

# AZ LMSC Annual Meeting

March 19, 2025

7:30pm

Zoom



# Welcome and Meeting Mechanics

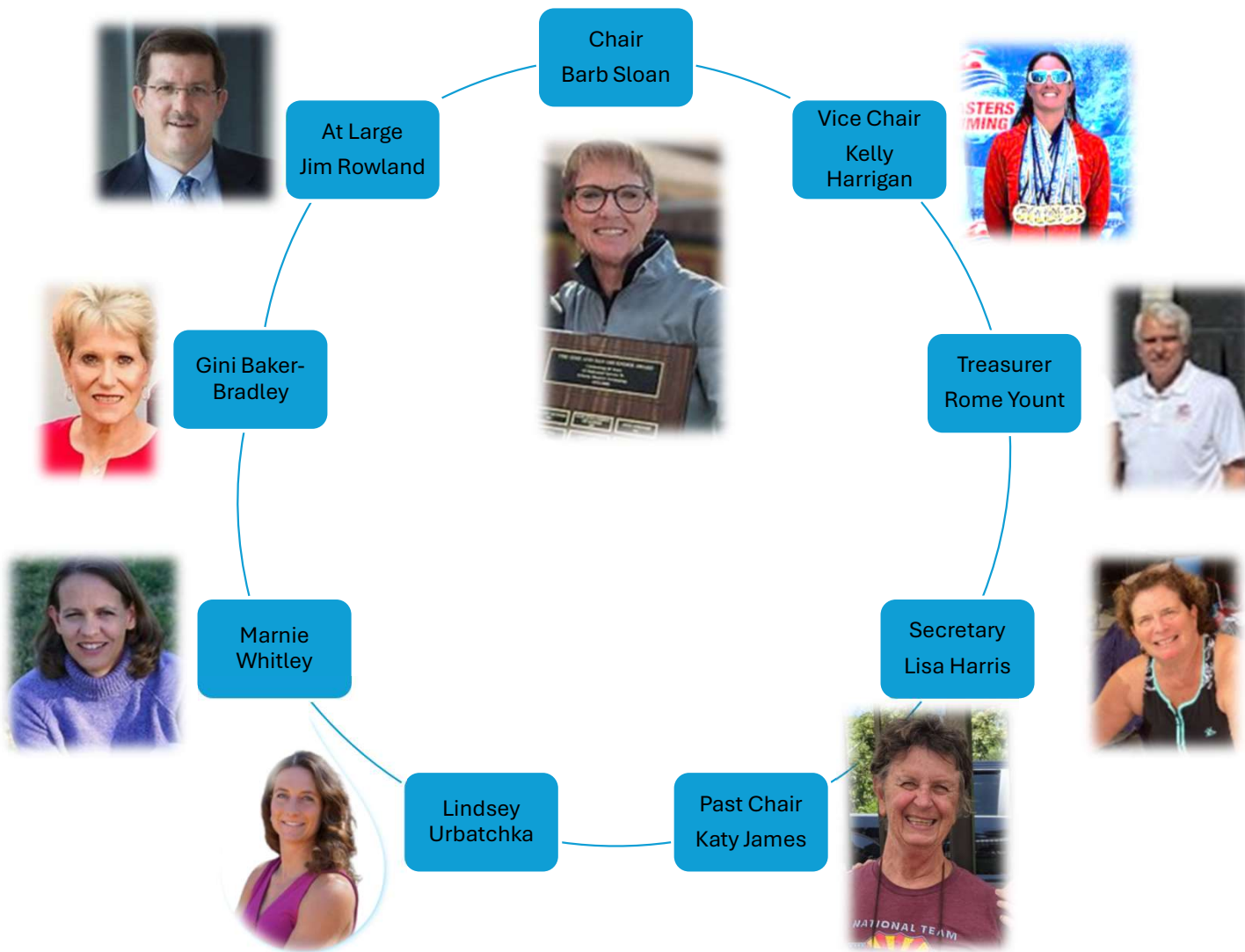
- Meeting Facilitator: Gini Baker-Bradley AZ -LMSC board member at large
- Chat box for questions - Pause after each presentation for key questions
- Meeting Recorded - Available on website in next few days
- Handouts on Website
- Post Meeting Contact:
  - Board President: Barb Sloan
  - Email: [BarbSloan53@gmail.com](mailto:BarbSloan53@gmail.com)
- All are muted for meeting efficiency



# Barb Sloan – Board Chair

- Call to Order
- Approval of minutes of last meeting
- Agenda
  - Board President Report
  - Meets and Virtual Events
  - Achievements and Records
  - Open Water Updates
  - USMS Rule Changes and Updates
  - SW Zone report
  - Get Involved
  - Closing
- WELCOME!





# Meet the AZ LMSC Board

Executive Committee – Even Years  
At-Large Members – Odd Years



# Review Strategic Plan ... Barb Sloan

(Emailed and posted [www.azlmsc.org](http://www.azlmsc.org))

## **Mission Statement:**

To promote lifelong fitness and wellness through swimming and foster a vibrant community of swimmers across Arizona.

## **Vision Statement:**

To be Arizona's leading swimming organization for Adults by fostering a diverse, inclusive and equitable community through personal engagement



# Review Strategic Plan ... Barb Sloan

(Emailed and posted [www.azlmsc.org](http://www.azlmsc.org))

- **Goals:**

- **Our Goal is to fully assimilate this Strategic Plan for 2025**
  - Increase AZLMSC awareness across membership. Hopefully increasing membership (20)% by the end of 2025, while enhancing retention efforts through current and added committee participation.
- **COMMUNITY ENGAGEMENT AND OUTREACH**
  - Increase community visibility and foster partnerships to raise awareness of the benefits of Masters Swimming Programs throughout Arizona.



# Review Strategic Plan ... Barb Sloan

(Emailed and posted [www.azlmsc.org](http://www.azlmsc.org))

- **Goals:**

- **IMPROVE RETENTION**
  - Develop and expand programs
- **PROGRAM DEVELOPMENT AND COMPETITION OPPORTUNITIES**
  - Provide diverse training programs and competition options that cater to swimmers of all skill levels.
  - Introduce new training clinics and workshops focusing on different swimming techniques, fitness, and mental resilience.
  - Increase the number of local meets and virtual competitions to accommodate members of all abilities that support ongoing member engagement



# Review Strategic Plan ... Barb Sloan

(Emailed and posted [www.azlmsc.org](http://www.azlmsc.org))

- **Goals:**

- **FINANCIAL STABILITY AND FUNDRAISING**

- Ensure financial health by diversifying revenue streams and increasing fundraising efforts.
- Increase revenue from Memberships, sponsorships, and fundraising events. Develop a financial reserve to support program growth and stability.

- **ORGANIZATIONAL DEVELOPMENT AND VOLUNTEER ENGAGEMENT**

- Strengthen AZLMSC by improving governance and encouraging volunteerism.
- Review and adjust (when necessary) Policies and Procedures
- Increase the number of active volunteers and committee members. Develop leadership and succession planning for ALL Board positions





# Review Strategic Plan ... Barb Sloan

(Emailed and posted [www.azlmsc.org](http://www.azlmsc.org))

- **EVALUATION AND ACCOUNTABILITY**

AZLMSC will conduct a **semi-annual review of the strategic plan** to assess progress on goals and strategies as needed.

**Regular member feedback and transparent reporting** will ensure accountability and continuous improvement.

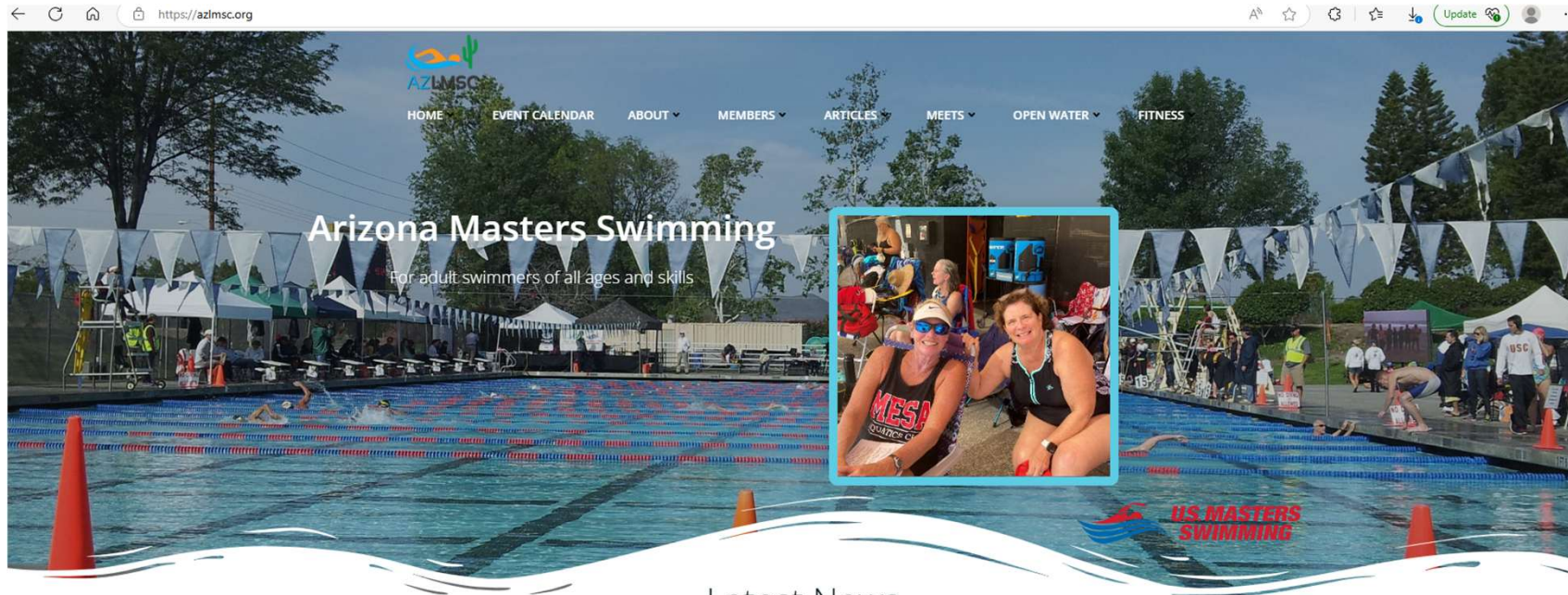
Building Arizona Masters Swimming (AZ LMSC) into an inclusive, dynamic, and sustainable community that fosters **lifelong health and fitness through swimming**.



# Chat box Questions ?



# AZ LMSC Updated Website



## Latest News

### We have a LCM meet!

by Marcelo Cabral on Mar 10  
2025 Arizona LMSC LCM State  
Championship May 17-18, 2025 Oro  
[...]

[Read more →](#)

### Meet a Volunteer: Kelly Donatell

by Marcelo Cabral on Mar 3  
AZLMSC State Records Chair My  
name is Kelly Donatell, and [...]

[Read more →](#)

### Meet a Volunteer: Barry Roth

by Marcelo Cabral on Feb 10  
AZLMSC Results Administrator My  
name is Barry Roth, and I [...]

[Read more →](#)



# Grown Up Swimming

- Fun way to get into swimming for adults
- Swim 25s, 50s, 100s, and relays
- Laid-back environment
- Fee: between \$55 and \$75
  - One time fee covers access to participate in between 4-8 meets during the season
  - Up for five events at each meet = ~ \$2/event





# Adult Learn to Swim



# Chat box Questions ?



# Swim Meets ... Liz Hobbs

- **Arizona:**

- April 5, 2025: SaddleBrooke Swim Club/Dolphins of Desert Dual **SCY**, Tucson
- May 17-18, 2025: AZ **LCM** Championship, Oro Valley
- Sept 28, 2025: Dolphins of the Desert, Tucson (**Tentative**)
- **Arizona Championships 2026:** April 11-12, 2026, Oro Valley, AZ



- **Spring 2025 Short Course Nationals:** April 24-27 in San Antonio, TX
- **Summer Long Course 2025 Nationals:** August 7-10 in Federal Way, WA
- **World Masters Aquatics Championships:** Singapore July 26-August 22, 2025
- **Of Interest:**
  - March 28-30, 2025: TYR College Club National Championships – Mesa, AZ
  - October 8-10, 2025: Huntsman World Senior Games – St George, Utah

- **2026 Dates**

- **Spring 2026 Short Course Nationals:** Apr 30 to May 5, 2026, Greensboro, NC
- **Summer 2026 Long Course Nationals:** Aug 5-9, 2026, Sacramento, CA



# Virtual Events ... Gini Baker-Bradley

[www.usms.org/events/national-championships/virtual-championships/2025-virtual-championships](http://www.usms.org/events/national-championships/virtual-championships/2025-virtual-championships)




- May 1 to June 30, 2025: Distance Non-Free(Style) Virtual Challenge
  - <https://www.gomotionapp.com/team/pcaa/page/masters-/distance-fly-challenge>
  - Timed, in **your own** SCY, LCM, or SCM pool
    - 500, 1000, 1650 in butterfly, backstroke, or breaststroke
    - Or any combination of those events
    - Compare your times to others throughout our LMSC and even USMS!
- May 15 to Sept 15, 2025: 5k/10k Virtual Championships
- Sept 15 to Nov 15, 2025: 3000/6000 Virtual Championships





# Achievements and Records ... Kelly Donatell

[www.azlmsc.org/records/](http://www.azlmsc.org/records/)



**Quick Links**

- [FAQ](#)
- [Places to Swim](#)
- [Meets](#)
- [Results](#)
- [Records](#)

**For Clubs**

- [How to Become an](#)

## Records

State Records – [Kelly Donatell](#)

Top 10 Records – [Barry Roth](#)

**2024**

[LCM-AZ-State-Individual-Records-2024](#)

[LCM-AZ-State-Relay-Records-2024](#)

[SCY-AZ-State-Individual-Records-2024](#)

[SCY-AZ-State-Relay-Records-2024](#)



Kelly Donatell  
State Records  
[www.azlmsc.org/records/](http://www.azlmsc.org/records/)



# Achievements and Records ... 2024

[www.azlmsc.org/records/](http://www.azlmsc.org/records/)

- ***Trinity Kay*** (18-24): 50 Back; 200 Back; 100 IM; 200 IM
- ***Stephanie McNicol*** (35-39): 440 Free; 1500 Free
- ***Marcus Titus*** (35-39): 100 Breast; 200 Breast
- ***Kelly Harrigan*** (40-44): 50, 100, 200 Free; 50, 100, 200 Back; 50 Fly
- ***Lindsey Urbatchka*** (40-44): 100 Fly
- ***Jeff Commings*** (50-54): 100 Back; 50 & 100 Breast; 100 & 200 IM



# Achievements and Records ... 2024

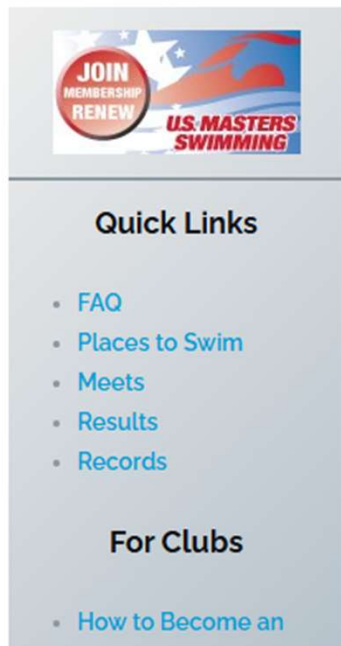
[www.azlmsc.org/records/](http://www.azlmsc.org/records/)

- ***Mark Biegel*** (55-59): 100 IM
- ***Jane Esahak-Gage*** (60-64): 100, 200, & 1500 Free; 100 Breast; 200 IM
- ***Fred Schuster*** (60-64): 200, 400, 800 Free; 50, 100, 200 Fly; 400 IM
- ***Barry Roth*** (70-74): 50, 100, 200 Free
- ***Christie Altman*** (75-79): 50 Free; 50, 100, 200 Back
- ***Mary Ann Case*** (85-89): 50 Free; 50 & 100 Fly
- ***Arlyn Melcher*** (90-94): 100 & 200 Free; 50 Fly; 100 IM



# Achievements and Records ...

[www.azlmsc.org/records/](http://www.azlmsc.org/records/)



## Records

State Records – [Kelly Donatell](#)

Top 10 Records – [Barry Roth](#)

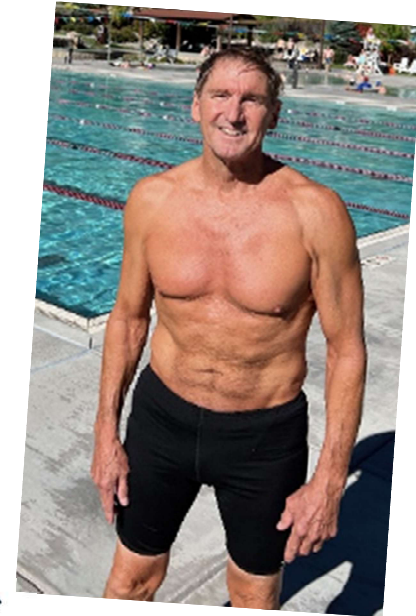
2024

[LCM-AZ-State-Individual-Records-2024](#)

[LCM-AZ-State-Relay-Records-2024](#)

[SCY-AZ-State-Individual-Records-2024](#)

[SCY-AZ-State-Relay-Records-2024](#)



Barry Roth  
Top 10 Records

[www.USMS.org](http://www.USMS.org) – Events – Results and Rankings – Top 10 – View Top 10 Listings





## Open Water Updates ... Marnie Whitley

### ***Local Open Water Information: Facebook***

- ***Chilly Burros and other meetups posted in Events***
  - Meet at 10am at Lake Pleasant through the winter – wetsuits and skins alike – all are welcome
  - Others will post when they are going out to Canyon (often on Sunday mornings), or Saguaro
- ***Southern Arizona Open Water Swimmers***
  - Some will post when going to Patagonia or Parker Canyon Lake
- ***One Multisport - [Onemultisport2022@gmail.com](mailto:Onemultisport2022@gmail.com)***
  - Friday morning swims at Saguaro
  - Starting April 4<sup>th</sup>, meet at sunrise (main entrance past the 2<sup>nd</sup> boat ramp)
  - OWS clinic to be held April 12<sup>th</sup> and more likely on the way
  - SCAR: Must Compete in all 4 for SWAG  
Saguaro Lake + Canyon Lake + Apache Lake + Roosevelt Lake
    - Stepping stone to completing channel swims around the world starting with the English Channel, Catalina Channel, or around Manhattan Island.
- ***AZ Desert Endurance***
  - Events posted on FB and website: [www.azdertendurance.com](http://www.azdertendurance.com)

# Open Water Updates ...

## Marnie Whitley



- [www.usms.org/open-water-central](http://www.usms.org/open-water-central)
  - April 4-5, 2025: National Championships, Sarasota, FL
  - July 13, 2025: Portland Bridge Swim
  - July 13, 2025: 3 Distances Open Water Challenge, Cedar Hill, TX
  - July 19-20, 2025: Southern Oregon Applegate Lake, Ruch, Oregon
  - July 26, 2025: Fat Salmon 3.2, Seattle, WA
  - July 9, 2025: Donner Lake, Truckee, CA
- Sept 7, 2025: La Jolla Rough Water, San Diego, CA
  - [www.lajollacoveswimclub.com/event-6086660](http://www.lajollacoveswimclub.com/event-6086660)
- Sept 2025: Maui Channel, Maui, Hawaii



# Chat box Questions ?





# USMS Rule Changes/Updates ...

## Rome Yount

### USMS Rule Changes Everyone Cares about (or should!):

- Club transfer waiting period gone  
Club changes limited to 3 times a year, not including a change at registration (201.3.5)
- Pool measurements (where bulkheads exist) clarified (105.1.7C)
- USMS National Champ Committee may cap event entries for 200 years/meters (104.5.3C[2])
- Record Application Documentation updated (105.3.9A[2])

[www.usms.org/volunteer-central/us-masters-swimming-rule-book](http://www.usms.org/volunteer-central/us-masters-swimming-rule-book)





# USMS Rule Changes/Updates ...

## Rome Yount

### Detailed USMS Rule Changes 2025:

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- **One event registrants** now included in code of conduct (402)
- **Hearings and appeals** (Article 403) re-written to clarify jurisdiction of an LMSC, National Board of Review, and National Board of Review hearing panel procedures.
- Modification of **Open Water rules for Disabled Swimmers** – referee is responsible (303.3.1C)
- **Suit ties** at waist are acceptable for **open water events** (303.4.2B)
- Long Distance Committee **may waive the “prohibition on personal buoys”** for swims in which individual escorts are required and drafting is not permitted (303.4.3E)
- National Office has jurisdiction for **Open Water Virtual National Championships** (305.2.4). Includes fees for national championships (307.6)



[www.usms.org/volunteer-central/us-masters-swimming-rule-book](http://www.usms.org/volunteer-central/us-masters-swimming-rule-book)

# USMS Rule Changes/Updates ...

## Rome Yount

### Rules we all should be aware of:

- **Legal swimsuits:** Rule 102.12.1.B
  - Made from textile materials
  - Men: No suit above the navel nor below knee
  - Women: No suit coverage of the neck, past the shoulder, nor past the knee
    - Exceptions may be granted by chair of Rules Committee
      - Typically, medical or religious
      - Suit may not provide competitive advantage
  - No zippers, ties, or any fastener system with exception of a waist tie
  - No therapeutic elastic tape (Kinesio tape)
    - Two fingers or toes may be taped
    - Additional taping must be approved by the referee of meet



[www.usms.org/volunteer-central/us-masters-swimming-rule-book](http://www.usms.org/volunteer-central/us-masters-swimming-rule-book)

# USMS Rule Changes/Updates ...

## Rome Yount

### Rules we all should be aware of:

- **Meet warm-ups:**
  - Circle swim. Circle swim. Circle swim. It is NOT your own lane!
  - No fins/flippers, paddles, snorkels
  - Allowed: swimsuit, goggles, and cap
  - Sprints - One way ONLY - Safety, Safety, Safety!
  - ***Be nice (and we are)! – Have fun! – Swim well!***



[www.usms.org/volunteer-central/us-masters-swimming-rule-book](http://www.usms.org/volunteer-central/us-masters-swimming-rule-book)

# USMS Rule Changes/Updates ... Rome Yount

- **Behavior at swim meets:**

- Once the long whistle has been blown, QUIET please!
- Let the swimmers and officials focus on start
- ***After starting signal is given cheer loudly!***
- Behind the blocks, pay attention to what is happening
  - Know when your heat is up
  - Check in with the timers
  - Quiet for starts
  - Swimmers, timers, and officials want you to have the best opportunity for a great swim!



[www.usms.org/volunteer-central/us-masters-swimming-rule-book](http://www.usms.org/volunteer-central/us-masters-swimming-rule-book)

# USMS Rule Changes/Updates ... Rome Yount

- Behavior at swim meets:

- Relays!
  - More swimmers - fewer heats = more chaos, noise, and what's going on
  - Know where you're supposed to be before the race
  - ***Stay behind the timers unless you are the leadoff swimmer***
  - QUIET at the start
  - When done, if you're not exiting the pool, hand on the lane line.  
***Don't touch the pad!***
- Have a heckuva good time!
  - Meets are fun
  - Meet swimmers
  - Thank volunteers
    - Timers, clerk of course, awards, officials, meet director
- **Want to be official or learn about officiating?**
  - Coming soon – monthly meetings
    - Stroke rules



[www.usms.org/volunteer-central/us-masters-swimming-rule-book](http://www.usms.org/volunteer-central/us-masters-swimming-rule-book)

# USMS Southwest Report ...

## Jeff Commings

### *WHAT IS A USMS ZONE?*

- Zone consists of two or more LMSCs
- Second-highest rung on the USMS organizational tier
- Arizona is in the Southwest Zone
  - Southern Pacific, New Mexico, and San Diego-Imperial LMSCs
- Membership:
  - Southern Pacific: ~ 4700 members
  - AZLMSC ~ 1000 members



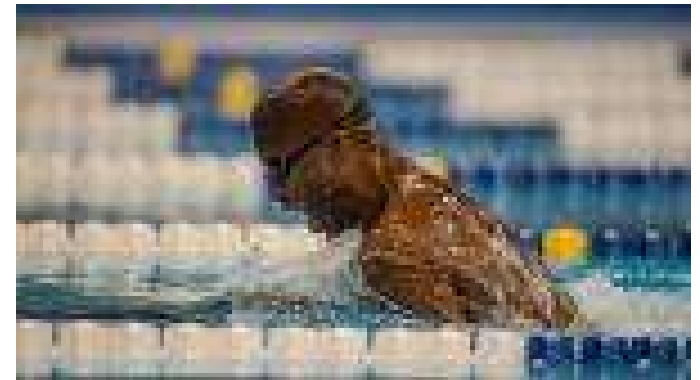
# USMS Southwest Report ...

## Jeff Commings

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### STATE OF THE SOUTHWEST ZONE

- The Southwest Zone is one of the healthiest financially in USMS.
- Each LMSC is sitting well financially but membership growth is on the decline as a whole.
- How do we get the Southwest Zone's membership growth to start tracking upward again?
  - AZLMSC Strategic Plan implementation
  - Volunteers stepping up
  - More meets – more participation





# USMS Southwest Report ...

## Jeff Commings

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### KEY POINTS FROM USMS

1. **Board and national staff main objective in 2025:**  
**Club development and growth**
2. How does USMS, from the national to local level, promote more club growth at pools that do not have USMS clubs?
3. How does USMS, from the national to local level, retain existing clubs?
4. Reaching out to potential USMS members. Grown-Up Swimming is blowing up!
5. College Club Swimming – Bridge program
6. **USMS is rolling out a new initiative, called LaneMate.**  
[www.lanemate.org](http://www.lanemate.org)





# Wrap! ...

- Chat box questions – Will be reviewed by Board Chair and answered as needed
- Website: [www.AZLMSC.org](http://www.AZLMSC.org)
  - Meeting Recorded - Available on website in next few days
  - Handouts on Website
- Fall 2025 Annual Meeting to Meet USMS.org requirements
  - Awards
- Post Meeting Contact:
  - Board President: Barb Sloan
  - Email: [BarbSloan53@gmail.com](mailto:BarbSloan53@gmail.com)

