

PROCEDURES

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A. FEES AND SURCHARGES

1. For a team to participate in any VSI sanctioned meet, all entry fees must be paid prior to the beginning of the meet. Any swimmer whose team is barred from the meet because of non-payment of entry fees may pay his/her own fees and enter the meet as Unattached.
2. Sanctions and Approvals: \$20.00 for all non-championship meets.
3. Swimmer Fees: \$2.50 per swimmer entered in any capacity in any invitational, special invitational or championship meet.
4. Meet Fees for Championship and Non-championship Age-Group Meets, Senior and Senior Championships are shown in the following tables:

MEET ENTRY FEES CHARGED BY HOST CLUB			
TYPE OF MEET	SWIMMER FEE	INDIVIDUAL EVENT FEE	RELAY EVENT FEE
8 & YOUNGER MEET	\$2.50	\$4.00	\$14.00
AGE GORUP NON-CHAMPIONSHIP MEET	\$2.50	\$4.00	\$14.00
SENIOR NON-CHAMPIONSHIP MEET	\$2.50	\$4.50	\$15.00
DISTRIC & REGIONAL CHAMPIONSHIP MEET	\$2.50	\$4.50	\$15.00
AGE GROUP & SENIOR LSC CHAMPIONSHIP MEET	\$2.50	\$6.00	\$18.00

REBATE FEES PAID BY HOST CLUB TO VSI			
TYPE OF MEET	SWIMMER FEE	INDIVIDUAL EVENT FEE	RELAY EVENT FEE
8 & YOUNGER MEET	\$0.00	\$0.35	\$0.35
AGE GORUP NON-CHAMPIONSHIP MEET	\$0.00	\$0.65	\$0.65
SENIOR NON-CHAMPIONSHIP MEET	\$0.00	\$0.65	\$0.65
DISTRIC & REGIONAL CHAMPIONSHIP MEET	\$0.00	\$1.25	\$1.25
AGE GROUP & SENIOR LSC CHAMPIONSHIP MEET	\$0.00	\$1.25	\$1.25

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The following procedure is an updated version of the Outreach Entry Fees Reimbursement Program. VSI has been following this description of the program since September 2013. The program description has been posted on the Outreach page of the website.

Bill Geiszler has edited the procedure to better reflect what is being done for the reimbursement program. Underlining has been used to indicate the areas that he would like to see changed. Italics have been used to indicate new wording that he would like to substitute in the document.

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F. ENTRY FEE REIMBURSEMENT PROGRAM FOR OUTREACH ATHLETES

1. Purpose of program: To encourage the participation of Outreach Athletes in VSI sanctioned meets, VSI will reimburse a club for meet entry fees paid by the club for the Outreach Athletes. Sanctioned meets for which VSI receives rebate fees qualify for this reimbursement.

2. Reimbursement Procedure:

a. *The Membership/Registration Coordinator will advise the Treasurer (Program Coordinator) of the names and club affiliation of all VSI registered Outreach Athletes.*

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b. *The Membership/Registration Coordinator will send a letter to (notify) the Point of Contact for each club that registers an Outreach Athlete advising the club that it is eligible for reimbursement of meet entry fees paid for the athlete.*

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c. *The reimbursement will be paid for [delete "(a) the swimmer fee and (b)"] all individual event entry fees paid by the club for the athlete. For events where the entered athlete did not swim, 50% of the entry fee will be reimbursed.*

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d. *The club must file for the entry fee reimbursement within 60 days of the conclusion of the meet.*

e. *The Treasurer (Program Coordinator) will provide Outreach Reimbursement information and forms on the Diversity page of the VSI website for use by clubs seeking reimbursement.*

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f. *[Replace old text with the following] For reimbursement, the club must provide the following information for a meet:*

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- an Individual Meet Summary sheet from Meet Manager (see Appendix on website) for each outreach athlete;*
- a completed Outreach Entry Fees Request Summary listing the names of the athletes, the number of events entered for each athlete, and the number of entered events in which the athlete did not swim.*

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g. *The Treasurer (Program Coordinator) will confirm the entry information from the published meet results and notify the Treasurer of the approved request.*

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h. *The reimbursement check will be made payable to the club and forwarded to the address provided on the reimbursement request.*

i. The athlete and the club have the right to appeal any decision regarding reimbursement to the VSI Administrative Review Board.

3. Obtaining an individual meet summary sheet for a swimmer:

a. Go to the Meet Manager backup file for the meet in which the swimmer participated.

b. In Meet Manager, go to Reports.

c. Under Reports, go to Meet Summary.

d. Under Filter, pick the team that the swimmer represents.

e. Under Detailed Journal, select the athlete. (It is the last choice under Detailed Journal.)

f. Once the athlete is selected, Meet Manager generates a report for that athlete showing the entered time as well as the result time. If the athlete did not participate, it shows a NS.

g. If the Meet Manager backup file for the meet is not available, a printout from Team Manager of the Individual Meet Results for the athlete can be substituted for the Individual Meet Summary sheet.

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Registration / Office Administrator Report
Board of Directors Meeting
June 7, 2015

- **2015 Registration Numbers as of 5/31/15:**

Athlete:	6274	Non-Athlete:	887
Athlete Outreach:	33		
Athlete Season 1:	66	Clubs:	51
Athlete Single Meet:	9		
Total:	6382		

- **Mailing Costs:** Starting in 2014, athlete membership cards were mailed by USA Swimming instead of the LSC offices. Beginning this fall, we will no longer mail membership cards to officials. Because of this our mailing expenses have decreased significantly and an automatic postage machine is no longer needed. Bill and I have reviewed the options currently available and have decided that we will not renew the lease on our postage machine when it expires in July, 2016. Between now and then we will research other postage providers to determine the one that is most economical but also meets our needs.
- **2015 LC Zones:** Marla and I are currently working on the details for the meet. The meet announcement has been finalized, sent to each LSC, and posted on both the EZ and Virginia Swimming websites. The Zone has approved using chase starts at all preliminary sessions if warranted by the number of entries received.

TECH PLANNING REPORT

JUNE 2015

All the meets through the summer season are sanctioned except for one ODAC 8 & under meet, which may be taken care of by the time we meet Sunday.

One meet bid has been added to the schedule I sent to you – a long course meet, June 3-5, 2016, hosted by STAT at Embry Mill Aquatic Center. This will be a new 50 meter pool with 8 lanes and an additional 8 lanes of warm up/warm down that is scheduled to open March 2016.

Region Champ assignments for spring will be complete this week.

I'm still waiting to hear whether the Freedom Center is secured for the RAYS Region Champs.

Due to the location and most importantly the DATE of next Summer's Zones, we likely need to re-arrange our AG Champ meet date next summer. I am awaiting further direction from AG and SR committees on this as there are several options available. But we likely need to act soon to be sure we have the right dates secure at the appropriate venues.

That's all I've got at the moment.

Submitted by:
Lisa Liston

Next Spring's banquet at King's Dominion:

Contract is signed for the venue on Saturday, April 23 ... The cost of park entrance is increasing one dollar from this year's price – so \$28 for the park entrance with picnic (\$47 total park and picnic) or \$34 for park only tickets. The cost of the meal will remain the same as this year – nice, since this is the portion VSI picks up!

I have also sent an athlete request to Speedo.

2015-2016 Schedule

Date	Type	Meet
September 2015		
7		Labor Day
11-13		
19-20	VSI	VSI MEETINGS AND SWIMPOSIUM
19-20	Open	TAC, all comers @ ODU
26	Open	QDD @ CPAC, Open Water Pool Event
25-27	Open	LY Season Opener @ Jamerson YMCA
26-27	Closed	ODAC Relay Jamboree and Sprint Invite @ Camp Arrowhead
October 2015		
29-3	USAS	USAS Convention
2-4		
2-4		
9-11	Open	PSDN, all comers, @CSAC
9-10	Open	NOVA, 12 & Younger, @ NAC
10-11	LSC	SEVA, all comers at BMAC
10	Closed	ODAC 8 & Under meet @ Great Bridge
17	LSC	CGBD 8 & Under Top Banana Meet @ Ft. Eustis
17-18	Open	QDD @ CPAC
17-18	Open	RAYS Great Pumpkin Splash, all comers, @CSAC
23-25	Open	NOVA, Halloween Haunt, BB/B/C @ NAC
24-25	Closed	SEVA Senior Quad meet at BMAC
30-1	Closed	NOVA, Senior Classic @ NAC
31-1	Open	TAC, all comers, @ ODU
31-1	Open	STRM @ The Community Pool
November 2015		
6-8	Open	PSDN, all comers, @ CSAC
7-8	Open	PWSC, all comers, @ Freedom Center
7	Closed	ODAC 8 & Under meet @ Great Bridge
11	Open	QDD @ CPAC Distance Meet
14-15	Open	RPST 12 & Younger meet @ St. Michael's High School
13-15	Open	HOKI Thanksgiving Invite @ CAC
13-15	Open	CGBD, all comers, Carl Warner Memorial @ BMAC
14-15	Open	SEVA, 12 & Under Mini Meet @ Ft. Eustis
14-15	Open	WAC Fall Classic, all comers, @ CSAC
14-15	Open	QDD @ CPAC
20-22	Open	SMAC Fall Invite, all comers, @ Waynesboro YMCA
21-22	Open	BASS Turkey Classic @ CSAC
26		Thanksgiving
27-29		
December 2015		
2-5	USA-S	AT&T Short Course National Championships @ Federal Way, WA
4-6	Open	VSTP Icebreaker Invite @ WARF
4-6	Open	NOVA, December Dip, B/C/mini @NAC
5	Closed	ODAC 8 & Under meet @ Great Bridge

9-12	USA-S	Short Course Junior National Championships @ Atlanta, GA
11-13	Open	HOKI Swim and Tri Winter Champs @ CAC
11-13	Open	SEVA 12 & Under BB+ Christmas Champs @ Ft. Eustis
12-13	Open	QDD @ CPAC prelim/finals 11 and older
11-13		
18-20		
25		Christmas
January 2016		
1		New Year's
2-3	Open	TAC, all comers, @ ODU
8-10	Closed	LY YMCA Invitational @ Jamerson YMCA
8-10	Open	NOVA, BB/B/C/mini @NAC
9	Closed	ODAC 8 & Under meet @ Great Bridge
9-10	Open	RAYS, New Years Stinger, all comers, @ CSAC
9-10	Open	QDD @ CPAC
9-10	Open	VAST odd age group meet @ JMU
15-17	Closed	CGBD Tri/Quad meet @ Ft. Eustis
18	Open	QDD @ CPAC, Distance Meet
16-18	Open	PSDN BB+ @ CSAC
23	LSC	CGBD 8 & Under Penguin Plunge @ Ft. Eustis
23-24	Open	WAC Polar Plunge, all comers, @ CSAC
23-24	Open	STRM @ The Community Pool
29-31	Open	NOVA, BB+ @NAC
30-31	Open	QDD IM Double Dual @ CPAC
30-31	Open	BASS Winter Warm Up @ WFS
February 2016		
5-7		
5-7	Closed	ODAC 9-14 year old meet @ Camp Arrowhead
13	Closed	ODAC 8 & Under meet @ Camp Arrowhead
13-14	Central	NOVA, Central District 8 & Under @ NAC
13-14	Open	QDD @ CPAC
15	Open	QDD @ CPAC, Distance Meet
19-21	District	District Championships
	SE	Southeast District Champs (Host: SEVA ; Venue: BMAC)
	C	Central District Champs (Host: NOVA ; Venue: NAC)
	N	North District Champs (Host: RPST @)
26-28	Region	Region Championships
	TW	Tidewater Region Champs (Host: CGBD ; Venue: BMAC)
	SW & BR	Southwest District/ Blue Ridge Region Champs Combo (CCA/ LY; Venue: CAC)
	NV	Northern Virginia Region Champs (RAYS ; Venue: Freedom Ctr)
March 2016		
3-6	LSC	SC Senior Champs (Host: PSDN Venue: CSAC)
?	NCSA	SC NCSA Jr National Championships (Host: NCSA; Venue: Orlando YMCA)
10-13	LSC	SC Age Group Champs (Host: HOKI Venue: CAC)
19-20	Open	SEVA LC Head Start meet @ BMAC
19-20	Open	QDD @ CPAC

19	Open	BASS Odd Age Group Last Chance Meet
	Open	NOVA, Odd Age Group meet @ NAC
27		EASTER
April 2016		
March 31- Apr 3	EZ	Long Course Sectionals Host: PSDN Venue: CSAC
31-3	EZ	Short Course Sectionals Host: Ithaca College, Ithaca NY
8-10		
15-17	Open	PSDN, all comers, Long Course @ CSAC
22-24	VSI	VSI BOD & HOD & BANQUET @ KINGS DOMINION
29-1	Open	HOKI Long Course Invite @ CAC
30-1	Open	BASS Long Course Invite @ CSAC
May 2016		
5-8	Open	PSDN BB+ Long Course Invite @ CSAC
6-8		
13-15		
21	Open	Ben Hair Open Water Swim @ Lake Anna
20-22	Open	PSDN, all comers, Long Course Invite @ CSAC
27-29		
30		Memorial Day
June 2016		
3-5	Closed	HOKI @ CAC
3-5		
10-12		
10-12		
17-19	Open	PSDN, Long Course Invite, 13 & older BB+, 12 & U no QT
17-19	Open	CGBD, Long Course @ BMAC
17-19		
24-26	Open	SMAC, Long Course @ War Memorial Pool, Waynesboro
24-26		
26-3	USAS	Olympic Trials @ Omaha, NE
July 2016		
1-3		
4		Independence Day
8-10		
15-17	Region	Regional Summer Awards
	LSC 2	VSI Regional Summer Awards RAYS @ CSAC
	LSC 3	VSI Regional Summer Awards CCA @ CAC
	LSC 1	VSI Regional Summer Awards SEVA @ BMAC
21-24	LSC	LC Senior Championships (Host: PSDN Venue: CSAC)
28-31	LSC	LC Age Group Championships (Host: HOKI Venue: CAC)
August 2016		
2-6	USAS	US Open
3-6	EZ	Zone Meet hosted by Metro Swimming @ Nassau County Aquatic Ctr
6-13		Olympic Games SWIMMING
9-13	USAS	Speedo Junior Championships @ Minneapolis
21-25		Junior Pan Pacific Championships @ Hawaii

19-21		
26-28		

FINANCE COMMITTEE REPORT – 6/1/2015

At the April House of Delegates meeting, the Coaches Committee made a request that VS pay the LC Zone Meet entry fees for all VS Zone Team members. The practice has been that the entry fees for the two fastest VS entries in each event are paid directly by VS. For all additional entries in an event, the additional athletes pay the entry fee (\$8) in addition to the Team Member fee (\$345 in 2014).

The total entry fees for two entries in each individual and relay event is a little under \$2800. Last year the total LC Zone Meet entry fees paid by VS was a little under \$5300, so roughly \$2500 was for 'additional' individual event entries. VS has budgeted \$40,000 of financial support for the 2015 LC Zone Team. The Finance Committee is recommending that the VS support be increased to \$42,500 to pay the entry fees for all team members.

Action Item: Increase the VS financial support for the 2015 LC Zone Team from \$40,000 to \$42,500.

Submitted by Bill Geiszler, Finance Committee Chair

LC ZONE TEAM ESTIMATED EXPENSES

Location	Actual LC Zones 2011 State College	Actual LC Zones 2012 Richmond	Actual LC Zones 2013 Richmond	Actual LC Zones 2014 Richmond	Estimate LC Zones 2015 Richmond
# VS Athletes	104	115	116	99	100
# Coaches	8	8	8	8	8
# Chaperones	14	14	18	15	15
# Team Managers	1	1	1	1	1
EXPENSES:					
Coaches' Stipends	\$1,900	\$1,900	\$1,900	\$2,700	\$2,700
Entry Fees	\$5,128	\$5,647	\$5,852	\$5,279	\$5,272
Lodging					\$26,512
Lodging/Meals	\$41,118	\$45,226	\$55,792	\$49,399	
Meals					\$23,724
Miscellaneous	\$2,426	\$1,654	\$1,815	\$3,623	\$3,597
Transportation	\$15,165	\$13,875	\$14,430	\$13,258	\$13,750
Uniforms	\$3,550	\$3,920	\$5,102	\$3,179	\$1,146
TOTAL EXPENSES	\$69,287	\$72,222	\$84,892	\$77,438	\$76,702
VS Contribution	(\$36,146)	(\$39,428)	(\$40,151)	(\$38,337)	(\$42,500)
Chaperone Fees	(\$1,400)	\$0	\$0	\$0	\$0
Balance from Fees	\$33,141	\$32,794	\$44,741	\$39,101	\$34,202
Fee per Swimmer					\$342
Actual Swimmer Fee	\$290	\$240	\$345	\$345	

LC Zones Planning Data

Year	2015	Staff Uniforms:	
Short or Long Course	LC	Coach's Uniform	\$0.00
Meet Location	Richmond	Chaperone's Shirt	\$9.45
# Female Swimmers	50		
# Male Swimmers	50	Total Coaches' Uniforms	\$0.00
# Coaches	8	Total Chaperones' Uniforms	\$283.50
# Chaperones	15	Total Manager's Uniform	\$37.80
# Team Managers	1		
Individual Event Fees	\$1,632.00		
Relay Event Fees	\$640.00		
Swimmer Fees	\$500.00	Athlete Caps:	
Additional Event Fees	\$2,500.00	Caps (red - 150 @ \$2.75)	\$275.00
Team Fees	\$5,272.00	Caps (black - 150 @ \$2.75)	\$275.00
		Caps (finalist - 150 @ \$2.75)	\$275.00
Lodging Details:			
# of Nights	4	Total Athlete Caps	\$825.00
# of Rooms	50		
Room Rate per Night	\$117.00		
Tax Rate per Room	13.3%	Total Uniform Cost	\$1,146.30
Total Lodging Cost	\$26,512.20		
Meal Details:			
Breakfast per Day (4 days)	\$19.22	Miscellaneous Costs:	
Lunch (3 Days)	swimmer	Baseball Game (@ \$11.00)	\$1,397.00
Lunch (Group-1 day)	\$20.60	Miscellaneous Expenses	\$2,200.00
Dinner per Day (4 Days)	\$21.97		
Coach's Lunch per Diem	\$10.00	Total Miscellaneous Costs	\$3,597.00
Chaperone's Lunch per Diem	\$0.00		
Sat Pizza Dinner	\$500.00		
Total Meal Costs	\$23,724.02		
Transportation Details:			
# Buses	3		
# Days	5		
Bus Charges	\$13,350.26		
Driver Tips	\$400.00		
Bus Parking at Hotel	\$0.00		
Total Transportation Costs	\$13,750.26		

From: [TJ Liston](#)
To: wageiszler@verizon.net; coachsteve2423@gmail.com; myturner525@gmail.com; ssuhling@yahoo.com; woolfolks@aol.com; mtolliver@gmail.com; jill@jrhyne.com; mib@pce-ltd.com; jrrhayes@gmail.com; swimvast@gmail.com; kolympo@yahoo.com; austinmoyer82@yahoo.com; Bob.A.Rustin@USA.dupont.com; thewallin5@comcast.net; caroline_henry@collegiate-va.org; DVS7E@hscmail.mcc.virginia.edu; emily_erard@collegiate-va.org; jrsimons@comcast.net; hogan.kevin.t@gmail.com; kmchaney@yahoo.com; kmmchaney@yahoo.com; leannehillery@gmail.com; lisalliston@aol.com; hopkinsmatthewt@gmail.com; swimcoachpeter@yahoo.com; edbaldwi@vt.edu; cgbdswimming@cox.net; Tedpsdn@poseidonswimming.com; randtb@msn.com
Subject: RE: Virginia Swimming BoD Mtg, Sunday (June 7th)
Date: Monday, June 01, 2015 5:43:26 PM

Coaches report, Keven McHaney was re-elected in a landslide, Congrats Kevin! And we are still looking for Zone Coaches.

TJ

From: [Steven Phillips](#)
To: [Steve Hennessy](#)
Cc: [Mary Turner](#); [stephanie.suhling](#); [Steve Woolfolk](#); [Maureen Tolliver](#); [jill](#); [Michael Braum](#); [Jerry Hayes](#); [Art Anthony](#); [Austin Moyer](#); [Bill Geiszler](#); [Bob A Rustin](#); [Bryan Wallin](#); [Caroline Henry](#); [David Strider](#); [Emily Erard](#); [Jessica Simons](#); [Kevin Hogan](#); [Kevin McHaney](#); [kmmchaney@yahoo.com](#); [Leanne Hillery](#); [Lisa Liston](#); [Matthew Hopkins](#); [Peter Maloney](#); [Scott Baldwin \(HOKI\)](#); [Steve Hennessy \(E-mail\)](#); [Ted Sallade](#); [Terry Randolph](#); [TJ Liston](#)
Subject: Re: Virginia Swimming BoD Mtg, Sunday (June 7th)
Date: Saturday, May 30, 2015 10:22:41 AM

Club Development Report:

Planning for the Fall 2015 Swimposium I have heard from multiple coaches that they would like to learn about age specific strength and conditioning exercises for swimmers. I have been in contact with a gentleman named JR Rosania who has done several presentations in many swimming conventions that I have attended in the past.

Here is a little bio on JR:

JR's expertise incorporates his proprietary blend of resistance exercises and conditioning activities to rapidly improve the body's ability to perform at peak levels at any age.

JR's clients include Olympic, professional, and elite athletes. His resume includes positions as Strength and Conditioning Consultant to the Yale, Notre Dame, and Stanford University swim teams; and past strength and conditioning coach for the Phoenix Suns. JR trained swimmers Misty Hyman, Gary Hall, and Decathlete Dan O'Brien to Olympic Gold medals. He is the dryland swim coach for Scottsdale Aquatic Club and Biola University. JR was also the personal trainer, friend, and triathlon coach of the late Pat Tillman, former AZ Cardinal and Army Ranger.

JR has over 32 years of experience training thousands of athletes with a special focus on swimmers and triathletes of all levels, ages, and ability. He has trained over 90 age-group swimmers to sectional and national qualifying times, has had 6 national and 41 state championships in swimming.

He is willing to come to our swimposium in the fall for \$2,000 plus expenses.

My goal is to bring someone in that the coaches in the LSC want, and will be willing to come to listen too and learn about. If there are other suggestions or ideas I am not apposed to hearing.

--

Steven Phillips
VAST Gators Head Coach

From: [Kevin T. Hogan](#)
To: [Steve Hennessy](#)
Cc: [Mary Turner](#); [stephanie.suhling](#); [Steve Woolfolk](#); [Maureen Tolliver](#); [jill](#); [Michael Braum](#); [Jerry Hayes](#); [Steven Phillips](#); [Art Anthony](#); [Austin Moyer](#); [Bill Geiszler](#); [Bob A Rustin](#); [Bryan Wallin](#); [Caroline Henry](#); [David Strider](#); [Emily Erard](#); [Jessica Simons](#); [Kevin McHaney](#); [<kmmchaney@yahoo.com>](mailto:kmmchaney@yahoo.com); [Leanne Hillery](#); [Lisa Liston](#); [Matthew Hopkins](#); [Peter Maloney](#); [Scott Baldwin \(HOKI\)](#); [Steve Hennessy \(E-mail\)](#); [Ted Sallade](#); [Terry Randolph](#); [TJ Liston](#)
Subject: Re: Virginia Swimming BoD Mtg, Sunday (June 7th)
Date: Sunday, May 31, 2015 9:35:34 PM
Attachments: [Procedure Changes 20150531.docx](#)

Steve et al-

Attached is a document containing two changes to the procedures as proposed by Bill Geiszler.

The first is a change to the rebate fees so as to reflect the budget adopted at the previous HOD meeting. The changes to the rebate fees would go into effect with the start of the short course season for 2015.

The second change is to formalize the entry fee reimbursement program for outreach athletes. The procedures are currently on the website, but not in the P&P.

These are the only two items that I have for the upcoming meeting.

Thank you.

Kevin

On Mon, May 25, 2015 at 2:54 PM, Steve Hennessy <coachsteve2423@gmail.com> wrote:

Good Afternoon:

I hope everyone has been able to enjoy a wonderful holiday weekend. I have attached a draft board meeting agenda. Please review and provide any additional agenda items as soon as possible. Report, items for consideration, and decision by the board must be provided by Sunday, June 1st.

Steve

VSI

GENERAL CHAIR REPORT

1. Virginia Swimming Awards Celebration

- Congratulations to Lisa Liston, Kara McHaney, and Mary Turner for the success of our annual awards event. This was a major undertaking for a completely different approach to the recognition of Virginia Swimming athletes.
- Are we going to continue with this format going forward? In not, do we cycle through with more traditional awards events with a special event such as this past year?
- We received numerous accolades over the handling of the event and the inclusion of so many more athletes. Are there some itinerary adjustments necessary to ensure proper flow and less distraction from our awards presentation and the guest speaker?
- Single issue raised was over the use of the term All-State versus All-Star. Since we are an LSC, the opinion expressed that we should use All-Star versus All-State.
- Do we look to other venues or is Kings Dominion singularly suited for our event?

2. Eastern Zone Meeting

- Learned the state of Pennsylvania has enacted new background check requirements for all volunteers working with youth sports and activities.
 - It requires an FBI background investigation which includes fingerprinting.
 - Background investigation cost is \$120 and Pennsylvania will not recognize USA Swimming background investigation.
 - This measure would also include such volunteers as timers at meets, or any adult who comes in contact with swimmers in any capacity.
 - Other states are considering similar legislation.
- 2015 Eastern Zone Championship meets:
 - Eastern Zone LC Age Group Championships will be held at CSAC in Richmond, VA on August 5-8. Poseidon Swimming will be the local host team.
 - Eastern Zone Open Water Championship will be held at Atlantic City, NJ on June 27.
 - Eastern Zone LC Super Sectional Championship will be held at Ithaca University, NY on July 16-19.
 - Eastern Zone LC Senior Championship will be held at Erie Community College, Buffalo, NY on August 6-9.
- 2016 Eastern Zone Championship meets
 - Niagara Swimming has been awarded the Eastern Zone SC Age Group Championships to be held March 24-26 at Webster, NY
 - Metro Swimming has been awarded the Eastern Zone LC Age Group Championships at the East Meadow Aquatic Center, Eisenhower Park, Long Island, NY, August 3-6.
 - Virginia Swimming has been awarded the Spring LC Southern Region Sectional Champs to be held March 31-April 3, 2016. The local host will be Poseidon Swimming and the venue will be the CSAC.
 - Niagara Swimming was awarded the Spring SC Super Sectional to be hosted at Ithaca University, NY, March 31-April 3, 2016.

Submitted by:
Steve Hennessy
General Chair, VSI
June 1, 2015

- LC Super Sectional for summer 2016 has not been awarded. Likewise the Eastern Zone Senior Championship has not be awarded. No bids have been received for the aforementioned championship meets.
 - Eastern Zone Elections. The following individuals were nominated:
 - Non-Coach Director: John McIlhargy, Metropolitan Swimming and Mary Turner, Virginia Swimming
 - Technical Planning Chair: Tristan Formon, New Jersey Swimming
 - Age Group Chair: Edgar Perez, Metropolitan Swimming
3. PVS and VSI General Chair meeting regarding PVS teams encroaching into the VSI north district and the effects on pool space availability for hosting swim meets and running swim team practices.
- Met with Bill Marlin, PVS General Chair, to outline issues and concerns of VSI regarding our north district teams' loss of pool time, ability to host meets within the north district, and loss of swimmers to PVS teams due to the ability to provide local competition and local training.
 - Discussed the possibility to opening up PVS open meets (up to five meets per year, 3 SC and 2 LC meets) to VSI north district teams. PVS agreed to concept for the coming year and pledged to work out details for meet support. Still awaiting word on the feasibility
 - Discussed the possibility of a combined senior championship meet. Possibly rotating venues between the LSCs and formatting to provide for 3-tiered finals, top-16 VSI, top-16 PVS, and top-8 overall. Discussed a variety of possible scoring options
 - We operated under the belief if local competition is available then travel expenses could be reduced and staying with current VSI team would still allow for swimmers to compete with and against their "friends" on PVS teams.
 - Discussed loss of pool time by various VSI teams to PVS teams renting pool time in facilities with the north district portion of our LSC.
 - PVS as a matter of policy does not seek to control member teams or seek to implement policy meant to restrict member teams' business approach.
 - PVS does share similar concerns over some of their teams' aggressive pursuit of pool time and the effects upon other member teams' survival. So they did acknowledge that it is a concern but as a matter of policy they do not seek to control such activities.
4. Spoke with the management staff for Stafford County pools, George Mason University – Freedom Center, Warrenton Aquatics and Recreation Facility, and Claude Moore pool. Still hoping to speak with the management staff at Chinn Center and Dale City.
- Each facility has a long history of supporting VSI teams. Would love to continue supporting VSI teams. However, in most cases VSI teams have either reduced their practice time or left the facility. Facilities having to face a financial loss needed to seek other potential revenue sources.
 - In some cases, VSI teams have left the facility with a poor relationship with the facility this is to include but not limited to a balance due the facility which in some cases still has not been satisfied.
 - Reviewing the process of how PVS teams have entered these facilities and over time increased their presence and in some cases becoming the dominant tenant, no favoritism or irregularities could be discerned.
 - The most typical pattern of their expansion has been a team would seek space. The facility would offer what limited space they had available, and over time would take on any space made available by the teams reducing space.

- PVS teams seem to be planning well in advance of the current year needs. They seek out their opportunities by planning, investigating, and relationship building.
5. Awards/Recognition of Volunteers: The following is a list of awards or recognition along with the group that identifies individuals to be honored:
 - Walter Smith Service Award: Virginia Swimming recognition of members who, by reason of exceptional service, personal effort, and unselfish interest, have made distinguished contributions beyond the immediate responsibilities of their position or office to their communities outside of swimming (Special Committee)
 - Maxwell Award: Outstanding Service as an USA Swimming Official (Officials Committee submits a nominee to USA Swimming)
 - Conoco Phillips Outstanding Service Award: Outstanding volunteer service to the Virginia Swimming community (Past Recipients)
 - USA Swimming Lifetime Membership: Awarded for outstanding sustained service to USA Swimming and Virginia Swimming (Past Recipients)
 - Adolf Kiefer Award: Recognizes outstanding achievement in aquatics safety (Board submits a nominee to USA Swimming)
 6. Zone Team administrative requirements and management concerns.
 - Last year we implemented a new process by which swimmer apply for consideration for the Virginia Swimming Zone Team.
 - This fall we modified this process in order to consider newly qualified swimmers beyond the application period.
 - To further advance this process we were to provide an application for the zone team head coach and zone team coaching staff.
 - The zone team head coach should be identified by January of the competitive year and the staff named by the start of the LC season.
 - This would aid in the promotion of the team, selection and vetting of coaching staff, and aid the zone team manager and head coach in the execution of support for the team.
 - Currently we do not have a head coach identified. No coaching staff has been identified. When inquiries were made as to why, there seemed to be a misunderstanding as to who was responsible for picking the head coach and naming the staff.
 - The Age Group Division and the Age Group Chair is responsible for developing the zone team policies and procedures.
 - The staffing, based on our by-laws is the responsibility of our Coach Reps. Because of this duality we have a situation in which one believes the other is taking care of these responsibilities.
 - We need to resolve this as soon as possible, affix primary responsibility and once this year's staff is resolved (head coach and then coaching staff), set up the application process for 2016.
 7. I will be attending the USA Swimming Safe Sport Workshop in Denver, CO on behalf of VSI and our Safe Sport Coordinator, Jerry Hayes.
 8. USA Swimming has announced a Mighty Mid-Size LSC Workshop. The workshop will be held at USA Swimming in Colorado Spring, CO, on November 14, 2015. They are looking for two representatives from each LSC. They prefer one up and coming new leader and one veteran (coach and non-coach).

9. We will be looking towards setting our delegation for the USA Swimming Convention being held in Kansas City, MO, September 27-October 3, 2015.
 - Our voting members are the General Chair, Admin Vice Chair, Age Group Vice Chair, Senior Vice Chair, Senior Coach Rep, and Senior Athlete Rep.
 - If you are a voting member and cannot go or cannot stay for the HOD meeting we will need to establish a proxy for your vote well in advance of the convention.
 - We have had a number of other members included in our delegation depending on need. This includes but is not limited to individuals serving on national committees, Junior Coach Rep, Junior Athlete Rep, and anyone receiving an at-large vote.
10. USA Swimming Consultant Services – LSC Governance Session (Strategic Planning Session)
 - Started the process in August 2011; we never completed our strategic planning
 - Opportunity to have USA Swimming consultant lead us through a view of processes; provide some recommendations on organization direction; help with improving any areas of systemic challenge
 - The following are available dates:
 - September 5-6 (Labor Day weekend)
 - October 17-18 or 24-25
 - November 7-8 or 21-22
 - December 5-6 or 12-13 (major championship meets & mid-season taper meets)

Championship Meet Progression

In our current procedures manual it is stated that meets in our championship progression shall be conducted as nearly identically as possible in terms of event order, whether timed finals or prelims and finals etc. Until the past 3 years this has customarily been done. As VSI has grown however, the original plan no longer fits the number of swimmers in our LSC.

The AG committee in its work has determined that the championship meets at the District and Regional level should be set up and organized in the most part by the clubs hosting the meets. This does give flexibility to using different venues and being more responsive to needs of different parts of the LSC. However it also gives rise to considerable areas of inequality for swimmers. If we did not assign teams to the different championship meets it would not matter as much if they all were run exactly the same way, but since teams are assigned to these meets and not allowed to choose which meet they would prefer to attend it seems only fair to me that all the meets be conducted as prescribed in our procedures, having the same format, offering the same events and running the events in the same way, i.e. timed finals or prelims and finals. This was not done this past year. Also combining a district meet with a regional meet definitely puts some swimmers at a disadvantage because of changes in age. It does not seem to me that we are offering the proverbial "level playing field" to all our swimmers at the end of season championship level as we once did.

I would like this matter and the current procedure to be revisited by the Age Group Committee and the BOD.

From: [Bill Geiszler](mailto:Bill.Geiszler)
To: mtolliver@gmail.com
Cc: bob.a.rustin@usa.dupont.com; coachsteve2423@gmail.com; torandolph@gmail.com; edbaldwi@vt.edu
Subject: 2015 Zone Team Fee
Date: Tuesday, June 02, 2015 4:03:03 PM
Attachments: [LC Zones 2015 est.xls](#)

Maureen,

Attached is the cost estimate for the 2015 LC Zone Team. At this time, I have used \$42,500 as the VS support level for this year. I am requesting an increase in the support level from \$40,000 to \$42,500 at the June 7th board meeting. The additional \$2500 will be used to pay the meet entry fees for all of the athletes who qualify for the team, not just the fastest two VS athletes in each event. If the board approves the support increase, we can set the fee for each team member at \$340. (If the support level is not increased to \$42,500, the fee for each team member should be set at \$365.)

The details of the cost figures are contained on the second tab of the attached file. Please let me know if you see any errors or have any questions.

Bill

From: [Denise MacDonald](#)
To: [Denise MacDonald](#)
Cc: [Mariejo Truex](#); Arlenemcd@aol.com; leap.grosser@sbcglobal.net
Subject: USA Swimming Mighty Mid-Size LSC Workshop
Date: Friday, May 29, 2015 5:46:29 PM

Greetings, LSC Leaders!

Your LSC is one of 21 LSCs invited to participate in the *Mighty-Mid* LSC Leadership Workshop sponsored by USA Swimming in Colorado Springs on November 14, 2015. You might be aware that in the Fall of 2013, USA Swimming hosted a similar workshop (*The Mighty 2500*) for LSCs with an athlete membership of 2,500 swimmers or less.

The main focus of this year's workshop is to bring together leaders from LSCs that have a year-round athlete membership between 2,500 and 7,000 to discuss common challenges and to provide the opportunity for collaboration in the construction of potential solutions to those challenges. Each *Mighty-Mid* LSC is invited to send two representatives to the November workshop. We ask that your two representatives be folks who hold a leadership position in your LSC; it would be great to include a seasoned leader and an up-and-coming leader or coach and a non coach. During the summer, we anticipate further communication with those identified representatives from each LSC, so please encourage your LSC to select its two attendees ASAP and send their names and email addresses to me at mtruex@usaswimming.org

The workshop will be on Saturday, November 14, at the Olympic Training Center in Colorado Spring from 8 AM until 6 PM. There is no Friday PM or Sunday AM session so that you can travel late Friday and early Sunday if that is convenient for you. USA Swimming will pay all room and board for your two LSC representatives. In addition, USA Swimming will reimburse the LSC \$200 toward the travel expenses of each of two LSC representatives.

As a Board member of one of the *Mighty-Mid* LSCs, your input is needed in advance of the workshop. To maximize the experience for all participating LSCs, we ask that you please take a few minutes to complete a brief online survey. Your responses will assist the LSC Development Committee in the development of the content for the November workshop. The *Mighty-Mid* Survey can be accessed at:

<http://vovici.com/wsb.dll/s/83aeg58440>

Please complete this survey by June 15.

Thank you!

MJ Truex
Programs and Services Director
USA Swimming

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