



**NORTH
CAROLINA
SWIMMING**

*Leading the Nation in Achievement, Development, Diversity, and Citizenship
Promoting Excellence by Providing Resources to Support and Empower the North Carolina Swimming Community*

MEETING MINUTES

Board of Directors Meeting

Wednesday, June 8, 2016, 8:30 PM

Teleconference

1. Call to Order – Dave Olack
 - Meeting was called to order at 8:32 PM
2. Roll Call – Lisa Olack
 - Attendees: Dave Olack, Trish Martin, Jay Dodson, Kathy McKee, Carl Labonge, Lisa Olack, Jon Fox, Jon Jolley, Sarah Holman, Julia Poole, JP Merchant, Kevin Thornton, Suzanne Heath, John Roy, Paul Silver, Chad Onken, Wayne Shulby
 - Guests: Bill Martin
3. Reading, correction and adoption of minutes – Lisa Olack
 - **MOTION: Approve April 24, 2016, minutes - PASSED**
4. Officer Reports
 - a) General Chair – Dave Olack
 - i) LSC Leadership Workshop Report
 - (1) As presented
 - (2) Highly recommends watching The Last Gold video when available
 - ii) Convention Attendance
 - (1) Asked convention delegates (Trish Martin, Kathy McKee, Jay Dodson, Claire DeSelm, Sarah Holman) to please advise him if not attending the House of Delegates meeting on Saturday so that replacements may be found
 - b) Treasurer – Jon Fox
 - i) As presented
 - (a) Balance sheet in good shape; travel fund is now completed and will be reflected in next report
 - (b) Profit and Loss-revenue stronger than last year; expenses higher than budgeted

5. Committee Reports

- a) Registration – Suzanne Heath
 - i) 77 clubs; 10,816 members with 1,061 non-athletes and 9,755 athletes
- b) Officials – Todd Webber
 - i) ACTION: Officials committee will revise other certification programs to reflect the same wording regarding recertification clinics as the administrative official
 - (1) No report
- c) Technical Planning – Kevin Thornton
 - i) ACTION ITEM: Technical Planning to establish a policy for the bidding process and legislation for monetary penalty for failing to submit bids in a timely manner
 - (1) Attached proposal
 - (2) Bill Martin created a Google doc so that all information for meets may be entered for bids to be accepted; this document will be used for the 2017 Long Course bidding process
 - (3) Legislative changes will be needed and will be presented for the fall HOD for bidding in the spring
- d) Safety – JP Merchant
 - i) See reports
 - ii) Safe Sport Monday will have scenarios available on the USA Swimming website each Monday; NCS will provide a link for these scenarios
 - iii) Maggie Vail very pleased with the Swimposium; 14 and unders from the select camp had a safe sport session at Swimposium as did the 10 unders; kids were well engaged

6. Unfinished (old) business

- a) Retreat
 - i) Saturday, August 27, 2016, site tentatively in Greensboro with an 11:00 AM start and a working lunch; agenda items to be sent to Dave Olack
- b) Governance committee task force status – Wayne Shulby
 - i) Reports attached; legislation will be presented for the Fall HOD

7. New business

- a) Camp/Zone Team Policies – Bill Martin/Jonathan Watson
 - i) **MOTION: Approve Coach-Zone Team/Select Camp Head Coach and Staff Selection policy as presented – PASSED**
 - ii) General – Camps and Zone Team General Policies
 - (1) Add a waiver to the last paragraph
 - (2) **MOTION: Approve General-Camps and Zone Team General Policies with waiver added - PASSED**
- b) Bill Martin congratulated the North Carolina Open Water Zone team for winning the Open Water meet in Florida; pictures available on the website and Facebook
- c) Bill Martin reported that Arena donated warm ups to NCS however 80% of them are XS and S; would like ideas on what to do with them
 - i) **MOTION: Donate warm ups to a worthy organization Bill Martin find acceptable - PASSED**
- d) Kevin Thornton suggested that NCS send athletes to the May 2017 Last Gold meet in Canada; more information is needed by the board before moving forward.
- e) John Roy reported that there is legislation that will be presented at convention with regards to changing the structure of the USA-S BOD; CEO would become the President and the CFO, treasurer since they are engaged more in the day to day business of USA-S. An effective date has not been set. Also, seasonal memberships will be reduced immediately however, no dollar amount has been set. The seasonal membership may be converted to a year round membership with the amount paid for the seasonal being a credit toward the year round membership.

8. Schedule

- Next BOD meeting Saturday, August 27, 2016, following the retreat

9. Adjournment

- Meeting was adjourned at 9:38 PM

10. References/Attachments

- a) LSC Leadership Workshop
- b) Balance Sheet
- c) Profit/Loss Statement
- d) Athlete Stats
- e) Club Stats
- f) NCS YTD Stats
- g) OT Qualifiers
- h) NCS Technical Planning Process Proposal
- i) NCS Safety Summary
- j) Governance Committee Recommendation
- k) Governance Committee Responsibilities
- l) Coach-Zone Team/Select Camp Head Coach and Staff Selection Policy – Proposed
- m) General: Camps and Zone Team General Policies – Proposed

Respectfully Submitted,

Lisa Olack
NCS Secretary

LSC Leadership Workshop

April 22-24, 2016

Denver Gateway Marriott, Denver, CO

Saturday - AM

Presentations by Dana Samuels, PhD, University of Colorado

Very lengthy presentation on various subjects related to racism such as Challenging Implicit Bias – Explanation of how people react and treat others based on the way we perceive others and apply stereotypes and how we may not be aware of our own biases, Unpacking Colorblindness – Presented the USA's history on whiteness and how everyone needs to be practicing colorblindness, plus some additional and various subject matter related to racial biases.

Saturday – PM

Presentation by Bruce Lesley, Board Source, Generative Thinking in the Boardroom for General Chairs

Addressed the three modes of LSC governance; fiduciary, strategic and generative. Examples describing each particular mode. Many LSC management scenarios and areas for improvement to consider. Made notes to consider ways to promote more community programs by partnering with local communities and sponsors.

Sunday – AM

Convention Education Roundtable – Various discussions on how the committee can improve the Convention experience, communication tools, and what hasn't been working and/or effective at convention.

Engaging Your Athlete Reps, with Van Donkersgoed – Discussion and examples of the activities of some very engaged LSC athlete committees. NCS needs to investigate management and leadership training for athletes, community activities that can be applied LSC wide, safe sport training, etc.

General Chairs Zone Breakout, moderated by our own John Roy – various discussions on LSC best practices. Sharing some of NCS' best practices, learning what the challenges are for other LCS's, I was quickly reminded of how well organized we are and how we continue to improve. Most enjoyable session of the workshop.

From: Dave Olack, NCS

North Carolina Swimming Balance Sheet
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May 31, 2016

Bank of America

	<u>5/31/2016</u>	<u>9/30/2015</u>	<u>9/30/2014</u>	<u>9/30/2013</u>	<u>9/30/2012</u>
Main	\$305,699.89	\$239,881.08	\$220,640.52	\$146,995.25	\$221,897.51
Travel Fund	\$229,931.51	\$199,375.70	\$154,939.04	\$111,785.10	\$75,921.50
Petty Cash	\$5,000.78	\$3,137.18	\$1,401.53	\$977.76	\$2,471.76
CD (Liquid)	\$100,259.08	\$100,232.41	\$100,184.22	\$100,074.63	
CD	\$50,114.72	\$50,101.39	<u>\$50,073.55</u>	<u>\$50,019.02</u>	<u>\$20,896.25</u>
TOTAL	\$691,005.98	\$592,727.76	\$527,238.86	\$409,851.76	\$321,187.02

Wells Fargo

\$1,172,426.19	\$1,103,675.49	\$1,115,924.10	\$1,020,179.29	\$945,216.67
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North Carolina Swimming
Profit & Loss Statement

May 31, 2016

<u>Account</u>	<u>Name</u>	<u>2016 Actual</u>	<u>2016 Budget</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>
301	Banquet		\$2,614.00	\$3,680.24	\$2,576.00	\$4,040.60	\$2,538.00	\$3,022.51	\$2,500.00
305	Camps	\$22,784.06	\$13,180.00	\$21,400.00	\$12,985.00	\$22,271.23	\$12,793.00	\$22,950.00	\$19,500.00
317	Entry Fees	\$70,041.04	\$81,007.00	\$105,798.20	\$79,419.00	\$100,543.66	\$77,862.00	\$88,315.27	\$76,335.00
325	Endowment		\$10,150.00		\$10,000.00		\$11,692.00		\$8,000.00
340	Select Camp	\$21,600.00	\$21,017.00	\$18,560.00	\$19,000.00	\$23,590.00	\$19,041.00	\$17,600.00	\$18,760.00
353	Zone Team	\$15,300.00	\$21,959.00	\$39,825.00	\$21,635.00	\$24,000.00	\$21,315.00	\$22,800.00	\$21,000.00
370	Registration	\$694,201.00	\$657,696.00	\$701,258.96	\$632,400.00	\$582,681.40	\$593,426.00	\$578,035.50	\$559,414.00
375	Sanction Fees	\$1,650.00	\$1,778.00	\$4,348.61	\$1,751.00	\$1,591.00	\$1,726.00	\$1,432.61	\$1,700.00
395	Miscellaneous*	\$20,720.75	\$5,075.00		\$5,000.00		\$4,000.00	\$8,348.44	\$1,000.00
	TOTAL INCOME	\$846,296.85	\$814,476.00	\$894,871.01	\$784,766.00	\$758,717.89	\$744,393.00	\$742,504.33	\$708,209.00
401	Banquet	\$10,527.06	\$15,500.00	\$13,366.77	\$12,500.00	\$4,515.42	\$12,500.00	\$7,910.96	\$12,500.00
405	Camps	\$35,796.62	\$26,000.00	\$31,294.63	\$19,500.00	\$27,998.75	\$24,431.00	\$29,937.34	\$21,000.00
410	Web Page	\$2,572.80	\$3,000.00	\$2,775.70	\$1,000.00	\$357.40	\$1,000.00		\$1,000.00
415	Coaches' Education	\$934.35	\$3,500.00	\$500.00	\$3,500.00		\$3,500.00	\$2,470.00	\$3,500.00
425	Contingency*	\$22,730.65	\$15,000.00	\$12,968.18	\$7,500.00	\$10,598.72	\$7,500.00	\$8,417.53	\$7,500.00
430	Convention/LSC Meetings	\$14,790.29	\$25,500.00	\$17,357.23	\$20,500.00	\$25,483.38	\$20,500.00	\$17,166.12	\$20,500.00
438	Office Expenses	\$2,425.97	\$2,500.00	\$4,229.91	\$2,000.00	\$3,549.50	\$1,500.00	\$7,438.17	\$5,000.00
444	Officials' Expenses	\$6,947.42	\$12,000.00	\$9,038.94	\$13,500.00	\$6,813.83	\$12,000.00	\$8,026.60	\$11,400.00
449	Select Camp	\$16,768.33	\$25,600.00	\$22,643.45	\$19,000.00	\$24,052.89	\$18,600.00	\$17,409.08	\$18,600.00
453	Zones	\$19,338.48	\$44,000.00	\$72,900.73	\$42,000.00	\$61,508.82	\$39,000.00	\$44,425.80	\$39,000.00
460	Club Support	\$6,309.50	\$13,500.00	\$13,167.25	\$13,500.00	\$11,334.00	\$13,500.00	\$9,267.28	\$13,500.00
470	USA Swimming Registration	\$449,407.00	\$528,836.00	\$587,153.00	\$530,000.00	\$465,228.00	\$498,716.00	\$507,138.00	\$470,133.00
473	Registration/Administration	\$50,400.58	\$80,675.00	\$65,985.84	\$76,833.00	\$61,531.51	\$74,235.00	\$67,495.24	\$71,724.00
495	Miscellaneous		\$1,500.00	\$3,348.46	\$5,000.00	\$5,000.00	\$5,000.00	\$43.00	\$1,500.00
	Team Incentives	\$7,078.00	\$10,000.00	\$4,814.00	\$10,000.00		\$10,000.00		\$10,000.00
	Diversity Workshops	\$900.00	\$3,050.00		\$1,550.00		\$1,550.00		\$1,550.00
	Training		\$360.00		\$360.00		\$360.00		\$360.00
	Safety		\$500.00	\$1,225.96	\$1,300.00		\$500.00	\$837.39	\$500.00
	TOTAL EXPENSES	\$646,927.05	\$811,021.00	\$862,770.05	\$779,543.00	\$707,972.22	\$744,392.00	\$727,982.51	\$709,267.00
	Travel Fund								
389	Travel (Meet Income)	\$65,139.00		\$111,788.00	\$102,624.00	\$128,397.91	\$100,612.00	\$102,610.06	\$98,639.00
489	Travel (Athlete Funding)	\$41,614.55		\$80,054.91	\$85,000.00	\$63,256.00	\$72,500.00	\$58,556.00	\$62,500.00

USA Swimming, Inc.

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Athlete Statistics

LSC: NC

Year To Date

Age Group	Total Female	Total Male	Grand Total
8 & Under	511	365	876
9 Year Olds	463	320	783
10 Year Olds	551	431	982
11 Year Olds	674	434	1108
12 Year Olds	692	438	1130
13 Year Olds	658	446	1104
14 Year Olds	569	416	985
15 Year Olds	432	324	756
16 Year Olds	371	316	687
17 Year Olds	307	250	557
18 Year Olds	180	176	356
19 and Over	159	203	362
Totals	5567	4119	9686

USA Swimming, Inc.

<i>Club</i>	<i>Athletes</i>	<i>Season 1</i>	<i>Season 2</i>	<i>Individual Season</i>	<i>Single Meet</i>	<i>Other NA</i>	<i>Coaches</i>	<i>Officials</i>	<i>Total</i>
ACCH	30	0	0	0	0	0	1	0	31
ASC	41	0	0	0	0	0	1	7	49
ASTF	73	0	0	0	0	0	4	0	77
ATOM	104	0	0	0	0	0	4	2	110
BAC	61	0	0	6	0	2	5	8	80
BAD	41	0	0	0	0	0	2	1	44
BBS	20	0	0	0	0	0	2	0	22
BHRC	16	0	0	0	0	0	2	0	18
CAST	13	0	0	0	0	0	2	0	15
CAT	208	0	0	0	0	2	9	18	236
CCAC	39	0	0	0	0	1	1	0	41
CFAC	60	0	0	0	0	0	3	1	64
CVAC	89	0	0	6	0	0	4	6	105
DUKE	25	0	0	0	0	2	4	0	31
EAC	116	0	0	1	0	0	3	2	122
ECA	385	0	0	19	0	6	31	25	463
FAST	3	0	0	0	0	0	4	0	7
FISH	26	0	0	0	0	0	4	1	31
GCY	181	0	0	2	0	0	11	21	215
GFSC	148	0	0	0	0	0	8	6	162
GG	120	0	0	0	0	0	3	3	126
GOLD	211	0	0	0	0	0	11	6	228
GWA	21	0	0	1	0	0	4	0	26
GYW	0	0	0	0	0	0	0	1	1
HAC	111	0	0	1	0	0	5	0	117
HCAC	39	0	0	0	0	0	4	0	43
HPSC	138	0	0	0	0	3	7	12	159
LENR	35	0	0	0	0	0	2	1	38
LOY	65	0	0	2	0	0	4	0	71
LTNC	93	0	0	0	0	0	6	0	99
MAC	856	0	0	0	0	48	39	50	988
MHAC	17	0	0	0	0	0	1	0	18
MOR	609	0	0	2	0	1	34	20	665
MSA	340	0	0	0	0	0	5	0	345
MSC	29	0	0	0	0	0	1	0	30
NCAC	295	0	0	0	0	1	9	13	317
NCS	47	0	0	0	0	0	3	0	50
NMA	224	0	0	0	0	0	6	7	237

USA Swimming, Inc.

<i>Club</i>	<i>Athletes</i>	<i>Season 1</i>	<i>Season 2</i>	<i>Individual Season</i>	<i>Single Meet</i>	<i>Other NA</i>	<i>Coaches</i>	<i>Officials</i>	<i>Total</i>
NSS	142	0	0	0	0	3	7	3	154
NUMA	28	0	0	0	0	0	1	0	29
PAC	53	0	0	10	0	0	3	3	67
PAST	31	0	0	0	0	0	1	0	32
QCD	33	0	0	0	0	1	3	3	40
QU	11	0	0	0	0	1	4	0	16
RACY	49	0	0	0	0	0	3	6	58
RCST	27	0	0	0	0	0	2	2	30
RMV	55	0	0	0	0	0	5	4	62
RSA	292	0	0	0	0	8	8	17	325
SAC	35	0	0	0	0	0	3	1	39
SAIL	246	0	0	3	0	2	11	12	272
SFSC	103	0	0	0	0	0	4	0	107
SGSA	180	0	0	0	0	4	10	21	211
SMAC	56	0	0	0	0	0	3	0	59
SQID	44	0	0	0	0	2	3	0	49
SSS	89	0	0	0	0	1	3	2	93
STAR	166	0	0	0	0	3	9	15	189
STAT	163	0	0	4	0	1	5	2	175
TAC	629	0	0	0	0	1	11	41	682
TEAM	76	0	0	0	0	0	4	3	83
TRY	51	0	0	0	0	0	1	2	54
TWA	5	0	0	1	0	0	3	1	10
TYDE	408	0	0	0	0	1	15	17	440
UA	0	0	0	0	0	0	1	0	1
UN	113	0	0	4	2	10	34	45	202
UNC	9	0	0	0	0	0	4	0	13
VACB	33	0	0	5	0	2	1	0	41
WA	51	0	0	0	0	0	4	0	55
WAKE	36	0	0	0	0	0	2	0	38
WAVE	329	0	0	0	0	1	12	13	354
WBST	36	0	0	0	0	0	3	0	39
WNCY	118	0	0	0	0	0	8	2	128
WOLF	7	0	0	0	0	0	3	0	10
WOW	178	0	0	0	0	1	7	21	206
WST	32	0	0	0	0	0	4	0	36
XA	49	0	0	0	0	1	2	0	52
YBAC	34	0	0	0	0	0	5	4	43

USA Swimming, Inc.

<i>Club</i>	<i>Athletes</i>	<i>Season 1</i>	<i>Season 2</i>	<i>Individual Season</i>	<i>Single Meet</i>	<i>Other NA</i>	<i>Coaches</i>	<i>Officials</i>	<i>Total</i>
YOTA	635	0	0	0	0	1	35	31	702
YOTS	30	0	0	0	0	0	2	0	32
YSST	95	0	0	0	0	0	5	9	107
Total	9686	0	0	67	2	110	503	491	10816

USA Swimming, Inc.

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Year To Date Statistics

LSC: NC

Athlete

Athlete	9632
Athlete Outreach	54
Athlete Individual Season	67
Athlete Single Meet	2
Total:	9755

Non-Athlete

Individual	967
Family 1	41
Family 2	41
Life	12
Total:	1061

Clubs

Club	77
Organization	3
Total:	80

USA Swimming, Inc. Athletes 0 % Slower than Time Standard

For Standard: Olympic Trials (Open)

Note: See selected standard at the end of this report.

Name	LSC / Club	Gender	Age		Standard	Event	Swim Time	Swim Date
			Cur.	@ Swim				
Abel, Verity R	NC DUKE	F	20	19	Olympic Trials	400 IM LCM	4:54.70	07/10/2015
Adams, Natalie Cammile	NC MAC	F	24	24	Olympic Trials	100 FL LCM	59.40	02/27/2016
Allen, Emily K	SE TNAQ	F	19	17	Olympic Trials	50 FR LCM	26.06	07/30/2014
Anderson, William T	NC GG	M	17	17	Olympic Trials	200 FL LCM	2:00.41	03/04/2016
Arakelian, Caroline Rose	NC QU	F	21	20	Olympic Trials	200 BK LCM	2:16.02	01/16/2015
Arakelian, Nicholas Michael	NC QU	M	20	19	Olympic Trials	200 IM LCM	2:02.91	08/09/2015
Arens, Abigail L	NC MOR	F	14	13	Olympic Trials	100 BR LCM	1:10.36	03/04/2016
Baker, Kathleen Somers	NC MAC	F	19	18	Olympic Trials	50 FR LCM	26.16	07/09/2015
Baldwin, Caroline Grace	NC NCAC	F	20	20	Olympic Trials	50 FR LCM	25.95	05/21/2016
Baric, Michael John	FL GSC	M	24	23	Olympic Trials	100 BK LCM	56.85	08/01/2015
Bilden, Thomas Walker	NC NCAC	M	19	18	Olympic Trials	200 FL LCM	2:01.60	07/30/2015
Bonk, Joseph Gordon	NC YOTA	M	22	22	Olympic Trials	50 FR LCM	22.58	08/10/2015
Bonnema, Erika W	NC NCS	F	22	21	Olympic Trials	50 FR LCM	25.08	08/08/2015
Brown, Erika Jade	NC MAC	F	17	17	Olympic Trials	50 FR LCM	26.01	12/13/2015
Brown, Zachary H	NC MOR	M	16	15	Olympic Trials	200 FL LCM	2:01.21	05/14/2016
Brumbaum, Kayla H	NC NCS	F	21	20	Olympic Trials	100 BR LCM	1:09.28	08/08/2015
Burton, Luke D	NC UN	M	22	21	Olympic Trials	100 BK LCM	56.59	02/28/2016
Cairns, Noah A	NC NCAC	M	19	18	Olympic Trials	400 IM LCM	4:25.67	07/31/2015
Caldwell, Courtney K	NC NCS	F	18	18	Olympic Trials	50 FR LCM	26.14	05/14/2016
Carter, Olivia Grace	NC UN	F	15	15	Olympic Trials	200 FL LCM	2:13.85	03/19/2016
Casazza, Caitlin N	GA ABSC	F	19	18	Olympic Trials	100 FL LCM	1:00.33	07/30/2014
Chadwick, Michael Hunt	MV UMIZ	M	21	20	Olympic Trials	50 FR LCM	22.03	08/08/2015
Clary, Scott Tyler	NC MAC	M	27	26	Olympic Trials	100 BK LCM	55.10	01/17/2016
Colley, Ben W	NC UNC	M	22	20	Olympic Trials	100 FL LCM	54.07	08/06/2014
Conway, Matthew Jesse	NC NCAC	M	21	20	Olympic Trials	100 FL LCM	54.49	07/11/2015
Cooper, Candace D	NC WOLF	F	26	25	Olympic Trials	100 BK LCM	1:01.40	07/25/2015
Countie, Grace K	NC MOR	F	16	16	Olympic Trials	50 FR LCM	25.66	03/05/2016
Countie, William M	NC MOR	M	18	17	Olympic Trials	100 BK LCM	57.11	08/02/2015
Dant, Ross Michael	NC YSST	M	15	15	Olympic Trials	1500 FR LCM	15:47.38	05/15/2016
Darmody, Kevin Patrick	ST UT	M	23	21	Olympic Trials	100 FR LCM	49.79	08/06/2014
Davis, Dylan Bradshaw	NC NCAC	M	23	23	Olympic Trials	100 BK LCM	57.16	03/05/2016
Deana, Jason M	NC NCS	M	21	21	Olympic Trials	50 FR LCM	23.28	08/07/2015
Duffield, Krista Tori	NC NCS	F	19	18	Olympic Trials	50 FR LCM	25.98	07/30/2015
Eriksson, Niclas Edward	NC QU	M	22	21	Olympic Trials	100 BR LCM	1:01.84	08/08/2015
Fiala, Christopher John	PC UN	M	23	21	Olympic Trials	50 FR LCM	22.96	08/06/2014
Fisher, Abigail B	NC NCAC	F	21	21	Olympic Trials	200 BR LCM	2:32.44	05/14/2016
Gates, Melissa C	CA TROJ	F	25	24	Olympic Trials	50 FR LCM	25.76	08/06/2014

Gianino, Alexander James	NC YOTA	M	23	22	Olympic Trials	100 BR LCM	1:02.78	07/24/2015
Godsoe, Eugene Daisuke	NC WOLF	M	28	28	Olympic Trials	100 FL LCM	53.21	03/03/2016
Goldman, Leah R	PC PASA	F	20	20	Olympic Trials	100 FL LCM	1:00.33	12/04/2015
Hardesty, Allyn	NC UNC	F	22	21	Olympic Trials	50 FR LCM	26.11	07/09/2015
Hauder, Caroline O	NC MAC	F	16	15	Olympic Trials	100 BR LCM	1:11.40	03/28/2015
Healy, John James	NC UN	M	16	15	Olympic Trials	200 BK LCM	2:03.44	07/31/2015
Heck, Logan Robert	NC UNC	M	22	21	Olympic Trials	50 FR LCM	23.23	08/08/2015
Held, Ryan J	NC NCS	M	20	20	Olympic Trials	50 FR LCM	22.59	08/08/2015
Hess, Madeline M	NC DUKE	F	19	19	Olympic Trials	50 FR LCM	26.18	02/21/2016
Higgins, Collin Neil	NC UN	M	22	22	Olympic Trials	100 BK LCM	56.94	05/14/2016
Hill, Daxon Reid	ST LSAC	M	25	23	Olympic Trials	50 FR LCM	23.23	08/06/2014
Hitchens, Sarah Anne	NC NCAC	F	20	20	Olympic Trials	100 BK LCM	1:02.30	02/21/2016
Hoffer, Lucas Michael	NC NCAC	M	24	23	Olympic Trials	200 BR LCM	2:17.49	07/31/2015
Homovich, Madison Lee	NC MOR	F	16	14	Olympic Trials	200 FL LCM	2:13.96	07/30/2014
Hoover, Meredith Virginia	NC NCAC	F	23	21	Olympic Trials	200 FL LCM	2:12.54	08/06/2014
Houchin, Charles Gipson	NC SEAL	M	28	26	Olympic Trials	100 FR LCM	50.25	08/06/2014
Howard, Judson Cole	NC DUKE	M	18	18	Olympic Trials	100 BR LCM	1:03.35	02/28/2016
Hren, Derek Joseph	NC NCS	M	21	20	Olympic Trials	100 BR LCM	1:01.91	08/06/2015
Hulsey, Catherine Anne	NC NCAC	F	20	19	Olympic Trials	400 IM LCM	4:53.30	06/19/2015
Johnson, Scott A	NC MOR	M	20	18	Olympic Trials	50 FR LCM	23.26	07/30/2014
Jones, Cullen Andrew	NC MAC	M	32	30	Olympic Trials	50 FR LCM	21.83	08/06/2014
Jones, Lydia Whitney	NC NCS	F	20	20	Olympic Trials	200 FL LCM	2:14.80	02/21/2016
Josa, Matthew Andrew	NC MAC	M	21	19	Olympic Trials	50 FR LCM	22.92	08/06/2014
Keefer, Elliott Andrew	OH UN	M	27	26	Olympic Trials	200 BR LCM	2:16.79	05/16/2015
Kennedy, Madison James	NC MAC	F	28	28	Olympic Trials	50 FR LCM	24.45	04/15/2016
Knight, Eric S	NC MAC	M	29	28	Olympic Trials	50 FR LCM	22.87	05/16/2015
Koletic, Ashlyn M	NC NCS	F	22	21	Olympic Trials	50 FR LCM	26.18	07/25/2015
Koucheki, Sarah Elizabeth	NC NCAC	F	21	21	Olympic Trials	100 FL LCM	1:00.52	05/13/2016
Labonge, Natalie Jeanne	NC NCS	F	20	18	Olympic Trials	50 FR LCM	25.82	07/30/2014
Lawrence, Micah Marguerite	NC MAC	F	25	24	Olympic Trials	100 BR LCM	1:06.51	08/06/2014
Lewis, Samuel Craig	NC UNC	M	21	21	Olympic Trials	100 FL LCM	53.45	08/08/2015
Lile, Nathan W	NC GWA	M	22	21	Olympic Trials	50 FR LCM	23.10	03/27/2016
Linker, Adam K	NC MOR	M	20	20	Olympic Trials	400 FR LCM	3:55.93	08/06/2015
Lochte, Ryan Steven	NC MAC	M	31	30	Olympic Trials	100 FR LCM	48.90	08/21/2014
Long, John Stephen	NC UN	M	28	27	Olympic Trials	50 FR LCM	23.25	07/25/2015
Macmillan, William D	NC NCAC	M	18	17	Olympic Trials	100 FL LCM	54.73	08/01/2015
Marsh, Alyssa J	NC MAC	F	18	18	Olympic Trials	50 FR LCM	25.95	11/13/2015
McBryan, Michael Edward	MA CBST	M	20	20	Olympic Trials	100 BR LCM	1:03.59	08/08/2015
McCauley, Ashley Elizabeth	NC MOR	F	15	14	Olympic Trials	100 BR LCM	1:11.10	07/17/2015
McCullagh, Nora Elizabeth	ST UT	F	19	17	Olympic Trials	50 FR LCM	25.86	08/06/2014
McCurdy, Christian T	NC NCS	M	21	20	Olympic Trials	100 FL LCM	54.23	08/08/2015
Meili, Catherine Michelle	NC MAC	F	25	23	Olympic Trials	50 FR LCM	25.30	08/06/2014

Menkhaus, Julia E	NC MAC	F	16	16	Olympic Trials	100 FL LCM	1:01.01	03/18/2016
Merritt, Jessica M	NC MAC	F	18	17	Olympic Trials	200 FR LCM	2:02.21	08/02/2015
Miller, Chelsie Morgan	MV KANS	F	22	21	Olympic Trials	200 IM LCM	2:17.34	08/06/2015
Miller, Patrick Michael	NC DUKE	M	21	20	Olympic Trials	200 FL LCM	2:01.84	08/07/2015
Mills, Kate Anne	NC MAC	F	27	26	Olympic Trials	100 FL LCM	59.59	11/02/2015
Mitchell, Victoria P	NC MOR	F	23	21	Olympic Trials	400 IM LCM	4:53.97	08/06/2014
Moffitt, Hellen Stewart	NC NCAC	F	21	20	Olympic Trials	50 FR LCM	26.05	05/14/2016
Moore, Hannah McNamara	NC NCS	F	19	17	Olympic Trials	100 BK LCM	1:03.32	08/17/2014
Moore, Kathleen Rose	NC UN	F	17	16	Olympic Trials	200 BK LCM	2:16.57	12/13/2015
Munch, Catherine Yvonne	NC NCAC	F	21	19	Olympic Trials	100 BR LCM	1:10.97	08/06/2014
Murray, Nathaniel G	NC MAC	M	18	17	Olympic Trials	200 BK LCM	2:02.34	08/10/2015
Nelson, Stephanie N	NC MAC	F	17	17	Olympic Trials	100 BK LCM	1:02.40	03/06/2016
Novak, Jesse D	MA RU	M	21	20	Olympic Trials	50 FR LCM	23.18	07/25/2015
Osada, Koya	NE HARV	M	20	18	Olympic Trials	200 FL LCM	2:01.65	07/30/2014
Peterson, Charles B	NC NCAC	M	28	28	Olympic Trials	400 FR LCM	3:57.09	01/15/2016
Phillips, Tim John	NC MAC	M	25	23	Olympic Trials	50 FR LCM	23.17	08/06/2014
Poole, Julia Taylor	NC UN	F	17	16	Olympic Trials	100 BR LCM	1:10.59	07/24/2015
Popp, Lucas M.	NC NCAC	M	21	20	Olympic Trials	50 FR LCM	23.23	07/09/2015
Postoll, Rebecca A	MI CW	F	19	18	Olympic Trials	100 BK LCM	1:03.24	05/17/2015
Powers, Paul Q	MI CW	M	20	18	Olympic Trials	50 FR LCM	22.20	08/27/2014
Pozder, Ana Sofija	NC TAC	F	16	16	Olympic Trials	800 FR LCM	8:48.11	05/06/2016
Reaney, Emma Catherine	IN IA	F	23	21	Olympic Trials	100 FL LCM	1:00.57	08/06/2014
Ress, Justin Andrew	NC MOR	M	18	17	Olympic Trials	50 FR LCM	23.09	03/21/2015
Roses, Maija Diane	PC CAL	F	20	18	Olympic Trials	100 BR LCM	1:10.19	08/06/2014
Rusch, Madeline Z	NC DUKE	F	20	19	Olympic Trials	50 FR LCM	26.19	07/09/2015
Sheridan, Maria E	NC DUKE	F	20	19	Olympic Trials	200 BK LCM	2:16.36	07/12/2015
Siar, Jacob A	NC NCS	M	21	21	Olympic Trials	100 BK LCM	56.48	08/08/2015
Siverling, Danielle Nicole	NC UNC	F	23	21	Olympic Trials	200 FR LCM	2:00.87	08/06/2014
Snyder, Austin H	NC NCS	M	22	21	Olympic Trials	200 FL LCM	2:00.78	08/07/2015
Stewart, Tynan Lawrence	MS UN	M	21	20	Olympic Trials	100 BK LCM	56.33	08/06/2014
Sutton, Chloe Elizabeth	NC SEAL	F	24	22	Olympic Trials	800 FR LCM	8:40.19	08/06/2014
Thoman, Nicholas Brewer	AZ FORD	M	30	28	Olympic Trials	100 BK LCM	53.46	08/06/2014
Twitchell, Ashley Grace	CA UN	F	26	26	Olympic Trials	400 FR LCM	4:10.98	01/15/2016
Weber, Mark Alan	NC MAC	M	25	23	Olympic Trials	50 FR LCM	22.16	08/06/2014
Weir, Caleb Ives	NC WOLF	M	24	24	Olympic Trials	50 FR LCM	22.55	03/04/2016
Wilkinson, Ryan C	NC NCS	M	22	21	Olympic Trials	100 BK LCM	56.46	07/25/2015
Williams, David G	NC WOLF	M	22	22	Olympic Trials	50 FR LCM	22.52	03/04/2016
Williams, Kathryn Paige	NC YOTA	F	20	20	Olympic Trials	100 BR LCM	1:11.09	07/25/2015
Wohlrab, Kurt Patrick	NC SSS	M	22	21	Olympic Trials	100 BR LCM	1:02.97	08/08/2015

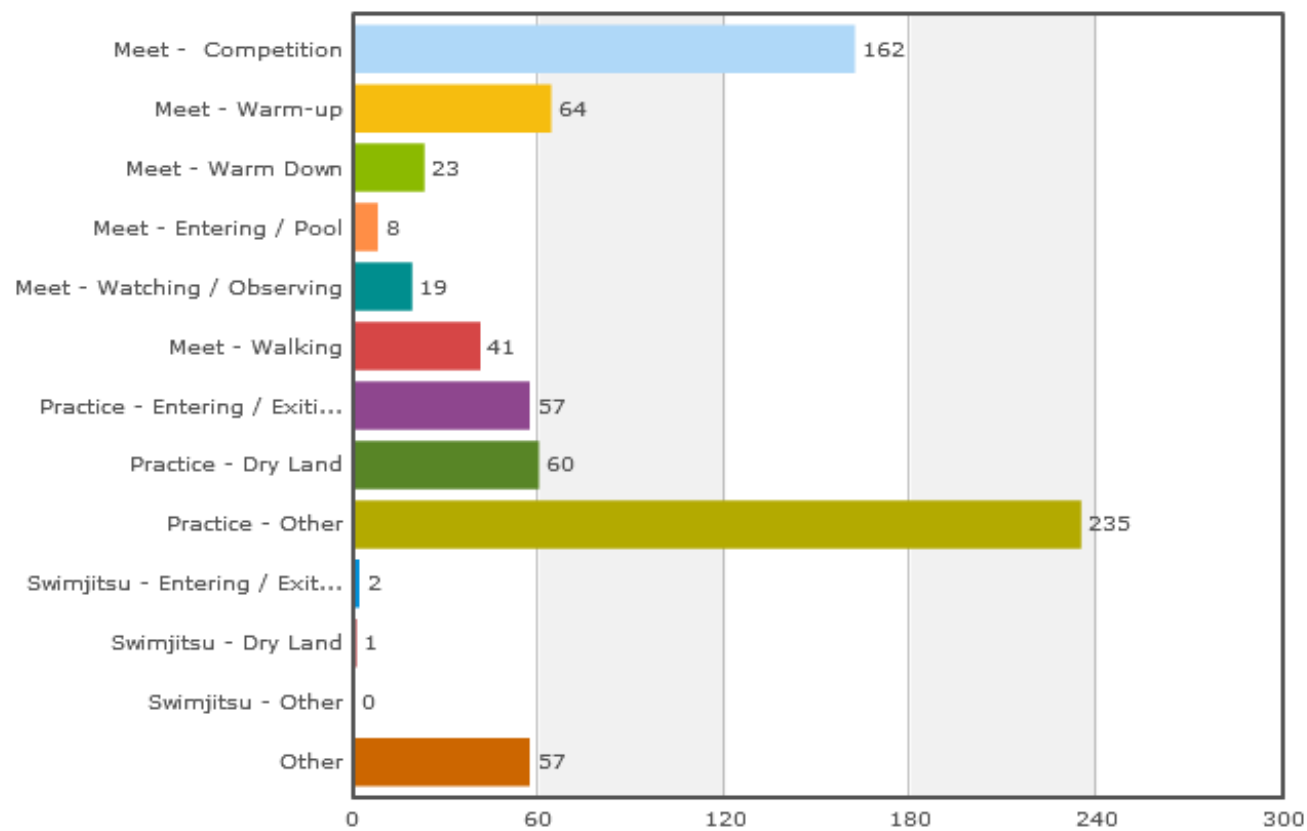
Selected Time Standard Olympic Trials

Gender	Swim Event	Base Time	Base Time 0 %
Female	50 FR LCM	26.19	26.19
Male	50 FR LCM	23.29	23.29
Female	100 FR LCM	56.49	56.49
Male	100 FR LCM	50.69	50.69
Female	200 FR LCM	2:02.39	2:02.39
Male	200 FR LCM	1:51.89	1:51.89
Female	400 FR LCM	4:17.99	4:17.99
Male	400 FR LCM	3:58.69	3:58.69
Female	800 FR LCM	8:49.99	8:49.99
Male	1500 FR LCM	15:49.99	15:49.99
Female	100 BK LCM	1:03.39	1:03.39
Male	100 BK LCM	57.19	57.19
Female	200 BK LCM	2:16.59	2:16.59
Male	200 BK LCM	2:03.79	2:03.79
Female	100 BR LCM	1:11.49	1:11.49
Male	100 BR LCM	1:03.69	1:03.69
Female	200 BR LCM	2:34.99	2:34.99
Male	200 BR LCM	2:18.39	2:18.39
Female	100 FL LCM	1:01.19	1:01.19
Male	100 FL LCM	54.79	54.79
Female	200 FL LCM	2:14.99	2:14.99
Male	200 FL LCM	2:01.99	2:01.99
Female	200 IM LCM	2:18.69	2:18.69
Male	200 IM LCM	2:05.09	2:05.09
Female	400 IM LCM	4:54.99	4:54.99
Male	400 IM LCM	4:27.49	4:27.49

USA Swimming 2016 YTD Accident Summary

WHEN ACCIDENTS HAPPEN

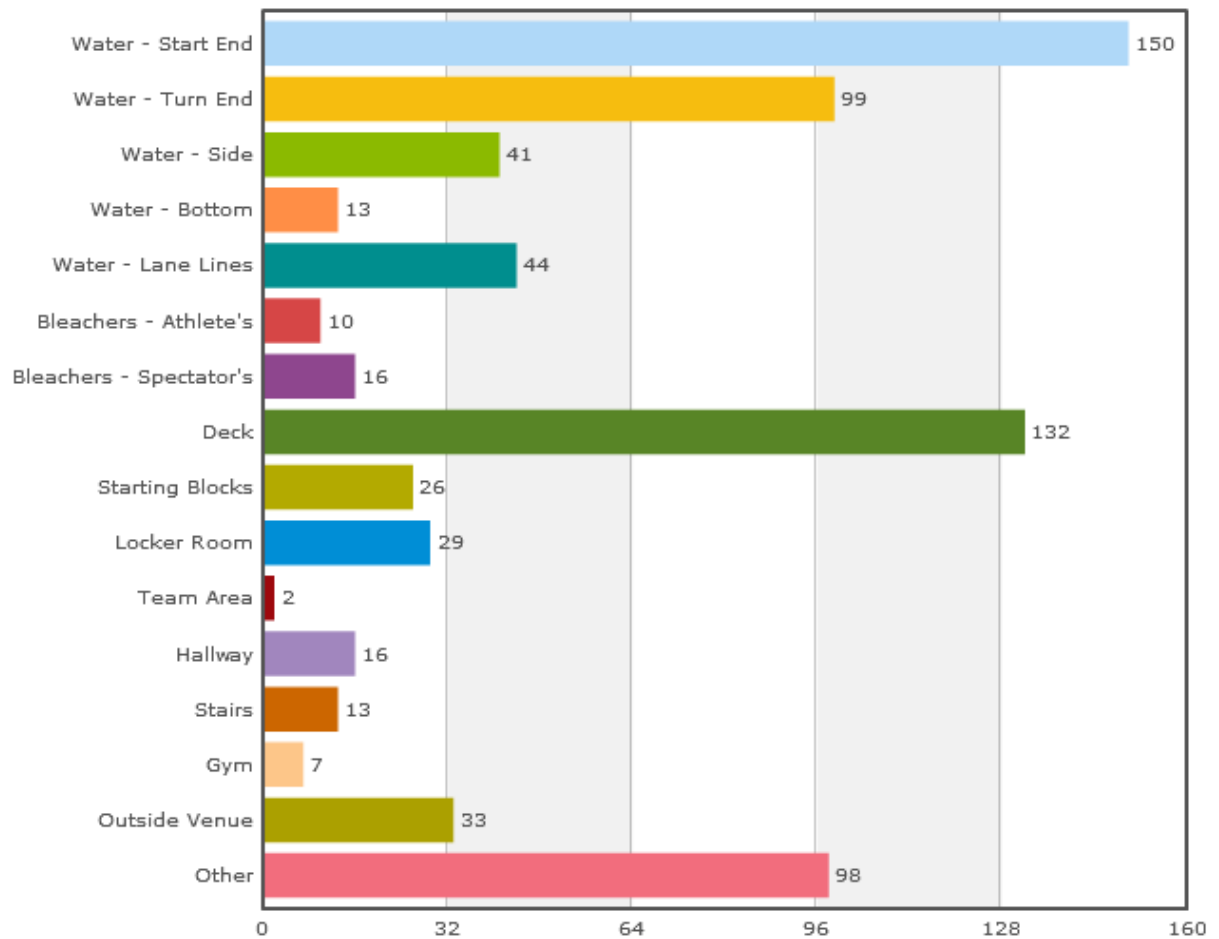
Activity at Time of Injury



729 responses in 729 results

WHERE ACCIDENTS HAPPEN

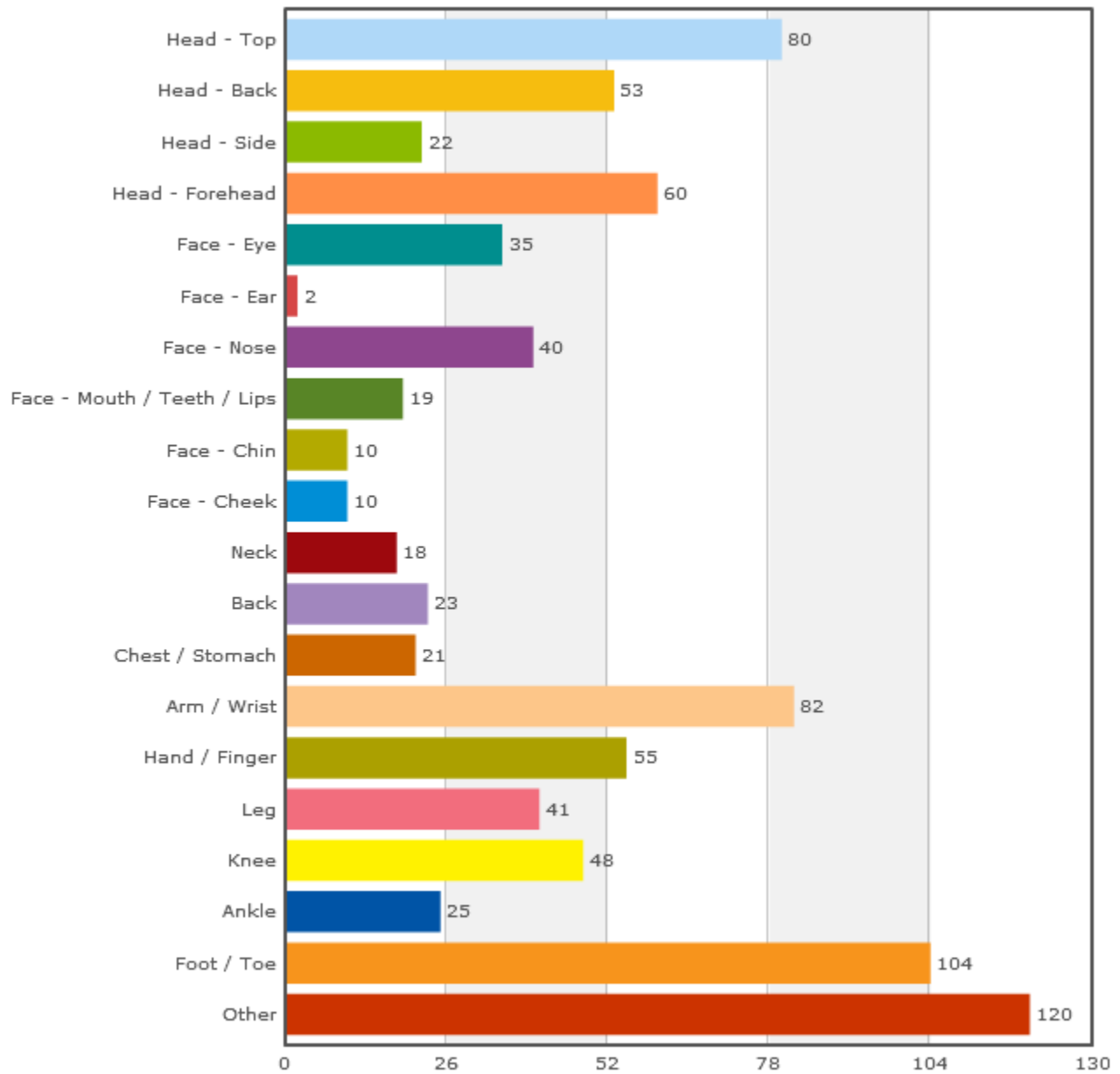
Where Accident Occurred



729 responses in 729 results

AFFECTED BODY PART

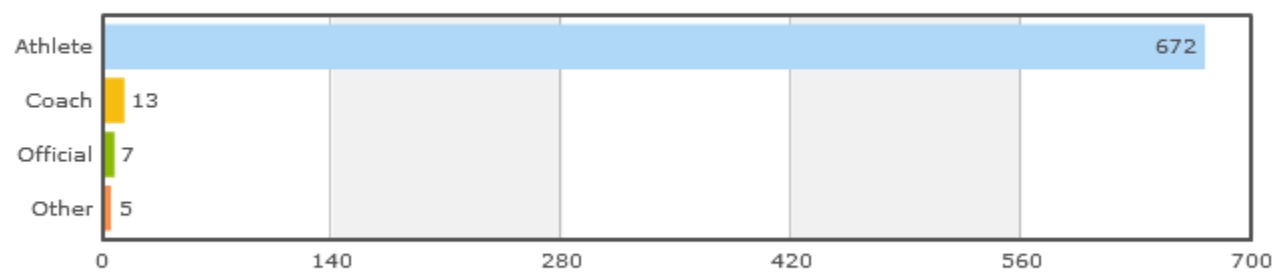
Body Part Injured



868 responses in 729 results

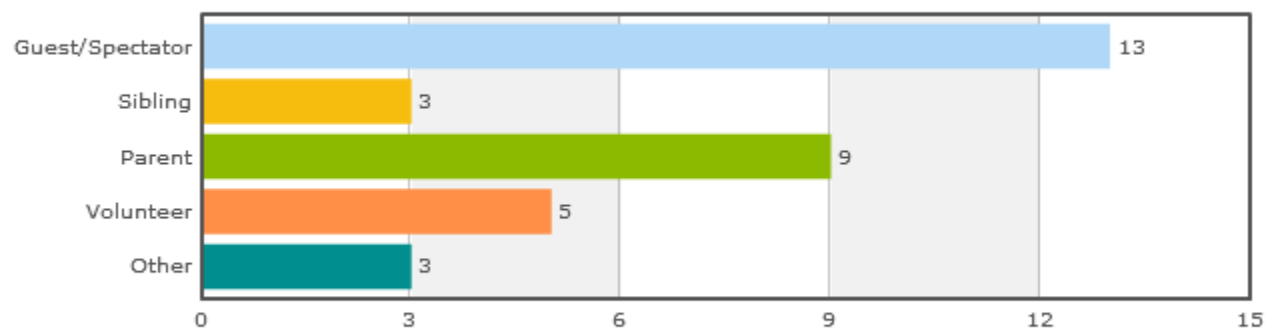
MEMBER/NON-MEMBER TYPE

Membership Type



697 responses in 729 results

Non-Member Type



33 responses in 725 results

Gender	LSC	Activity at Time of Injury	Where Accident Occurred	Additional Details of Accident	Additional Details of Injury
Male	MW - Midwestern Swimming	Practice - Other	Water - Side	Athlete was performing an open turn and was struck on the left side of the head by another swimmer doing butterfly stroke. Injured party stopped swimming and looked disoriented. Coach followed concussion protocol and removed injured party from practice.	After being struck, injured party stopped swimming and looked disoriented. Coach followed concussion protocol and removed injured party from practice.
Male	MW - Midwestern Swimming	Other Walking through shower area	Locker Room	Stepping over hallway/shower divider on floor, slipped and fell. Small cut on left ankle and scrape inside of left knee.	Small amount of bleeding from both wounds. Bleeding stopped upon applying pressure, bandages were applied. Swimmer walked out under own power, slight soreness in knee.
Male	MW - Midwestern Swimming	Meet - Competition	Water - Start End	Competing in the 200 breast, athlete swallowed water and had a hard time breathing. Finished the race, laid on the pool deck to recover. Vomited and emergency room doctor from the stands helped with the situation.	Monitored athlete until he felt comfortable breathing. Utilized an inhaler.
Male	MW - Midwestern Swimming	Meet - Warm-up	Other Warm Down Pool	While swimming in the warm down pool, another swimmers hand/arm hit the swimmer in the right eye, breaking his goggles. This caused bruising/swelling and blurred vision.	
Female	MW - Midwestern Swimming	Meet - Warm Down	Other Warm Up/Warm Down pool	Swimming in the diving well, bumped heads with another swimmer.	
Female	MW - Midwestern Swimming	Meet - Warm Down	Other Warm Up/Warm Down pool	Two swimmers bumped heads while warming down in the diving well.	
Male	NC - North Carolina Swimming	Practice - Other	Water - Start End	A kickboard was thrown towards him. It hit the water, popped back up and hit him in the nose, breaking his nose.	
Male	NC - North Carolina Swimming	Practice - Other	Water - Turn End	broke finger when ran into another swimmer	broken finger
Male	NC - North Carolina Swimming	Meet - Competition	Water - Start End	Severely Sprained thumb	Potential fracture
Female	NC - North Carolina Swimming	Practice - Other	Water - Lane Lines	Victim was swimming backstroke due to a shoulder injury while her team was practicing a kick set. Victim was swimming one direction, while 2 swimmers were swimming breaststroke towards her from the other direction. One of these swimmers attempted to pass the other, kicking the victim in the right temple.	After being kicked in the right temple during practice, victim complained of dizziness and stated she'd had a concussion before. Her coach instructed her to sit on the bleacher. Victim applied ice to her temple for 15 minutes and was asked questions to determine if she was coherent. Her mother was contacted, informed of the injury, and took the victim home. Victim was taken to Novant Sports Medicine on 2/10/16 where it was determined she had a mild concussion. She had a concussion baseline from an injury last year. Victim missed a couple days of school, was unable to take tests for a week, is still restricted from any type of physical activity, and still complains of headaches. She has a follow up appointment at Novant Sports Medicine on 2/24/16.
Female	NC - North Carolina Swimming	Practice - Other	Water - Side	Victim exited pool and stated her heart was racing, higher than normal, and that she had "a heartbeat in her throat." Victim drank water, rested 15 minutes on the bleacher, and stated there was no change in her racing heart. Victim's parents were in the parking lot and immediately notified.	Victim was taken to the CMC Steele Creek ER (13640 Steelecroft Pkwy; Charlotte, NC 28278; 704-512-5500), and was seen by Dr. David Johnson. He did not witness an issue with her heart/pulse. The next day, the victim saw her pediatrician, Dr. Doug Hansen, at Rock Hill Pediatrics (704 Gold Hill Rd Ste. 207; Fort Mill, SC 29715; 803-802-5900). He referred the victim to Dr. Bensky, a pediatric cardiologist at Levine Children's Specialty Center (Medical Center Plaza; 1001 Blythe Blvd, Ste 200-E; Charlotte, NC 28203; 704-381-8840). Dr. Bensky did not determine a cause, and released victim to return to swimming effective 2/18/2016.
Male	NC - North Carolina Swimming	Meet - Competition	Water - Turn End	The swimmer dove into the water, his goggles slipped and started to fill with water. The swimmer then started panicking and had trouble breathing. A lifeguard pulled him from the water. The swimmer blacked out and was taken immediately to the first aid room. EMS services were called.	The swimmer dove into the water, his goggles slipped and started to fill with water. The swimmer then started panicking and had trouble breathing. A lifeguard pulled him from the water. The swimmer blacked out and was taken immediately to the first aid room. EMS services were called.

Gender	LSC	Activity at Time of Injury	Where Accident Occurred	Additional Details of Accident	Additional Details of Injury
Male	NC - North Carolina Swimming	Meet - Competition	Water - Start End	The swimmer dove into the water with his chin up and hit his throat when entering the water. Lifeguard helped him out of the water and he looked like he was going to faint so he was taken to the first aid room. EMS was called and assessed his condition. Mom did not want to have the child taken to hospital. Mom took the swimmer home.	
Female	NC - North Carolina Swimming	Practice - Dry Land	Other Outside Dryland Practice	Victim collided with another teammate during dry land practice. They bumped heads doing a grapevine exercise on the outside field. The coach did not witness the incident, but learned of it from the victim.	The victim's coach did not witness the collision; however, questioned the victim after learning of the incident. The victim informed the coach that she was "in a little bit of pain." She stayed and completed the full water practice. The coach learned of the victim's concussion in an email from the father. After leaving the facility, the victim complained to her parents of dizziness, headache, and nausea. The day after the incident, the victim was taken to a sport's injury specialist, who diagnosed a concussion. The victim's parents said they believe the victim experienced a concussion "in the past," but did not see a doctor or establish a baseline. After this incident, the victim was limited to little or no activity, including swimming, and had a follow up appointment on 7 March 2016. As of 11 March 2016, the victim still is not cleared for physical activity. Another follow up appointment will be some time the week of 14 March 2016.
Male	NC - North Carolina Swimming	Meet - Warm-up	Water - Turn End		
Female	NC - North Carolina Swimming	Practice - Other	Water - Lane Lines	swimmer was accidentally kicked in the face during practice by another member of the team. She was struck in the eye.	
Male	NC - North Carolina Swimming	Practice - Other	Deck	A door was opened on to the athletes right foot when walking through the double doors to the pool. The athlete's foot was cut when the door struck it.	
Male	NC - North Carolina Swimming	Other Meet - In Shower	Locker Room	Swimmer slipped in the shower room within the Men's General Locker Room and cut left knee.	
Female	NC - North Carolina Swimming	Other fell at home	Other home	Athlete stated that she hit her head at home and was disoriented. Athlete said it happened at home on New Years Eve.	Athlete stated they were disoriented. Accident happened at home 2 days prior to symptoms.
Male	NC - North Carolina Swimming	Practice - Other	Water - Start End	Swimmer was coming off a turn and there were three piled on top of each other and the swimmer that he was trying to pass kicked him on accident in the the goggles.	His eyelid swelled up but there was no blood except under the skin.
Male	NC - North Carolina Swimming	Meet - Competition	Water - Turn End	Victim stated he has a preexisting condition of "hyper mobile knee caps." He was swimming the 200 breast stroke and his knee "gave out" at the wall. He stated that his knee bent inwards during the turn/push off, causing discomfort and swelling.	After exiting the pool, victim complained his knee hurt. He was asked to sit down, elevate and ice his knee. When questioned about what happened, he stated that he has "hyper mobile knee caps." He has seen an orthopedic doctor for this condition, who has instructed him to ice and rest the knee in the past. His coach on site, and his father were informed. Swimmer scratched the remainder of the day's events, and will try to compete in the final day of competition.
Male	NC - North Carolina Swimming	Meet - Competition	Water - Turn End		
Female	NC - North Carolina Swimming	Other	Deck	Exercise induced asthma attack	Trouble breathing and nausea
Female	NC - North Carolina Swimming	Meet - Competition	Other Bathroom	Injury to the top left side of Left foot just in front of and below the ankle, about midway between the ankle and little toe. Cause of the injury was the stainless steel trash can that is part of the wall mounted paper towel unit. The trash can fell out of the frame it sits in and landed on Swimmer's foot. Happen at the conclusion of the meet while the she was changing into her street clothes. Let me know what else you might need.	Injury to the top left side of Left foot just in front of and below the ankle, about midway between the ankle and little toe. Cause of the injury was the stainless steel trash can that is part of the wall mounted paper towel unit. The trash can fell out of the frame it sits in and landed on swimmer's foot. Happen at the conclusion of the meet while the she was changing into her street clothes. Let me know what else you might need.

Gender	LSC	Activity at Time of Injury	Where Accident Occurred	Additional Details of Accident	Additional Details of Injury
Female	NC - North Carolina Swimming	Meet - Warm-up	Water - Start End	While practicing a flip turn during warm-up, the swimmer hit her nose with her own knee. This caused a significant nosebleed.	When I notified the swimmer's mother, she indicated that the swimmer was prone to nosebleeds. The swimmer was still able to swim the meet after she showered to remove the blood.
Female	NC - North Carolina Swimming	Meet - Competition	Water - Start End	Swimmer injured pinky finger during finish.	
Female	NC - North Carolina Swimming	Practice - Other	Water - Lane Lines	kicked lane line and cut foot	
Female	NC - North Carolina Swimming	Practice - Other	Water - Bottom	When practicing flip turns, the athlete (13) pushed off of the wall too deeply and hit her forehead on bottom of the pool. The athlete immediately stood up and held her forehead. She then sat on the wall of the pool while the coach spoke to her and observed her condition. Once it was discovered that the athlete's forehead was bleeding, care was administered and the athlete's parent was contacted.	The athlete suffered a vertical cut on her forehead just below the hairline. The cut was approximately 1 inch long. The athlete complained of general pain in the area of the cut. The athlete was aware of her surroundings and coherent from the time of the accident to the time she was released into parent care. When questioned the athlete reported no other pain or discomfort besides the cut on the forehead.
Female	NC - North Carolina Swimming	Practice - Other	Water - Start End	Swimmer ran into on wrong side of lane	Ran into
Female	NC - North Carolina Swimming	Practice - Other	Other middle of the pull during a kick set	the group was doing backstroke kick from their streamline position. She ran into a swimmer in front of her and got kicked in the head accidentally.	Her head hurt but no cut nor bump that I could feel. She is going for a checkup with the doctor
Female	NC - North Carolina Swimming	Practice - Other	Water - Start End	Swimmer swimming on the wrong side of the lane	none
Female	NC - North Carolina Swimming	Meet - Walking	Deck	Slipped and fell on pool deck. Cut and scrapped toes (Left foot #2-5)	
Male	ND - North Dakota Swimming	Practice - Entering / Exiting Pool	Deck	athlete slipped while reentering the pool at the turn end and cut his foot between two toes.	
Male	ND - North Dakota Swimming	Practice - Entering / Exiting Pool	Water - Side	On 1-20-16 at approximately 2030 hours, athlete, age 10 was on the deck in the area of the deep end of the pool. The athlete slipped and his foot went into the gutter, striking a water spout and caused a laceration to his foot. Initial first aid was provided at the pool by a coach and the athlete was transported to Trinity ER by his mother. The athlete sustained a minor injury to his foot and was told to refrain from swimming until the injury is healed.	The athlete was seen in the ER at Trinity Hospital the night of the incident and followed up with a pediatrician on 1-25-16. He was told to refrain from swimming until the injury is healed.
Male	ND - North Dakota Swimming	Meet - Competition	Water - Lane Lines	Jammed/strained right index finger during race. No other athlete involved.	Recommended athlete get finger checked by medical after meet to evaluate if broken.
Female	NE - New England Swimming	Practice - Other	Deck	swimmers on deck away from pool receiving instruction. Swimmer approached coach saying that she felt dizzy. swimmer took another step towards coach and began to faint, coach held swimmer and guided her safely to floor using the wall to lean on	swimmer did not bump head and claims not to have been kicked but the swimmer was in and out of alertness. Identified coach and parents but unable to tell the correct day
Female	NE - New England Swimming	Meet - Competition	Water - Start End	struck her head against end of the pool (bulk head and timing pad) at conclusion of backstroke race.	First Aid administered on site. Ambulance was called. Parents refused transport to hospital. Swimmer returned to meet and swam the following day.
Female	NE - New England Swimming	Meet - Walking	Deck	Swimmer WAS WALKING ON DECK ANOTHER SWIMMER BUMPED IN TO HER. Swimmer FELL AND BOTH KNEES DISLOCATED. BOTH SWIMMER AND FATHER ACKNOWLEDGED Swimmer HAS HAD PREVIOUS DISLOCATIONS. Father INDICATED TO SAFETY MONITOR THAT THE DISLOCATION IS A HEREDITARY CONDITION.	Swimmer's RIGHT KNEE SEEMED MORE SWOLLEN THAN THE LEFT ONE. ICE WAS APPLIED WITHIN 10 MINUTES. SECURITY WAS CONTACTED AND EMTS WERE ONSITE WITHIN 15 MINUTES. WPI CALLED AN AMBULANCE AND THE CHILD WAS TAKEN TO THE NEARBY HOSPITAL. HER FATHER WAS PRESENT IN THE AMBULANCE.
Male	NE - New England Swimming	Practice - Other	Other mid pool	Swimmer collided with another swimmer. He Showed signs of concussion. He was sent to hospital for observation. He was released the same night.	
Male	NE - New England Swimming	Practice - Other	Water - Side	Swimmer had difficulty breathing	Athlete was brought to urgent care where two nebulizer treatments were given. He was then advised to go to ER for chest xray and EKG.
Female	NE - New England Swimming	Meet - Competition	Stairs	Slipped on last step heading down from stands to pool deck. Bruised ankle. Ice applied.	
Female	NE - New England Swimming	Meet - Competition	Water - Turn End	Hit head on wall when doing backstroke	

The NCS Governance Taskforce recommends that North Carolina Swimming establish a Governance Committee which would replace the current Nominating Committee. The committee would be responsible for succession planning, LSC and board assessments, strategic planning and governance education. The purpose, mission and a more extensive list of responsibilities is attached.

It is recommended that the committee would report to the General Chair and be made up of four non-athlete members and one athlete member appointed by the general chair with the advice and consent of the board. Each non-athlete committee member would have a four year term with a one term limit and staggered terms so one new member is appointed each year. The athlete member would be appointed to one year terms with no term limits.

The chair would be an Ex-officio member of the board with voice but no vote.

NCS GOVERNANCE COMMITTEE

Purpose: Assist the NCS BOD in developing effective governance principles that assures the practices and operation of the organization is conducting business efficiently, establishing accountability, and mentoring all members serving in the organization.

Mission: Oversee the effective governance of the LSC to ensure alignment with the mission and values of the LSC and USA Swimming.

Recruiting/Succession

- Actively seek out, cultivate and recruit board prospects, encouraging all board members to contribute ideas and connections
- Recommend individuals for election or prepare a slate of candidates, as mandated by the bylaws.
- Consider suitability for re-election
- Provide orientation and mentoring for new board members, including an up to date board member handbook.
 - USA Swimming LSC Leadership Course
- Conduct a transition meeting with outgoing and incoming board members working together to facilitate a smooth handoff.
- Provide an up to date board member handbook to new board members.

Strategic Planning

- Schedule and plan annual or semi-annual board retreat.
- Act as “keepers of the strategic plan.”
 - Insure accountability in deadlines
 - Assist board members in task completion
- Update the board at each meeting about Strategic Plan progress

Education/Training

- Promote ongoing learning and growth of all board members, actively encouraging development of leadership skills.
 - Bring in outside speakers, consultants or facilitators for the board.
- Provide a “governance moment” at each board meeting on a specific governance education topic.
- Provide governance education/assistance to clubs in the LSC.

Assessment

- Evaluate and govern structure of other committees to determine useful and effectiveness.
- Conduct nonpartisan assessment of board member participation and commitment
- Lead board self-assessment on a regularly scheduled basis.
- Identify skills and areas of expertise needed by the board
- Assess board structure
- Evaluate and recommend necessary changes to the board.
- Assess board processes
- Assess board guiding documents, including policies and bylaws.
- Evaluate and recommend necessary changes to board guiding documents, including policies and bylaws.
- Evaluate current meeting structure for BOD as well as a reporting/follow up procedures and revise as necessary.
- Assess and revise job descriptions.

Other

- Survey membership on topics of interest to the board
- Act as guardians of all board documents.

North Carolina Swimming

Proposed Revised Technical Planning Process

Purpose: To encourage clubs to comply with the Technical Planning meet calendar process. A timely, public meet calendar increases meet visibility and planning lead times for all NCS clubs so that they can provide the best competitive season for their athletes.

Current issues: Clubs have no incentive to follow the current process. In fact, it could be argued that submitting meet requests outside the current process is easier. However, managing late, ad hoc meet requests is an administrative burden for volunteers and staff and has significant potential for inconsistent decisions.

Recommendation: Charge higher meet sanction fees for clubs that request meets outside the approved Technical Planning process. Permit the Technical Planning committee to determine the sanction fee assessment for exceptional situations.

Proposed revised process:

- ☐ Prior to each HOD, the Technical Planning Chair according to NCS Rules and By Laws will initiate the planning process according to the following schedule:

	(Summer Season)	Fall HOD Schedule Spring HOD Schedule (Fall-Spring Season)	Days
	before HOD	Complete by	Complete by
Draft season calendar template according to by laws	120	6/4/2016	12/24/2016
Get Board approval on calendar template	75	7/19/2016	2/7/2017
Issue calendar template to clubs	60	8/3/2016	2/22/2017
Issue Google form to club for entering bids	60	8/3/2016	2/22/2017
Reminders issued every 2 weeks	46-11	8/17-9/21/2016	3/8-4/12/2017
Bids close	10	9/22/2016	4/13/2017
Publish preliminary calendar	5	9/27/2016	4/18/2017
Technical Planning meeting	1	10/1/2016	4/22/2017
Late bids accepted in person at TP meeting	1	10/1/2016	4/22/2017
Calendar finalized	1	10/1/2016	4/22/2017
Calendar approved at House of Delegates	0	10/2/2016	4/23/2017
Calendar posted	-1	10/3/2016	4/24/2017

- ☐ The Technical Planning Chair and Committee will begin development of a meet calendar template according to the requirements outlined in the NCS By Laws no less than 120 days before HOD.
- ☐ The Technical Planning Chair will submit the meet calendar template for approval by the BOD no less than 75 days before HOD.
- ☐ The Technical Planning Chair will open the meet bidding process to eligible clubs no less than 60 days prior to HOD.
- ☐ **ON TIME BID SUBMISSIONS:** Clubs will have at least 50 days to prepare bids and will use the online Google form created by NCS to submit on time meet bids. Clubs will be prompted to bid every two weeks through the 50-day period. The on time submission period will end 10 days prior to HOD. Clubs that comply with the Technical Planning bid requirements will pay the usual \$10 sanction fee for meets submitted by the deadline.

- ❑ When the bid deadline passes, the Technical Planning Chair will review the preliminary calendar, confirm eligibility of all clubs to host meets, and ensure that required information and documentation confirming facility availability has been submitted.
- ❑ If bids for the NCS Championship meets are not received, the Technical Planning Chair will alert the BOD.
- ❑ Once approved by the Technical Planning Committee and the Age Group and Senior Chairs, the preliminary calendar will be posted on the NCS website at least 5 days prior to HOD.
- ❑ The Technical Planning Chair will present the preliminary calendar for review and approval at the Technical Planning Meeting, one day prior to HOD.
- ❑ LATE MEET REQUESTS MADE AFTER DEADLINE BUT BEFORE TP MEETING: Clubs that wish to add meets to the preliminary calendar after bids close but before the Technical Planning meeting must present those bids in person at the Technical Planning meeting. All required documentation must accompany the request. If approved by clubs in attendance at the meeting, these meets are subject to a \$50 sanction fee per meet added in this manner. If NCS requests that a club host a particular meet, that meet is not subject to the higher sanction fee.
- ❑ The Technical Planning Chair will present the final meet calendar to the HOD for approval. The approved calendar will be posted on the NCS website.
- ❑ LATE MEET REQUESTS MADE AFTER HOD BUT BEFORE SANCTION REQUEST DEADLINE: Clubs that wish to add meets after HOD approves the calendar but before the applicable 30/60 day sanction request deadlines detailed in 205.1.9 must receive special permission from the Technical Planning Committee. Meets added in this manner are subject to a \$75 sanction fee. If NCS requests that a club host a particular meet, that meet is not subject to the higher sanction fee.
- ❑ LATE MEET REQUESTS MADE AFTER SANCTION REQUEST DEADLINE: Clubs that wish to add meets after the 30/60 day sanction request deadlines detailed in 205.1.9 must receive special permission from the Technical Planning Committee. Meets added in this manner are subject to a \$75 sanction fee plus applicable late fees. If NCS requests that a club host a particular meet, that meet is not subject to the higher sanction fee or late fees.
- ❑ As stated in 205.1.9, no new meets will be added less than 8 days prior to the meet start.
- ❑ As with on time bids, all late meet requests must be accompanied by required documentation confirming facility availability.
- ❑ The Technical Planning Chair and Committee will determine whether higher sanction fees and late fees will be applied to each late meet request. Clubs may appeal decisions to the BOD.

~~COACH - ZONE TEAM HEAD COACH AND STAFF SELECTION~~ COACH - ZONE TEAM/SELECT CAMP HEAD COACH AND STAFF SELECTION

Purpose

This process shall be used by North Carolina Swimming to select the Zone Team Head Coach, Team Manager, and assistant Zone coaches each fall. The staff selected will also serve as Head Coach, Team Manager, and assistant coaches for the NCS Select Camp.

Process

The NC Zone Team Head Coach and Team Manager shall be nominated by a committee consisting of the NC Senior Chair, Age Group Chair, Senior Coaches' Representative and Junior Coaches' Representative. The Committee shall present their nominees for Zone Team Head Coach and Team Manager to the Board of Directors at the BOD meeting prior to the Fall House of Delegates Meeting.

Assistant coaches will be selected by the Zone Team Head Coach and Team Manager in consultation with the Senior Chair, Age Group Chair, Senior and Junior Coach Representatives from an available pool of applicants who have indicated their intent by submitting an application approved by the Board of Directors. Applications shall be submitted by October 31. All assistant coaches shall be approved by the Board of Directors at the earliest possible meeting of the Board following nomination by the Committee.

Should the committee receive an insufficient number of applications, or applicants lacking credentials for the duties required, the committee may solicit and approve candidates using criteria and information available to them, at their sole discretion.

Appendices

Zone Team Coaching Staff Application

2011 NORTH CAROLINA SWIMMING
ZONE TEAM/SELECT CAMP COACHING STAFF APPLICATION

APPLICATIONS ARE DUE BY OCTOBER 31 - PLEASE EITHER EMAIL TO SENIOR VICE CHAIR - Or HAND TO NCS ZONE HEAD COACH

Applicant's Name _____ Current Team Name _____ Shirt Size _____

Position with Current Team _____

Email Address _____ Daytime Phone Number _____ Cell Number _____

Zone Position Applying For (circle one) 15-18 13-14 11-12

What age/level athlete do you primarily work with? _____

Have you previously served on an NCS or other Zone Team Staff? Yes or No. If yes, list what years and staff position(s) in which you served.

Have you placed (an) athlete(s) on previous NCS Zone Teams, ~~the 2010 last year's~~ NCS Select Camp, or ~~the 2009-10 last year's~~ NCS Top-5? List the swimmer(s) (with team) you have coached within the past two years who fall into each category.

Have you ever worked a NC Swimming Select Camp? If so, in what years? _____

What is your coaching background/experience? _____

Please note other coaching experiences that you have had with: a) Zone/All-Star teams within other LSC's, b) LSC or USA Swimming camps or c) other relevant swimming experiences. Please list the positions if applicable.

Have you ever been or are you currently involved with NC Swimming as a Board member, committee member, or other volunteer capacity? If so, please list the position held and the year(s) during which you served.

GENERAL: CAMPS & ZONE TEAM GENERAL POLICIES

Purpose: The following policies are meant to provide guidance and continuity for coaches and NCS personnel in planning and managing various NCS-sponsored camps and zone teams.

Budget Guidelines: The table below includes budget guidelines for managing NCS camps and zone teams. Athlete fees may vary from year to year based on location, transportation expenses and other variables. Weekend camps are generally self-funding and rely primarily on athlete fees to cover most expenses. Zone meets often involve air or bus travel and week-long hotel expenses. Funding for zone meets is provided by athlete fees, the NCS travel fund reimbursement, and additional funds from NCS as needed.

	Athlete Fee	# Athletes	# Coaches <i>Includes H Coach and Mgr.</i>	# Chaperones <i>Must be USAS member</i>	Staff Stipend (includes mileage) <i>Head Coach & Manager/Staff Total</i>		NCS Travel Fund Reimbursement per athlete**	Outfitting Budget Maximum Per Athlete/Coach***
IMX Camp	\$160	120-130	8	4 - 6	\$300/\$175	\$1650		\$50
Select Camp	\$160	120-140	8	4 - 6	\$300/\$175	\$1650		\$50
Zone Team	\$525	48-54*	8	4 - 6	\$400/\$250	\$2300	\$200	\$90
OW Select Camp	\$260	24	4	2 - 4	\$300/\$175	\$ 900		\$50
OW Zone Team	\$500	32	6	2 - 4	\$300/\$175	\$1300	\$150	\$70

* Zone team may add up to six disability athletes which may necessitate an additional coach with disability experience.

**Zone Teams receive a reimbursement from the travel fund that goes directly to the team budget (not to the athlete or the athlete's club).

***Outfitting budget includes all apparel, swim caps, bags and accessory items that are purchased. It does not include free goods provided by sponsor.

The Staff: The table includes the number of coaches and chaperones for each event. The coaching staff is selected by the Head Coach and Manager of each event. All coaches must be NCS member coaches. Adult chaperones may also be selected by the Head Coach and Manager. Chaperones are unpaid volunteers but are required to be members of USA Swimming. Chaperones are not paid a stipend or mileage expenses but as members of the NCS camp or zone team staff are provided with lodging, team transportation, and team meals.

As members of the NCS camp or zone team staff, coaches are provided with lodging, team transportation, and team meals. In addition, in lieu of mileage or other personal expenses, a coaching stipend will be paid by NCS to camp and zone team coaching staffs according to the above schedule.

GENERAL: CAMPS & ZONE TEAM GENERAL POLICIES

Team Outfitting: Team outfitting is an important part of the camp and zone team experience. It not only builds unity and camaraderie, but helps identify and control large groups of young athletes. Team apparel, swim caps, bags, hats and other accessory items are sometimes purchased or may be provided by sponsors. Spending limits on team outfitting are based on historical spending and do not include free goods provided by sponsors.

Safe Sport: Safety is a primary and ongoing concern during the camp or zone team experience. Each athlete and parent must read and sign the NCS Team Travel Policy as part of the registration process. In addition, camps and teams may have specific Code of Conduct forms, Medical Forms, Insurance Forms, and Dietary Forms to ensure the safety of all team members.