

POLICIES OF THE OHIO LOCAL MASTERS SWIMMING COMMITTEE (as of 31 March 2010)

1. Ohio LMSC swimmers are responsible for obtaining their own patches and certificates. The Ohio LMSC has the responsibility to publish the names of qualifier-, and where they can write to obtain their awards. This includes individual and relay patches for MNA, All American, USMS, Top Ten and Zone Champion.
2. Meet Scheduling: preference for meet dates shall be given to teams that have previously hosted meets on a specific schedule (consistently one date or weekend). Next preference will be given in the order that meets are received by the Sanctions Chair. The Sanctions Chair will attempt to negotiate any conflicts with all parties; however, the decision by the Sanctions Chair selecting dates for meets shall be final. The Sanctions Chair will attempt not to schedule two meets, on the same weekend or within one week in the same vicinity. This includes meets in neighboring LMSC's as well as within our own LMSC. Teams are encouraged to send in their meet preference dates 8 to 12 months in advance. The earlier the meet registration is received, the more opportunities for the LMSC to publicize dates and resolve conflicts.
3. The LMSC electronic or physical mailing list shall not be released to any one unless approved by the Ohio LMSC board of directors. A charge of \$.05 per label shall be made for each physical address mailing label supplied, which charge may be increased by the board from time to time. Requests for labels must be made in writing to the Ohio LMSC board of directors and the purpose for which the labels are sought must be stated. Generally, labels shall be supplied only for non-commercial purposes relating to Masters Swimming. E-mail communications may be made by members to all or a portion of the general membership via the Internet. No attachments are allowed within said e-mail communication but links are permitted to be displayed. E-mail addresses are strictly confidential and will not be disseminated except for official LMSC or USMS business.
4. The Ohio LMSC shall strive to send all voting delegates to the USMS National Convention who are members of the LMSC. The Ohio LMSC board of directors shall determine how much of the cost shall be covered, however, in general a delegate shall be reimbursed for the convention registration fee, airfare or mileage costs (whichever is less) for travel to the convention city, hotel expense at one half the double room charges, and transportation to and from the airport at the convention city. Mileage shall be paid at the IRS rate for charitable deduction mileage calculation (2007 rate currently at \$. 45/mile). The LMSC will provide a per diem rate of fifty (\$50) reimburse for food expense if necessary. Other expenses necessitated by a specific convention's requirements shall be reimbursed on a case-by-case basis by the board. Non-voting delegates shall travel to and from, register for and attend USMS conventions at their own expense.
5. The Ohio LMSC shall keep records for Ohio LMSC registered swimmers for Short Course Yards, Long Course Meters and Short Course Meters from any sanctioned meet for which meet results are received. The individual swimmer is responsible for presenting official results from any meet held outside the Ohio LMSC in order to have those records included.
6. If requested by a participant, a meet referee shall require a minimum of 10 minutes between the end of a swimmer's previous event and the beginning of their subsequent event.
7. The Ohio LMSC cannot stress enough that safety is a major concern for all practices and swim meets. It is the responsibility of every Masters coach and Meet Director to talk about safety with all swimmers and to publish and enforce the local and USMS safety rules for practices and meets.
8. Any team which fails to provide meet results to the Top Ten Recorder within 30 days of the completion of a meet, such results to be in the form specified in the Ohio LMSC Sanction Packet, will be assessed a \$60 non-refundable performance bond at the time of submission of that team's next sanction application. The bond may be refunded if meet results for the next meet are received within 30 days from the end of the meet and in the form specified.
9. The LMSC Safety Chair shall provide current American Swimming Coaches Association and CPR certification information to all coaches that reside within the LMSC. The Safety Chair shall do this every year before the fall

season starts (before 1 October). The Safety Chair shall note the importance of certification and shall note that the LMSC “strongly encourages” both certifications.

10. A minimum of two team awards shall be announced at all Ohio LMSC sanctioned meets. The two required awards are “Best Overall Team” and “Best Quality Team”. The “Best Overall Team” award is provided to the team that scores the most points combined men and women. The “Best Quality Team” award is provided to the team that has the best points per swimmer at the meet. The total number of points awarded to that team (shall include relay and individual event points) will be divided by the total number of team members attending the meet. Only teams with four or more swimmers attending the meet are eligible for the “Best Quality Team” award. It is at the determination of the meet director whether they will provide an actual trophy for any of the required awards.
11. The LMSC shall provide a grant to two coaches each year to attend the American Swimming Coaches Association World Clinic each year. The selected coaches shall each receive \$1200 to attend the World Clinic to help cover travel and registration costs. The selected coaches shall attend the majority of the sessions at the World Clinic. If the selected coaches cannot attend the clinic after having been selected, the selected coach shall return the grant money to the LMSC in a timely manner and the LMSC shall award the grant money to the assigned alternate. In addition, the selected coaches are required to participate in the Ohio LMSC Swimmers Clinic and the Ohio LMSC Coaches Clinic later that year to help pass on what they learned at the World Clinic. The selection process shall consist of the following:
 - a. Any Masters coach in the Ohio LMSC is eligible
 - b. Coach must be nominated (self-nominations are allowed and encouraged)
 - c. Coaches shall provide short resume with the following information by July 30th:
 - i. Past coaching history (team name, duration, level held, team success)
 - ii. Current team size and the % of the team they coach (responsibility level)
 - iii. Current team successes
 - iv. Coaching philosophy (300 words or less)
 - v. How they would implement their knowledge gained from clinic attendance (300 words or less)
 - vi. Signed agreement to coach at LMSC coaches and swimmers clinics and to attend majority of World Clinic if selected
 - d. Coaches are selected by the Ohio LMSC Board based on the nominee’s coaching success and motivation to improve themselves, their team, and the LMSC
 - e. Each LMSC board member has two votes that must be cast to two different coaches
 - f. Each vote counts as one point
 - g. Points are totaled where the two coaches with the most points are selected for grant
 - h. If a tie exists for the 2nd most number of votes, a tiebreaker vote is cast by the LMSC Chairman
 - i. Two alternates shall be specified with an order of preference in case the selected coaches cannot attend the clinic as scheduled
 - j. A nominee may receive a grant in consecutive years only if there is a shortage of nominees (fewer than two quality first-time nominees exist)
 - k. Any LMSC board member may be a nominee but are not allowed to vote for themselves