

## **Minutes of the Ohio LMSC Meeting**

Location: Bowling Green State University Pool and Teleconference

Time: 4:30 p.m.

The Chair, Cody Rasmussen, called the Annual meeting of the OHIO LMSC to order at 4:30 pm on Saturday June 2<sup>nd</sup>, 2007.

A quorum was established with 3 members of the LMSC present.

### Board members present:

Chair: Cody Rasmussen

Secretary: Chris Thelen

Safety/Fitness Chair: C.J. Rushman

### New Business:

The main reason for this meeting was to discuss and vote on seven proposal items (attached below) to help improve the Ohio LMSC. Discussion and status points are listed here:

1. **Lake Erie and Ohio LMSC Merger: APPROVED.** The Board voted and decided that this merger can only benefit the Ohio LMSC. Laura Kessler is currently discussing this merger with the Lake Erie LMSC Board. Since the Lake Erie LMSC will be taken over by the Ohio LMSC, they are the ones that have something to lose, but the benefits should outweigh any drawbacks. Currently awaiting their determination. If Lake Erie is on board, we will go forward with the paperwork which is due in August. In addition, the Board agreed that once the merger is complete, the Board should be reconfigured with the opportunity for those from the old Lake Erie LMSC to join the Board/Committee.
2. **2009 Long Course Nationals: APPROVED WITH CONDITIONS.** The Board voted and decided that this is beneficial for the Ohio LMSC if we can get a Columbus area team to help lead the effort. CJ will contact Columbus teams to see if any will act as a National meet sponsor. This is critical since we will not succeed if we do not have a local team that is willing to lead this meet. CJ has agreed to act as the meet director.
3. **ASCA World Clinic Grant: APPROVED.** The Board voted and decided that this will help the LMSC give back to local teams and will improve the level of coaching seen in the Ohio LMSC. Cody will write up the details for the official Ohio LMSC Policy change. We plan on implementing this grant this summer. The announcement will go out by the end of June with coaches' application packages due to the board by the end of July. The decision and checks will be written in early August. In addition, CJ will talk with other LMSCs to see if any other processes have been setup and look at their official selection processes and rules.
4. **Ohio LMSC Registration Price: APPROVED.** The Board voted and decided that we need to increase the price by \$2 for the 2007-2008 season. We will also increase the price by \$3 for the 2008-2009 season. Will talk with Laura and change the registration form.
5. **Best Quality Team Awards: APPROVED.** The Board voted and decided that this will help the smaller teams in our LMSC. We will still have the "Overall Team" Award at all meets, but the "Best Quality Team" Award will be added. Will change Ohio LMSC

Polices to reflect change. Will also contact Mag so she can notify all future meet directors of new requirement.

6. **Safety and Fitness: IDEAS GATHERED.** The Board discussed ideas to improve safety and recruitment for the Ohio LMSC. Will work to implement these items, but they are not completely official at this time.
  - a. Will “strongly encourage” all Ohio LMSC coaches become certified (ASCA and CPR). We will send out information to all coaches in the Ohio LMSC so they will have what they need to become certified. We will require this for all ASCA World Clinic grant applicants in 2008. We will allow non-certified coaches to apply for the grant in 2007.
  - b. Chris will draft a Masters/Ohio LMSC pamphlet. The pamphlet will contain key information for those that are interested in competitive swimming, fitness, social aspects, or learning how to become a better swimmer. It will also contain Ohio team information for those that are looking for a team to train with. Will also include relevant website information. Will plan on putting these pamphlets in other athletic events packages such as marathons, triathlons and open water swims. We will need to contact race directors about including these pamphlets.
  - c. Will work with triathlon race directors to possibly add more open water swims for the 2008 summer season. It is easy to “piggy-back” on triathlon races for an open water swim since the safety personnel are already there and the course is already set. Will suggest holding the open water swims during or immediately after the triathlon swim occurs.
7. **Ohio LMSC Clinics: APPROVED.** The board voted and decided that this will help increase interest and quality in our LMSC. Two clinics will be held each fall (coaches clinic and swimmers clinic). The swimmers clinic will be purely instructive with an academic and hands-on portion. The coaches clinic will have both instruction and open discussion with the Ohio LMSC coaches. Multiple coaches will present topics with an open forum on all presentations. There will also be a hands-on portion where we each take a small portion of a work out and provide constructive criticism to our fellow coaches (for those that are willing). The Dayton Area Sharks volunteered to host the coach and swimmer clinics this year, but other teams are still more than welcome to volunteer. A final date, location, and cost will be determined later this year, but the goal is to hold the coaches clinic in early October (sometime after the ASCA World Clinic and the US Aquatic Sports convention) with the swimmer clinic to be held shortly afterwards.

No other business was offered and the meeting was adjourned at 5:45 p.m.

Respectfully submitted:

/Signed/ Cody C Rasmussen

Cody C Rasmussen, Ohio LMSC Chair

## 2007 Ohio LMSC Proposals

### 1: Lake Erie and Ohio LMSC Merger

Suggested change:

Merge the Lake Erie and Ohio LMSCs together into one single LMSC.

Benefits:

- 1) One governing body for Ohio
- 2) One Ohio newsletter
- 3) One website
- 4) One true state and LMSC championship
- 5) Less work requirements
- 6) More teams to compete with inside LMSC (OHIO masters is the **only** team in the Lake Erie LMSC)
- 7) Ohio LMSC typically has younger swimmers, Lake Erie typically has older swimmers, combination of these LMSCs will provide a better age distribution
- 8) Tendency to improve attendance at common-ground meets
- 9) Larger LMSC to host 2009 LC Nationals (more people to help)
- 10) LE LMSC members have hosted a LC Nationals before (need to leverage experience)

Complexities:

- 1) How do we merge the separate committees? Re-vote?
- 2) Multiple registrars? Merge registrars? What is the registrar work load?
- 3) Paperwork with USMS national office
- 4) Merging treasury? Separate accounts until money is spent?

Status:

- 1) Need board to vote if this is acceptable to our LMSC. (DONE)
- 2) Need to discuss with Lake Erie LMSC before proposing to USMS national office. (DONE)
- 3) Awaiting Lake Erie LMSC vote on merger.

## **2: 2009 LC Nationals**

Suggested change:

Submit bid for 2009 Long Course USMS National Championships to be held at OSU pool.

POC: CJ Rushman

Benefits:

- 1) Build LMSC treasury substantially
- 2) Better Ohio recognition
- 3) Improve summer participation in LMSC
- 4) Central location prime for national attendance

Complexities:

- 1) It's a lot of work!
- 2) Need up front money in treasury for meet prep
- 3) Need to recruit army of officials and volunteers
- 4) Need meet website

Status:

- 1) Need to make decision in LMSC if we are willing to host this meet. (DONE)
- 2) Need to get a Columbus team to sponsor so we have local representation.
- 3) Need to produce bid package
- 4) Need to get approval of OSU pool

### **3: ASCA World Clinic Grant**

Suggested change:

- 1) LMSC provides grant to two coaches each year to attend the American Swimming Coaches Association (ASCA) World Clinic
- 2) LMSC would provide a fixed amount each year to cover registration fee and a portion of travel costs (suggest setting grant at ~\$1200/coach each year)
- 3) Sponsored coaches are required to attend the majority of the ASCA clinic
- 4) Sponsored coaches are required to assist in the Ohio LMSC Swimmers and Coaches clinic later in the season (will start in 2008)

POC: Cody Rasmussen

Selection Process:

- 1) Any coach in the Ohio LMSC is eligible
- 2) Coach must be nominated (self-nominations are allowed and encouraged)
- 3) Coaches will provide short resume with the following information by July 1st:
  - a. Past coaching history (team name, duration, level held, team success)
  - b. Current team size and the % of the team they coach (responsibility level)
  - c. Current team successes
  - d. Coaching philosophy (300 words or less)
  - e. How they would implement their knowledge gained from clinic attendance (300 words or less)
  - f. Signed agreement to coach at LMSC clinic(s) and to attend majority of World Clinic if selected
- 4) 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
- 5) Each LMSC board member has two votes that must be cast to two different coaches
- 6) Each vote counts as one point
- 7) Points are totaled where the two coaches with the most points are selected for grant
- 8) If a tie exists for the 2<sup>nd</sup> most number of votes, a tiebreaker vote is cast by the LMSC Chairman
- 9) 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)
- 10) Any LMSC board member may be a nominee but may not vote for themselves

Benefits:

- 1) Give back to LMSC teams
- 2) Improve coaching in LMSC and in LMSC clinic(s)
- 3) Improve overall performance of LMSC
- 4) Improve LMSC membership
- 5) Improve LMSC representation at ASCA clinic

Complexities:

- 1) Disagreement with grant selectees
- 2) Need to hold annual LMSC meeting in early July to make decision
- 3) Advertise grant offering and recruit quality nominees year-to-year
- 4) Forcing grant selectee to attend new LMSC clinic(s)

Status:

- 1) Need board to vote. (DONE)
- 2) Finalize policy and notify coaches.

#### **4: Ohio Registration Price**

Suggested change:

Increase Ohio LMSC full-year USMS registration price to \$30 in 2008.

POC: Cody Rasmussen

Benefits:

- 1) Will cover \$25 USMS registration price (\$5 increase from 2007)
- 2) \$5 will go to Ohio LMSC and will help maintain Ohio LMSC treasury
- 3) Ohio LMSC treasury will help fund ASCA grant
- 4) Ohio LMSC treasury will help National meet setup costs

Complexities:

- 1) Increase in price may hurt registration (minimal with only a \$5 increase)
- 2) How much do we increase the fall-only registration?

Status:

- 1) Need board to vote. (DONE)
- 2) Contact Laura and change 2007-2008 form.

## **5: Best Quality Team Awards (Best Points/Swimmer teams)**

Suggested change:

- 1) Add award at all Ohio LMSC meets for “Best Quality Team”
- 2) Award given to “teams” that have the best points/swimmer score (total team points/number swimmers on team at the meet)
- 3) A “team” is defined as a USMS registered team with four or more swimmers attending the meet
- 4) Start implementation in October 2007 in Ohio LMSC only
- 5) Announcement is required by meet director after completion of **every** Sanctioned Ohio LMSC swim meet (on their website or at the meet location)
- 6) Trophy is not required for this team award
- 7) Award does not replace conventional “Overall Team Award” category
- 8) “Overall Team Award” category is still required at all meets

POC: Cody Rasmussen

Benefits:

- 1) Teams will also be judged on quality instead of quantity
- 2) Better way to evaluate each team
- 3) “Super-teams” will not dominate
- 4) Better small team representation
- 5) If we prove success using this award, we can motivate national level to do it
- 6) Straight forward calculation

Complexities:

- 1) Meet director must perform calculations at end of meet
  - a. Not too difficult since one calculation is required for each team (fast)
- 2) Enforcement by Ohio LMSC

Status:

- 1) Need board to vote. (DONE)
- 2) Need to change official LMSC Policies and notify Mag Wright.

## **6: Safety and Fitness**

Suggested change: Need ideas to improve safety at workouts/meets and we need ideas to help recruit more members (how do we get the casual swimmer?). We welcome all ideas from the Ohio Local Masters Swimming Committee.

POC: CJ Rushman

Ideas Gathered:

- 1) Will “strongly encourage” all Ohio LMSC coaches become certified (ASCA and CPR). We will send out information to all coaches in the Ohio LMSC so they will have what they need to become certified. We will require this for all ASCA World Clinic grant applicants in 2008. We will allow non-certified coaches to apply for the grant in 2007.
- 2) Chris will draft a Masters/Ohio LMSC pamphlet. The pamphlet will contain key information for those that are interested in competitive swimming, fitness, social aspects, or learning how to become a better swimmer. It will also contain Ohio team information for those that are looking for a team to train with. Will plan on putting these pamphlets in other athletic events packages such as marathons, triathlons and open water swims. We will need to contact race directors about including these pamphlets.
- 3) Will work with triathlon race directors to possibly add more open water swims for the 2008 summer season. It is easy to “piggy-back” on triathlon races for an open water swim since the safety personnel are already there and the course is already set. Will suggest holding open water swim during or immediately after the triathlon swim occurs.

Status:

- 1) Chris working on draft pamphlet.
- 2) CJ/Cody will need to send out information to coaches on certification. Will do when notify coaches of new ASCA World Clinic grant.
- 3) CJ/Cody will need to talk with race directors about getting their pamphlets included in the race packages and about getting open water swims held in 2008.



## **7: Ohio LMSC Clinic**

Suggested change: Add LMSC swimmer and coaches clinics

POC: Cody Rasmussen

Benefits:

- 1) Coaches clinic will improve coaching quality in LMSC
- 2) DAS already holding coaches clinic in early fall, will invite Ohio LMSC coaches
- 3) Improve coach collaboration in LMSC
- 4) Swimmers clinic will help recruit and improve Ohio LMSC members
- 5) Swimmers clinic coached by premier Ohio LMSC coaches (supplemented by Ohio LMSC ASCA World Clinic grant selectees)

Complexities:

- 1) Organizing clinics
- 2) Pool time
- 3) Finding optimal location for best attendance
- 4) Do we charge for participation?
- 5) Do we pay for coach involvement? How do we continuously get good coaches?
- 6) Recruiting participants and advertising

Status:

- 1) Need board to vote for LMSC endorsed clinics. (DONE)
- 2) Need to contact other coaches/teams about clinics.
- 3) Need to finalize schedule, cost, location, host, etc...