

COMSA
Executive Meeting - Minutes
October 4, 2006

Those in Attendance:

Heather Hagadorn (Chair), Nicole Vanderpoel (Vice Chair), Marcia Anziano (Registrar), Susan Nolte (Treasurer), Kathy Garnier (Secretary), and Mark Plummer (Top Tens).

The meeting was called to order at 7:01 pm at Colorado Athletic Club- Inverness in Englewood, Colorado.

Motions approved:

MSA to approve July 2006 minutes.

Topics of Discussions:

1. It was MSA'd to approve the minutes from the last meeting of July 19, 2006.
2. 2007 COMSA Meeting Schedule determined:
 - January 6: Team Rep Meeting at Highlands Ranch Meet
 - February 7: Executive Meeting - conference call
 - April 7: Annual Membership Meeting at CO State Meet
 - May 2: Executive Meeting - TBD
 - July 11: Executive Meeting - TBD
 - October 3: Executive Meeting - TBD (maybe Castle Rock Meet)
 - November 7: Executive Meeting - TBD

TBD's: If the February conference call is successful, future meetings will continue to be on a conference call basis. Heather will set up the first call for February.
3. Officer Updates:
 - a. Chair- Heather
 - USAS Convention: Eight delegates went to Dearborn, MI in September to represent COMSA members. For a full report, please see Attachment #1 below.
 - Hy-Tek software: updates will be purchased for one copy of Team Manager and three copies of Meet Manager to be distributed to Mark Plummer, Mel Dyck, and Will Amos.
 - b. Vice Chair-Nicole
 - 2007 State Meet Update:
 1. Dates confirmed for April 6-April 8, 2007
 2. Meredith will contact Kim Crouch for Sanction Number.
 3. Meredith will check to see if she can use Active.com for online entries, in addition to receiving paper. Liability waiver will need to be signed at the meet.
 4. DU would like to change the entry cut off to one month before State, 3/6 and late entries will be accepted with a \$10 late fee 2 weeks prior to State. Then all psych sheets can be prepared on time. It was decided to set the entry deadline no earlier than March 12, 2007 and accept late entries up to 1 week prior to the meet with a late fee of \$25.
 5. DU received some complaints regarding the early start time of the distance events on Friday. Do we want to keep at noon Warm up, 1:00 start time or change the time? It was decided to keep the noon warm-up time.
 6. Sprint and Brute Squad: Because DU Masters is the official

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Host of the meet, we will use a volunteer from a DU Master's swimmer who can help Meredith track Sprint and Brute squad participants. This volunteer can pull the results and verify that the swimmer completed all appropriate events.

7. Meet Participation Award: Does COMSA want input on whether the award is a cap, water bottle, luggage tag, or anything else? 2007 will be a luggage tag year and will rotate with these 3 items.
 8. High Point award suggestions? Will need 26 awards. Nicole will check with the NIKE rep to see if they will provide items.
 9. Do we wish to continue same Brute and Sprint Squad T-shirts? It was suggested to change the color of the sprint squad shirt to pink.
 10. Nicole has spoken with NIKE Rep and she would love to sponsor our COMSA State Meet. We can discuss how that can occur. Mark Bailey is checking to verify if they can be the sponsor and have the back page ad of the Program.
 11. COMSA will not actively seek sponsors for ad's for the program but DU would like to reserve the right to have sponsorship in the program in the form of ads in the Program.
- c. Treasurer-Susan
- Balances as of 10/03/2006: Checking \$22,439.51 Savings \$22,925.47 for total \$45,364.98.
 - Prediction for end of 2005/06 budget cycle to close at a net income of \$1,937.
 - Review of proposed 2006/07 budget. Final review and approval set for next meeting.
- d. Secretary-Kathy-nothing to report
- e. Registrar-Marcia
- 2006 YTD Membership of 2,133 with 1,249 females, 884 males.
 - Fee updates: none
4. CMS Coordinator: Heather received a request for a coordinator for CMS to handle items such as team suits, hotel arrangements, shade rentals, and banners. A request for a volunteer for this position will be placed on the website and included in the next newsletter. These items were discussed and expenses included in the revisions for the 2006/07 proposed budget.
5. Committee Chair Updates:
- a. Awards – Chris Nolte will provide a request for nominations for the next newsletter.
 - b. Coaches – n/a
 - c. Communications – Next newsletter deadline is 11/01/06.
 - d. Communications – Webmaster – n/a
 - e. Fitness – January clinic flyers will be included with registration mailing. Susan will contact Ellen to request credit for printing error in last newsletter.
 - f. Long Distance/Open Water – 3K/6K scheduled for 10/21 and 11/4 at DU from 12-3 p.m. DAC has offered to host the 1 hour postal on January 21, 2007 9 a.m. start. Nicole will write article for the newsletter.
 - g. Officials – Pete Schwenker (written report)

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- Officials set for Castle Rock and Foothills. DAC just changed dates and reworking that schedule.
 - Split sheets and record forms will be in the meet kit.
- h. Records – Will Amos (written report)
- All individual records are current and posted through Worlds. Relay records posted and received positive feedback regarding the inclusion of both open state records and workout group records. In the process of compiling long distance records, and plan to have them posted by the end of the year.
 - Will is working with Mel on an online results database. Estimate of end of 2007 before anything up and running.
- i. Safety – n/a
- j. Sanctions – 1/21/07 1 Hour Postal, 1/28/07 Clinic, 2/03/07 Boulder Pentathlon, 2/03/07 Montrose.
- k. Top Ten – Mark Plummer
- Reporting this year went well expect for the following:
 1. Short and Sweet reported too late
 2. State relays with unattached swimmers not eligible for reporting.
 - Pool measurements for Castle Rock and Foothills meets- send copies to Kim Crouch.
6. 2007 Schedule review meeting to take place at the next meeting.
7. Discussion for suggestions for swimmer publicity for the upcoming spring nationals in Seattle requested for Denver's Channel 9 coverage. Email suggestions to Heather ASAP.

Next meeting scheduled for November 1, 2006 at Colorado Athletic Club – Inverness at 7 p.m.

MSA to adjourn meeting at 9:06 p.m.

Submitted by Kathy Garnier, Secretary

Attachment #1

Report from the US Aquatic Sports (USAS) Convention

Colorado was well represented at Convention once again this year! The USAS annual convention provides an opportunity for Masters Swimming to gather all of its delegates together for the purpose of making decisions that will affect the future of our sport. We elect our officers, vote on rules and legislation, and discuss and plan programs that will continue our tradition of excellence in the sport of swimming.

This year, the Convention was held in Dearborn, Michigan.

Colorado was represented by Eight Delegates

Due to the fact that Colorado's LMSC has over 2100 members, we are allowed five delegates. Serving in those positions were:

- Will Amos, COMSA Records Chair
- Jack Buchanan, COMSA Member and member of the Recognition/Awards Committee at the National level
- Kim Crouch, COMSA Sanctions Chair, and member of the Championship Committee at the National level
- Kevin Nash, COMSA member

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- Nicole Vanderpoel, COMSA Vice Chair and COMSA Long Distance Chair

Some National Committee positions provide for automatic delegate status so these folks added to our list:

- Marcia Anziano, COMSA Registrar, COMSA Co-Chair of Fitness, and member of the Legislation Committee at the National level (also a member of the Fitness Committee, where she was Acting Chair)
- Peggy Buchannan, COMSA member and member of the Rules Committee at the National level (as well as International and ISHOF)
- Heather Hagadorn, COMSA Chairperson, and member of the Long Distance Committee at the National level (as well as the Championship Committee and the Editorial Committee)

All of these COMSA members give up personal vacation, or they take off work with no pay, to attend the convention. It is a very busy time, meetings start early in the morning and many go very late into the evenings. If you see any of these delegates, thank them for their dedication and support to Masters swimming and to the Colorado LMSC.

Meeting Summary and Purpose

Detailed minutes of all of the meetings are available on the USMS website (<http://www.usms.org/admin/conv06/>). This article will point out some of the major changes and highlights from the various committees. If you need further information, you can refer to the meeting minutes or contact one of the delegates listed above to find out where to get this information.

The convention alternates its emphasis each year between Legislation and Rules. This year was a "Rules Year"; so a few changes to our swimming rules were made during this Convention.

At last year's meeting, the entire USMS Corporate Structure changed. This year, we saw many of our new Vice Presidents making changes and taking responsibility for implementing the new USMS Strategic Direction.

The **World Championships** at Stanford were considered a huge success and helped prove that the US is a premier host for these sorts of events. Even USA Swimming was impressed with our capability to host over 7,200 athletes for swimming, water polo, diving and synchronized swimming.

Rules

The Rules committee is the emphasis of convention in the even numbered years. The following is a highlight of the new Rules that passed:

- Swimmers may wear watches in Open Water events
- Masters will follow USA Swimming rules for what ever their watch-wearing rule is (pool events)
- "No Time" will not be permitted for any USMS Championship entries.
- Only regulation length pool times will be accepted for Top Ten and Records.
 - All Sanctioned meets are required to indicate the pool measurement status on the meet forms.

Worlds, 2008

Tentative Dates were announced for Perth, Australia: April 18-25, 2008

National Championships

The following Pool National Championship locations were selected for 2008:

- University of Texas (Austin), tentatively scheduled for May 1-4, 2008
- Mount Hood, Oregon, tentatively scheduled for August 14-17, 2008
- Also: YMCA SC Nationals – Ft Lauderdale scheduled for April 10-13, 2008

We will make every attempt to schedule our State Meet early in March, 2008 (as we did when Nationals were at Indianapolis in April, 2004).

The following Open Water National Championship locations were selected for 2008:

- 2 Mile Cable: Virginia Masters
- 1 Mile Open Water: Connecticut Masters
- 1-3 Mile Open Water: Wisconsin Masters
- 3-6 Mile Open Water: COMA (Central Oregon)
- 6+ Mile Open Water: Clemson

COMSA recently began renting pool time to support all of the Postal Championships, which require no travel, pressure for competition or major scheduling changes. If you want to see how far you can go in an hour, or you think it would be fun to do a "timed" 3K, 5K, 6K or 10K, watch our newsletter for dates and locations. COMSA will sponsor pool time throughout the year to provide you with opportunities to participate in these events.

Also watch our newsletter for more information on Fitness and Virtual Swims.

Coaches

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Coaches should look at the support and programs that USMS provides. Remember that the Coaches Committee still has the Snooper (underwater camera) rental program. They have seven cameras available for rental at all times. Click on Training at the top of the home page and you will see the "snooper rental" in this drop-down list. Check here for more details on this program.

Fitness

The Fitness committee develops and supports several programs for competitive and non-competitive swimmers. They continue to have the 30 minute swim challenge, the Check off challenge and the virtual swims. These are fun and can be used to get your swimmers more involved in the programs that you offer, without the pressure of competition or attendance at meets. There is an entire section under Health and Fitness with information and programs for the fitness swimmers.

Here is what COMSA is doing:

Colorado has not had much participation in the fitness events in the past. The goal for this year is to try to get our coaches on board with some of these programs, in an attempt to involve more swimmers in these programs. Ideas would be to incorporate the 30 minute swim challenge at the same time as the one hour postal, get coaches to set aside time in a workout for the 30 minute swim challenge and to get coaches involved with the Check Off Challenge.

USMS Programs: Olympic Training Center

Applications to attend the annual four day swim camp at the Olympic Training center are again being accepted! The 2006 Training Camp was cancelled due to changes at the Training Center. Rowdy Gains has committed to help get this program back up and running and it looks like it will be re-instituted again in 2007. Watch the USMS website for updates and details – this is a phenomenal program that many of Colorado's swimmers have attended.

See <http://www.usms.org/coach/otc.php> for details.

While many other things took place at convention, these are just some of the highlights. As you can see, the USMS website has volumes of information for all of its members. The website can be found at www.usms.org. You will be amazed at what there is to offer to all of the members of USMS.