



2017 ARIZONA LMSC
(LOCAL MASTERS SWIMMING COMMITTEE)

ANNUAL MEMBERS' MEETING

29 October 2017

**Arizona State University
Sun Devil Fitness Center**



Today we will ...



- Call the Annual Member Meeting to order!
- Introduce our current AZ LMSC Board of Directors (BOD)
 - Explain what the BOD does ... and doesn't do
 - Review the LMSC financials
- Discuss our member survey
- Looking ahead & how you can be involved
- Answer your questions



Meet Your LMSC Board



- Chair – Patrick Brundage
- Vice Chair – Judy Gillies
- Treasurer – Christie Altman
- Secretary – Lindsey Urbatchka
- At-Large Members
 - Paul Smith
 - Liz Hobbs
 - Susan Dawson-Cook
 - Katy James (also our LMSC Registrar)
- Past Chair – Terry DeBiase



The LMSC and the Board of Directors



What we do

- Local governing body
 - All volunteer!!
 - Liaison to USMS National
- Support & Promote events
 - Sanctions
 - Officials
 - Rules compliance
 - State Championship host selection
 - Open Water Champs
- Website / news distribution

What we DON'T do

- Set fees for your club / training group
- Control pool times / availability for lap swimming or practice
- Host meets & events – these are hosted by clubs, facilities and/or companies



LMSC Financial Overview



- Current and historic financials

Date	AZLMSC WF Checking Balance	AZLMSC WF Business Savings Balance	TOTAL
as of December 31, 2015	\$40,588.83	\$8,369.27	\$48,958.10
as of December 31, 2016	\$42,355.16	\$8,371.58	\$50,726.74
as of October 27, 2017	\$21,064.07	\$33,377.52	\$54,441.59

- Where do we invest for our membership?
 - Attendance at National Convention
 - Supporting State Championships
 - Member Meeting
 - Coaching Clinic Scholarships



Our recent Member Survey



- Launched September 19th
- 4 questions
 - What social media channels would you use to access Local Masters Swimming Committee (LMSC) information?
 - What type of information would you like the LMSC to share?
 - Top two reasons for swimming/belonging to USMS.
 - What can the LMSC do to enhance your experience?
- **217** respondents!

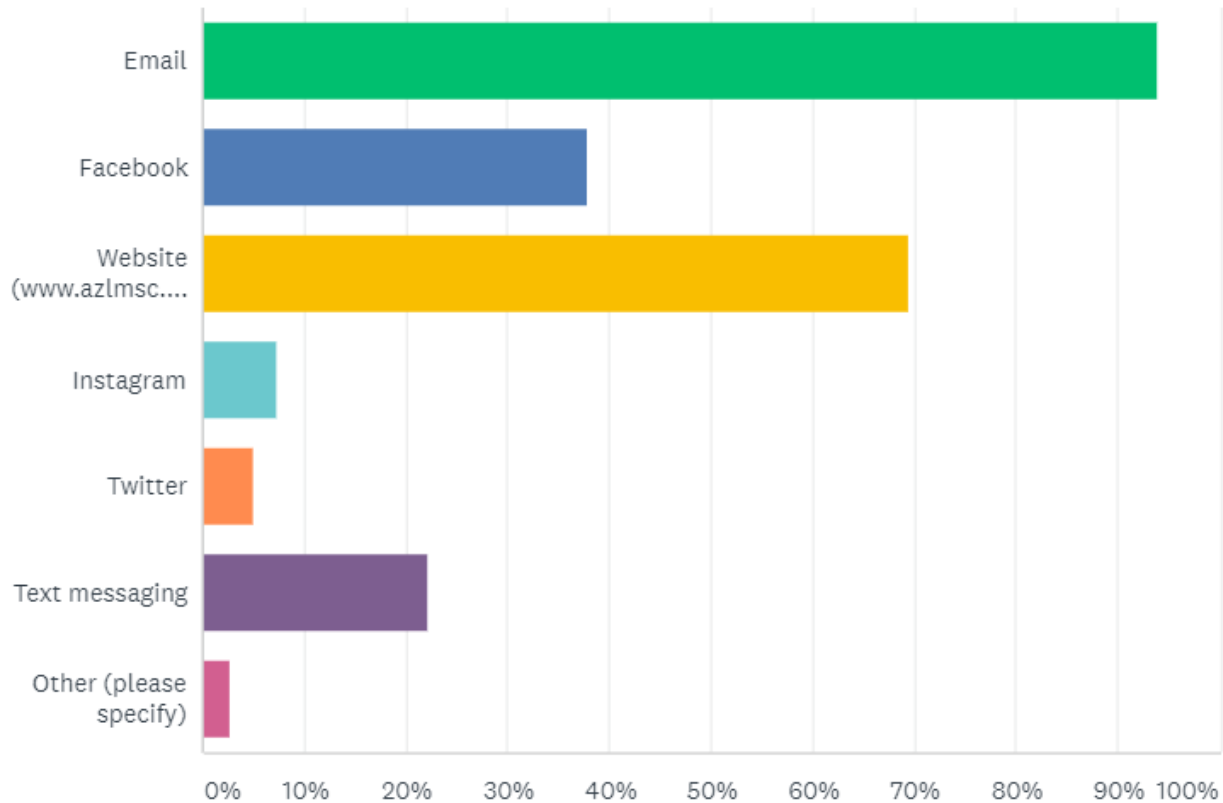


Email & our website are the preferred means of communication

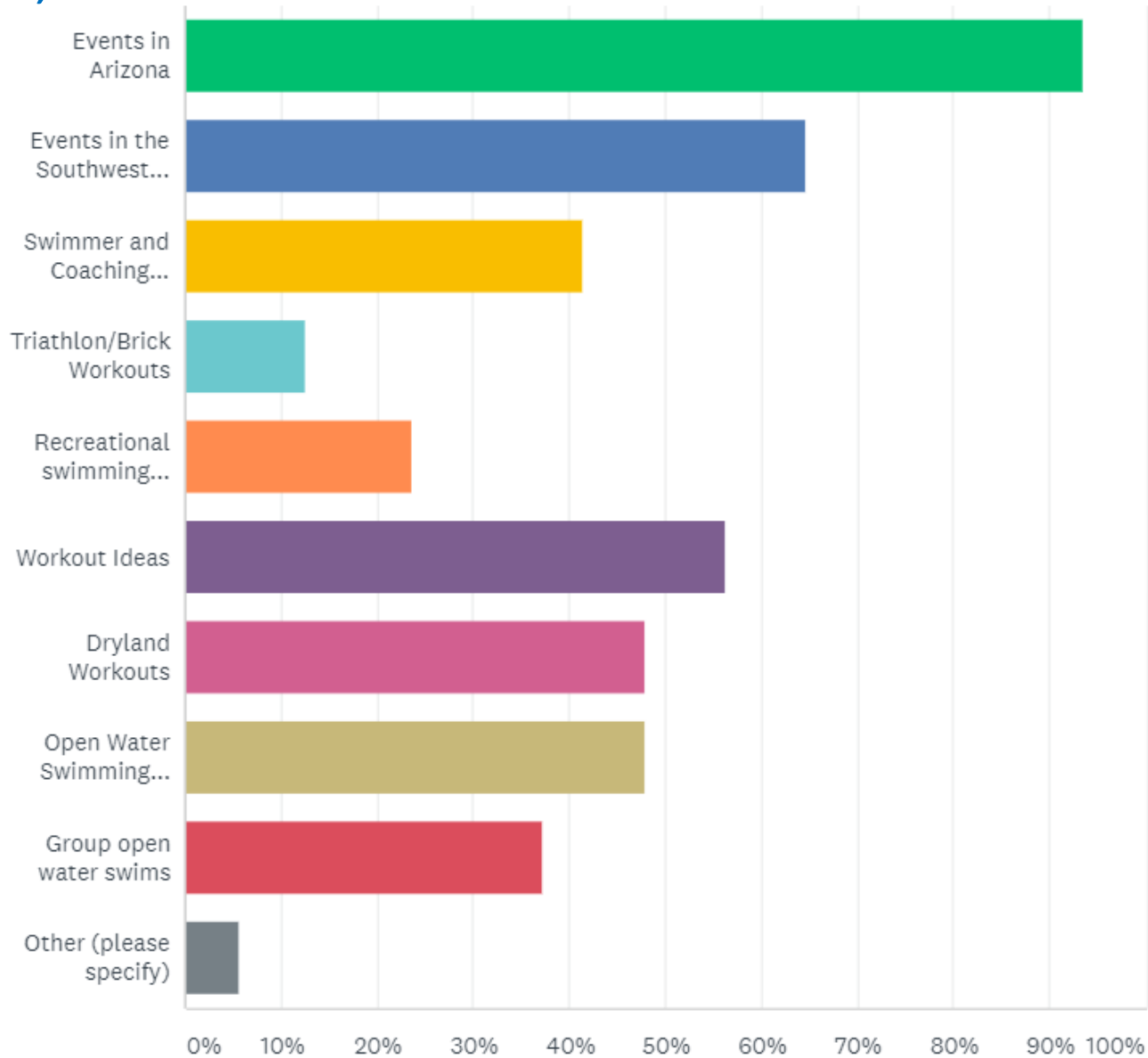


What social media channels would you use to access Local Masters Swimming Committee (LMSC) information (select all that apply)?

Answered: 216 Skipped: 1



Events dominate your information needs from the LMSC, but workout ideas are also desired



USMS already provides a treasure trove of workouts to its members



Go to <http://forums.usms.org/forum.php>

U.S. Masters Swimming Discussion Forums

Welcome to the U.S. Masters Swimming Discussion Forums.



Forum Announcements and Questions *(1 Viewing)*

Use this forum ONLY to ask questions about using these forums or to find out the latest information about the forums. Please post general swimming topics in the General Discussions forum below.

General



General Swimming-Related Discussions *(49 Viewing)*

Any swimming-related topics not covered in one of the other top level topics. Non swimming-related topics should be posted in the NSR forum.



NSR: Non Swimming-Related Discussions *(3 Viewing)*

Post your non swimming-related banter with friends in this forum. Note that all of the forum rules still apply here.



Workouts *(4 Viewing)*

Post your favorite swimming workouts here. You can also find workouts in USMS member blogs.



Open Water Swimming *(4 Viewing)*

Open water enthusiasts - discuss your passion here



Event Announcements and Reviews

Announce upcoming events (meets, clinics, open water swims) and review recent events



Nationals *(1 Viewing)*

Questions and comments about our national championships



Coaching

Use this forum for discussing any topics related to coaching Masters swimmers

Basic Training - by Mark Johnston *(1 Viewing)*

If you are looking for variety and versatility, Mark's workouts are geared for you: Each daily workout has a specific focus and will range from sprinting, to long-distance, IM, and everything in between: even ice swimming!

Stroke and IM Workouts - by Andrew LeVasseur *(1 Viewing)*

Andrew's stroke & IM workouts are designed to get swimmers "race ready" for all IM events, as well as the 100s and 200s of the strokes.

Open Water Workouts - by Charlotte Brynn

Charlotte's workouts are designed to build cardiovascular endurance, improve fitness and develop the ability to swim longer distances, at or a little below anaerobic threshold (with option to decrease intensity), with short rest, in preparation for participating in an Open Water competition, solo or recreational swims. Workouts include a warm up, drill/skills, main set and cool down.

High Intensity Training - by Retta Race

Coach Retta's workouts are primarily sprint-based and are easily scaled to range in intensity and distance based on ability and swimmer time availability. Coach Retta also includes dryland activities within workouts on a periodic basis to stress the importance of core-driven swimming, as well as to maintain overall conditioning.

High Volume Workouts - by Fares Ksebati *(1 Viewing)*

These workouts are challenging for any level athlete and are designed to get swimmers race ready for middle-distance events including the 200s of stroke, 400 IM and 500 Freestyle.

Triathlon Training - by Scott Hoftiezer *(1 Viewing)*

Scott's workouts are designed specifically for triathletes of all skill levels to help you reach your goals of becoming a stronger and faster swimmer with greater endurance.

Expectant Mothers, New Mothers, and Limited Mobility Workouts - by Katrina Caulfield

Coach Kat's workouts will be focused on maintaining fitness and core strength through swimming - two things that are very important for both expectant mothers and new mothers to maintain! Workouts will feature modifications for ability level, fitness level, and range of motion. There will be lots of variety to keep you engaged and coming back to the pool!



Why do you swim Masters?



Enjoy Technique Health Racing Friendships Games
Swimmers Organization Team Comraderie
Meets Sport Competition Training Swim
Open Water Social Healthy Camaraderie
Conditioning Workout Learning Fitness Shape Exercise
Nice Fun Friends

Healthy Support Open Water Necessary Fun Education
Compete Friends Shape USMS Health Coach
Swimming Conditioning Fitness Required
Competition Events Exercise Love the Water
Workouts Triathlon Team Social Swimmers Training
Race



What can the LMSC do to improve?



More meets / events / open water

More advanced notice of events

More clinics

Encourage coaches to promote meets

More social activities

Volunteer activities in broader community



Looking ahead and getting involved



- Enter our State SCM Champs – Ron Johnson meet at ASU on November 18th and 19th
- Consider running for the Board
 - At-Large elections will be announced soon
- Start training for 2019 Nationals in Mesa!
- Become a Masters Official -

http://www.usms.org/gto/gto_officials

A screenshot of the USMS website navigation menu. The top navigation bar is red with white text for categories: Learn To Swim, Fitness & Training, Events & Results, For Coaches & Instructors, and For Volunteers. The 'For Volunteers' menu is expanded, showing a list of options: Become a Volunteer, Guide to Operations, Committees and Assignments, Meeting Minutes, Rule Book, and Officials. The main content area shows the breadcrumb trail: Home > For Volunteers > Guide to Operations > Guide to Operations: Officials, followed by the heading 'Guide to Operations: Officials' and a sub-section 'Certification' with a link to 'USMS Officials Certification Program'.





QUESTIONS?

SUGGESTIONS?

