

METROPOLITAN SWIMMING, INC.

HOUSE OF DELEGATES MEETING

Saturday, September 28, 2013

1. CALL TO ORDER, WELCOME, and INTRODUCTIONS:

The House of Delegates meeting came to order at 10:20am at Lehman College APEX in the Bronx. The list of Clubs and Athletes in attendance is at the Metro office.

John McIlhargy welcomed everyone present. John mentioned that the format of the HOD would be a bit different as he would present it with the addition of a Power Point Presentation. A guest from the New York City Parks & Recreation will be in attendance at this meeting.

2. APPROVAL OF MINUTES:

A motion to approve the minutes of the May 15, 2013 House of Delegates was made, seconded and approved by all. Vote by acclamation – all in favor - **Motion carries.**

3. GENERAL CHAIR: John McIlhargy

- a. **Scott Bartleson** has been elected Chairman of the Board of Review.
- b. We also appointed three more athletes to the Board (**Julian Mackrel, Gregg Byrne and Frances Warren**). In addition **Rob Ripp** and **Colleen Driscoll** were re-appointed as Open Water Co-Chairs.
- c. A new Metro Club was approved by USA Swimming: **Phoenix Aquatics** (Don Wagner Head Coach).
- d. **Brian Hansbury** is on the USAS “short list” for Safe Sport
- e. **HOD Meetings and Format Changes:**
 1. Metro’s 2 HOD are now mandatory: in September and in May. There will no longer be an HOD in January. The January Meeting will be for all Standing Committees to work with BOD. Anyone wishing to address BOD on any issue must do so in writing and be accepted to come before the Board in January.
 2. January meet bids will be done through mail. Technical Planning will then post the schedule. A minimum of 2 weeks will be allowed for comments or changes before posting of the final May-August Calendar.
 3. Legislation – from now on, we will have a “Consent Agenda” just like USA Swimming and Convention. Items needing discussion will be pulled.
 4. Reports will be online with the Agenda and may or may not need discussion.
 5. We want to go to a more informative, educational and planned HOD.
- f. **Critical Action:**
 1. Metro concluded LEAP 1 and is now on to LEAP 2
 2. USA Swimming revised and amended the Metropolitan Swimming By-Laws
 3. We addressed the gap in athlete participation - based on the USA-S 20% rule – by appointment until the next election/vote in May 2014
 4. We are still looking at a Metro Board Retreat to thoroughly go over Policy and Procedures and Rules and Regulations Manual.

5. Insurance for Coaches and families – we need 50 applications to get a quote from the Insurance Company – Contact George Rhein at George.rhein@metroswimming.org to sign up. Give your Name, your zip code, and whether it will be single or family coverage. Adirondack, Connecticut and New Jersey may be interested as well.
- g. **Convention Report:**
1. Dues increase: the USA Swimming House of Delegates approved a dues increase of \$2 per year for a period of then (10) years beginning with the 2015 membership year.
 2. Changes from annual meeting to biennial meeting of USA Swimming House of Delegates, and alteration of the way LSCV delegates are selected to the HOD were rejected.
 3. Other changes: Code of Conduct – passed and takes place immediately
 4. Technical Rules: Strokes and Turns to conform with FINA Technical Rules passed.
 5. More information can be found on the USA Swimming Website at Aquatic Sports Convention:
<http://www.usaswimming.org/Rainbow/Documents/1b7b30b8-60df-4883-b63f-730f8e7d3628/2013%20Legislation%20adopted%20by%20HODv2.pdf>
- h. **Eastern Zone issues:**
1. The BOR moving from the LSC to the EZ passed. Starting in 2015, the BOR will no longer be held in Metro but all cases will go to the Zone. This will be much better to get fair hearings. But we will still have an Administrative BOR Committee (like a mediator).
 2. The Zone will get more responsibilities in many other areas (BOR, Diversity, Safe Sport and OW).
 3. We currently give the EZ \$125/year – there is a proposal to raise the EZ dues to \$250.00
 4. The EZ also approved the common standards for North and South for the Spring Sectionals.
 5. Metro General Chair – John McIlhargy – was elected to the EZ Finance Committee to investigate
- i. **What USA Swimming wants us to know locally about marketing swimming!**
1. Our retention is strong in age group 8-13 and needs work in the 8&Under
 2. Fewer stay in club competitive swimming: we are among the lowest in category beyond age 13 – approximately 3 % retention - about the same as gymnastics – as compared to other sports (baseball/basketball/soccer/track and field) who are around 9-10%.
 3. USA Swimming believes that Metro still has some room to grow.
 4. 4 hour rule for all 12-under sessions.
 5. Mom rules: Influence on sports behavior – 94% Mom / 68% kid / 20% Dad
 6. Think out of the box – Example: US Tennis Association

4. OFFICE ADMINISTRATION/REGISTRATION: Mary Fleckenstein

- a. Safety Training for Swim Coaches:
1. Everyone must take the online portion OR do the full course with an instructor in water skills - allow at least 3 hours – Review is less than one hour.
 2. Online course plus valid lifeguard certification must be presented together
 1. The earlier expiration date of the 2 certifications will become the expiration date in the database.
 2. Coaches must plan ahead – don't wait!!!
 3. For more information, go to the Metropolitan Swimming and USA Swimming web sites.

3. No athletes Registration cards from Metro – Bag tags are being sent directly to the swimmers by USA Swimming – no team or LSC on the card – this allows for registration card to be good even if swimmer transfers! Be sure the athletes addresses are correct!
4. USE CLUB PORTALS – all your info is in there!!!! It is live!
5. New Club Application has been updated for 2014 - Be sure the Club information is all correct on the club application
6. Foundations of Coaching 101 for new coaches – before their registration is complete
7. Foundations of Coaching 201 and Rules and Regulations before they register for the 2nd time!
8. Certifications must be up-to-date and in database or coaches cannot be on deck – this included Background Check, Athlete Protection Training, and CPR and Safety Training
9. Athlete Protection Training will need to be taken yearly now – but it is good for this calendar year as all were updated to reflect a December 31st expiration date – please redo it before then – it will be good until December 2014
10. Please be sure that your email addresses are correct – Metro will be sending out email blasts to clubs and coaches with important information as it comes available.
11. Please be sure to fill out the credit card info – we are switching credit card companies so all prior stored info will not be retained.
12. When registering swimmers – please include a .pdf list of the registrants so it can be verified.
13. SANCTIONS: remember that meets that were bid on should already have meet notice and sanction application in. They are due 30 days after the bid meeting. Too many teams are asking for sanctions at the last minute.
14. TIME TRIALS: they need a meet director and a meet referee and an application form
15. Please use the templates for all meet announcements – that way you don't need to make corrections!
16. Meet info needs to be posted on the web site.

5. ADMINISTRATIVE VICE CHAIR: Denise Byrne – report from Convention

- a. Disability Workshop: Types of disability includes dyslexia, learning disabilities and physical disabilities. Try to put yourself in the disabled swimmers shoes.
- b. Administrative Official: this is a new level for every sanctioned meet and time trials. It is the one who reports to the Referee (or Administrative Referee) and may supervise/direct the following positions on the “dry” side of the meet: Entry and Registration Personnel, Clerk of Course, Timing System Operator, Scoring Personnel, Timing Judge, Meet management Software Operator.
- c. Meet management: Wet and Dry side responsibilities, Education, Volunteers
- d. Coaches and Officials working together: suggestions of how a coach and an official can work together
- e. We are working on a Swimposium with USA Swimming and Lehman College for April 2014
- f. The Backstroke Starting Device will be allowed beginning January 1, 2014. It can be used at any level meet, but must be an even playing field.
- g. Club Development: Coach Mentoring Grant Program for LSC
- h. Board of Review: Procedures, policies and guidelines

6. SAFE SPORT: Brian Hansbury

- a. Overview of Safe Sport Chair Role
- b. Quick page – www.usaswimming.org/protect

- c. Appropriate reporting vs. false allegations – Expectations of Safe Sport – resources available –for athlete, parent, and non-athlete trainings handbook is available – Club/Parent/Athlete Training
- d. Club policies on Travel, Bullying and Electronic Communication – must be posted!
- e. Define expectations, educate, monitor, respond

6: FINANCE AND TREASURER: George Rhein and Corinne Cody

- a. Budget vs. Actuals: Budget 2013 – FY13P&L – September 2012 to August 2013
 - a. Actual income: \$349,711.33 – Budget was \$378,995.00
 - b. Actual Expenses: \$318,612.95 – Budget was \$345,895.00
 - c. Actual Net income: \$31,098.38 – Budgeted Net Income was \$33,100.00
- b. Budget Overview for 2014-2017: The report was available at HOD
- c. A motion to approve the proposed budget was made, seconded and approved by acclamation.
Motion carries – Budget passed as presented.

7: DIVERSITY AND INCLUSION: Elliot Ptasnik

- a. Summary of the 2013 Eastern Zone Diversity Summit in Boston
- b. It is not just “Diversity” but “Diversity and Inclusion” – 4 Main Goals for Metro:
 - a. Establish a Diversity and Inclusion committee with the goal in mind to make New York City Park & Recreation, and Boys & Girls club athletes/competitions part of Metro and USA Swimming
 - b. Establish a scholarship and/or grant program from within the Diversity and Inclusion program
 - c. Host four Diversity and Inclusion clinics a year
 - d. Submit bid to host the 2015 Eastern Zone Diversity Summit.
- c. Re-vamp the Diversity and Inclusion page on the Metro Web Site

8: OFFICIALS: Bruce Brook

- a. Need to increase the number of officials – ideas – Officials Quota –
 - a. Teams that don’t run events should still have a minimum of 2 registered officials or pay \$300 surcharge
 - b. Teams who run regular events must have a minimum of 4 registered officials or pay a surcharge of \$600 – or: 4%/2% rule
- b. Check the web site regularly for clinics

9: COACHES REPRESENTATIVE: Amine Boubsis

- a. Coaches Clinic – work with Denise on Swimposium for April
- b. Mentoring for both Age-Group and Senior Coaching
- c. The following item – 204.9 Sectional Championships – was amended and adopted at Convention and will be effective January 1, 2015.
 - a. Each Zone shall designate its Sections
 - b. The Senior Development Committee will set nationwide time standards for Sectionals but individual Sections may have standards that are slower than these standards but not faster.
 - c. The goal size for the Sectional Meet is 700 athletes
 - d. Sectional meets shall use Online Meet Entry via USA Swimming.
 - e. There shall be at least 2 Spring and 1 Summer Sectional meets in each Zone.

- f. Summer Sectional: shall be a LC meet; shall be no more than 4 days long, and shall conclude between 8 and 22 days prior to the US Open or Junior Nationals, whichever comes first; shall have at least one 18-under final heat per individual event.
- g. Spring Sectional: should be no more than 3.5 days long (the dates may vary according to the needs of each Zone); shall have at least one 18-under final heat per individual event.

For more information, please read the Adopted Amendments to Rules & Regulations – September 2013 (R-9 - page 4)

10: AGE GROUP: Edgar Perez

- a. Edgar made a motion to change the suits problems – and to save cost and make everyone happy by getting a generic Metro Team suit for warm-up only (with Metro logo) – like a trainer suit for the girls and maybe a drag suit for the boys - and let the swimmers use their own favorite tech suit when racing. All were in favor to make this change. Tech suits would still be available for optional purchase.
- b. March 27-29, 2014 is the Age Group SCY Zone meet in Webster, NY (hosted by Fairport)
- c. August 6-9, 2014 is the Age Group LCM Zone meet in Richmond, VA (hosted by Poseidon)
- d. We will do a recon before Zones to make sure that swimmers don't have achieved "max" times prior to Zones!

11: SENIOR VICE CHAIR: Don Wagner

- a. New Jersey Swimming has made a proposal to Metro to allow their Junior National and faster swimmers to be able to compete in our Senior Mets Championships – about 20 athletes – they would reciprocate in NJ on opposite years. We will need to discuss this. This is just a proposal at this time.
- b. March 20-23, 2014 is Speedo SCY Sectionals at Ithaca, NY
- c. March 27-30, 2014 is the Speedo LCM Sectional Meet in Buffalo
- d. LC SuperSectionals will be July 24-27, 2014 at ECC in Buffalo.

12: ATHLETE REPRESENTATIVES: Nicole Papsco and Ryan Wagner – Report of the Athletes meeting

- a. Total USA swimmers exceeds 400,000 for the first time ever! Swimmers ages 13 and over boasts a 90% retention rate and are comprised of 43% men and 57% women. USA swimming working to increase this number through several campaigns targeted at early developing swimmers.
- b. The need for more athlete involvement and participation in the sport at all levels is crucial. Metro swimming has a Facebook page with approx. 900 members so please spread the word!
<https://www.facebook.com/groups/319383604827599/>
- c. Deck Pass – new and improved – cards will be sent directly to swimmers beginning in October!
<http://www.usaswimming.org/Rainbow/Documents/b624c812-ca55-4ad3-804d-6a300c35b81c/Membercard%20presentation.pdf>
- d. USA swimming currently has 3 major broadcasts a year on NBC and 5 more on Universal Sports results in more visibility for the sport. There are also 8 – 10 webcasts a year. More Olympians are in the public spotlight (i.e. Ryan Lochte)
- e. 51 swimmers went to Barcelona, and despite the fact that the United States won 31 medals with 17 rookies, we all remember the camaraderie of the men's 4x100 relay that got DQ'd and veteran Matt Grevers shouldering the blame. This speaks volumes for the values and teamwork of the sport.
- f. Safe Sport program actively in place for 3 years now to ensure athlete protections and reduce the risk of future abuse in the sport.

- <http://www.usaswimming.org/DesktopDefault.aspx?TabId=1955&Alias=Rainbow&Lang=en>
- g. Swim Today – new USA Swimming program to encourage new swimmers to the sport.
<http://www.usaswimming.org/ViewMiscArticle.aspx?TabId=1914&Alias=Rainbow&Lang=en&mid=12343&ItemId=5527>.
 - h. The normal order of heats can be reversed whereby a meet can be run faster to slower if it is stated in the meet announcement.
 - i. Sectionals – standard sectional times throughout the United States have been established so that no one meet has faster or slower cuts times.
 - j. National meet standards as they become available are posted on the Metro Website or can be found on the USA swimming website.
Metro: <http://www.metroswimming.org/Standards/Standards.html>
USA S: <http://www.usaswimming.org/DesktopDefault.aspx?TabId=1472&Alias=Rainbow&Lang=en-US>
 - k. **Key Meet Dates:**
 - USA swimming nationals: Dec 5-7 at Knoxville
 - USA swimming junior nationals: Dec 12-14 at Greensboro NC
 - Metro Zone Team Qualifier at Lehman: Feb 15-17
 - Metro Senior Mets at Lehman: Feb 20-23
 - NCSA junior nationals in Orlando: March 11-15
 - Speedo Sectionals at Ithaca SCY: March 20-23
 - Super Sectionals LCM place TBD: March 27-29
 - Eastern Zone Long Course Champs: March 27-29 at Rochester/Webster
 - l. USA Swimming Olympic Trials in Omaha NE. in 2016. Time cuts will be announced soon!
<http://www.usaswimming.org/DesktopDefault.aspx?TabId=1450&Alias=Rainbow&Lang=en-US>
 - m. Have your coaches e-mail all college commitments to Mary at metro.office@metroswimming.org
All juniors and seniors make sure to register for NCAA clearinghouse and note requirements for NCAA swimming D1,D2 and D3 found here http://web1.ncaa.org/ECWR2/NCAA_EMS/NCAA.jsp

13: OPEN WATER: Colleen Driscoll and Rob Ripp

- a. Initiatives: Open Water Clinic(s); Open Water Event Guide/Guidelines and support; Metro Swimming Open Water Championships
- b. 2014 Planned Events: Huntington-Cold Spring Harbor Swim: Sunday, June 22, 2014 at West Neck Beach-Huntington, NY – 400 meter, 1 mile, 2 miles, 5K (new)
- c. Potential Events:
 - * Grimaldo's Mile – usually late June or July – 1 mile ocean swim at Coney Island, Brooklyn
 - * Huntington Bay 5K at Huntington Bay

14: OTHER REPORTS/OLD BUSINESS/ NEW BUSINESS

The Top 6 LSC's in the Country are: Southern California, Illinois, Pacific, Potomac Valley, Middle Atlantic and Metropolitan Swimming!

A motion to adjourn the meeting was made, seconded and approved by all. Meeting adjourned at 12:09pm.

Respectfully submitted
Monique Grayson

October 27, 2013