



*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

Fall House of Delegates

Sunday, October 2, 2022

In-person Meeting at McKimmon Center, Raleigh

1. Call to Order – Trish Martin
 - a. Meeting was called to order at 1:05pm
2. Roll Call/Delegate Count – Linda Hughes/Bill Martin
 - a. Delegates were checked in at the door, 66 delegates present
3. Reading, correction, and adoption of minutes – Linda Hughes
 - a. **MOTION:** Approve April 10, 2022 HOD minutes- **PASSED**
4. Officer Reports
 - a. General Chair – Trish Martin
 - i. NCS had a wonderful Awards Banquet; 1st time to have All-Stars. Award winners: Age Group Coach of the Year - Sherwood Watts - NCAC, Sr. Group Coach of the Year – Bruce Marchionda – TAC, Coach Leadership Award – Amy Faulk, and Volunteer of the Year – Jon Bescher - Open Water Zone Team. Teams of the Year: Division 3 – YSST, Division 3 – ATOM, Division 1 – SwimMac.
 - ii. This short course season NCS hosted 225 meets across the LSC; 154 short course, and 71 long course.
 - iii. There are 78 clubs in the LSC, with 40 clubs Safe Sport Recognized. We serve 11,586 athletes. There are 592 registered coaches, and 521 officials.
 - iv. NCS topped the list in Scholastic All American's we had 99 athletes honored. SwimMac is the number one club in the nation, TAC is the number two club in the nation.
 - v. The LSC Championship meets are back in full force, in optimal formats; participation is up to pre-COVID levels. Our camps, LSC Zone teams and other travel teams have been fully subscribed and our athletes continue to excel at every level.
 - vi. Our finances are resilient and strong. We continue to be one of the very best managed LSC's in the nation.
 - vii. This year we have been able reinstate programs we have had to shadow due to the pandemic such as Club Development Incentive Program; Applications are due by October 15, 2022
 - viii. We have restocked the Travel Fund for this condensed 3 year quad; leading up to the Olympic Trials in 2024.
 - ix. We are reinvesting in our clubs and athletes.
 - x. Legislation is on the docket to eliminate the April HOD and turn that into a programming weekend. Legislation would go to an annual meeting. Hopefully get more people attending to get all our LSC voices heard. The weekend would also be open for competition.

- b. Rules & Regulations – Suzanne Heath
 - i. There were a lot of rules that came up for a vote at the Annual Business Meeting for USA Swimming. Highlighting the main changes:
 - Minimum number of required officials at sanctioned events. The requirement is in meets there must be 2 Marshalls; one male and one female. They do not need to be members of USA Swimming. Marshalls may change each session.
 - There is a change to Records; if there is a NAG record set at a meet a measurement of the pool must be done. The application is online on USA Swimming, the Referee will certify and you submit.
 - The 120-day Rule has changed to 60 days.
 - Reference to Junior Olympic. Age Group meets can no longer use the Junior Olympic(s). That terminology no longer appears in the USA Swimming Rule Book.
- c. Treasurer's Report – Jon Fox/Lynn Tippet-Fazen
 - i. NCS Balances and 22-23 Operating Budget (attached). Finances are strong; back to pre-COVID levels. The Travel Fund is set up nicely. It was a tough year for market; it will bounce back. We did take \$80,000 for Travel Fund and our General Fund. The full year-end financial report will be presented at the next Board meeting.
 - ii. A few Budget accounts were renamed.
 - iii. About \$90,000 added to the budget this year. NCS will work off of a zero-budget next year.
- d. Scheduling – Kevin Thornton
 - i. The meet schedule calendar was presented at the Technical Planning meeting this morning.
MOTION: Approved calendar as presented: PASSED
- e. Age Group/Sr Group Chair(s) – Amy Faulk & Jon Jolley
 - i. Age Group Task Force has met – for AG Champs there will be 8 events max; the 10&U's going back to 3- day format, also adding 500 free for 10&U and will take place on Friday afternoon session. On Sunday order of events will be 200 IM, 50 Back, 100 free (also for 11-12 session) Short Course AG Champs will be at MCAC. Long Course will be at TAC
 - ii. Time Standards will remain the same. The 10&U girls 500 free time standard will be 6:27.49; 10&U boys 500 free time standard will be 6:24.29.
 - iii. Always looking for folks to join the Task Force.
 - iv. AG Zones was Champions of Summer, Open Water Zones was 3rd overall.
 - v. For Sr. Champs the bonus structure is:
 - 1 event – 4 bonus events
 - 2 events – 3 bonus events
 - 3 events – 2 bonus events
 - 4 events – 1 bonus event
- f. Programs – Jonathan Watson
 - i. A Team Camp is on November 7, 2022 at the Hillsborough Sportsplex with 88 athletes
 - ii. IMX camp in on January 21, 2023 at GAC in Greensboro. NCS can not email the athletes. Athletes need to check the NCS website. Top 20 are selected for the camp. If any top 20 decline NCS will go to bottom 5. Cost is \$105; non-refundable. Deadline to sign up is November 8. Alternates should go ahead and apply.

- iii. Select camp – Date/Location TBD. Top 5 at AG Champs qualify (1000 free and mile is selected from AG Sectionals)
 - iv. Carolina Crown is April 15, 2023 in North Carolina. Last year CC was the 2nd largest CC ever.
 - v. Zone Age Group Championships – 15-18 age group has been eliminated. 11-14 age group has increased to 12 girls, 12 boys in each age. Total is 48 swimmers. 2 heats of finals, and 2 relays. Some discrepancies in the date.
 - vi. A Team camp in November.
 - vii. A new possible meet with Virginia & Potamic Valley. Most likely at Senior level. All details to be defined. A zoom meeting will be scheduled to discuss all details.
 - viii. Ad-hoc committee has been created for parent education program. All welcome (coaches) to join.
 - g. Sr Athlete Representative – Andy Cummins
 - i. Committee is up 15% in members; and have a lot of applications to join the athlete committee; some not old enough (committee is 15-18)
 - ii. Bringing back sub-committee of
 - iii. Bringing back Instagram Takeovers (teenagers love and get involved)
 - iv. Introducing a referral program. Winner will win a zoom call with an Olympian.
 - h. Officials Chair – John Jewell
 - i. At end of August 521 officials equal to pre-COVID
 - ii. Area Reps are East – Bob Landry, Raleigh area – Linda Hughes, Greensboro area - Rob Stevens, Charlotte – Jeff Childs, out West – Collen Gillan,
 - iii. There are 3 new Referees, NCS continues to run clinics for both Stroke & Turn and AO's..
 - i. DEI – Jamie Bloom
 - i. Popular to say, but not a whole lot of action behind it.
 - ii. Very active Southern Zone with monthly meetings and report up to national.
 - iii. DEI is not only under represented communities and people of color, but also about sexual orientation, sexual identity, disabilities and a myriad of other communities.
 - iv. Asked for members to join the committee. Must be members of USA Swimming
 - j. Safe Sport - Mike Trexler
 - i. Celebration that NCS has 40 clubs that is Safe Sport recognized; but still have 30ish that are not.
 - ii. Each club needs a liaison, and should be identified with annual application
 - iii. Every month USA Swimming puts to publish a webinar. It can be found on the Safe Sport website.
 - iv. Athletes no longer have a 30day grace period for Safe Sport. They must complete prior to 18th birthday.
5. Legislation – Lisa Olack
- a. 2022 Fall Legislative Proposals as presented (attached)
6. SWIMS 3.0 – Lisa Olack
- a. "When the system works it is going to be good."

- b. New swimmers need to get registered asap. Returning swimmers are ok to be registered Nov 1.
 - c. Flex to Premium – need to renew, not add account.
 - d. New coaches must complete the new course “Quality Coaching Framework” by 12/31/2022. USA Swimming/Education/All Courses/select course.
 - e. If coaches have any issue contact Lisa Olack or Barb Frith; USA Swimming has thousands of emails and can not get through them fast enough.
 - f. OME Registration – launch is targeted for 10/27/2022.
7. Old Business
None
8. New Business
None
9. Coaches Education Raffle
a. Education Credit – Sean Quinn – MSA, Colleen Gillan – WNCY
10. Adjournment
a. Meeting was adjourned at 2:45pm
11. Attachments
a. 2022 Fall HOD Check-In
b. Financial Statement
 - i. NCS Balances 09.30.22
 - ii. NCS 22-23 Operating Budget
- c. 2022 Fall Legislative Proposals FINAL

Next meeting: September 30, 2023

Respectfully Submitted,

Linda Hughes
NCS Secretary