



**President's Report
Board of Directors Summer Meeting
July 14-15, 2018**

Our Summer Board of Directors meeting comes at a time when the Board and other USMS volunteers are striving to think differently. As we address today's challenges, such as attracting new members, and look to USMS's future, we're trying to think about our organization and its long-held processes and practices in new ways. This will be evident in many aspects of the Summer Board meeting.

We'll spend a significant amount of time at the meeting with the findings and recommendations from the Volunteers Task Force. This group, which has been operating since after last year's convention, has the mission to "Investigate and make recommendations regarding how to optimize USMS's volunteers as resources now and in the future." The task force will share some outside-the-box observations and suggestions that I think will lead to active conversations during the meeting. I'd like to thank Volunteers Task Force Chair Laura Winslow for leading a diverse group of volunteers that has devoted a significant amount of time, including research with our volunteers and multiple communications and meetings.

In the same vein of thinking differently, we will hear again from the Convention Task Force. Although the task force already suggested legislation changes that will be considered at convention this year, the group has continued to discuss the future of the USMS annual meeting. At our Summer meeting they'll be proposing plans to get the House of Delegates engaged in thinking about the annual meeting differently.

We'll also consider changes to the Election Operating Guidelines from the Election Committee. The committee has been diligently exploring options for electronic voting at our annual meeting. This would be a big change with the promise of quicker voting while ensuring accuracy. This would alter a paper voting process that USMS has used for decades.

Our meeting will also include continued discussion of some items that have come up in our Board calls but that would benefit from face-to-face discussion. For example, we discussed ideas for making it easier for prospective members to understand the USMS club system, since clubs are where members can find their local nexus in USMS. While the ideas first discussed didn't proceed, Peter Guadagni subsequently led a small group of Board members who, with Dawson Hughes, have created some suggestions for local marketing focusing on the club unit. Similarly, although a proposal for legislation to alter the budget process was not recommended by a majority of the Board this year, we'll take time to discuss a path to modernize the budget process.

Of course, as usual with our Summer Board of Directors meetings, we'll also hear from USMS's external auditors and investment advisors as we execute our fiduciary duty. We'll also plan for the 2018 Convention and spend time getting to know each other better in meetings, at dinner, and perhaps even in a morning open water swim.

I look forward to a great meeting!

Administrative Division Update prepared for Summer 2018 BOD Meeting

(Focusing on activities from February 2018 to present)

VP Activities

Peter Guadagni, VP of Administration

1. Conducted post-Winter BOD conference call with committee chairs to discuss key topics from Las Vegas meeting.
2. Participated in all conference calls of committees I oversee.
3. Mentored new committee chairs as appropriate.
4. Continued membership and participation in Finance Committee.
5. Discussed succession planning with longer tenured chairs.
6. Led Executive Committee task force on local marketing programs.

Championship Committee

Jeff Rodin, Chair (see Rule Book for committee membership)

Committee Activities and Objective Updates

1. Supported largest USMS Championship Meet (2018 Nationwide USMS Spring National Championship at Indianapolis): pre-event site visit, contract change for entry fees and surcharges, tested online entry system, dropping 6th event and other coordination to cope with larger than expected number of participants, and various post-event activities.
2. Signed contracts for 2019 Spring Nationals (Mesa), 2019 Summer Nationals (Mission Viejo) and 2020 Summer Nationals (Richmond). Also met with Mesa and assigned Meet Ref for their event.
3. Completed Bid Packet documents and turned over to USMS for posting (includes Meet Ref rule update).
4. Continued work with National Office to evolve model for USMS support of national championships (i.e. who does what): responsibility for relay cards and patches transferred, committee adjustment regarding logo responsibility.
5. Eleven rules proposals submitted to the Rules Committee by the deadline.
6. Two Spring Nationals and two Summer Nationals bids were received by the bid deadline and sent out to the committee for review.

Legislation Committee

Richard Garza, Chair (see Rule Book for committee membership)

Committee Activities and Objective Updates:

1. Met by conference call in April and June to plan strategy for creation of legislative proposals and evaluation of submitted proposals.
2. Evaluating 508.2 (Fees set by HOD), as part of proposal review.
3. Subcommittee reviewed Part 2 and submitted several legislative proposals to improve clarity and consistency.

4. Received 66 legislative proposals for consideration
 - Goal to act on all proposals prior to Aug 1 deadline for packet creation
 - Meeting weekly during the month of July
 - Using Google docs to collect preliminary sense of committee and share comments and concerns
5. Worked with Rules and Long Distance to adopt common format for Legislation proposals.

Registration Committee

Susan Ehringer, Chair (see Rule Book for committee membership)

Committee Activities and Objective Updates:

1. After period of prolonged inactivity, committee has met 3 times by conference call since convention.
2. Recommended the proposal by National Office regarding printing of membership cards.
3. Recommended the proposal by National office regarding the new College Club/USMS Bridge Membership.
4. Through conference call and forums have discussed various registration related issues especially those related to the new website.
5. Continuing to evaluate future of committee and potential legislative recommendations.

Rules Committee

Charles Cockrell, Chair (see Rule Book for committee membership)

Committee Activities and Objective Updates:

1. Met by conference call on February 1 and April 19 to discuss 2018 agenda.
2. Considering several Rule Book changes driven by Committee:
 - Reformatting portion of Appendix B that deals with differences between USMS and other swimming organizations
 - Reviewing Article 104 (National Championship Rules) with the intent of moving items from the Part 1 Rules to policy.
 - Reviewing the requirements for Meet Announcements to determine further clarification or organizational changes in the rules and regulations.
3. Received 24 Rules proposals for consideration plus 5 USA Swimming proposed changes that would affect USMS
 - Goal to act on all proposals prior to Aug 1 deadline for packet creation
 - Will meet at least 4 times during July.
4. Worked with Legislation and Long Distance to adopt common format for Rules proposals.
5. Maintaining and updating the online rules committee blog.

Long Distance Committee—VP Donn Livoni

Committee Members

Ali Hall, Chair; Phyllis Quinn, Vice Chair

Lorena Sims, Catherine Rust, Robin Smith, David Brancamp, Jim Davidson, Matt Miller, Stephen Rouch, Sarah King, Laurie Hug, Alana Aubin, Bob Singer, Josie Palmerin and Jill Wright

Ex-Officio: Bob Bruce, Bill Brenner, Casey Keiber, Jay Eckert, David Miner

Introduction

The Long Distance Committee has had a productive first half of 2018, and is in the process of bringing the remainder of the season to a successful conclusion. Our membership and leadership is almost entirely new, and we have prioritized sharing accumulated wisdom to bring new members and working group leads rapidly up to proficiency, developing strong back-ups for each important task. We have worked well together as a Committee, and collaborated effectively with the National Office toward our shared mission.

Discussions and Projects Since Last Convention

1. We set and achieved goals of creating a strong bid process and posted bid FAQs for our 2020 Long Distance National Championship events; as of July 1, we have received qualifying bids for all but one event (2-mile Cable) and are currently cultivating potential hosts.
2. We collaborated with the National Office to create shared document folders, for all information and timelines related to the LDNC events.
3. The 2018 One Hour ePostal event, hosted by Indy Aquatics, had 1363 entrants.
4. The Middle Distance Open Water National Championship (OWNC), hosted by Reston Masters Swim Club, had 197 entrants.
5. The Sprint Distance OWNC, hosted by Saluki Masters, had 63 entrants.
6. The Long Distance OWNC, in Fire Island, will be hosted by Open Water Swim LLC, and currently has 80 entrants.
7. The next three events listed are part of the Oregon SWIMcation, a modified festival format over a 6-day period across Oregon.
8. The Ultra-Marathon OWNC, in Portland, Oregon, will be hosted by Portland Bridges, LLC, and currently has 100 entrants.
9. The 2 Mile Cable OWNC, in Foster Lake, Oregon, will be hosted by Central Oregon Masters Aquatics, and currently has 121 entrants.
10. The Marathon OWNC, at Applegate Lake, Oregon, will be hosted by Rogue Valley Masters, and currently has 131 entrants.
11. With the Open Water Committee, and our ex-officio representative, Bob Bruce, we considered and voted on a number of rules and legislation items. We defer to Bob Bruce's report to VP Donn Livoni for those numbers and specifics.

Action Items

1. Liaisons and other working groups will continue working with the remaining OWNC and ePostals for a successful conclusion to the year.
2. The 2020 Bid Selection Working Group will be making their recommendations to the LDC for approval.
3. The NC Oversight Working Group will collaborate with the National Office to streamline and update shared documents.

Agenda

1. LDC #1 at Convention will complete any outstanding business, and announce hosts for the 2020 Long Distance National Championships
2. LDC #2 at Convention will facilitate a discussion about increasing participation in LDNC events.

Officials Committee

Committee Members

Teri White, Chair; Herb Schwab, Vice Chair

Mike Abegg, Pat Baker, Virgil Chancy, Dave Coddington, Omar de Armas, Alina de Armas, Judy Gillies, Steven Goldman, Chris Lysinger

Ex-Officio: Donn Livoni-EC, Jim Holcomb-USA Swimming, Casey Keiber, Onshalee Promchitmart-USMS Staff

Introduction

The Officials Committee's purpose is to offer training and education opportunities for officials to ensure that USMS competitive meets are officiated to the highest standards.

Discussions and Projects Since Last Convention

1. Officials certification program – Referee certification finalized. Implementation 1/1/19. Continued to certify USMS Stroke & Turn and Starter officials.
2. National Championship meet support:
 - A. Helped Host recruit officials attending the SC National meet in Indianapolis (May). Thirty officials total including 12 out-of-towners qualifying for USMS Travel funds, significantly short of ideal numbers for two SC pools.
 - B. 2018 UANA Pan American Masters Championship meet in Orlando (August). An Over-Budget request successfully submitted to fund out-of-town Officials working majority of the meet. Host providing hotel rooms, Committee to help with Travel costs for qualifying officials.
3. Submitted one Rules proposal, one modification to Appendix B for officials.
4. USMS Service Award for Officials application implemented.
5. Continued review of USMS website content for officials.
6. Working with Open Water Committee on combining certifications onto one USMS Officials Certification card.

USMS Open Water Committee

Summer Report – 7/1/2018

Committee Membership:

Chair: Bob Bruce

Vice Chair: James Kennedy

Voting Members: Denise Brown, Mia Erickson Stevens, Lynn Hazlewood, Jenny Hodges, Mark Johnston, Bob Kolonkowski, Peter Lee, Karen LeFebre, Sue Nutty, Will Reeves, Ally Sega, Marie Vellucci, Joanne Wainwright (scribe), & Allison Ware.

Ex-Officio/Associate Members: Bill Brenner, Jay Eckert, Ali Hall, Casey Keiber, Donn Livoni, & David Miner.

Overview:

The Open Water Committee (OWC) is charged under 507.1.9. The OWC meets monthly by phone conference (six meetings since this version of the OWC was convened) to pursue that charge, with good participation moving forward this year.

Discussion and Projects since the 2017 Convention:

- Open Water Development & Promotion: The OWC has a large committee working on this primary function. They have compiled a list of development & promotional topics and is now working on strategies to implement them. Work in this group has been slowed by the resignations of two key leaders of this project due to family emergencies.
- Rules & Legislation (jointly with the Long Distance Committee):
 - Although the Long Distance Committee (LDC) has the task of considering rules proposals to part 3 of the rule book and preparing proposals to the House of Delegates under 507.1.7, the OWC with the consent of the LDC reviews all rules proposals relating to open water swimming before the LDC formally considers them. This partnership assures that both committees fully discuss pertinent issues and craft strong proposals before Convention.
 - At this point, The OWC has considered 46 rules proposals with much discussion, particularly on issues concerning safety. It has recommended 44 of those proposals to the LDC as written and/or amended. Although this seems like a lot of action, most proposals involve small adjustments or housekeeping matters.
- Open Water Guide to Operations:
 - The OWC continually updates the OWGTO (as charged under 301.2) on the USMS website as needed.
 - To make the OWGTO a more streamlined and user-friendly construct, the OWC Subcommittee overhauling the structure of the OWGTO. This is a major project, and it is progressing at a modest pace.
- Safety Education:
 - This subcommittee constantly reviews all matters involving safety at USMS open water events.
 - They continue to compile safety information from other agencies and groups involved with open water with an eye to insuring that the OWC & USMS maintain the overall standard of care for safety.
- Officials:
 - Safety Director: In 2016 & 2017, the OWC developed and implemented a PowerPoint training program and subsequent test, required for prospective event safety directors; successful completion of both items results in certification to

perform the role of Safety Director at USMS-sanctioned swims. This training and testing program continues, run by USMS Safety Compliance officer David Miner as a part of the sanction process. It has proven to be quite successful in raising awareness of USMS rules & safety standards and in better safety director performance at race venues.

- Referee: In 2017 & this year, the OWC has developed and implemented a PowerPoint training program and subsequent test, required for prospective event referees; successful completion of both items results in certification to perform the role of Safety Director at USMS-sanctioned swims. This is be a major step in standardizing best referee practices across the country and providing safer & fairer swims for our membership. It is too soon for effective evaluation.
- Event Director: The OWC continues to develop this comprehensive training, a portion of which was piloted at the 2015 Convention. To reach more event directors across the nation, we have decided to use the PowerPoint training model rather than a meeting mode for this training; this will save USMS substantially when we implement this training.
- Other officials: The OWC is developing descriptions for officials other than the “big three” listed above. This document is in first draft phase.
- Event management: This year, the OWC is preparing material for seamless presentation of events and to develop the training a course on event development & management for Event Hosts/Event Directors (see above). This is another large project, and the primary document is in first draft phase.
- Awards: The OWC has advertised for nominees for the Open Water Service Award, its annual major award, and has received several nominations so far.
- Open Water Swim Training: This subcommittee is developing guidelines and materials for coaches to prepare swimmers for open water swims. There has been good discussion and an outline for materials, but no draft yet.
- Budget: Other than the expense of committee calls, the OWC has not incurred any expenses.

Succession: Last fall, I announced my intention to retire from the position of OWC Chair, effective after Convention this year. Personally, I prefer to devote my time to working on projects rather than serving as ringmaster. The committee faces the question of planned succession.

Bob Bruce, OWC Chair

USMS Community Services Report to the BOD
July 9, 2018

Coaches Committee (Bob Jennings, Chair; Kenny Brisbin Vice Chair)

Committee Members – New members for 2018 are: Patrick Brennan, Lisa Dahl, Doug Fetchen, Terry Heggy, and Christine Maki.

Returning members: Scott Bay, Kenny Brisbin Chris Campbell, David Clark, Dean Hawks, Bob Jennings, Jennifer Masquelier, Erin Mathews, Crystie McGrail, Chris McPherson, Helen Naylor, Kerry O'Brien, Tim Waud, Steve Weatherman, and Laureen Welting. Ex Officio: Bill Brenner.

Meetings held: 12/11, 2/12, 3/12, 4/9, 5/14, and 6/11. Meetings planned: 7/9, 8/13

2018 Goals and Subcommittee Assignments:

1. National Coaching Clinic - Dates and Venues have been secured. The College Park Marriott Hotel and the Eppley Rec. Center at the University of Maryland (site of the 2014 Summer Nationals) from Friday, October 19 to Sunday, October 21, 2018. The Coach presenters have been selected and the information is on the USMS website and two USMS e-mail notices have gone out to the USMS membership about the clinic. Bruce Gemmell, Bo Hickey, Joel Stager, and Jack McAfee have been selected as presenters. Helen Naylor leads the sub-committee for the NCC.
2. Coach Certification – 11 Education Weekends were scheduled for 2018 year and 6 have been completed with 5 more left in the year starting 8-25-18 in Chicago. Along with Coaches Certification classes there will be ALTS certification classes and stroke clinics for both swimmers and coaches as part of these weekend packages. A coach's clinic will be held at the conclusion of the classes and the next day a stroke clinic will be held. Blended learning has been incorporated into the Level 1 classes.
3. USMS High Performance Camp – This camp is a joint venture from the Triangle Sports Commission, the Greensboro Aquatic Center, and USMS. The dates for the camp are 8-25-18 to 8-30-18 at the Greensboro Aquatic Center. Bill Meier was selected as Head Coach and Trey Taylor, Mike Hamm, and Lisa Brown were selected as Assistant Coaches. New for the 2018 camp is the Mentee Coach program. A Mentee Coach will be selected to further develop the coaching and communication skills of the Mentee Program participant and to provide additional coaching assistance at the HPC.
4. Level 4 Certification – The Level 4 subcommittee reviewed the Level 4 Application process and changes were made and approved by the Coaches Committee. Two submissions have been received so far and one preliminary one has been received for the 2019 year. The recipients will be announced at the 2018 USAS convention in Jacksonville at the end of September 2018.
5. LMSC Communications – Kenny Brisbin is the lead on this topic and he and Bob Jennings will be surveying the needs of LMSC Coaches Chairs and sending out minutes of the monthly USMS Coaches Committee meetings. A survey was sent out to all USMS Certified coaches, receiving over 200 responses and now are in the process of extracting data using custom algorithms. Findings will be submitted to USMS Coaches committee and USMS so see how we may help the local coaches.
6. Fitness – David Clark has volunteered to take over the Fitness subcommittee. The subcommittee is going to come up with strategies to help motivate coaches so their swimmers

will participate in the three fitness series of events throughout the year. (Winter 30 Minute Swim, Summer 2K Swim, and the Fall 1 Mile Swim.

7. On Deck Coaching – Erin Mathews along with Crystie McGrail will continue to lead this project and will be responsible for setting everything up and coordinating this through Sign Up Genius at USMS National Championship meet in Indianapolis, UANA Championships in Orlando and the USAS Convention in Jacksonville in September 2018. USMS just completed a successful meet of on deck coaching at the spring nationals in Indianapolis and looks forward to the next two major events. .
8. Awards – Chris Campbell continues to lead this subcommittee and is a member of the USMS Recognition and Awards Committee. The Coaches Committee is responsible to select the USMS Coach of the Year and the Kerry O'Brien Grassroots Coaching Award. As of July 1, 2018 which is the deadline, the Awards Committee has 5 nominations for the USMS Coach of the Year and 7 nominations for the Kerry O'Brien Grassroots Coaching Award.
9. Publications – Terry Heggy leads this subcommittee. An average of 2 articles to 3 articles have appeared since the start of 2018 in both the Streamlines for Coaches and Streamlines for Members issues. Coaches still submit favorite workouts, drills, and ideas that are successful in the USMS Coaching community for future publications. The 2019 Publications Plan is being developed and a move toward providing more technique videos with USMS branding is planned for the 2019 year.
10. Web Workouts – Erin Mathews leads this subcommittee with assistance from Crystie McGrail. The workouts have up and running on the USMS site since the beginning of January 2018. There are seven different categories (5 workouts a week) which try to cover all demographics of USMS swimmers. Coaches are paid a stipend and can write workouts in one category for two years. There were 15 applicants applying to write the web workouts and seven were chosen. The 7 are: Elizabeth Miller – Basic Training, Dean Hawks – Stroke and IM workouts, Mark Stori – Open Water, Trey Taylor - High Intensity Training, Emily Von Jentzen – High Volume workouts, Shauna Payne Gold - Triathlon Training, and Michael McKinley – Limited Mobility
11. International Coaching – No FINA Masters World Championships are scheduled for 2018, so no subcommittee was formed to select coaches for these events. Bob Jennings, Dean Hawks, Doug Fetchen, and Tim Waud will work together planning for the 2019 FINA Masters World Championships that will be held in South Korea. The subcommittee has decided on 2 coaches to be chosen in the next 6 months. A budget has been created and submitted to the Finance Committee with assistance from the CFO (Susan Kuhlman). The subcommittee will utilize their experiences in past FINA World Championships to plan for the event in South Korea. They will also use Richard Garza, as a resource from his experiences as Head Coach in Hungary.
12. Coaches Mentor Program - Chris McPherson is the chair of this subcommittee. The subcommittee is made up of coaches from different USMS Zones. The subcommittee will be asked to: 1. Find and vet regional certified coaches to act as mentors. 2. Create a phone list of regional mentors that can answer questions over the phone. 3. Create a plan for coaches to watch a mentor coach conduct practice or for the mentor to go to watch a coach at his/her pool. 4. Create a budget for the mentor coaches to be presented to the Finance Committee. A complete document of expectations has been completed and it's currently being reviewed by the Coaches Committee. A budget has been created for the 2019 year and will be reviewed by the Finance Committee before the convention.
13. ASCA World Clinic – Dates are September 4 – September 9, 2018 in Anaheim, CA. USMS is scheduled to have a booth for the 2018 World Clinic Trade Show. The dedicated Masters Track at ASCA is not scheduled for 2018.

Sports Medicine Committee (Megan Carlson, Chair; Claire Rudd Kubiak, Vice Chair)

Committee Members – New members for 2018 are: Arlette Godges, Melodee Nugent and Carlos Rodriguez.

Returning members: Megan Carlson, Sally Guthrie, Jim Izzi, Clare Rudd Kubiak, Dr. Jim Miller MD, Jane Moore, Jessica Seaton, Eduard Tiozzo, and Robin Tracy. Ex Officio: Daniel Paulling.

Meetings held: 12/17, 1/21, 2/18, 3/12, 4/16, and 6/24. Meeting Planned: TBD before Convention.

2018 Goals and Subcommittee Assignments:

1. USAS Convention Presentation – Due to the success of the 2016 Sports Medicine Presentation with Dr. Tanaka, plans were made to have him accept an invitation to speak at the convention in Jacksonville. He agreed and Meg Carlson and Clare Rudd Kubiak are handling all of the details and will follow up with progress to the committee. A topic of interest is a Sports Injury project with new research findings utilizing the “Go The Distance” program metrics to gather sports injury data.
2. Sports Medicine Blog – In the past year, a non-interactive Sports Medicine Committee directed Blog to dispense sports medicine related articles and studies have proven successful. Jessica Seaton is highly involved with the blog, posting a variety of topics related to swimming, health and nutrition. The blog is updated regularly with a focus on current topics in research and the media. Jim Izzi will assist with this when the new website is launched.
3. Exercise & Pregnancy Project – Ben Kogutt MD, a maternal fetal medicine specialist and 1st year fellow at John Hopkins University is doing a survey and getting opinions of swimmers given birth/training while pregnant & postpartum. Selection of swimmers would be within the more recent time frame. Work in conjunction with the Coaches Committee. The goal is for this to get started soon and a report of progress will be made before convention.
4. Nationals Booth – Carlos Rodriguez leads this project. Carlos and Meg Carlson set up space at the IUPUI Natatorium during the 2018 Spring Nationals between the warm up pool and the competition pool for great exposure to all participants. Dryland stations were set up for swimmers to use and they got instruction and feedback to help aid in their swimming. Injury prevention specializing in strength and stretch workouts was the theme.
5. The SMC is looking at ideas for the launch of a comprehensive report on the health benefits of swimming that Swim England commissioned. Swim England is the NGB for swimming in England and is separate from British Swimming, which has more of a competitive elite focus. The NGB goal is providing and publicizing the benefits of swimming to further its mission focusing on learn to swim, enjoying water safety, and competing in aquatic sports. Create programs that enable everyone to be active, have fun, and stay healthy.

Fitness Education Committee (Mary Jurey, Chair; Brian Cummings, Vice Chair)

Committee Members – New members for 2018 are: Stephanie Gauzens and Andy Seibt.

Returning members: Stacy Broncucia, Brigit Bunch, Anita Cole, Kelly Davis, Karen Gernert, Fares Ksebati, Ann Marshfield Lisa Ward, Lisa Watson, Karin Wegner and Ken Winterberger. Ex Officio: Kyle Deery.

Meetings held: 5/29

Several USMS National Office initiatives for the 2018 year have been started for which Fitness Committee input would be helpful and items already in progress from 2017 have already been incorporated in 2018 to help with this strategy. An overview of a strategy for a fitness initiative has been defined and Fitness Committee members have chosen to participate in 4 sub-groups and these will be used as resources as research and development starts and proceeds for the program throughout the 2018/2019 year. The 4 sub-groups are defined below:

1. Fitness Initiative - A group to serve as a sounding board on the research and development that we are undertaking over the next 6-8 months.
2. (Fitness) Events - A group to look at our electronic Postals and GTD events and determine which should be looked at as 'fitness' vs. 'long distance'. For fitness events that are underperforming from a participation standpoint, and whether we should continue them as programs with adjustments to improve participation. With the knowledge gained this could be a group that researches and recommends new fitness oriented programs (i.e. 30 minute swim that is being implemented in 2018).
3. Fitness Swimming Technology - (e.g. FLOGS, Virtual Swims, mobile applications, etc.) - What do our members want? What is attractive to a prospective member that doesn't plan on competing?
4. Fitness Research/Education/Marketing- Research and provide recommendation fitness related content and marketing. How can we condense the benefits of swimming exclusively for fitness (i.e. not competitive) in simple messaging? Possibly include a sports medicine committee liaison with this group to provide technical/medical input. Example: Orange Theory<<https://www.orangetheoryfitness.com/>> is franchise interval fitness training program that is expanding rapidly. From their website: ' Backed by Science: Our heart-rate monitored, high-intensity workout is scientifically designed to keep heart rates in a target zone that spikes metabolism and increases energy. We call it the after burn'. In conjunction with Sports Medicine expertise, can we develop this type of messaging to support the benefits of swimming in USMS programs.

2018 Ongoing Projects and Assignments:

1. The Fitness Committee approved to create and start a Winter, Summer, and Fall Fitness Challenge swims to encourage participation from fitness swimmers. The 30 minute swim was completed from 2-15 to 2-28-18 and had 1273 participants. The Summer Fitness 2K Swim challenge has been launched and 500 participants have signed up so far from 21 States representing 44 participating USMS Clubs. The 1 mile swim is scheduled for the fall from November 15 thru 30th. These events will be pre-registered before the swim and the participation window to enter and complete the event is 14 days and the events will be run by the USMS National Office. These events will have a fundraising component, with the majority of the registration fees going to the Swimming Saves Lives foundation or a local charity for the summer and fall fitness series.
2. Go The Distance Program – There are 2,304 swimmers registered in the program for 2018.
3. LMSC Communication with LMSC Fitness Chairs on ideas that are being done with success at LMSC level. Two successful LMSC Development Per to Per Conference Calls have been completed on the interest and promotion of the 3 USMS Fitness Series.
4. Fitness Committee Blog – In the past year, a non-interactive Sports Medicine Committee directed Blog to distribute sports medicine related articles and studies as proven successful. A possibility that has been discussed is creating a Fitness blog, where it would be live on the USMS forum and fitness committee members could contribute with articles, ideas, and studies that are going on in the fitness community.

U.S. Masters Swimming
2018 Summer Board Meeting (Sarasota, FL)
Local Operations Division Report

History and Archives Committee (Barbara Dunbar, Chair)

The History and Archives Committee does much of its work during the year via email. Current ongoing work since the Winter Board Meeting includes:

1. Locating, scanning, and OCR converting older Top Ten booklets, publications, and errata, as well as Open Water National Championship results from 1974-1997. Missing results from 1998 and newer Long Distance and Open Water Championship event results are also being identified, located, scanned, and OCR converted as they are located. More older relay Top Ten listings have been added to the website by Mary Beth Windrath.
2. Duplicate swimmer IDs have been identified and reported to the National Office so the IDs can be merged. Issues with some newly-assigned IDs have been reported and discussed with the National Swims Administrator, the H&A and Records & Tabulation Committees, and the National Office.
3. The final phase of the project to scan, OCR convert, and post all 181 issues of *Swim-Master* includes locating some more legible copies of some issues and proofing the completed content index.
4. Posted stories from *SWIMMER* are being checked to address and confirm resolution of a few problems that were identified after the website update.
5. The committee identified some problems with missing content following the website update. As needed, the committee has reported their findings to the National Office and provided replacement content if needed.
6. Documents from past conventions (minutes, agendas, etc.) are being scanned and posted to the website.
7. Committee members continue to identify and resolve
 - a. Missing national record dates
 - b. deceased members and dates of death
 - c. missing LMSC designations (Top 10 and All American listings)
 - d. missing dates of birth
 - e. link problems and outdated information on the USMS website

LMSC Development Committee (Michael Moore, Chair)

The LMSC Development Committee has been meeting regularly, and members are working diligently on their planned projects for this year. Notable work includes:

1. Practices and Standards: The LMSC Standards survey data has been collected for this year and analyzed by the subcommittee on standards. While many LMSCs have made progress since last year, there are still a few LMSCs that are in need of further help. These issues are being handled on a case-by-case basis.

2. Workshops for Convention: Tim Lecrone is heading up the effort to organize the convention workshops and most recently has been lining up presenters for the content areas covered by LMSC Development.
3. 2019 LMSC Leadership Summit Planning: Michael Moore and Chris Colburn have been working with National Office staff to put together logistics for the Summit, currently planned for the Spring of 2019. Michael has been reaching out to former Summit task force participants for their perspectives, and Chris will be reaching out to staff before the Summer Board Meeting for additional data gathered from previous Summits.

Recognition and Awards Committee (Ray Novitske, Chair)

The Recognition and Awards Committee has made progress on their annual work, and has been working on its regular projects:

1. Nominations have been received for awards, and selection committees are set.
Numbers of nominations:
 - a. 23 for the Dorothy Donnelly Service Award (1 removed for receiving it already).
This is a good number, more than the past few years.
 - b. 4 for Local and 1 for Regional Club of the Year (this is about average).
 - c. 2 for the June Krauser Communications Award (fewer than last year).
2. The R&A nomination of Walt Reid for IMSHOF Honor Contributor was selected this year.
3. The committee is leading an upcoming Peer-to-Peer call on local recognition.
4. The committee is soliciting the feedback from last year's convention workshop to see if they should repeat or revise the workshop this year to improve it.
5. Ray has some questions about the star system for volunteers and if R&A should/will be involved with it if/when it moves forward.
6. The committee has promoted #usmsvolunteer for social media and has promoted it along with the volunteer store, but to date nothing has been posted with that. The committee is hoping to break in to the USMS social media and have them pick it up and help promote it - if it takes off. It is one part of our attempt to try some new things for promotion of local service recognition.
7. Ray has asked Kyle to send updates of the volunteer store sales data so the committee can compare it with the data from last year.

Records and Tabulation Committee (Jeanne Seidler, Chair)

The committee has met regularly over the course of the year, and is continuing its work on ongoing projects, including:

1. The committee is working on creating an Observer form to formalize the requirements of the USMS observer at recognized meets as required in section 202.2 of the Rule Book.
2. The committee continues its ongoing work with the National Swims Administrator on compiling and publishing the current USMS records and USMS Top Ten list for the 2018 Short Course season.
3. On April 9, Chair Jeanne Seidler led a Peer-to-Peer call for Top Ten recorders in conjunction with the LMSC Development Committee's ongoing Peer-to-Peer series.

4. The committee discussed legislation proposals related to College Club Swimming and other items pertinent to the committee.
5. A number of other activities are planned for the remainder of the year, including compiling a more detailed list of responsibilities for the Committee over and above 507.1.11 in the Rule Book; tasks related to End-to-End Event Management; and work on satisfying requests from the Top Ten community.

Treasurer's Report

Board Meeting July 14 & 15, 2018

Audit Committee:

The Audit Committee met with USMS external auditors Kerkering, Barberio & Co. ("K&B") on Friday, June 8th in Sarasota. The Audit Committee reviewed and discussed the draft of the financial statements, the Board Report, the management representation letter and Form 990 tax return with K & B. The Audit Committee has approved the draft of the financials and Form 990 tax return and recommends the Board approves them. K & B will make their annual audit report to the Board on Saturday morning. We have included a PDF of the draft of the financial statements and Form 990 tax return for the Board review

Investment Committee:

The market value of our USMS Portfolio ending 6/30/2018 was \$3,221,896. As of this date year-to-date return was negative 0.5% or a loss of \$16,022. The market value of our SSL Portfolio ending 6/30/2018 was \$214,303. As of this date year-to-date return was a negative 0.8% or a loss of \$1,779.

The Investment Committee quarterly meeting will take place on July 10th with our Northern Trust investment advisor, James Gregory. The Investment chair, Stan Benson will prepare his quarterly report for the Board after this meeting. James Gregory, our Northern Trust investment advisor, will make a presentation to the Board on Saturday morning.

Finance Committee:

The Finance Committee met four times and discussed a variety of financial topics from LMSC financial statements, FOG review subcommittee, budget presentation for the convention and approved an over budget request from the Officials Committee. FC will have changes to FOG for approval before the convention.

The Finance Committee unanimously voted to support the proposed amendment for moving the annual budget approval responsibility from the House of Delegates to the Board of Directors.

Treasurer and CFO:

The CFO will make a 2018 forecast slide presentation and present the 2019 budget assumptions at the July Board meeting.

CFO and Treasurer's projects for 2018:

- Review long-term business relationships:
 - Insurance/Risk Management-timing will take place during the October, 2018 renewal process.
 - Banking/Investment-several bank accounts were closed in 2018 to reduce fees and streamline the process with transferring funds to/from SSL.
 - Professional Employer Services-received RFPs from 4 additional firms and found that we receive the best pricing and benefits from our current provider.
- Implement new EFT payment program to replace LMSC and Club checks-the first EFT processing was done this July for June net registrations. 49 LMSCs responded and 3 are in progress.
- Update disaster recovery plan-this will happen later in the year. Planning for the update has begun.
- Review USMS rules that restrict USMS business and how to best implement changes-CEO & FC began with reviewing the budget process timing and approval.
- Solicit USMS Vendors to make contributions to SSL

U.S. Masters Swimming
2018 Summer Board Meeting (Sarasota, FL)
Secretary Report

Minutes taken, approved, and posted to usms.org:

- Executive Committee Conference Call: 12/4/2017
- Board of Directors Conference Call: 1/15/2018
- Executive Committee Conference Call: 2/5/2018
- Board of Directors Winter Meeting: 2/10/2018-2/11/2018
- Board of Directors Conference Call: 2/19/2018
- Executive Committee Conference Call: 3/12/2018
- Board of Directors Conference Call: 3/19/2018
- Executive Committee Conference Call: 4/2/2018
- Board of Directors Conference Call: 4/23/2018
- Executive Committee Conference Call: 5/7/2018
- Board of Directors Conference Call: 5/21/2018
- Board of Directors Conference Call: 6/4/2018

Minutes taken, still pending approval:

- Board of Directors Conference Call: 6/18/2018
- Executive Committee Conference Call: 7/2/2018

Minutes posted to usms.org:

- Coaches Committee Conference Calls: 2/12, 3/14, 4/9, 6/11
- Diversity Task Force Conference Calls: 1/3, 5/2
- Elections Committee Conference Calls: 5/6, 6/3
- Elections Committee Email Meeting: 5/9
- Finance Committee Conference Calls: 3/20, 5/29
- Long Distance Committee Conference Calls: 1/28, 3/25, 5/27
- Officials Committee Conference Call: 1/9
- Recognition & Awards Committee Conference Call: 5/29
- Sports Medicine Committee Conference Call: 1/21, 2/18, 6/24
- SSLF Committee Conference Calls: 1/23, 2/20