



Executive Meeting Minutes January 10, 2024

Attending: Doug Garcia, Katie Glenn, Sean Phelps, Mike Wise, Eric Neilsen, Kathy Garnier, Karen Rosener, Joe Bakel, Meghan Varner, Kathleen Steffe, Richard Hess, Crystie McGrail

Start: 7:00 pm, Quorum Present

Meeting Notes:

Agenda:

Reports

Secretary – Katie

Treasurer – Mike

Membership Coordinator – Karen

Coaches – Eric

- Clinics
- Coaches training
- Coaches social
- National coach selection

Fitness – Barb

- Survey

Awards – Crystie

- Awards Committee

Open Water – Joe

Officials – Pete

Sanctions – Richard

Webmaster – Crystie

Top Ten – Kathy

Long Distance – Nicole

Records – Kathleen

Old Business

State Meet 2024, Sean

CMS Club Doug

New Business

Championship Banners, CMS Club

Reports:

Secretary Report – Katie

Minutes from November 7, 2023, meeting reviewed and approved

2024 meetings moved to Wednesdays 7pm

Treasurer Report – Mike

Budget review – COMSA had a budget surplus from 2023

2024 Budget approved

Membership Coordinator – Karen

No report – membership renewals are working as they should

Coaches – Eric

- Clinics – 8 people are interested in the clinic (need minimum 20 participants); clinics in Utah for Level 2-3 in early May
- Coaches training – not much interest in coaches for additional training – add to newsletter to garner interest – email coaches about trainings available to them
- Coaches social – to be determined for state meet Friday or Saturday evening
- National coach selection – criteria from WC to be modified for selection
- New Year – New You as theme for January training

Fitness Chair – Barb

- Hear feedback about how these results could help to shape 2024 activities. I might propose one speaker event and one organized fitness event (with a social component attached), but it would be great to hear feedback from the group.
- Does USMS runs a general member survey. If so, it might be informative to try to get a set of results from that to further inform our efforts, but I don't know where to start with that one!
- The member survey was completed with 152 respondents
- 3 random recipients were provided with an MI Sports e-Gift card
- A few observations from the survey
 - There is a bit of information here that may be helpful for meet planning
 - Most COMSA members are longtime swimmers (20+ years) and consider themselves to be competitive or fitness swimmers
 - Most participate in meets and open water events
 - Only about 25% of respondents participate in USMS Fitness events and nearly 20% are not aware of what they are – this may be an opportunity for additional member engagement
 - Outside of meets and OWS, the types of events that >25% of respondents would like to see more of include - stroke clinics, social events, expert speakers, and fitness events.
 - Many responded that they would also be likely to attend these types of events, with the most likely being stroke clinics (73%), social events

(48%), expert speakers (42% - did not specify virtual or in-person), USMS fitness events (36%)

- There is some interest in Coach and Officials Certification and ALTS, but this is significantly less.
- Respondents will pay to offset the cost of events, with most willing to pay up to \$50.
- There is some interest in volunteering (I can pull names if needed)
- Discussion questions
 - Does USMS run a member survey and how do these results compare?
 - Do any of our current COMSA activities need better marketing to build awareness?
 - How might these results drive USMS activities in 2024?
 - An initial thought is to organize the following:
 - 1 expert speaker event (if this is of interest, I appreciate name/topic recommendations) – *suggestions: Gary Hall Sr. or Missy Franklin or someone within COMSA*
 - 1 organized fitness event (appreciate recommendations for timing to avoid conflict with other COMSA events)
- Other feedback?
- Doug, Eric and Barb will strategize on events/speaker event

Awards – Crystie

- 42 responses for coach of the year (7 different nominees)
 - Committee for selection of coach of the year – Mike, Crystie, Katie
- Minimal response for service award (no nominees)
- Will run in newsletter again and put on Facebook page
- State Meet ribbons and high point awards – Mike and Crystie will coordinate on ordering and making sure arrive in time for State Meet (35 people/\$18 per award)

Open Water – Joe

Concept

- Host a open water state championship in Colorado
 - Discussion: use an existing race for the championship

Location

- Rotate through the different events through the years
- Have a "bidding" process where the race directory requests hosting
 - Do we have enough events to host to justify bidding?
 - Might want to have COMSA recommend an event at the beginning.
 - Solstice has a headcount limit with an expense increase to increase the headcount
 - Castle has most distances but it is remote and cooler water
 - Carter has only one distance
 - Horsetooth is the furthest in mileage from Denver but has most distances
 - Do not have other confirmed open water swims yet
 - At the start, a "bid" is basically just an indication of willingness to host. If we get enough events to bid, we could start setting some criteria for what is a valid bid. I have confirmed that both MSS and Horsetooth Swim are willing to host with the caveat that it does not become too much of a burden both in effort and cost.

Distance.

- Nationals have 4 length windows and two dedicated lengths
- 1. U.S. Masters Swimming Middle-Distance Open Water National Championship (>1 / ≤3 Miles)
- 2. U.S. Masters Swimming Long-Distance Open Water National Championship (>3 / <6 Mile)
- 3. U.S. Masters Swimming Marathon-Distance Open Water National Championship (≥6 / <9 Miles)
- 4. U.S. Masters Swimming Ultramarathon-Distance Open Water National Championship (≥9 Miles)

- U.S. Masters Swimming Sprint-Distance Open Water National Championship (1 Mile)
- U.S. Masters Swimming 2-Mile Cable Open Water National Championship

- In Colorado, we only have two races > 6 miles (Horsetooth/Castle) and multiple races between 1 and 3 (Carter, Horsetooth 1.2/2.4M, Solstice 1.2/2.4M, Castle 2.5/5K, possibly Grant Ranch)
- For the Colorado State Championship, do we focus on one distance or have each distance at an event be considered the State Championship for that distance.
- Do we allow a wetsuit division?

Requirements

- Safety Requirements
 - Safety plan needs to be submitted and reviewed by COMSA Open Water chair/committee.
 - COMSA open water chair/committee can recommend changes if deemed necessary. If event and COMSA can not come to agreement, another venue will be considered for the bid.
- Award Requirements
 - Proposing use COMSA money for the age group awards.
 - 13 age groups (up to 84yr), 3 per age, 2 gender = 78 medals @ \$5 each is \$390
 - Due to the smaller number of swimmers in open water, should we reduce the awards to one or two deep or possibly 10 year ago groups?
 - Most awards will not be picked up. Having no year on awards or age group allows us to reuse them. Guess is it would cut cost in half so maybe a \$200 budget. If we do only two places deep, it would be around \$120.
 - If we allow multiple distances or add wetsuit, this will increase the number of awards.
- Sanctioning requirements
 - USMS sanctioning is not required but only USMS members can compete for awards.
 - Race directors will need to have a method to identify and confirm USMS membership.
 - Race directors will need to have a method for participants to purchase a one day membership.
 - Richard Hess agreed that paperwork could be submitted as "recognized" as a USMS event.

Discussion:

- Start with one distance
- Enable wetsuit and non-wetsuit awards
- Rotate championship through various distances
- Access and headcount is an issue
- Costs is an issue – COMSA would be willing to pick up the cost of the awards for state championship
- Joe is to develop a budget for the event and proposal for COMSA to contribute

Sanctions – Richard

State Meet sanction needs to be obtained by Sean Phelps

Starting with the Hall of Fame this Sat, there are 6 meets scheduled BEFORE State Meet. 3 of those just came in the past week, 2 of which are hosted by college clubs (CSU and CU) that are inviting USMS swimmers. Those 2 are Recognized events vs. Sanctioned but registered USMS swimmers will still be eligible for USMS records and top ten. These are all under "Upcoming Events" on the website, but here is a summary:

Jan 13 COSHOF Meet-Denver

Jan 27 Loveland Polansky Meet

Feb 11 CSU Club & Masters Meet-Ft Collins

Mar 2,3 Pikes Peak Meet-Colorado Springs

Mar 9,10 CU Club & Masters Meet-VMAC

Apr 7 Foothills Spring Splash-Littleton

Webmaster – Crystie

- Richard has been great sending me meet info to update the events calendar (can we start sending folks here in addition to USMS?),
- Need starting information for State Meet – hotels and other information
- updated records posted
- any coach clinic/certification course info will be posted
- no other updates shared with me for any sections. Request for all board members to review and email me if anything on the website needs to be updated.
- Meet information for other LMSCs events are updated – look to Utah versus Arizona

Top Ten – Kathy

SCM reporting closed – no submission because no SCM meets held in LMSC

Meet results are being submitted properly with new protocol for back-up

Wyoming swimmers are part of LMSC and eligible for COMSA records

Long Distance – Nicole

Virtual One hour swim will be emailed to COMSA members

Records – Kathleen

Needs information from Kent Carney to transition into the position

Kathleen will confer with USMS and the record job description. Need access to national database.

State records are the responsibility of the state from the national database – can go out of the state and country as long as COMSA registered member you are eligible to set State record.

Will Amis was in the position before Kent. Kathleen will attempt to contact him.

Officials – Pete

No report

Old Business:

State Meet 2024, Sean

- Needs memo of understanding for Mesa Swim Team – COMSA expectations for Mesa to run the meet
- Meeting with Grand Junction Sports Commission for hotels and discounts

CMS Club Doug

- Call for nominations for CMS Board – 3 people have volunteered so far, need 2 additional people

New Business:

Championship Banners, CMS Club

- CMS Club will decide when Board is in place

Conflicts of interest between serving on COMSA and CMS boards – treasurer or chair could be conflicts. Neither set of bylaws set out strict regulations/restrictions for serving on both boards. We are using the Oregon LMSC and Oregon swim as an example.

No other new business.

Next meeting March 6, 2024 at 7pm.

Adjourn: 8:13 pm