

CONNECTICUT SWIMMING, INC.
Board of Directors Meeting
Minutes
May 16, 2023
8:00 PM

Call to Order/Roll Call: General Chair, Rick Lewis called the meeting to order at 8:03pm.

Board Members: Rick Lewis, David Heller, Kathleen and Davide Mendonca, Jeff Sargent, Greg Pinchbeck, Yolanda Jahan, Nick Cavaturo, Joan Lynch, Madison Winslow, Ellen Johnston
Absent Board Members: Lauren Lazar, Sue Lecza, Sam Enes, Ronnie Vaughan, Sean Farrell, Jason Paige, Dave Pite, Jen Lyman, Brandon Foster, Bill Natlo, Rob Ricobon, Dana Parsons, Gale Dwyer, Dennis Flores, Adriana Schack

Approval of Agenda

*MOTION made to adopt the Agenda as amended with a couple of additions
Passed unanimously*

Adoption of Minutes from 04.18.23

*MOTION made to adopt the Minutes as distributed with corrections. Time limited board positions are swapped
Passed unanimously*

ANNOUNCEMENTS/UPDATES

Would like to congratulate Jeff Sargent and the Masters team for winning the Nationals meet. Jeff set a National record in the 4x100 relay. Like to thank Yolanda, Dave and Sarah for joining him out in Denver for the USA Swimming meeting. It was very informative. We need to get athletes to join us at these meetings.

OLD BUSINESS

- Athlete retreat- Greg- All applicants were reviewed and approved. E-mails sent to the approved swimmers and they are filling out paperwork. We also have a coach as well- Nick Blade from New Canaan Y. Still spots available and extending the deadline.
- Swimposium Update- Rick- still need a date
- Time Standards for Adaptive Athletes- Henk- Working on time standards- came up with a conversion factor. P3 group. Came up with two other factors. The motivational times were faster than what we have used in the past. We use a 1.33 for P3. 1.7 for P2 and 3.15 for P1. There is a big gap between P1 and P3 motivational times. Last year we didn't have any adaptive athletes to give the award to with no results in our state. Will get cuts put together and should go to Senior and/or AG for review. Will be in meet announcements moving forward.

NEW BUSINESS

- Junior Athlete Rep results- Sam and Madison- Samantha Haley from CPAC won.

- Financials- Sue- not present
- HOD meeting next Tuesday, May 23, 2023 at 8 pm via zoom
- FAST/SWIMS 3.0 Update- Henk- Officials search in FAST is working. You can search by name or team but not their credentials. Meet verification is also working. FAST still having issues with duplicates, not as clean of a report. Going through SWIMS is better. APT might not show up. Once an athlete turns 17 they go in and set up their own profile with their own log-in. Can't do APT without their own log-in.
- Coaches Educational Grant- Henk- We opened grant last year but no one applied. We do have an applicant this time around. Push deadline to September 18, 2023.

MOTION made to move the application deadline for the Coaches Educational Grant to September 18, 2023

Passed unanimously

- Eastern Zone meeting review- Rick- LC meet next March in southern zone is unspoken for. Looking for a host. If don't find a host will take the Northern meet and make it a super sectional. Tristan from NJ is moving to NC. He is moving out of Eastern Zone. And the Chair of meet Bids is retiring. Some discussion about taking the winter All- Star meet and making it more competitive and having relays etc.
- Marketing and Communication- Dave- Went to some workshops that were very informative in Denver. USA Swimming does a great job marketing their athletes and coaches. CT Swimming should work harder to market our athletes and coaches etc. We should do more with our website. We should be posting preview articles for meets and posting results from these events as well. We need to market better. Dave Heller is recommending that CT Swimming create a marketing and communications committee to better market our LSC. It would be terrific if we could create such a committee and have it up and running by September. A possible suggestion is to recruit college students who are studying marketing to participate in an internship with CT Swimming. It would be great to highlight swimmers going to National meets or officials that are also attending these National meets.
- Denver Workshop Report- Yolanda, Rick, Dave-There were so many great tracks and educational opportunities at this conference. A lot of great speakers. The keynote speaker Thursday night was the Head Coach from University of Richmond who is running a sleep study at Richmond. He was discussing how sleep was very important for these athletes. He was very informative. We should consider recruiting this coach to be a guest speaker at a CSI event in the future. Dave Heller attended an open water swimming presentation- The Eastern Zone Open Water Championship is being hosted by New Jersey this year and they will be hosting a two day event. Our LSC is way ahead of the curve as far as hosting open water swimming events and championships. We have been hosting open water events for a long time. In terms of marketing and governance, USA Swimming and their staff is always available to work with us and wants to help to improve our LSC. The USA Swimming Foundation was having their board meeting in FL at the same time as the Denver workshops so Greg Pinchbeck could not attend the Denver USA Swimming workshops. Although our LSC is very well organized and very high functioning and we are doing a great job, we need to recruit new members and keep

up the good work that we are doing and the enthusiastic support of our board members and volunteers.

- Open Water summary- Greg- Lake Quassapaug is a very well known Open Water competition location and our CSO Open Water Championships are always. Very well run. Greg would like to see CT once again host the Eastern Zone Open Water Championships and that the meet be a National qualifier. Nick attended the recent Open Water Nationals in Florida and would like to encourage more CT swimmers to get involved in open water swimming. USA Swimming wants to expand the event in Sarasota.
- Yolanda- safe sport- Based upon attendance at a safe sport workshop it was noted that it is not required to separate kids from adults in the bathrooms if the LSC is unable to do so at a particular facility. It is important to keep adults and swimmers separate but many facilities throughout the country do not have the ability to utilize separate bathrooms. Of course, if adults and swimmers can use separate bathroom facilities they should do so. However, it is not against the rules to have the athletes and adults sharing bathrooms if no other option exists.

OFFICER REPORTS

- General Chair Report – Rick Lewis - nothing to report
- Administrative Vice-Chair – Jeff Sargent- nothing to report
- Treasurer- Susan Lecza- nothing to report
- Finance Vice-Chair – Joan Lynch- nothing to report
- Age Group Committee Chair – Ronnie Vaughan- Working on AG and Regional meet announcements. AG cuts are posted
- Senior Committee Chair – Sean Farrell- nothing to report
- Technical Planning Committee Chair – Jason Paige- nothing to report
- Program Development Vice-Chair – Jen Lyman- nothing to report
- Program Operations Vice-Chair – Yolanda Jahan- nothing to report
- Officials Committee Chair – Dave Pite- nothing to report
- Operational Risk Coordinator – Brandon Foster- nothing to report
- Coach Representatives – Bill Natlo- nothing to report
- Athlete Representatives – Madison/Sam- nothing to report
- Safe Sport Coordinator – Greg Pinchbeck- nothing to report
- Coach-at-Large – Nick Cavataro- Is participation at the junior open water championship eligible for reimbursement? Yes it is.
- Registration/Membership Coordinator – Kathleen/Davide Mendonca- in minutes from last meeting just change from \$ to swimmers. SWIMS updates- made changes to education tab- easier to navigate. At the end of April- made changes to the officials component. Working on club renewals for the fall.
- Zone Team Coordinator – Dana/Gale- nothing to report
- Diversity, Equity & Inclusion – Dennis Flores- One of our swimmers got selected for the DEI Eastern Zone Camp.

Need to post and advertise about Quassey Day.

Meeting was adjourned at 9:05 pm.

Respectfully submitted,
Lauren Lazar
Secretary