehman College. USA Swimming Eastern Zone Coordinator Peter Clark will be at the clinic. Coaches from teams receiving money from the Excellence Grant Program will also give a presentation at the clinic. More information will be available soon. Peter Clark will also be available to visit clubs April 20-23. Give him a call or send him an email if you are interested.
- b. **College Recruitment Seminar:** Larry Van Wagner from Marist will host a seminar on College Recruiting for swimmers and their parents. He will talk about rules of recruiting, and all the steps that athletes must take before applying for college. This will be done at Lehman College immediately following Prelims on Saturday, February 21<sup>st</sup> at Senior Mets.
- c. **Meet Announcement Templates:** Beginning with this summer long course season, all meet announcements (for all regular meets and Championship meets) will need to follow the same format. We are working on templates which will then be made available on the website.

**4: TREASURER'S REPORT:** Mary Ann Senecal

- a. The report was available at the meeting. September 1, 2008 to December 31, 2008. Total income was \$161,807.40. Expenses total was \$11,006.33 for a net income of \$150,801.07.

**5: FINANCE CHAIR:** Corinne Cody

All requests for the Budget (September 2009 to August 2010) must be received by Corinne no later than April 1, 2009. Requests forms are available on the Finance page of the web site.

**6: ADMINISTRATIVE VICE CHAIR:** George Rhein

- a. **Update on Excellence Grant Program:** Six clubs applied and were approved to receive part of the grant money: Long Island Aquatic Club, Asphalt Green Unified Aquatics, New York Sharks, La Guardia Aquatic Club, Three Village Swim Club and Empire Swimming. Coaches from these teams are requested to speak at the Coaches Clinic in April. Congratulations to all.
- b. **By Law Changes:** These changes will allow us to operate more efficiently by using today's technology (web site and email) rather than paper and regular mail. Written notice of the proposed changes was mailed to all clubs 30 days prior to this meeting. The proposed changes affect Section 4.13, Section 4.15, Section 5.16, and Section 16.1.5

• **Section 4.13 to be replaced by:**

*EMAIL VOTE - Any action which may be taken at any regular or special meeting of the House of Delegates, except elections, removals of Board Members, members of the Board of Review, elected committee chairmen or coordinators and amendments of these Bylaws, may be taken without a meeting. If an action is taken without a meeting, the Chairperson or Secretary, by email, shall distribute a written ballot to every member of the House of Delegates entitled to vote on the matter. The ballot*

shall set forth the proposed action, provide an opportunity to specify approval or disapproval, and provide a reasonable time (but in no event less than the period specified in Section 4.15.1) within which to return the ballot to the Chairperson or Secretary. Action by emailed ballot shall be valid only when the number of votes cast in favor of the proposed action within the time period specified constitutes a majority of the votes entitled to be cast.

- **Section 4.15.1 to be replaced by:**

.1 TIME - Not less than twenty (20) days written / posted notice shall be given to each member of the House of Delegates and each Group Member for any annual, regular or special meeting of the House of Delegates. See Section 16.1.5 for the various permitted forms of notice. Amendment of the Bylaws shall require not less than thirty (30) days written / posted notice.

- **Section 5.16 to be replaced by:**

EMAIL VOTE - Any action which may be taken at any regular or special meeting of the Board of Directors, except elections, advice and consent to the General Chairman's appointments, or removals of officers, committee chairmen and members, may be taken without a meeting. If an action is to be taken without a meeting, the Chairperson or Secretary, by email, shall distribute a written ballot to every Board Member entitled to vote on the matter. The ballot shall set forth the proposed action, provide an opportunity to specify approval or disapproval, and provide a reasonable time (but in no event less than the period specified in Section 5.17) within which to return the ballot to the Chairperson or Secretary. Action by written ballot shall be valid only when the number of votes cast in favor of the proposed action within the time period specified constitutes a majority of the votes entitled to be cast.

- **Section 16.1.5 to be replaced by:**

NOTICE DEEMED GIVEN: WRITINGS DEEMED DELIVERED: LAST KNOWN ADDRESS -

**A Notice by Mail** - Notice given and other writings delivered by first class mail, postage prepaid, and addressed to the last address shown on the records of Metro shall be deemed given or delivered upon the postmark date for all purposes under these Bylaws.

**B Notice by Fax or Email** - Notice given and writings delivered by facsimile or electronic mail shall be deemed given or delivered upon oral, telephonic, electronic or written confirmation of recipient for all purposes under these Bylaws.

**C Notice by Telephone** - Notice given by telephone shall be deemed given only when actually transmitted to the person entitled thereto for all purposes under these Bylaws. (Thus, for example, a message left on an answering machine or similar equipment or with a person other than the intended recipient shall not be notice given prior to the actual receipt by the intended recipient.)

**D Last Known Address** - for all purposes under these Bylaws, the last known address of a member of Metro shall be the address given in the latest application for registration or membership in Metro and USS filed with the Membership/Registration Coordinator; or the address given in a written notice of change of residence filed with that Coordinator. In all other cases the records maintained by the Secretary of Metro shall be used to ascertain the last known address.

**E Posting on Metropolitan Swimming's Web Site** - Notice will be considered given when it is posted on Home page of the web site.

- c. **Discussion** followed on Section 4.13 – Should it say "... majority of the votes ~~entitled to be~~ cast ..." instead of "... majority of the votes entitled to be cast..." The By-Laws changes would allow us the possibility to have discussions and vote through emails instead of having a meeting to resolve an issue. A motion to change the By-Laws as presented above was made and seconded. Show of hands: 1 opposed. All others approved. **Motion carries.**

## **7: AGE GROUP CO-CHAIRS:** Edgar Perez and Eric Hertenstein

- a. **Bid for Zone Equipment:** Edgar received bids from a Nike vendor (Swim NJ), a TYR vendor (Swim NJ), and a Speedo Vendor (Hobie Swim). We did a comparison on both short course and long course packages. Cost of every item was broken down which helped to make a decision. We came to the conclusion that between the quality of products, service and price, Hobie Swims would be awarded the bid for 2009-2010 for the Zone Team equipment.

## **8: COACHES REPRESENTATIVE:** Larry Collins

- a. Larry is looking to receive input from coaches regarding the "Coach of the Year" awards (Age Group Coach of the Year and Senior Coach of the Year. Send comments to Larry before Feb.1, 2009. Email it to Larry at [bigblueswimming@aol.com](mailto:bigblueswimming@aol.com). The parameters for Selection will then be posted on the web site.

## 9: TECHNICAL PLANNING: David Ellinghaus

- a. Proposed Long Course Calendar:
  - o Open Water Championships: July 12
  - o Senior Mets: July 23-26
  - o Junior Olympics: July 31-August 2
- b. Two bids for Long Course JO's: Condors at Felix Festa and APEX/Badger at Lehman College. Presentation by both teams and discussion about awards followed. Edgar mentioned that awards would all be standardized for Metro Championships. Vote was taken: Condors: 16 vs APEX/Badger: 13 – **Bid was awarded to Condors.** The Condors Swim Club was asked to give assignment for all sessions' warm-ups, as last year's warm-ups were a bit too crowded (either by age or boys/girls) and also to add another warm-up before the 500 free.
- c. Bids for Long Course Senior Mets: None at this time so Brian Brown (Senior Chair) will find a facility to host the long course Senior Mets. If this is a Metro run meet, Monique Grayson mentioned that she is not available that weekend to run the meet!
- d. Summer meets calendar will be posted at the end of the minutes. A request by Asphalt Green to change their June meet dates to the Memorial Day weekend was made January 23<sup>rd</sup>.
- e. Senior Long Course Meet – One day meet – Date TBA (May 9<sup>th</sup> or May 16<sup>th</sup>) probably at Lehman College. Marist Swim Club has shown an interest in running the meet – Session would be followed by an opportunity for the teams involved to practice long course.
- f. Age Group South Update: Since none of the clubs from the South/Nassau offered to run the meet, North Shore has volunteered to host the meet as long that their team is allowed to swim at that meet. They will host it at Stony Brook University. The Board has accepted the bid. Questions about this from Connetquot regarding the 2 teams that they thought were supposed to be swimming at Age Group East/Suffolk but had been moved by Technical Planning to the South/Nassau Meet (see minutes HOD May 14, 2008 - #17d). Farmingdale and Lindenhurst are South/Nassau for the Age Group Meet. This was done to balance the number of swimmers at all Age Group Meets.

## 10: REGISTRATION COORDINATOR: Barry Roffer

- a. **Coaches:** Registrations were all Due in December. If registration or background checks were due on December 31<sup>st</sup>, and it was not renewed, you are no longer registered as a coach. Remember to update everything ahead of time.
- b. If you receive an email about a **Recon** regarding a mistake in the entries (spelling, middle initial missing, etc...) please correct your team manager database and rebuild your file. If it's a mistake that Metro made, let Barry know so that we can update the SWIMS database! If swimmers swim in a meet unregistered, the team will be fined!
- c. If you made a "**change**" in a registration in the fall, it is NOT a "renew"! You must also click on Renew in order for the swimmer to be registered again for 2009! Be aware of this. Please check expiration dates on all coaches' cards and all athletes' cards when you get them back.
- d. Files of registrations will not go in unless we have the money for the registrations on the file. Because you sent the files to the office doesn't guarantee that the registrations have been completed. Checks or money orders or vouchers are needed.
- e. **Question regarding swimmers trying out for a couple weeks:** If the swimmer gets hurt during that time, is he insured? Answer is NO. No "tryout" period anymore. This applies also to meet recon: do not allow any swimmer in the meet if they are not registered as this will make the meet host and the facility at risk if anyone gets hurt! Insurance company will check the meet recon. Trial period is about 2 days!!! Barry will check on this!
- f. **Assistant Coach Requirements:** Article 502.4.3 "Anyone who coaches athletes at a USA Swimming practice or competition must be a coach member of USA Swimming and must have satisfactorily completed safety training and background screening required by USA Swimming".

*The above article was passed by the USA Swimming House of Delegates and is published in the 2009 USA Swimming rulebook. Effective January 1, 2009, any type of coaching including, but not limited to, swimming and dry land training, must be provided by a registered USA Swimming member Coach.*

*Coaching by any other person who is not a registered coach member, including USA Swimming Athlete Members, is not permitted.*

*In order for someone other than a coach member to assist the coach in coaching activities, that person must be under the "direct supervision" of the USA Swimming coach and must be a USA Swimming member (i.e. athlete or non-athlete, non-coach member). This would mean the coach must be on deck at all times and must be directly involved in whatever activity with which the non-coach member is assisting. For instance, an athlete could demonstrate strokes to younger swimmers and the athlete would not have to be a coach member in that instance. However, a good example of what is not allowed would be an athlete who is working with a group of swimmers while the coach is separately working with a second group of swimmers. This would not be classified as "direct supervision" and the athlete would have to be a coach member in order to work with the separate group. Specific questions about this should be addressed to Member Services Staff at USA Swimming Headquarters at 719.866.4578.*

**11: OPEN WATER:** Bea Hartigan

- a. The Open Water Championships will be on Saturday, July 12, 2009. It will not conflict with the 1650 of Senior Mets this year! We d have Age Group Open Water events.
- b. A team from Australia has shown interest in attending. Housing at host members may be needed for their athletes.

**12: OLD BUSINESS:**

- a. Fred Fritsch asked to review the wording of the last sentence of the By-Laws change for Section 4.13 (regarding majority of votes). George Rhein will review the quorum language but he believes that there is a section in the By-Laws that covers the club votes (4.10 – 4.11) Quorum is 20 % of members allowed to vote at HOD - section 5.7.4 for executive committee.

**13: NEW BUSINESS:**

- a. The ABBE Clubhouse (Boys' Club of NY) is offering an educational opportunity for coaches:
  - o ASCA Level 2 "The Stroke School" course on Saturday, April 11 – 8:30am to 5:00pm - \$75 level 2 manual and handout are included.
  - o "How to write and manage workouts for age group and novice" course on Sunday, April 12 – 9:00am to 12:00 noon - \$35 (over 60 pages of handouts are included.
  - o Combined both courses for \$100 – including continental breakfast and Chinese food for lunch on Saturday, and breakfast on Sunday.
  - o For more information and reservation, please contact Magdy Shokry at ABBE Clubhouse: office: 718-886-7000 ext.112 or [magdy.shokry@bcny.org](mailto:magdy.shokry@bcny.org)
- b. Reminder: Joe Stetz Scholarship: applications for the two \$1000 scholarships (one male and one female senior athlete) are due no later than January 31<sup>st</sup>. The scholarships will be awarded at the Hall of Fame dinner.

A motion to adjourn the meeting at 8:38pm was made, seconded and accepted by all.

**House of Delegates – Winter Meets Bid Meeting and Elections:  
Wednesday, May 13, 2009 (7:00pm)  
at the White Plains YWCA**

Submitted by Monique G. Grayson  
January 23, 2009

## LONG COURSE SEASON – SUMMER 2009 CALENDAR

<b>May</b>	1-3	Condors May Meters Matter – LC at Felix Festa – 5 sessions
	9	Metro Long Course Senior Meet at Lehman College – hosted by Marist SC
	9-10	LIAC Spring Kickoff LC Invitational - 4 sessions at NCAC
	13	Metropolitan House of Delegates/Bid Meeting/Elections at White Plains
	15	NBS Distance Meet – SC – 1 session –
	23-24	Long Island Express - 4 sessions
	23-24	AGUA Summer Invitational – LC – 4 sessions
<b>June</b>	6-7	LIAC Summer Classic – LC – 5 sessions at NCAC
	12-14	New York Sharks Summer Sizzler – 4 sessions at Felix Festa
	20-21	Long Island Express – LC – 4 sessions
	27-28	LIAC Summer Fun Invite – LC – 4 sessions at NCAC
<b>July</b>	1	LIAC – Jr. Met Invitational #1 – 1 session – LC at NCAC
	7-11	<i>ConocoPhillips National Championships (World Championships Trials) at Indianapolis, Indiana</i>
	8	LIAC – Jr. Met Invitational #2 – 1 session – LC at NCAC
	10-12	Condors July Jubilee – 5 sessions at Felix Festa
	10-12	Sachem at Holtsville – LC – 3 sessions at Holtsville
	12	Metropolitan Open Water Championships
	15	LIAC – Jr. Met Invitational #3 – 1 session – LC at NCAC
	18-19	New York Sharks – 4 sessions – LC at Felix Festa
	18-19	Long Island Express – LC one session each day
	22	LIAC – Jr. Met Invitational #4 – 1 session – LC at NCAC
	23-26	Senior Mets Long Course Championships - TBA
31-Aug.2	Summer Junior Olympics – LC – at Felix Festa – Hosted by Condors	
<b>August</b>	4-8	<i>US Open – Federal Way, Washington</i>
	6-9	<i>Speedo Champion Series “SuperSectionals” Long Course – Buffalo, NY</i>
	10-14	<i>USA Swimming Junior Championships - Federal Way, Washington</i>
	12-15	<i>LC Eastern Zones – TBA</i>