1. General Chairman Jonathan Watson welcomed all attendees to the Fall House of Delegates meeting. As an introduction to the activities carried on by North Carolina Swimming, Jonathan presented information on the areas served by volunteers for the LSC. Please see the attached information “Divisions of NCS”.

2. NCS Organization Manual was presented (see orange booklet/handout).

3. Minutes of from Spring HOD will be approved at next Spring HOD.

   Representatives were:
   Suzanne Heath (PAL)
   Wayne Shulby (PAL)
   Richard Pockat (Southern Zones Director [Non-Coach])
   Jonathan Watson (NCS General Chairman)
   Laura Raichle (NCS Senior Athlete Representative)
   Cari Blalock (NCS Junior Athlete Representative)
   Peter Carney (USA Swimming and NCS Treasurer)
   Gene Ashcraft (NCS substitute delegate)
   Lee Martin (NCS substitute delegate)
   Kathy McKee (NCS substitute delegate)
   David Marsh (OIOC member)

A. Ten Challenges to Clubs in the Southern Zone
   • Take better advantage of the USA Swimming services offered;
   • More scholar athletes applying for Scholastic All American (NCS led the nation in 2007);
   • Have the most participants in IMX, Club Recognition, Club Excellence, and Virtual Club standings;
   • More clubs completing the CLBMS (Club Leadership & Business Management School)
   • Raise the level of what we are doing;
   • Produce the best officials, athletes, Olympic Trial participants and Olympians;
   • Take advantage of educational opportunities;
   • Participate in online clinics to raise educational levels
   • Promote our sport and the values of health and safety for all;
   • Change your community for the better.

B. Major legislative items from Convention.
   • Marshals are no longer required to be registered with USA Swimming.
• 20% of a Board of Review panel hearing cases must be comprised of athlete members.
• A motion to allow the USA Swimming Board of Directors to approve the budget rather than the HOD failed.
• A motion to add independent directors to the USA Swimming Board failed.
• Water depth for teaching racing starts was extended to 6-foot minimum depth.
• Additional LSC financial reporting requirements were approved.
• A motion to create a Spring Junior Nationals Meet(s) in lieu of Spring Sectionals was defeated pending review by the Senior Swimming Committee.
• A requirement for athlete representation of 20% on all LSC committees was narrowly defeated.

5. NCS Board Report (October 6, 2007) – Jonathan Watson
• The NCS Board recommends that the Board of Review needs to have 20% athlete member representation. Our LSC will require that the minimum age be 15 years old.
• The board discussed the NCS 4-hour rule at length and is proposing an amended version of the one tabled at the Spring HOD.
• A checklist for meet hosts to use when preparing meet information was distributed and has been posted on the NCS website.
• A NCS Organizational Manual was distributed which describes the roles and responsibilities of NCS Officers, Vice-Chair, committee Chairs, and Representatives, Coordinators and committees in the governance of the NCS organization.
• The board voted to change the order of business at future HOD weekend meetings such that committee meetings would take place on Saturdays (ideally between 6pm-9pm) and the BOD would meet on Sunday mornings (between 9am – noon). The HOD meeting would continue to be on Sunday afternoon from 1-4 p.m.
• The HOD meeting weekend shall be protected on future NCS schedules and no swimming events will occur on those weekends in the LSC.
• A special facility use surcharge of up to $8 per participant for the four previously scheduled meets at the TAC facility in Raleigh was approved until a task force studying the facility usage fee can report its findings to the BOD at the spring HOD. This increase was considered due to the rates being charged for rental of the TAC facility.
• The Board passed a resolution that NCS will not sanction a meet proposed for a club if the meet in question is charging a spectator fee. Exceptions will be approved by the BOD.
• The board discussed the slate of candidates to be proposed for election at the Fall House of Delegates.
• An NCS Board Planning Retreat has been scheduled for January 26-27 - the site to be determined by Board conference call. A facilitator is planned and the
purposes will be to complete the NCS Strategic Plan, to orient new board members, to set Division and committee goals for 2008-09, and to re-create the NCS Policy Manual.

- The Board will create a task force to investigate re-establishing the NCS Swimming Hall of Fame Banquet in conjunction with the NCS Awards Banquet already planned for the spring.
- The board approved up to $2,000 travel expense to be spent by the Officials Committee to allow an exchange of officials with neighboring LSCs for the purpose of evaluating officials for the N2/N3 process.

6. Report by Senior Chair Paul Silver
- Re the 4-hour rule – for approved, observed and sanctioned meets, except championship meets:
  - Paul Silver moved and Mark Toburen seconded the motion to adopt the following procedure. By a show of hands, the motion passed.

204.6. LENGTH

.1 All 12 and under events in any session must be completed in 4 hours, from the scheduled start time of the first 12 and under event except for championship meets.

.2 The Senior Chair or his designee shall assess a fine of $250 for each session, that exceeds four hours and for each additional thirty minutes (i.e. $250 for 4:01-4:30, $500 for 4:31-5:00, $750 for 5:01-5:30, etc.)

   NOTE: Equipment breakdowns and rain delays shall not be counted against the 4 hour time limit.

.3 The meet referee or designee is charged with reporting to the Senior Chair the timeline for each session within one-week of the last day of the meet.

.4 All fines will be placed into the NCS Travel Fund. The assessment of a fine may be appealed according to NCS Rules and By-Laws.

.5 The meet host must refund entry fees to entrants for all events cancelled or limited.

- Travel Fund – standard airfare reimbursement is based on events swum. For Olympic Trials, coaches will get reimbursed the same as in 2004.
- At the spring meeting the LSC needs to decide on a travel fund policy for swimmers new to the LSC. A motion to make travel funds available up to 1/3 in the first year was made. The motion was seconded. There was discussion to change the wording to “years” not seasons, retroactive to last summer. The motion was passed unanimously.


MANY THANKS to the Age Group Planning Committee, especially Brent Watkins, as well as Scott Bowser, Doug Fleck, Ryan MacDonald, Chrissy Olsen, & Kit Raulerson for
all of their time and work. The group did a GREAT job of soliciting, discussing, considering, and presenting many new ideas. Hopefully NC Swimming has benefited from their volunteerism. Below are some topics for the new AG Chair and AGP Committee.

A. SOUTHERN ZONE CHAMPIONSHIPS – TUE JUL 31 – SUN AUG 5
University of Houston
Alan Barry 2007 NCS Zone Coach  Jonathan Watson 2007 Team Manager
Alex Black 15-18 Girls Coach  Brendan Betts 13-14 Boys Coach
Scott Bowser 15-18 Boys Coach  Shaynah Kleber 13-14 Girls Coach
Shawn Columbia 11-12 Boys Coach  Stephanie Toth 11-12 Girls Coach

- 2007 Results

- For the Future:
  o Zone Athlete Selection
    1. Recommend keeping 14&U Selection essentially as is, with 5 selected by points and 2 At-Large Selections.
    2. Recommend the Head Coach retain ability to accept to the team, publicly announced by June 1, athletes who have achieved Junior Nationals (either short course or long course) qualifying times within one year prior to the upcoming Zone Championships.

  - Alex Black made a motion that the Zone Head coach would have the final pick and a point system would be used. The motion was seconded and passed unanimously.

  3. Suggest the following changes for 15-18 athlete selection:
   A. Coaches of the 15-18 Age Group and/or Head Coach should take a much more active role in soliciting applications to ensure at least ten boys and at least ten girls have applications in by July 1.
   B. 7 of the 10 15-18 athletes be determined by points so long as each has at least one swim with a Zone points event score of 46 or higher and all remaining athletes to be at-large selections with strong preference given to athletes with the highest Zone points score.
   C. Consider selecting one 15-18 boy and one 15-18 girl primarily based on Open Water.
   D. Consider the coaches of each age/gender have final say in the at-large selections for the age/gender they will coach.

- Regarding 3B-3C-3D – there was discussion why open water is not available to athletes under 15. A recommendation will be addressed at Spring HOD
  o Zone Coach Selection
    1. Highly recommend keeping Head Coach & Team Manager selections made at the Fall HOD.
    2. Strongly suggest keeping seven coaches – a Head Coach and one coach per age/gender.
3. Suggest the Head Coach be granted authority to name one coach to the staff by June 1 and that the Appointed coach need not meet any minimum in-NCS residency requirement other than he/she is NCS registered prior to June 1 and receive BOD Approval
4. Consider eliminating any length of residency requirement for assistant coaches.

- Discussion followed - the BOD needs to approve the Appointment change. Stephanie Toth moved that the Board approve this change; there was no second. Further discussion – this is a large number of coaches for the number of swimmers; the numbers on the Zone Team do not change. A suggestion (motion) to table the issue to the spring was made by Alan Barry (Prior Zone Coach). The motion received a second; all opposed and the motion failed.

  - Zone Policies
    1. A NC Swimming Zone Play/Planning Book should be created. Items to include could be:
       - A. Athlete Criteria and Selection Process including timelines
       - B. Coach Criteria and Selection Process including timelines
       - C. Manager Criteria and Selection Process including timelines
       - D. Roles and Responsibilities of Coaches, Managers (a significant section to include information on Zone information packets/announcements/communication, travel, lodging, and food arrangements), Chaperones (with consideration to those who also officiate the meet), athletes, and parents/spectators.
    2. Ever and always, coaches, managers, and chaperones should be clear on their roles and responsibilities. Suggest meeting, or at the very least, a conference call of the Team Manager and chaperones PRIOR to meet.
    3. Coaches’ stipend was approved – $100.00 for the week in addition to per diem to cover meals.
    4. Cell Phones – Were not collected from athletes nor were they a problem.
    5. Policies/contingency plans should be developed regarding athletes who get sick and wish to go home.
    6. Consider what to do about special food needs of athletes- an issue which seems to be increasingly more common.

  - Logistics
    1. Splitting the team travel to the meet can create logistical, communication, and team-building challenges.
    2. Communication is vital and NC Swimming is extremely fortunate to have Jonathan Watson as Team Manager. Consider
plans in place for daily newsletter even should he not be Team Manager.
3. Curfews and food arrangements should be very clearly spelled out, announced, and reiterated each day.
4. Determining the Head Coach & Team Manager months prior to rest of staff seems to be a good thing.

B. **JUL 2007 14&U AGE GROUP CHAMPIONSHIPS**
For the first time since 1983, when RSA, RY, &TAR tri-hosted the meet at Optimist Park Pool in Raleigh, the Age Group Championships were held somewhere other than Jamestown. TEAM Charlotte provided a quality facility for the athletes and feedback seemed very positive regarding the competition course which was of great concern at Jamestown in 2006. Many also favored being indoors for less heat exposure and the mess of rain. TEAM recognizes the need for improved hospitality.

- **Over distance Events Long Course 2007 Age Group Championships**
  Approximately 100 swimmers took advantage of the opportunity to swim over distance events. Recommend keeping the events in the same format for long course 2008 as 2007 and again as non-scored events with swimmers limited to two over distance events. Suggest softening the time standard for some of these events, i.e. 4IM, from AA to A.

- **10&U Boys Time Standards**
  Definitely accomplished what was intended – balancing the number of 10& boys and girls in Championships – so that numbers were roughly equal. Technical Planning will analyze ALL 14&U NC Swimming Championship time standards and have 2008 NCS Championships time standards proposed by the Fall HOD.

C. **FEB 2008 14&U AGE GROUP CHAMPIONSHIPS**
At the new Cary TAC pool hosted by New Wave. Any format changes have to be approved by HOD or BOD.

D. **2007-2008 TIME STANDARDS**
Technical Planning Chair Aaron Reeves analyzed the past few years of NC Swimming Championships and has time standards proposed for the FEB 2008 NCS 14&U Age Group Championships (pool: TAC in Cary, NC, hosted by WAVE) and the JUL 2008 NCS 14&U Age Group Championships.

E. **MARTHA MCKEE AWARDS BANQUET**
Think spring 2007 was a very good date/time with NCS Martha McKee Awards Banquet mid-Sun afternoon a few hours after Select Camp ended. NCS World Open Water Champion Chip Peterson might be a good speaker choice, esp. with 2008 Olympics hosting first-ever Open Water competition.

F. **2008 SELECT CAMP**
Jonathan and Alan have made preliminary plans for 2008 Select Camp location to again be held at the MCAC in downtown Charlotte, on similar weekend. Many thanks to Rodney Sellars for making the MCAC available.

G. MISCELLANEOUS

- **OPEN WATER**
  NCS Open Water Chair Taylor Cooper is working on all-star meet based on 2008 NCS Open Water Champs.

- **NEW CAMPS**
  Camps Coordinator Kiki Farmer may have several camps up and running this fall as she has reported.

- **NC-VA Venture**
  The Age Group Planning Committee determined spring 2008 better than fall 2007 for a joint meet/camp with VA. The next Age Group Chair and Age Group Planning Committee should make determinations.

- **Swim Connection**
  One last thing for NCS – suggest seriously considering Swim Connection. It is a very comprehensive and useful times database management for LSCs. It produces just about anything a coach could ever want.


9. Treasurers Report – Peter Carney
   See Attached Report – Zone meet is expensive; NCS took 47 swimmers. NCS needs suggestions for April and September meetings to find additional funding for the zone meet. One possible suggestion is to increase the travel fees above $2 and set aside the difference specifically for the zone team. Other concerns arise that the zone meet is more for senior swimmers. Another suggestion is to set varying fees for the different levels of meets. The amount paid for Zones and Nationals needs to be equitable and this needs to be evaluated. Another suggestion is to find a sponsor for the zone meet. Sponsors must abide by USA Swimming mandates. i.e.: no tobacco or alcohol beverages.

   - A motion to look into a sponsor for the Zone meet was made and seconded. In favor – all; opposed – none.

10. Junior Athlete Representative report was given by Laura Raichle at the BOD meeting.

11. Senior Athlete Representative report - Cari Blalock
   - Was able to attend convention and was well-spoken and well-received.
   - The Scholastic All America program has proposed changes that the 2000 Junior time standard be used as the swimming qualification along with a required GPA of 3.5.
   - There was an attempt to change the minimum age for the athlete members of the Board of Review to be a minimum age of 18. This was defeated. Cari
believes that the Board of Review role can be well served by younger members, including her.

12. Slate of Nominees for NCS office:
   • General chair – Jonathan Watson, motion and 2<sup>nd</sup>, all in favor.
   • Age Group Chair – Bob Petersen Chair, Allen Pfau and Brent Watkins will serve on committee.
   • Financial Chair - Jon Fox
   • Secretary - Janet Scott
   • Treasurer – Peter Carney
   • Technical Planning – Aaron Reeves
   • Safety - Gene Ashcraft
   • Registration and Membership - Kate Esch
   • Senior Coach – Kit Raulerson

   A motion to accept the list of uncontested ballots (above) was made and received a 2<sup>nd</sup> – all were in favor, none opposed.

   • Administrative Vice-chair – Marty Fehr or Wayne Shulby,
   • Senior Vice-chair - Mark Toburen or Paul Schiffel
   • Junior coach - Brenden Betts or Casey Charles
   • Zone team head coach – Alex Black or Ryan McDonald

   Vote was taken by written ballot.
   Results: Wayne Shulby, Mark Toburen, Casey Charles, Alex Black were elected.

   Athlete reps were voted on at the Spring HOD and will continue their terms.

   Appointed positions:
   • Officials Chair - Richard Pockat
   • Marketing - Mark Toburen – may become open depending on vote
   • Legislation chair – open
   • Marketing – open
   • Rules – open
   • Diversity - Rodney Sellars
   • Swims Database - Suzanne Heath
   • Adapted Swimming - Lee Martin
   • Sanction chair – Wayne Shulby
   • Web site - Richard Pockat
   • Open Water - Taylor Cooper

   • Board of Review – Current members; Bob Probst chair, Wayne Shulby, Mike Hoffer. The following were nominated: Jamie Thomas, Cari Blalock, Anna Ratana, Justin Ashcraft. The motion was seconded. All were in favor, none opposed.
13. Technical Planning Report - Aaron Reeves

- Time standards – past history – we used 56\textsuperscript{th} place in 100 yards/meters and shorter events averaged over 5 years and 48\textsuperscript{th} place for 200 yards/meters and longer averaged over 5 years.
- The decision to keep the 10 and under boys’ time standard the same was the appropriate decision; there were more boys in this age group at the meet. The 10 and under girls were light in numbers and the time standards were not touched. Proposed standards are faster.
- A motion was made to accept the standards. The motion was seconded. There was a question about over-distance events. All were in favor of the motion, none opposed.
- The meet schedule has several meets in need of hosts. See Aaron if interested.
- Tabled from the Spring 2007 HOD: There are two bids for the host of JO’s: High Point and Team Charlotte. Vote was taken by paper ballot – Team Charlotte won the bid.

14. Official Chair – Richard Pockat – power point presentation on Convention items

- Southern Zone information – Coach Director is Shannon Gillespy
- Jim Crampton accepted the Athlete Appreciation award.
- Richard attended the meeting in San Antonio regarding the new on-line tracking for officials training,
- New DVDs for officials’ training are out.
- 225 NCS officials registered,
- LSC Development task force – basic training materials, programs for new general chairman training created by sports development consultant Dave Thomas.
- NCS web site is redesigned – timely information and faster speed, more links with USA Swimming web site.
- Make a Splash foundation - addresses drowning in youths.
- Club recognition program thru USA Swimming - levels 1-4, new evaluations are not related to performances.

15. Registration Chair - Kate Esch

Final Numbers 2007:
- Athlete 6288
- Athlete Seasonal – 102
- Total 6390
- Non-athlete 604
- Clubs 60
- Leagues 3

Current Numbers thru 10/1/07 for 2008 registration:
- Athlete 1822
16. Records – Wayne Shulby
Records are finished; there are some limits and frustrations with the Swims data base in regards to relays. Relays Records for 18 and under and senior records need to be sent to Wayne directly by the coaches. A program is under development so record files would be able to be imported directly to meet manager.

- Senior Swimming
  Time Standards
  Time Standards for the summer 2008 Junior Nationals were adopted.
  Time Standards for the summer 2008 US Open were adopted.
  2009 World Champ Trial Standards and the 2009 Short Course National Championship Standards will be published after the April Steering Committee Meeting.
  Olympic Trials
  Meet is June 29-July 6, 2008 in Omaha, Nebraska
  5 lane 25 meter and 8 lane 50 meter warm up pools-40 yd walk from competition pool
  10 lane competition pool, 2.89 meters deep (not decided about using 10 lanes in meet)
  Prelims 11 a.m., 2:45 hours or less
  Semi-Finals, Finals 7 pm (6:45 one night for tv) 2 hours or less
  Team seating at start end of pool in cushioned seats
  Set up for eating in an all you can eat buffet for the athletes will be provided for one meal a day – cost of $24 each. Good fine dining opportunities and fast food but not many moderately price chain type restaurants available in Omaha area. Once open, entries will come through OME up through June 1st.
  TV is live every night 8-9p.m. EST on NBC
  Harold Cliff, former head of Swim Canada and director of World Champs, has hired to run the Trials.
  5000 All Session passes have been sold so far; 13,000 seats in venue, 11,000 for spectators; 2-3 day ticket and hotel packages are still being sold.
  The major hotels are sold out but there are many chain hotels 5 minutes from the Qwest Center that are available. The venue is 15 minutes from the airport.
  985 athletes are qualified at present time and 60-70 more anticipated to qualify June 5-8 will be a pre meet (Grand Prix) to test the venue. 700-800 athletes expected. Standard for this meet will be +.1 of the Junior National Time Standard.
  - Updating National Meet Entry Times
You can enter an athlete in OME selecting their best entry time and if he/she goes faster before the qualifying period ends, you will be able to go in and update the entry time.

- **Future Meet Sites**
  2007-8 – OW in Ft. Myers, Short Course Nationals at Ga Tech, OT in Omaha, US Open and Juniors in Minneapolis
  2009 – OW in Ft, Myers, Nationals/World Champ Trials possibly in Indy (vote postponed pending upgrade of air quality in facility), Juniors are in Federal Way, Short Course Nationals are in Austin, TX.

- **IMX Extreme Games**
  Age Group Development is working on a meet based on the IMX Challenge to be held in 2009. One meet per Zone would be held to start out; 16 & under age groups; using power points scoring in the Nov-Dec time frame. Times from all meets would be integrated.

- **Awards at Nationals**
  The National Team Coach will speak at national opening meetings to encourage coaches to have their athletes on the awards stand in their warm up suits. We are apparently the only country who does not show respect for the awards process. Senior Swimming recommended each LSC begin to stress the respect for the awards process at local championship meets.

- **Underwater Cameras**
  Underwater cameras were used at Nationals this summer as a test. This film confirms or denies disqualification calls made on deck or could be used in case of a protest. A second test will be at Ga Tech. FINA has come to us to get our equipment and vendor and will test the cameras in Manchester in April.

- **Sectional Meets**
  The BoD asked Senior Swimming to look at the Sectional Meets. Club Development dropped the ball on this. The Sports Consultants will be asked to provide data and Club Dev will work on the report for Senior Swimming.

- **Policy Manual**
  A national championship policy manual will be developed – much like the meet information book that is currently in use. It is likely that paper entries and faxes will not be allowed for national meets – use of OME and email system for the Fax entry process will be the standard.

- **Records Data**
  Richard Quick asked the committee to consider requesting all elite and LSC champ meets to use the World Record, American Record, Meet Record including athletes’ names and dates on the event headings on heat sheets.

- **US Open and Junior National Times are attached**
• Common sense rules are not being adhered to, i.e., horse play, running, not entering the water feet first, pace lanes not used, warm up assignments not given.
• Coaches, Officials and Meet Management need to put safety first.
• Meet Directors and Meet Marshals need to be actively pursuant during meets to prevent more injuries.
• Convention meeting – changes to the coaching guideline certification – Due to insurance regulations all coaches must have Coaches Safety Training. Lifeguard training and Y-lifeguard training will no longer be sufficient. The Required training is the Swim Coaches Training through the American Red Cross. The course is 8 hours of classes with time spent in the water and a written test (passing is 80%). Contact your local Red Cross for classes. Other options are to become a trainer, challenge the course (if currently certified), or take the course on-line. Review courses will also be available. The approximate cost of the materials $24.99, plus the cost of instruction. The new requirement takes effect by July 2008.

19. Adapted Aquatics – Lee Martin
• Adapted aquatics to create a task force to bring to athletes to the Southern Zone meet. Motion was seconded. All were in favor.
• A motion to provide recognition at the awards banquet to an adapted male and female swimmer of the year was made. Discussion – assign to a task force to make a recommendation to the next HOD, may be too late to bring to the HOD for 2008 banquet. The BOD can address in January. Lee said that we could use a point system developed in Virginia. The motion to assign to a task force was seconded and all approved.
• Inclusion of disability athletes in NCS sanctioned meets - we need to bring to the officials attention – guidelines are available from the Virginia web site.
  o Policy change in 5a – strike district and regional – welcome disability athletes in to our programs into all competition – qualifying times are the points of negation – the child may be 14 years old but swimming with 9 year olds to reflect the time appropriately. A motion to send to task force was seconded and passed.

Old Business - None

New Business
• Kit Raulerson - Regarding the TAC pool in Cary; the cost of the facility is quite high and the host team would like to increase the facilities fee in order to break even.
• Kit moved the following: Institute sunset amendment to the rules of NCS allowing a $15 facility surcharge for all sanctioned meets hosted at the new TAC facility in Cary effective immediately and in place through the spring 2008 HOD. A task force will be formed today to study and observe the fiscal framework and meet budgets for meets hosted at TAC and provide a recommendation to the BOD of how to justly proceed at the spring 2008 HOD. The motion was seconded.
  o Discussion followed on using a tier system based on the pool size.
o Are any other facilities to use the same system?
o An amendment to allow other facilities to temporarily increase their surcharge to $15 until the task force makes its recommendation was made. The motion was seconded; in favor 11 – opposed – 25. The amendment failed.
o There was additional discussion that the facility charge be included with the bid process.
o An amendment to make the facility fee $10 instead of $15 was made and seconded; the amendment failed.
o An amendment to make the facility fee $10 instead of $15 and add a .50 splash entry fee was made then withdrawn.
o A motion to table the original motion till the Spring HOD was made and seconded. 7 in favor, all others opposed.
o Called the question on the original motion – Vote: in favor 24 / opposed 10, motion carries.
o Facility Fee Task force will be headed by Gene Ashcraft.

Announcement: Shawn Columbia has DVDs for those who attended the Zone Meet.

The meeting was adjourned.

Respectfully Submitted,
Colleen Gillan
Secretary