



NORTH
CAROLINA
SWIMMING

Promoting Excellence by Providing Resources to Support and Empower the North Carolina Swimming Community

MEETING AGENDA

Board of Directors Meeting

Sunday, October 11, 2015, 8:00 AM

NC State, Talley Student Union, Hatteras Suite

1. Call to Order – Dave Olack
 - Meeting was called to order at 8:11 AM
2. Roll Call – Lisa Olack
 - Attendance: Dave Olack, Trish Martin, Jay Dodson, Kathy McKee, Carl Labonge, Lisa Olack, Jon Fox, Joel Black, Jon Jolley, Sarah Holman, Claire De Selm, Julia Poole, JP Merchant, Kevin Thornton, Suzanne Heath, Todd Webber, Rodney Sellars, John Roy, Paul Silver, Chad Onken
 - Guests: Bill Martin, James Keill, Wayne Shulby, David Rigsbee, Ronnie Roach, Jeff Dugdale, Michael Sever, Josh Rigsbee, Hill Carrow
3. Reading, correction and adoption of minutes – Lisa Olack
 - **MOTION: Approve September 9, 2015, minutes - PASSED**
4. Officer Reports
 - General Chair – Dave Olack
 - (1) Thank you to all the participants and volunteers at the awards banquet
 - (2) Congratulated lifetime members awarded at USAS; Suzanne Heath, Kathy McKee, and Wayne Shulby
 - (3) Congratulated Phillips 66 awardees from last night's awards banquet; Trish Martin and Colleen Gillan
 - Treasurer – Jon Fox
 - (1) Balance Sheet-in very good shape; Wells Fargo endowment down 1% but still in performing very well
 - (2) Income Statement-zone over budget due to location (Tupelo, MS) and the addition of zone open water
 - Age Group – Kathy McKee
 - (1) Changes to 14 & Under template-LC, cut back entries to seven heats per event, time standards change, Thursday session will start 1 hour earlier, 12 and under over distance events leave in with no score and 3 heats at finals; if more than the 3 heats, will run all other heats at end of finals
5. Committee Reports
 - Club Development Program – Trish Martin
 - (1) In June, revised program to align with Leap; 10 clubs have submitted applications thus far with application closing moved back to Friday, October 16, 2015.
 - (2) Feedback on program-maximum amount per team, \$500, not significant-\$1000 better amount; application document not easy to find; program forgotten-needs to be made front and center and on club tab

- Membership/Registration – Suzanne Heath
 - (1) For 2014-15, NCS had 11,437 members, 496 officials, 532 coaches, 10,065 athletes; currently at 6,045 members for 2015-16
 - (2) Nationally, membership is down 1% from 2013-14, due largely to a larger team not registering their learn to swim kids; retention is at 60% for 12 and under and 90% for 13 and older athletes
- Technical Planning – Kevin Thornton
 - (1) LC meet calendar was reviewed and approved at yesterday's technical meeting; no bids for senior champs in July-Jay will work on it-possible MCAC if available
 - (2) 3 Tar Heel states end of season may need to go to 4 depending on what happens with new time standards for 14 and under champs-may go from 900 to 600 athletes at the champ meet with the new standards
 - (3) Arena Pro Series in Charlotte may be at MCAC if available, otherwise it will be in Atlanta
 - (4) Time standards for the LC 14 and under champ meets have been tightened
 - (5) Need to draft legislation for HOD later today to approval the Carolina Crown Challenge to be held during HOD weekend in the spring
- Proposed Legislation – Joel Black
 - (1) By laws-2 items which were approved by the HOD but didn't make it into the by-laws: single meet athlete membership and having the official committee description in the by-laws consistent with what is in the rules
 - **MOTION: To accept the 2 items noted into the by-laws – PASSED**
 - (2) From convention: All committees are to have 20% athlete representation; Safe Sport/Safety Coordinator: change description and must be a voting member which we already have

6. Unfinished (old) business

- Hall of Fame at GAC – Trish Martin
 - (1) Action Item/TABLED: Trish Martin
 - (2) Hall of Fame untabled; Hill Carrow spoke regarding the Hall of Fame and its resurrection
 - There was a Hall of Fame in 1985 for 6 years then went on a hiatus; want to restart it and the kick off will be during the national masters meet on Friday, April 29, 2016; this date was chosen based on having an audience at the event and expecting 600 swimmers; Trish Martin will be the point of contact; focus will be on the swimming community and all aquatic sports; list of current members is attached to these minutes; a physical presence is in the works with the coliseum and GAC open to potentially house it
- Retreat Follow-up
 - (1) Action Item: Dave Olack – retreat items from leaders in key areas-COMPLETED
 - (2) Action Item: Ronnie Roach – Progress report on Communication/Education
 - Web site has been compromised; email outage – problem resolved
 - New site goal-November 1, 2015 – it will be mobile responsive
 - Social media-facebook with multiple authors; instagram plus an athlete instagram; twitter
 - Team list from SWIMS
 - Each tab will have one static page with one news feed per page; “sticky” page-articles will stay on website longer; banner ads along top of website
 - By 12/31/15, communication calendar which will go to twitter and facebook automatically
 - (3) Action Item: Rodney Sellars – Parent incentive task force - NO REPORT

7. New business

- Convention trip reports from attendees
 - (1) Trip reports from attendees at USAS due Tuesday, October 13, 2015
- Retreat date and location
 - (1) Possible dates January 2-3, 2016, with the place TBD or June 4-5, 2016, at Pinehurst
 - (2) Will place on Doodle

MOTION: To continue meeting after HOD – PASSED

Meeting adjourned at 9:28 AM

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Meeting called to order at 2:34 PM

New Business - Continued

- Coach mentoring program sponsored by USA Swimming
 - (1) A program jointly funded by USA Swimming and the LSC to create a coach mentoring program for club coaches in the LSC. It is intended to create a practical and affordable means to connect younger inexperienced coaches with a veteran coach to aid in the development and education of the coach.
 - (2) LSC may apply for a grant up to \$4,000 with the LSC matching the funding equal to a minimum of 50% of amount received with preference to LSC's with an equal matching amount.
 - (3) Timeline: December 1, 2015-proposal from LSC due to USA Swimming; December 18, 2015-USA Swimming announces LSCs selected; December 12, 2016-Report to USA Swimming on program; December 19, 2016-final reimbursement requests due to USA Swimming
 - (4) Lines up with Leap 3 which states a structural mentoring opportunity for coaches
 - (5) MOTION: Support the coach's mentoring program at the maximum amount of funds, \$4,000 – PASSED**
 - (6) ACTION ITEM: Sarah Holman, Jay Dodson, and Kevin Thornton to lead the efforts on this program**
- Leap 3
 - (1) Have until May 1, 2016, to apply
 - (2) Wayne Shulby will be the point person
 - (3) Wayne will assess our Leap 3 status and forward recommendations to the board
 - (4) Recommend a safe sport presenter at Swimposium – already in the works
- Expense reimbursement
 - (1) MOTION: Change per diem rates in accordance to U.S. General Services Administration (GSA) per diem rates for the city, state in which the business is held – PASSED**
 - (2) MOTION: Change parking at home airport to \$10/day – PASSED**
- Finance Committee
 - (1) MOTION: Add Tom Donahue and Jane Donahue (athlete) to the finance committee – PASSED**
- Zone Selection Policy
 - (1) Current
 - 11/12 & 13 - 18 Different
 - 11/12 based on "zone points"
 - 13 - 18 based on USA Swimming Power Points
 - Neither really directly tell us the likelihood of an individual making top 8
 - (2) Proposal

- Early selection procedure stays the same
- Selection still based on accumulated points for top 6 event scores
- Change point calculation to
 - (i) FINA formula : $P = BP * (B/T)^3$
 - (ii) P = calculated points
 - (iii) BP = base # of points (ie 1000)
 - (iv) B = Base Time (3 year average of Prelims 8th place)
 - (v) T = Swimmers time

(3) Advantages

- Same formula across all age groups
- Built into spreadsheet (ie no looking up power point values)
- Pretty clear as to the likelihood of an individual making top 8
 - (i) The closer to BP the higher the likelihood

8. Schedule

- Future meetings: Wednesday, November 11, 2015, 8:30 PM, Teleconference and Wednesday, January 13, 2016, 8:30 PM, Teleconference

9. Adjournment

- Meeting was adjourned at 3:16 PM

10. References/Attachments

- Balance Sheet
- Income Statement
- 2015 NCS SAA
- LC Meet Calendar
- 2016 LC Qualifying Times
- Hall of Fame Inductees
- Coach Mentoring Program Description

Respectfully Submitted,

Lisa Olack
NCS Secretary

North Carolina Swimming Balance Sheet
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September 30, 2015

Bank of America

	<u>9/30/2015</u>	<u>9/30/2014</u>	<u>9/30/2013</u>	<u>9/30/2012</u>	<u>12/30/2011</u>
Main	\$239,881.08	\$220,640.52	\$146,995.25	\$221,897.51	\$262,841.13
Travel Fund	\$199,375.70	\$154,939.04	\$111,785.10	\$75,921.50	\$121,094.94
Petty Cash	\$3,137.18	\$1,401.53	\$977.76	\$2,471.76	\$777.48
CD (Liquid)	\$100,232.41	\$100,184.22	\$100,074.63		
CD	\$50,101.39	<u>\$50,073.55</u>	<u>\$50,019.02</u>	<u>\$20,896.25</u>	<u>\$20,859.24</u>
TOTAL	\$592,727.76	\$527,238.86	\$409,851.76	\$321,187.02	\$405,572.79

<u>Wells Fargo</u>	\$1,103,675.49	\$1,115,924.10	\$1,020,179.29	\$945,216.67	\$861,307.84
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North Carolina Swimming
Profit & Loss Statement
September 30, 2015

<u>Account</u>	<u>Name</u>	<u>2015 Actual</u>	<u>2015 Budget</u>	<u>2014 Actual</u>	<u>2014 Budget</u>	<u>2013 Actual</u>	<u>2013 Budget</u>	<u>2012 Actual</u>	<u>2012 Budget</u>
301	Banquet	\$3,680.24	\$2,576.00	\$4,040.60	\$2,538.00	\$3,022.51	\$2,500.00	\$4,616.98	\$2,500.00
305	Camps	\$21,400.00	\$12,985.00	\$22,271.23	\$12,793.00	\$22,950.00	\$19,500.00	\$17,690.00	\$19,500.00
317	Entry Fees	\$105,798.20	\$79,419.00	\$100,543.66	\$77,862.00	\$88,315.27	\$76,335.00	\$45,914.44	\$53,000.00
325	Endowment		\$10,000.00		\$11,692.00		\$8,000.00	\$8,000.00	\$6,500.00
340	Select Camp	\$18,560.00	\$19,000.00	\$23,590.00	\$19,041.00	\$17,600.00	\$18,760.00	\$18,760.00	\$16,500.00
353	Zone Team	\$39,825.00	\$21,635.00	\$24,000.00	\$21,315.00	\$22,800.00	\$21,000.00	\$19,000.00	\$22,900.00
370	Registration	\$701,258.96	\$632,400.00	\$582,681.40	\$593,426.00	\$578,035.50	\$559,414.00	\$161,191.50	\$469,440.00
375	Sanction Fees	\$4,348.61	\$1,751.00	\$1,591.00	\$1,726.00	\$1,432.61	\$1,700.00	\$817.31	\$1,500.00
395	Miscellaneous*		\$5,000.00		\$4,000.00	\$8,348.44	\$1,000.00	\$500.00	\$3,500.00
	TOTAL INCOME	\$894,871.01	\$784,766.00	\$758,717.89	\$744,393.00	\$742,504.33	\$708,209.00	\$276,490.23	\$595,340.00
401	Banquet	\$13,366.77	\$12,500.00	\$4,515.42	\$12,500.00	\$7,910.96	\$12,500.00	\$6,171.86	\$13,000.00
405	Camps	\$31,294.63	\$19,500.00	\$27,998.75	\$24,431.00	\$29,937.34	\$21,000.00	\$15,614.16	\$19,000.00
410	Web Page	\$2,775.70	\$1,000.00	\$357.40	\$1,000.00		\$1,000.00	\$1,000.00	\$500.00
415	Coaches' Education	\$500.00	\$3,500.00		\$3,500.00	\$2,470.00	\$3,500.00	\$500.00	\$3,500.00
425	Contingency*	\$12,968.18	\$7,500.00	\$10,598.72	\$7,500.00	\$8,417.53	\$7,500.00		\$10,000.00
430	Convention/LSC Meetings	\$17,357.23	\$20,500.00	\$25,483.38	\$20,500.00	\$17,166.12	\$20,500.00	\$4,265.21	\$17,000.00
438	Office Expenses	\$4,229.91	\$2,000.00	\$3,549.50	\$1,500.00	\$7,438.17	\$5,000.00	\$1,710.06	\$7,000.00
444	Officials' Expenses	\$9,038.94	\$13,500.00	\$6,813.83	\$12,000.00	\$8,026.60	\$11,400.00	\$5,020.59	\$6,800.00
449	Select Camp	\$22,643.45	\$19,000.00	\$24,052.89	\$18,600.00	\$17,409.08	\$18,600.00	\$17,665.62	\$20,000.00
453	Zones	\$72,900.73	\$42,000.00	\$61,508.82	\$39,000.00	\$44,425.80	\$39,000.00	\$29,402.12	\$42,000.00
460	Club Support	\$13,167.25	\$13,500.00	\$11,334.00	\$13,500.00	\$9,267.28	\$13,500.00	\$7,625.05	\$18,500.00
470	USA Swimming Registration	\$587,153.00	\$530,000.00	\$465,228.00	\$498,716.00	\$507,138.00	\$470,133.00	\$182,311.30	\$383,730.00
473	Registration/Administration	\$65,985.84	\$76,833.00	\$61,531.51	\$74,235.00	\$67,495.24	\$71,724.00	\$47,691.04	\$58,100.00
495	Miscellaneous	\$3,348.46	\$5,000.00	\$5,000.00	\$5,000.00	\$43.00	\$1,500.00	\$556.00	\$1,500.00
	Team Incentives	\$4,814.00	\$10,000.00		\$10,000.00		\$10,000.00		
	Diversity Workshops		\$1,550.00		\$1,550.00		\$1,550.00		
	Training		\$360.00		\$360.00		\$360.00		
	Safety	\$1,225.96	\$1,300.00		\$500.00	\$837.39	\$500.00		
	TOTAL EXPENSES	\$862,770.05	\$779,543.00	\$707,972.22	\$744,392.00	\$727,982.51	\$709,267.00	\$319,533.01	\$600,630.00
	Travel Fund								
389	Travel (Meet Income)	\$111,788.00	\$102,624.00	\$128,397.91	\$100,612.00	\$102,610.06	\$98,639.00		\$66,659.00
489	Travel (Athlete Funding)	\$80,054.91	\$85,000.00	\$63,256.00	\$72,500.00	\$58,556.00	\$62,500.00		\$111,859.99

NCS
SAA 2014-15

LAST NAME	FIRST NAME	GENDER	LSC	ZONE	CLUB
Queen	Jacob	M	NC	Southern	Catawba Valley Aquatic Club
Smith	Morgan	F	NC	Southern	Duke Aquatics
Bathory	Levente	M	NC	Southern	Enfinity Aquatic Club
Neil	Paul	M	NC	Southern	Enfinity Aquatic Club
Slate	Benjamin	M	NC	Southern	Enfinity Aquatic Club
Kiselis	Laurel	F	NC	Southern	Greensboro Community YMCA
Sigmon	Heather	F	NC	Southern	Greensboro Community YMCA
Mintz	Jordan	M	NC	Southern	Harnett County Aquatic Club
Cherkez	Sophia	F	NC	Southern	Hickory Foundation YMCA Seahorse Swim Team
Peterson	Emmaline	F	NC	Southern	Hickory Foundation YMCA Seahorse Swim Team
Turcanu	Maria Magdalena	F	NC	Southern	Hickory Foundation YMCA Seahorse Swim Team
Marsh	Virginia	F	NC	Southern	High Point Swim Club
Allen	Catherine	F	NC	Southern	Marlins of Raleigh
Allen	Haley	F	NC	Southern	Marlins of Raleigh
Blandford	Connor	M	NC	Southern	Marlins of Raleigh
Giamber	Sarah	F	NC	Southern	Marlins of Raleigh
High	Madeline	F	NC	Southern	Marlins of Raleigh
Johnson	Meagan	F	NC	Southern	Marlins of Raleigh
Lombana	Gregory	M	NC	Southern	Marlins of Raleigh
Mears	Riley	M	NC	Southern	Marlins of Raleigh
Mikles	Chloe	F	NC	Southern	Marlins of Raleigh
Quintero	Dominique	F	NC	Southern	Marlins of Raleigh
Ress	Justin	M	NC	Southern	Marlins of Raleigh
Rubendall	Brooke	F	NC	Southern	Marlins of Raleigh
Silver	Tyler	M	NC	Southern	Marlins of Raleigh
Todd	Michael	M	NC	Southern	Marlins of Raleigh
House	Abigail	F	NC	Southern	Mecklenburg Swim Association
Frith	John	M	NC	Southern	New South Swimming
Hylinski	Charlotte	F	NC	Southern	New South Swimming
Bilden	Thomas	M	NC	Southern	North Carolina Aquatic Club
Bird	Alex	M	NC	Southern	North Carolina Aquatic Club
DeSelm	Claire	F	NC	Southern	North Carolina Aquatic Club
Deshusses	Simon	M	NC	Southern	North Carolina Aquatic Club

NCS
SAA 2014-15

Greeley	Nathaniel	M	NC	Southern	North Carolina Aquatic Club
Hu	Julie	F	NC	Southern	North Carolina Aquatic Club
Knaven	Uma	F	NC	Southern	North Carolina Aquatic Club
Macmillan	William	M	NC	Southern	North Carolina Aquatic Club
Morrell	Mia	F	NC	Southern	North Carolina Aquatic Club
O'Dell	Rory	F	NC	Southern	North Carolina Aquatic Club
Pudik	Jacob	M	NC	Southern	North Carolina Aquatic Club
Werden	Jacob	M	NC	Southern	North Carolina Aquatic Club
Wohl	Michael	M	NC	Southern	North Carolina Aquatic Club
Dale	Diana	F	NC	Southern	North Mecklenburg Aquatics, Inc
Jones	Samuel	M	NC	Southern	North Mecklenburg Aquatics, Inc
Rowe	Sirena	F	NC	Southern	North Mecklenburg Aquatics, Inc
Martin	Tara	F	NC	Southern	Raleigh Swimming Association
McCulloch	Gavin	M	NC	Southern	Raleigh Swimming Association
Watts	Charlotte	F	NC	Southern	Raleigh Swimming Association
Van Der Linden	James	M	NC	Southern	Rowan Aquatic Club - YMCA
Campbell	Parker	M	NC	Southern	Sharks Aquatic Club
Farrell	Margaret	F	NC	Southern	Swim GSA
Gilchrist	Amelia	F	NC	Southern	Swim GSA
Hering	Clayton	M	NC	Southern	Swim GSA
Martin	William	M	NC	Southern	Swim GSA
Pearce	Lucy	F	NC	Southern	Swim GSA
Zieg	Parker	M	NC	Southern	Swim GSA
Applegate	Meredith	F	NC	Southern	SwimMAC Carolina
Brown	Erika	F	NC	Southern	SwimMAC Carolina
Conklin	Justin	M	NC	Southern	SwimMAC Carolina
Dupay	Meghan	F	NC	Southern	SwimMAC Carolina
Edelson	Jack	M	NC	Southern	SwimMAC Carolina
Eruchalu	Ikenna	M	NC	Southern	SwimMAC Carolina
Fetter	Kalyn	F	NC	Southern	SwimMAC Carolina
Harwood	Mitchell	M	NC	Southern	SwimMAC Carolina
Hauder	Caroline	F	NC	Southern	SwimMAC Carolina
Heldman	Evan	M	NC	Southern	SwimMAC Carolina
Higgs	Margaret	F	NC	Southern	SwimMAC Carolina

NCS
SAA 2014-15

Jensen	Louis	M	NC	Southern	SwimMAC Carolina
Johnson	Lucas	M	NC	Southern	SwimMAC Carolina
Kammeyer	Carolyn	F	NC	Southern	SwimMAC Carolina
Li	Tian	M	NC	Southern	SwimMAC Carolina
Long	Connor	M	NC	Southern	SwimMAC Carolina
Manchester	Coleman	M	NC	Southern	SwimMAC Carolina
Marsh	Alyssa	F	NC	Southern	SwimMAC Carolina
Maxey	Catherine	F	NC	Southern	SwimMAC Carolina
McCullagh	Erin	F	NC	Southern	SwimMAC Carolina
McCullagh	Nora	F	NC	Southern	SwimMAC Carolina
McMurry	Alexander	M	NC	Southern	SwimMAC Carolina
Merritt	Jessica	F	NC	Southern	SwimMAC Carolina
Miller	Katherine	F	NC	Southern	SwimMAC Carolina
Murch Elliot	Cape	F	NC	Southern	SwimMAC Carolina
Murray	Nathaniel	M	NC	Southern	SwimMAC Carolina
Nelson	Stephanie	F	NC	Southern	SwimMAC Carolina
Poff	John	M	NC	Southern	SwimMAC Carolina
Postoll	Rebecca	F	NC	Southern	SwimMAC Carolina
Powe	Padgett	M	NC	Southern	SwimMAC Carolina
Ritger	Elizabeth	F	NC	Southern	SwimMAC Carolina
Smith	Jackson	M	NC	Southern	SwimMAC Carolina
Souther	Alexis	F	NC	Southern	SwimMAC Carolina
Stranick	Sara	F	NC	Southern	SwimMAC Carolina
Wallace	Lauren	F	NC	Southern	SwimMAC Carolina
Weaver	Graham	M	NC	Southern	SwimMAC Carolina
Atkinson	William	M	NC	Southern	Triangle Aquatics Club Titans
Butkowski	Ashlyn	F	NC	Southern	Triangle Aquatics Club Titans
Poole	Julia	F	NC	Southern	Triangle Aquatics Club Titans
Ritchie	William	M	NC	Southern	Triangle Aquatics Club Titans
Slater	Joshua	M	NC	Southern	Unattached
Brown	Rachel	F	NC	Southern	YMCA of Northwest North Carolina Riptyde
Joram	Meghan	F	NC	Southern	YMCA of Northwest North Carolina Riptyde
Martin	Corinne	F	NC	Southern	YMCA of Northwest North Carolina Riptyde
Nicklas-Morris	Emma	F	NC	Southern	YMCA of Northwest North Carolina Riptyde

NCS
SAA 2014-15

Regan	Matthew	M	NC	Southern	YMCA of Northwest North Carolina Riptyde
Tacik	Morgan	F	NC	Southern	YMCA of Northwest North Carolina Riptyde
Vlahos	George	M	NC	Southern	YMCA of Northwest North Carolina Riptyde
Warnimont	Allison	F	NC	Southern	YMCA of Northwest North Carolina Riptyde
Barlow	Stephen	M	NC	Southern	YMCA of the Triangle Area Swim Team
Bishop	Haley	F	NC	Southern	YMCA of the Triangle Area Swim Team
Hollinshead	Henry	M	NC	Southern	YMCA of the Triangle Area Swim Team
James	Marissa	F	NC	Southern	YMCA of the Triangle Area Swim Team
Kohut	Christopher	M	NC	Southern	YMCA of the Triangle Area Swim Team
Kohut	Jordan	F	NC	Southern	YMCA of the Triangle Area Swim Team
Lawton	Kelsey	F	NC	Southern	YMCA of the Triangle Area Swim Team
Medins	Brandon	M	NC	Southern	YMCA of the Triangle Area Swim Team
Medlin	Samantha	F	NC	Southern	YMCA of the Triangle Area Swim Team
Moore	Kathleen	F	NC	Southern	YMCA of the Triangle Area Swim Team
Nusbaum	Jennifer	F	NC	Southern	YMCA of the Triangle Area Swim Team
Ontjes	Olivia	F	NC	Southern	YMCA of the Triangle Area Swim Team
Suits	Jonathan	M	NC	Southern	YMCA of the Triangle Area Swim Team
Wright	Hunter	M	NC	Southern	YMCA of the Triangle Area Swim Team



2016 LCM NCS Meet Schedule Template

<u>Date</u>	<u>Meet Bids</u>	<u>Location</u>	<u>Type of Meet</u>	<u>Requested Meets</u>	<u>Other Dates</u>
Apr 15-17	STAR Friday Night Races 4/15 only	GAC, Greensboro, NC	TF - AG/Sr - Ind-\$2, Facility-\$15, Other-\$5		Arena Pro Series April 14-16 Mesa, AZ
April 23	Carolina Crown NCS / SCS All-Star Meet	GAC, Greensboro, NC	Closed		
April 22-24	House of Delegates	Greensboro, NC	Closed Week End		
	GCY Friday Night Spring - April 22 Only - CLOSED "A" designate	GAC, Greensboro, NC	TF - AG/Sr - Ind-\$4, Relay-\$10, Facility-\$18, Parking		
April 29- May 1	Swim Mac 11&U - 4/30 only	Charlotte Latin, Charlotte, NC	TF - 11&U / Ind-\$5, Facility-\$15		
	NCAC Quad Meet 4/30-5/1 only	UNC-Chapel Hill, Chapel Hill, NC	TF - AG/Sr - Ind-\$5, Relay-\$10, Facility-\$15		
	GOLD Long Course Invite	Goldsboro YMCA, Goldsboro, NC	TF - AG/Sr - Ind-\$2.50, Facility-\$5		
May 6-8	2015 Swim Mac Spring Splash - 5/7-8 only	Charlotte Latin, Charlotte, NC	TF - AG/Sr - Ind-\$5, Relay-\$15, Facility-\$15		
	Tac Titans Cinco de Mayo	TAC, Cary, NC	TF-P/F - AG/Sr - Ind-TF \$6 / P/F \$8, Relay-\$14, Facility-\$12, LSC-\$3		



2016 LCM NCS Meet Schedule Template

	SGSA Mother's Day Special - May 6-7 Only	GAC, Greensboro, NC	TF - AG/Sr - Ind-\$5, Relay-\$12, Facility-\$12, LSC-\$3		
13-15	Swim Mac Arena Series Aren Pro Series May 12-15	MCAC, Charlotte, NC	Pro Series		Arena Pro Series May 12-15 TBA
	STAR Long Days of Summer - Quad - Closed	GAC, Greensboro, NC	TF - AG/Sr - Ind-\$3.50, Facility-\$15, Other \$5-\$10		
	Gaston Gator Amazing Meet - CLOSED	Huntersville AC, Huntersville, NC	TF - AG/Sr - Ind-\$5, Relay-\$10, Facility-\$15		
20-22	Swim Mac Saturday Night Fever - 5/21 Only - Closed	Charlotte Latin, Charlotte, NC	TF - AG/Sr - Ind-\$5, Facility-\$15		
	TAC Jr Titans Open May 22 Only	TAC, Cary, NC	TF - AG/Sr - Ind-\$6, Relay-\$14, Facility-\$12, LSC-\$3		
	NCAC Meet on the Hill	UNC-Chapel Hill, Chapel Hill, NC	P/F - AG/Sr - Ind-\$5, Relay-\$10, Facility-\$15		
	YBAC Spring Invite	GAC, Greensboro, NC	TF - AG/Sr - Ind-\$4, Facility-\$15, Parking		
	ECA Dual Meet 0 Closed - 5/21-22 only	Sports Center, Morehead City, NC	TF - AG/Sr - Ind-\$3, Relay-\$8, Facility-\$10		
27-29	2016 WNCY HULA Invite - CLOSED Y	Asheville Rec Park Pool, Asheville, NC	TF - AG/Sr - Ind-\$3.50, Relay-\$8, Facility-\$12		



2016 LCM NCS Meet Schedule Template

June 3-5			Closed Week End Open Water Champion- ships		Arena Pro Series Santa Clara, CA + Indy, IN June 2-5 + Open Water Zones Ft Myers Beach, FL
Closed Date	Swim Mac Olympic Trial Prep Event - CLOSED / 6/4 ONLY	Charlotte Latin, Charlotte, NC	TF - Sr/Open - Ind-\$5, Facility-\$15		
10-12	HPSC Furniture City	High Point City Lake Park, High Point, NC	TF-P/F - AG/Sr - Ind-\$4, Relay-\$12, Facility-\$LSC		
	GCY Prelim/Finals/TT	GAC, Greensboro, NC	PF/TT - AG/Sr -Ind-\$6, Relay-\$12, Facility-\$18, Parking		
	2016 SAC Summer Open	Shelby City Park Pool, Shelby, NC	TF - AG/Sr - Ind-\$4.50, Facility-\$15, LSC-\$3		
17-19	YSST 10th Annual Bob Pratt	Hickory Foundation, Hickory, NC	TF - AG/Sr - Ind-\$3, relay- \$10, Facility-\$15		
	MOR State Games - 6/18- 19 ONLY	Optimist/Pullen Park, Raleigh, NC	TF - AG/Sr/Open - \$50 per swimmer		
	TAC Titans TYR Triangle Classic	TAC, Cary, NC	TF-P/F - AG/Sr - Ind-TF \$6 / P/F \$8, Relay- \$14,Facility-\$12,LSC-\$3		
	ECA Beach Invite	Sports Center, Moorehead City, NC	TF - AG/SR - Ind-\$3.50, Relay-\$8, Facility-\$12		
24-26	61st Eastern Invitational	GAC, Greensboro, NC	TF / PF - AG/Sr - Ind-\$6, Relay-\$12, Facility-\$15, LSC-\$3, Parking		Olympic Trials June 26 – July 3 Omaha, Nebraska



2016 LCM NCS Meet Schedule Template

July 1-3					Para Olympics June 30 - July 2 Charlotte, NC
8-10	MOR Long Course Qualifier	Optimist Park, Raleigh, NC	TF - AG/Sr?Open - Ind-\$4.50, Facility-\$15	At Least 2 Qualifier Meets	
	Tac Titans July Qualifier - July 9 Only	TAC, Cary, NC	TF / Other - Ag/Sr - Ind-\$6, \$10, Facility-\$12, LSC-\$3		
	TAC Jr Titans Open July 10 Only - Short Course	TAC, Cary, NC	TF - AG/Sr - Ind-\$5, Relay-\$12, Facility-\$12, LSC-\$3		
	2016 SAC Last Chance Qualifier	Shelby City Park Pool, Shelby, NC	TF - AG/Sr - Ind-\$4.50, Facility-\$15, LSC-\$3		
15-17	TAC Titans - AG Champs	TAC, Cary, NC	TF / PF - AG - Ind + Relay + Facility + LSC = LSC Charges	NCS 14 and Under AG Champs	Senior Sectionals July 14-17 GAC Greensboro, NC
22-24				NCS Senior Champs	
Closed Date	Swim Mac Intrasquad - Short Course Yards - CLOSED-7/23 ONLY	Charlotte Latin, Charlotte, NC	TF - 14U - Ind-\$5, Facility-\$10		
Closed Date	Swim Mac 12&U - LCM Closed-7/23 ONLY	Charlotte Latin, Charlotte, NC	TF - AG - Ind-\$5, Relay-\$15, Facility-\$15		
29-31	HPSC Tar Heel State	High Point City Lake Park, High Point, NC	TF-P/F - AG/Sr - Ind-\$4, Relay-\$12, Facility-\$LSC		
	Sailfish Aquatics Summer Splash Invitational	Huntersville AC, Huntersville, NC	TF - P/F- AG/Sr - Ind-\$5, Relay-\$10, Facility-\$18		
	NCAC Tar Heel State Meet	UNC-Chapel Hill, Chapel Hill, NC	P/F - AG/Sr - Ind-\$5, Relay-\$10, Facility-\$15		



2016 LCM NCS Meet Schedule Template

Aug 5-7					US Open Aug 2-6 + Futures Aug 4-7 + Olympic Games – Swimming dates- Aug 6-13, RioD, BRA + Speedo Jr Nationals Aug 8-12
12-14					
19-21					
26-28					Jr Pan Pac Champs Aug 24-28 Kihei, HI
September FPP					USAS Convention Sept 18-25 Atlanta, GA

THURSDAY			NOON WARM UP	TF 130 pm		
FEMALE	LC	SC	EVENT	SC	LC	MALE
1	10:20.99	11:29.39*	13-14 800 FR	11:08.89*	10:04.99	2
3	6:11.39	5:20.69*	11-12 400 IM	5:20.39*	6:08.26	4
5	NQT	NQT	13-14 800 FRR	NQT	NQT	6

FRIDAY	13-14		7AM W-UP	PRE 830 AM		
FEMALE	LC	SC	EVENT	SC	LC	MALE
7	2:20.89*	2:01.19*	200 FR	1:56.99*	2:15.29	8
9	1:25.39	1:13.39*	100BR	1:09.59*	1:21.79	10
11	1:12.59*	1:02.79*	100FL	59.89*	1:10.29*	12
13	5:40.59	4:50.39*	400IM	4:43.49*	5:30.39	14
			10' BREAK			
15	NQT	NQT	400 FRR	NQT	NQT	16

SATURDAY	13-14		7AM W-UP	PRE 830 AM		
FEMALE	LC	SC	EVENT	SC	LC	MALE
19	2:42.39	2:21.29*	200 FL	2:14.89*	2:38.19	20
21	29.79*	25.59*	50 FR	24.29*	28.39	22
23	3:03.99	2:38.29*	200 BR	2:31.49*	2:58.59	24
25	1:15.19*	1:03.39*	100 BK	1:00.59*	1:12.69	26
27	4:58.39	5:26.39*	400 FR	5:16.19*	4:48.09*	28
			10' BREAK			

29	NQT	NQT	400 MR	NQT	NQT	30
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SUNDAY	13-14		7AM W-UP	PRE 830 AM		
FEMALE	LC	SC	EVENT	SC	LC	MALE
35	1:04.49*	55.79*	100 FR	53.19*	1:01.99*	36
37	2:42.19	2:15.89*	200 BK	2:11.49*	2:35.89	38
39	2:40.49*	2:18.19*	200 IM	2:10.99*	2:33.09*	40
			10' BREAK			
33	19:48.09	19:21.69	1500 FR	18:40.79	19:22.59	34

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FRIDAY						
FEMALE	LC	SC	EVENT	SC	LC	MALE
43	31.39*	27.39*	11-12 50 FR	26.99*	30.79*	44
45	35.99	31.49*	10&U 50 FR	31.49*	36.29	46
47	1:19.09*	1:08.19*	11-12 100 FL	1:09.89*	1:18.99*	48
49	1:38.69	1:25.79*	10&U 100 FL	1:25.79*	1:38.69	50
51	41.49	35.69*	11-12 50 BR	36.69*	42.49*	52
53	48.29	41.49*	10&U 50 BR	43.09*	49.69	54
55	5:19.69	5:50.99*	11-12 400 FR	5:52.69*	5:23.69	56
57	5:54.29	6:27.49*	10&U 400 FR	6:24.29*	5:51.49	58
59	NQT	NQT	11-12 400 FRR	NQT	NQT	60
17	2:53.19	2:29.09*	11-12 200 BK	2:25.89*	2:52.79	18

SATURDAY						
FEMALE	LC	SC	EVENT	SC	LC	MALE
61	2:55.89	2:32.99*	10&U 200 FR	2:32.29*	2:54.29	62
63	2:30.99	2:09.89*	11-12 200 FR	2:10.09*	2:29.19*	64
65	1:47.09	1:31.89*	10&U 100 BR	1:33.79*	1:49.09	66
67	1:32.49*	1:18.09*	11-12 100 BR	1:19.89*	1:33.29	68
69	1:33.49	1:20.09*	10&U 100 BK	1:20.99*	1:33.79	70
71	1:18.79*	1:08.39*	11-12 100 BK	1:08.59*	1:19.49*	72
73	NQT	NQT	10&U 200 MR	NQT	NQT	74
75	NQT	NQT	11-12 400 MR	NQT	NQT	76
31	2:54.99	2:31.59*	11-12 200 FL	2:30.19*	2:53.29	32

SUNDAY						
FEMALE	LC	SC	EVENT	SC	LC	MALE
77	43.19	36.09*	10&U 50 BK	37.19*	42.69	78
79	37.09*	31.59*	11-12 50 BK	31.89*	37.49*	80
81	3:20.59	2:54.19	10&U 200 IM	2:54.19*	3:20.59	82
83	2:50.69	2:26.19*	11-12 200 IM	2:26.49*	2:51.09*	84
85	41.49	36.29*	10&U 50 FL	36.69*	41.39	86
87	34.19*	29.89*	11-12 50 FL	30.59*	34.49*	88

Per the request of the one of the Board members, here is the list of prior inductees (there was not an induction in 1990):

Class of 1985

Ralph Casey
Willis Casey
Duncan Goodhew
Mary Montgomery Johnston
Thompson Mann
Steve Rerych

Class of 1986

Steve Gregg
Dan Harrigan
Richard Jamerson
Sue Walsh

Class of 1987

Bob Jamieson
Bonnie Brown List
Bob Mattson
Jimmy Thomas
Ann Marshall Winston

Class of 1988

Dick Fadgen
Dorothy Resseguie
George Resseguie

Class of 1989

Buddy Baarcke
Franke Bell
Nancy Hogshead
Martha McKee
Bill Sonner

Class of 1991

Peter Fogarassy
Ray Martinez
Jack Nelson
Phil Riker
Allison Grant Townsend



LSC Coach Mentoring Grant Program

Purpose: Create a coach mentoring program for club coaches in the LSCs.

Many successful coaches talk about how they were mentored earlier in their career. This program is intended to create a practical and affordable means to connect younger inexperienced coaches with a veteran coach to aid in the development and education of the coach.

Funding: \$60,000 for the program in 2016

This program is to be jointly funded between USA Swimming and an LSC. The LSC can apply for a grant of up to \$4,000. The LSC must support the program with a matching amount equal to a minimum of 50% of the money requested from USA Swimming. (Example: if requesting \$4,000 from USA Swimming the LSC must match with a minimum amount of \$2,000). Preference will be given to LSCs that support the program with an even matching amount. Depending on the number of LSCs that apply, USA Swimming may attempt to spread the funding available to more LSCs.

Preference is given to disbursing the grant from USA Swimming to the LSC in one payment at the end of the year upon timely submittal of the appropriate paperwork. However, an LSC may request 50% of the grant money be disbursed to the LSC at the beginning of the program. LSCs will be required to submit an accounting of any expenses that they paid out to coaches/clubs prior to receiving the final payment from USA Swimming.

Time Line:

December 1, 2015	Grant proposals from LSC are due to the USA Swimming office (mweinberg@usaswimming.org)
December 18, 2015	Announcement of LSC's selected
December 12, 2016	Report due to USA Swimming office on the program (what worked and what didn't)
December 19, 2016	Final reimbursement request due to USA Swimming accounting department

Each LSC shall come up with their own criteria of how the program is to be administered.

Some suggestions for an LSC to consider in administration of the program:

1. A minimum visit of ½ day with a maximum of 3 days (2 nights)
2. An LSC may want to partner with an adjoining LSC to run the program

3. Each LSC is to come up with their own list of mentor coaches. Possible suggestions might be finding coaches who are good at:
 - a. Working with novice, entry-level athletes
 - b. Good dryland program
 - c. Running a learn-to-swim program
 - d. Writing workouts for senior level athletes
 - e. Season planning
 - f. Managing a satellite program
 - g. Coaching advanced age group athletes
 - h. Recruiting new swimmers
 - i. Running the business side of the club
 - j. Moving athletes from Sectionals to Junior Nationals
 - k. Technical skills (teaching specific swimming skills)
 - l. How to become a good head age group coach
 - m. Developing a progressive age group program
 - n. How to make age group practices exciting and fun
 - o. How to help a swimmer with college recruiting
4. Reimbursement to the mentored coach will include actual expenses incurred such as mileage (LSC to determine rate) or transportation, hotel, food or per diem. Mentored coach is to submit the original receipts for reimbursement to the LSC. A meal(s) for the mentor coach could also be submitted if the mentor coach and mentored coach dined together. The LSC may want to impose a limit to how much could be submitted for a meal.
5. Upon completion of the visit, the mentored coach is to submit a report to the LSC outlining what they learned from the visit.
6. The mentor coach is also to complete a short survey.
7. The LSC may establish a small honorarium for the mentor coach. Suggestions might be an actual honorarium or a gift card/restaurant card.
8. To activate the program a coach would fill out a visit request form within the LSC and submit to the appropriate person (could be the coach's rep, permanent office, senior chair, etc...).
9. Upon approval the mentoree would then make the arrangements with the mentor coach for the visit.
10. Coaches that are eligible for USA Swimming's National Junior Team visit program would be ineligible to participate as a mentoree.

Additional items for an LSC to consider when designing the program:

- Set up or describe what is required of the mentor coaches
- Frequently asked questions
- Some type of follow up documentation
- How the goals of the program are communicated?
- Encourage ongoing communication between mentor and mentoree
- Is there some type of contribution from the mentored coach's club?
- Does there need to be some type of sign-off from the mentoring and mentored club?

Please submit your detailed grant proposal by Tuesday, December 1st to Morgan Weinberg @ mweinberg@usaswimming.org.

Include two copies of your proposal:

- The full proposal
- A second copy with any reference(s) to the LSC removed (to be used by the review committee)
- Make sure that your full proposal includes all contact information