

The September 30th Board meeting will begin at 7:00 PM at Hugh and Jane Moore's house, 29920 2nd Pl. SW, Federal Way, 941-3100. From I-5 S. bound, take S. 272nd exit. W. on 272nd to first light, (Pacific Highway S.). S. on Pacific Hwy (approx. 3/4 mile) to Dash Pt. Rd. (Highway 509) W. on Dash Pt. Rd. about 2 miles to 2nd Pl SW. (note: you will cross 1st Ave. S. on a bridge. 2nd Pl. SW is the third street past 1st Ave. S.). Rt. on 2nd Pl SW. Our house is straight ahead where the road turns. From I-5 N. bound, take 320th St. Exit. W. on 320th to Pacific Hwy. S. N. on Pacific Hwy. S. to Dash Pt. Rd. Then follow directions above.

Rule Changes adopted at the USMS national convention as well as locations for 1988 Championships will be discussed. Also on the agenda is approval of Constitution and By-law changes to be submitted for balloting by PNA members.

September 30th PNA Board Meeting Agenda

- I. Call to order
- II. Minutes
- III. Finance
 - a. Treasurer's Report
 - b. Purchase of USMS calendars for sale by Team Wear
 - c. Printing of PNA flyers
- IV. Convention Report
- V. Constitution & By-Law Amendments
- VI. Meets
 - a. Eastside Catholic (Sept.)
 - b. Clinic (Oct.)
 - c. N. Kitsap (Nov.)
 - d. PNA vs. Vancouver, Canada (Sept., '87)
- VII. Committee Reports
 - a. Membership
 - b. Teamwear
 - c. Awards
 - d. Newsletter
 - e. Social
 - f. Other
- VIII. Misc.
- IX. Adjourn

PNA Board Minutes September 30, 1986

September 30, 1986 PNA board meeting, held at the Moores' home, was called to order by president Hugh Moore at 7:25 PM. In attendance were Denise and Bob Miller, Bobby Gallegos, Carolyn Baldwin, Jane Moore, Rick Ingraham, Kathy Casey, Walt Reid, Julie Corman, Kiko Kimura, and Donna Phelan.

Old minutes were not available for approval.

The amount of \$125.00 was approved for purchase of 25 USMS calendars at \$5.00 each for sale by teamwear at \$6.00 each.

Last year 1000 flyers were printed at a cost of \$100. Motion made, seconded and carried to print 2000 flyers for the coming year at a cost not to exceed \$150.00. These will be distributed at triathlons, Swim for Heart, etc., as well as at pools.

Treasurer's report showed a current balance of \$2795.35; outstanding bills will reduce the balance to about \$1000.00.

Resignation of Kiko Kimura as chair of fitness committee was accepted.

Convention reports were made by Walt, Kathy, Jane and Hugh.

Proposed Constitution and By-laws amendments were discussed and approved. These are to be published with a ballot in the October newsletter with the registration form.

Plans are being made for a possible dual meet with B.C. Masters to be held in Vancouver, B.C., in September, 1987. A similar meet would then be held here in September, 1988.

Meeting adjourned at 9:30 PM.

Respectfully submitted,

Jane Moore

C L I N I C

"PARENTING AND SPORTS", October 15, 7:30 PM, B.A.C. Ballroom, \$3.00.

Contact BAC Swim Team, 11200 SE 6th Street, Bellevue, WA 98004.

Rules that Passed (Effective JAN 1 1987 unless otherwise noted)

1. Adults 19 years of age and over may register with USMS but may not compete in national competitions until they are 25 years of age
2. Local competitions are open to all USMS registered athletes 19 years and older. Age group 19-24 will be created for individual events. National records and National TOP 10 Times will be compiled for this new age group
3. Relays For Long Course (50 meter) and short Course 25 meter competition shall remain cumulative age with the <120 age group becoming 100 years and over and the addition of the 76+ relay for local competition. National records and National TOP 10 Times will be compiled for all relay age groups, however, for National compilations swimmers under 25 years old may only swim in the 76+ relay
4. Relays for Short Course (25 yard competition) shall return to the old 25+, 35+ ... age of the youngest competitor shall determine the age group. A new age group 19+ was added for local competition. National records and National TOP 10 Times will be compiled for all relay age groups however, for National compilations swimmers under 25 years old may only swim in the 19+ relay.
This rule starts immediately
5. Butterfly Stroke - the breaststroke Kick or whip Kick may be used exclusively or interchangeably with the dolphin Kick while doing the butterfly stroke at any time during the race. However, when the breaststroke Kick or whip Kick is used the arms must be recovered over the water at least once per foot length breaststroke Kick. (dolphin Kick does not require armstroke)

6. Timing

- For all meets not using automatic timing, a minimum of 2 timers per lane shall be required. Automatic timing, manual-electronic timing or 3 timers per lane shall be recommended for all meets (PNA submitted)
- In order for a time to be valid for National TOP 10 consideration, a minimum timing quality of two hand-held watches, averaged per USS Rules must be used. (1 is not enough)
- National records shall require 3 watches, manual-electronic, or automatic timing. (PNA Submitted)
- Relay leadoff times will be considered for TOP 10 Times and records if recorded by fully automatic officiating equipment and provided such splits are brought to the attention, in writing, of the LMSC recorder
- ^{NATIONAL} Records established by a swimmer's splits in an individual event shall be acceptable as individual performances provided that fully automatic officiating equipment is used and all applicable rules have been complied with and brought to attention, in writing, of the LMSC recorder. These records shall count for TOP 10. All other splits (non-records) shall not be considered for top 10 Times.

7. National Championships

- At the option of the meet director, the 1000/1600 yd or 800/1500 Meter Freestyle may be swum on the first or last day of the meet. Swimmers may enter only one of the two longest freestyle events at the meet
- All events 200 yd/meter or less shall be pre-seeded, with oldest age group first, slowest heats swum first in each age group
- Events over 200 yd/meter except the 1600/1500 may be pre-seeded as above or duck seeded

on time only with the slowest times in the first heat

- The 1650/1500 will be seeded by time only slowest times in the first heat
- Willing and able competitors in the freestyle events over 200 meters, shall be swum 2 to a lane when only one course (7, 8, 9, 10) is available for the event. Such heats will be seeded by time, slowest first, and these heats completed before the heats with a single competitor per lane
- No limit to the number of relay teams a club may enter for each relay event (old rule limited us to 3)
- Relays may be entered "late" (late is any time after the stated 30 day entry date up to 1 day prior to the first day of the meet). However the total fee for each "late" relay will be 1 1/2 times the stated relay entry fee.
- Scoring - Women's, men's, Combined will each be divided into 2 categories. Clubs with more than 15 entrants in either mens or women will fall into Division I for that category, clubs with 15 or less will be in division II. In the combined category those with more than 30 entrants will fall into Division I, those with 30 or fewer will be Division II.

8. Relays - Local meets may include these additional relays. National Records and National TOP 10 Times will be counted

| | | |
|-----------|-----------------|-------------|
| 400 yd /m | Medley | men - women |
| " | Freestyle | men - women |
| " | Mixed Medley | |
| " | Mixed Freestyle | |
| 800 yd /m | Freestyle | men - women |
| " | Mixed Freestyle | |

TOP 10 & RECORDS COMMITTEE

- New policy - At National and World Championships a Record Representative will be appointed to verify any American Record
- Carolyn Ferris - Johnson will replace Bert Petersen as National Relay Recorder for LC & SC. Walt Reid will continue to handle SCM
- Relay card - a new relay card will be designed for use at Nationals. Need for more attention to names, ages and leadoff swimmer
- Publication of Top 10 individual and relays will be made by USMS for distribution to each LMSC. Too many complaints about the small print in other publications

INTERNATIONAL COMMITTEE

- Japan was a success with around 3400 swimmers
1988 = Brisbane, Australia
1990 = Rio de Janeiro, Brazil
- MSI (Masters Swimming International) continues to be the organization representing master swimmers on the international level. Many of its key offices are held by USMS swimmers.
- FINA formed a Technical Masters Committee at a Congress held in Madrid. Tina Martin was appointed secretary of that committee.

Convention Report - 1986
KATHRINE CASEY

- Committee Reports Included: - Championship
- Long Distance
- Long Range Planning
plus - new USS (& USMS) Breaststroke & Butterfly Rules

Championship

- ① Bids for Nationals - three bids were received; Austin, Texas, for short course, 1988, and Amherst, New York, and Ft. Pierce, Florida, for long course, 1988. Austin, Texas, and Amherst, New York, won the bid awards. Following is information on future National Championships:

1987 - short-course - STANFORD, CA - May 15-18, 1987 (Fri - Mon)

Information packets will be mailed out to every LMSC and to all individuals who mail in a request along with a double-stamped, self-addressed envelope on Nov. 5, 1986. Their travel agent will give a 30% discount on airline tickets. The 1650 will be on the last day.

1987 - long-course - the Woodlands, TEXAS - August 21-24, 1987 (Fri - Mon)

1988 - short-course - AUSTIN, TEXAS - May 19-22, 1988 (Thurs - Sun)

University of Texas

1988 - long-course - AMHERST, NEW YORK - August 25-28, 1988 (Thurs - Sun)

University of New York at Buffalo (Amherst campus)

there are motels within walking distance of the pool ranging in price from \$27.95 to \$50.00 per night. Dorm rooms will be available for \$18.00 per person. Camping is available. there are 100 restaurants within a 1-mile radius of the pool. there will be four buses from the pool to Niagara Falls.

- ② the Pre-bid Packet for bidders for Nationals and the Meet Manager's Guide have been published. The Pre-bid Packet will include medical requirements. These two projects will continue as changes become necessary or are suggested.

- ③ Computer Software Package to run Nationals - USMS plans to eventually purchase software that would standardize all Nationals. The package is expected to do seeding, heat sheets, results, etc. Four bids were submitted. The winner was DIGICOM from INDIANA on a one-

year lease basis. Bids will be accepted again next year. Use of the program by Nationals hosts for 1987 will be optional.

Mandatory use of a USMS-selected software package can not be enforced until 1989 Championships (Nationals), because the bids for 1987 and 1988 have already been awarded without the provision requiring use of a USMS-selected software package. Hopefully, lease agreements will be arranged with an option to buy.

④ New National Medal - Kastaway Swimwear was the only bidder, they will do it for the same price as our current medal. Kastaway Swimwear is our current supplier. The new medal will be full-relief rather than obisonne, with the USMS logo, and some color on it.

⑤ Suggested Changes for future Nationals -

A- the host team should advertize the fact that free copies of results will be mailed to team representatives as well as other USMS officers listed in the rule book.

B- the host team should have a "problem/corrections" table as well as computerized cards for each entrant showing that swimmer's entries (like Oregon did at long-course Nationals).

C- the Nationals program should include instructions for filing protests and locating the meet director or referee.

⑥ SCAM - the committee voted unanimously to uphold the protest committee's decision to disqualify the SCAM megateam from team scoring at short-course Nationals in Ft. Pierce, FL, based on an infraction of the rules regarding changing clubs.

⑦ Ft. Pierce, short-course Nationals - 50% of the performance bonus will be withheld based on noncompliance as follows:

A- the results were incomplete, in the wrong format, and late.

B- the heat sheet was incorrect.

C- the post-meet financial statement was late.

D- the 1650 medals have not yet been sent to award winners.

This is the first time money has been withheld for noncompliance.

Ft. Pierce will receive \$.50 back per swimmer rather than \$1.00 per swimmer. They will receive \$.25 per swimmer now and \$.25 per swimmer after they have mailed out the 1650 medals.

- ⑧ CONTRACT - Ft. Pierce pointed out the need for written criteria for the performance bonus (compliance award) as well as a contract between the National Championship host and USMS. KATHRINE CASEY will chair an ad-hoc committee that will draft the contract and written criteria.
- ⑨ Natl Champ meet surcharge may be increased to \$13.00.

LONG DISTANCE

- ① USMS LONG DISTANCE will separate from USS JANUARY 1, 1988. USS currently governs all long distance. USMS will write its own long distance section of the rule book and award bids for National Championships.
- ② DR. Jim Miller of USMS has written the Cable Swim Manual for USS. An effort will be made to keep it for USMS also upon separation from USS.
- ③ Schedule of Events - Currently the only calendar of events published is in the USMS newsletter and SWIM-MASTER. An ad-hoc committee was appointed to produce a Long Distance schedule of events. The schedule will note nonsanctioned, USS, or USMS sanctioned on each event and will print a disclaimer regarding the safety of nonsanctioned meets (not guaranteed) as well as the fact that records can not be awarded at nonsanctioned events.
- ④ Records are kept only for the 1 Hour Postal Swim. It is the only one of an exact, nonvariable distance.
- ⑤ Income currently derives only from 10K and 1 Hour Postal swims. 50% of the proceeds goes to USS. Apparently the only expense is \$400 per year for USMS Long Distance All Americans. The split from USS will not hurt USMS Long Distance financially.
- ⑥ New USS rules were discussed. No rubber type suits may be worn, no neoprene caps may be worn (or insulated caps), only 1 cap (and 1 suit) may be worn, and the relay age groups will be 25+, 35+, etc. These rules affect USMS (at National Championship events). USS has redefined the marathon swim to a longer distance (does not affect USMS).

KATHRINE CASEY
(Long Distance)

(7) All-Americans - there was pressure from USS to reduce the number of USMS Long Distance All-Americans. There are 224 possible All-American slots. The fact that there are 1484 potential USMS All-Americans for short-course yards, short-course meters, and long-course as well as the impending separation from USS tabled this issue.

(8) Bids were awarded. Following is a list of bid awards to demonstrate the variety of long distance swims. There are 8 National Championships.

| | | | |
|------|------------------|------------------------------------|-------------------------------|
| 1988 | Zone 1 (West) | - 6000 yd. team distance - | No bid |
| | | - 2 mile on 1/4 mile cable - | Lake Powell, Arizona |
| | Zone 2 (Central) | - 1 mile (open or pool or cable) - | Huntington(?) cable(?) |
| | | - Open (3 1/2 - 5 miles) | Central (Fox Lake, ILLINOIS) |
| | | - 1 Hour POSTAL SWIM | D.C. MASTERS, ART SMITH |
| | Zone 3 (East) | - Open (1 1/2 - 3 miles) | NIAGRA (?) |
| | | - 6 miles plus marathon | Southern Pacific (Seal Beach) |
| | | - 10 K postal swim | ARIZONA |

Long Range PLANNING

(1) The year's work identified 4 issues to be addressed; philosophical goals, communication, insurance, and the definition of clubs, all part of a two-year project.

A- Philosophical goals - the committee voted to maintain the philosophy stated in the goals and objectives of the USMS code. It was further decided that growth is compatible with the USMS philosophy, but that it is best implemented and controlled at the local level to best serve local needs. (ie- local problems = pool time, new pools)

B- Communication - Concerns were a national listing of places to swim, newsletters, publication of Top Ten in the Nation (including relays), publication of National entry forms, and publication of National results. These issues will be considered this year.

C- Insurance - USMS should continue to emphasize the individual's responsibility for him/herself (ie- disclaimer on entry forms). Long Range dropped insurance from its list of issues to be addressed and referred it back to the Executive Committee and the ad-hoc Medical-Legal Committee.

D- Clubs - According to this committee, the problem is not megateams or superteams but a club being told by the LMSC that it can not register as a club. Long Range will continue to investigate the

(D-CLUBS) organizational structure of USMS including clubs and zones and how they contribute to USMS goals and objectives.

- ② Sponsorship - USMS adopted the following policy: USMS need not actively seek corporate sponsorship of USMS as an organization, but should consider sponsorship proposals initiated by potential sponsors. USMS should consider sponsors for specific projects (ie - calendar, rulebook). Funds/resources obtained from sponsors should not be used to support on going, basic USMS operations.

These policies were drafted to avoid the crippling of USMS should acquired sponsorship suddenly be withdrawn.

Ideas for sponsorship use were a research foundation, expertise, PR, articles to Parks and Recreation Districts, ads to doctors, ads in Swimming World, etc. Sponsorship was referred to Marketing.

- ③ Adaptive Aquatics - Kathy Casey represented USMS at the USS Adapted Swimming Workshop. The USMS Adapted Aquatics Handbook was very well received. USS, synchro, Diving, and various disabled groups were represented at the workshop. The goal of the workshop was better communication among these groups. The disabled groups gave very interesting presentations on competitive swimming for their athletes. They have their own rulebooks but hold as closely as possible to USS rules. There is an effort to cross-train USS and disabled swimming officials. There was a USS survey this past year to determine the disabled population of USS.

(NOTES: As indicated by the number of changes made, this was a convention of compromises. Conversations with other veterans of conventions revealed that others also thought this was the best convention. Much was accomplished.

Attendance was the largest ever - 109 delegates, 10 observers-USMS. USMS was voted in as a nonvoting member of USA. Convention registration will increase from \$40 to \$50.)

Respectfully submitted,
Kathrine G. Casey

USS Rule Changes - Technical

Breaststroke

- ① Arm recovery - removed "on or under the surface" - Hands may come out of the water.
- ② Head position - changed to "shall break the surface of the water at least once during each ... cycle ..." (except the first cycle after the start and turns). the head may go under water.
- ③ Removed "new stroke" definition and replaced it with the term "stroke cycle".
- ④ added "the hands shall not ..." go "... beyond the hip line ..." (except the first cycle after the start and turns).
- ⑤ Added "scissors kick" to the list of things not permitted on the kick.
- ⑥ the finish is now the same for short-course and long-course. (the head may go under water after the final arm pull and prior to the touch.)
- ⑦ Finish - took out "at the same level" for the hand touch.

Butterfly

- ① Shoulders shall be "in line with the water surface" rather than "on a horizontal plane".
- ② Finish - took out the words "Short Course and Long Course" in the title. that is implied.
- ③ Finish - took out "at the same level" for the hand touch.

101.1 BREASTSTROKE

- .1 Start--The forward start shall be used.
- .2 Stroke-- From the beginning of the first armstroke after the start and after each turn, the body shall be kept on the breast and both shoulders shall be in line with the water surface. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement. The hands shall be pushed forward together from the breast, and shall be brought back on or under the surface of the water. The hands shall not be brought beyond the hip line, except on the first stroke after the start and each turn. Some part of the swimmer's head shall break the surface of the water at least once during each complete cycle of one arm stroke and one leg kick, except during the first cycle after the start and each turn. During this first cycle the swimmer may take one arm stroke completely back to the legs and one leg kick while wholly submerged.
- .3 Kick--All vertical and lateral movements of the legs shall be simultaneous. The feet must be turned outwards in the backward movement. A scissors or a flutter kick or a downward butterfly kick is not permitted. Breaking the surface with the feet shall not merit disqualification unless followed by a downward butterfly kick.
- .4 TURNS
 - A. Short Course--When touching at each turn, the touch shall be made with both hands simultaneously. It is permissible for a shoulder to be dropped and/or the head to be lowered below the water level of the pool after the final arm pull and prior to the touch. A legal touch may be made at, above or below the surface of the water. Once a legal touch has been made the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the feet leave the wall. The prescribed form must be attained from the beginning of the first arm stroke. This would apply also to the breaststroke leg of the individual medley and the breaststroke leg in the medley relay.
 - B. Long Course--When touching at each turn, the touch shall be made with both hands simultaneously while the body is on the breast. The shoulders shall be in line with the water surface. A legal touch may be made at, above or below the surface of the water. Once a legal touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the feet leave the wall. The prescribed form must be attained from the beginning of the first arm stroke.
- .5 FINISH -- On the finish the touch of the solid wall or pad shall be made with both hands simultaneously while the body is on the breast. The shoulders shall be in line with the water surface. It is permissible for the head to be lowered below the water level of the pool after the final arm pull and prior to the touch. A legal touch may be made at, above, or below the surface of the water.

touch

101.2 BUTTERFLY

- .1 START -- The forward start shall be used.
- .2 STROKE -- After the start and turns, a swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring him to the surface. Both arms must be brought forward together over the water and brought backward simultaneously. The body must be kept on the breast, and both shoulders in line with the water surface, from the beginning of the first arm stroke after the start and after each turn.
- .3 KICK-- All up and down movements of the legs and feet must be simultaneous. The position of the legs and feet shall not alternate in relation to each other. The use of the scissor or breaststroke kicking movement is not permitted.
- .4 TURNS
 - A. SHORT COURSE -- When touching at each turn the touch shall be made with both hands simultaneously. It is permissible to drop a shoulder after the final arm pull and prior to the touch. A legal touch may be made at, above or below the surface of the water. Once a legal touch has been made the swimmer may turn in any manner desired. The prescribed form must be attained from the beginning of the first arm stroke. This would apply also to the butterfly leg of the individual medley and the butterfly leg of the medley relay.
 - B. LONG COURSE -- When touching at each turn the touch shall be made with both hands simultaneously while the body is on the breast. The shoulders shall be in line with the water surface. A legal touch may be made at, above or below the surface of the water. Once a legal touch has been made the swimmer may turn in any manner desired. The prescribed form must be attained from the beginning of the first arm stroke.
- .5 FINISH-- On the finish the touch of the solid wall or pad shall be made with both hands simultaneously while the body is on the breast. The shoulders shall be in line with the water surface. A legal touch may be made at, above or below the surface of the water.

1986 USMS CONVENTION REPORT

SPORTS MEDICINE AND RESEARCH COMMITTEE

Work is continuing on the sports medicine brochures. Three rough drafts are being reviewed. Topics are Getting Started in Masters Swimming, Shoulder Problems, and Swimming and Pregnancy. Brochures should be available in early 1987. Work on Guide for Evaluating Masters Swimmers and Aging and Performance study is also continuing. References on advantages of ozone rather than chlorine purification of pool water will be collected for study. A new policy for medical care at national championship meets was adopted. Highest degree of medical care is expected. Minimum requirements are ambulance with appropriate personnel on site at the meet and a pre-meet medical orientation meeting with officials.

REGISTRATION COMMITTEE

Currently 22,960 registered Masters swimmers. Registration year will remain November 1 through October 31. New swimmers may begin registering October 1 for the following year. Swimmers registering for the first time in August or September will be registering for the "old" year. No one under 19 years of age may be registered with USMS.

LAW AND LEGISLATION COMMITTEE

Definition of team: A group of swimmers, all members of the same Club, competing together in a competition.

Sanction/Approval: The written authorization of an LMSC to permit registered Masters swimmers to participate in a specific competition, demonstration, clinic, exhibition or Swim-a-Thon. For sanctioned meets, all swimmers must be USMS registered unless from a foreign country. Meets with unregistered swimmers may only be approved.

Redefinition of Finance Committee; new job descriptions for Treasurer, Comptroller, and Audit Committee.

Change House of Delegates to include all members of Executive, Zone and Legislation Committees as well as chairs of all standing committees.

Board of Directors to include chairs of all standing committees.

Any vacancies on the Board of Directors (except officers) shall be filled by the President.

Proposals defeated: split Oceana zone; redefine club with minimum four members; redefine LMSC with minimum four clubs; require swimmers to register in LMSC in which they reside.

Jane A. Moore

1886 USMS NATIONAL CONVENTION REPORT

Marketing Committee

USMS 1987 Calendar sales are going well. By the end of convention gross income had exceeded expenses. Anticipated profit is approximately \$6500. A new calendar will be produced for 1988. A new USMS brochure is being produced. A national "Places to Swim" list will be compiled. Information will be disseminated through the USMS National Office. The Finals will (a) include Masters information in The Finals catalog twice a year; (b) sponsor the US Masters All Star Team; and (c) sponsor the Super Swim event.

The committee also:

recommended that USMS purchase a "desktop publishing system" comprised of word processing and laser printing equipment.

recommended that USMS investigate an 800 telephone number
will investigate production of a videotape presentation

Finance Committee

The 1987 fiscal year budget is attached.

Zone Committee

Comments were received from USMS president, Tom Boak: The zone system is not functioning well. It needs to be improved now before it is discarded. The major problem is communications.

The following responsibilities were assigned to zone chairs:

- assembly of schedules of all meets in the zone
- exchange of newsletters within zone
- report on viability of zone meets

Oceana Zone Meeting

The merits of splitting the zone into two parts was discussed. Since support was not unanimous, the proposal was dropped. Instead, it was recommended that the zone committee investigate restructuring all zones.

Ad-Hoc Coaches' Committee

The committee has organized twelve different Masters Coaches and Swimmers clinics across the U.S.. One is scheduled for Portland on November 22nd and 23rd. Jim Miller was presented with the Coach of the Year award. MACA will begin a two tier structure of coaches' certification.

Basic level - completion of CPR, Basic First Aid and coaching specific life saving skills courses

Completion of stroke school (includes Masters technical rule differences from USS rules)

ASCA Education units for Adult Athlete and Fitness

One year Masters coaching experience

Advanced level - all of the requirements for basic level, plus

Refresher course for CPR, first aid and coaching specific life saving skills.

40 ASCA Education units

Five years Masters coaching experience

Ad-Hoc Rule Book Committee

The committee has prepared a draft of a USMS rule book. The need for such a rule book, separate from USS, is a controversial subject. However, the committee will continue to maintain an unpublished draft so that we are prepared if it should ever become advantageous for USMS to split from the USS rulebook. The authority to publish the book has not been granted.

House of Delegates

Most of the time of the House of Delegates is spent awarding championship meet bids; discussing and voting on rule change proposals and laws & legislation proposals; and approving the budget for the upcoming year. Only those items not covered in their respective committee reports will be presented here.

A number of questions regarding insurance were answered. Following is a brief summary.

Our insurance falls under three main categories: (a) athletes health; (b) liability for officers; and (c) general liability. Our insurance policies are in effect only for swimmers 19 and older. USS registered swimmers are covered by their insurance if they are included in our workouts. All coaches should be registered with either USS or USMS. Liability insurance is only in affect if all swimmers are registered. A 30 day trial period is acceptable.

The executive committee will investigate the reciprocity of foreign athlete registration as well as aspects of insurance coverage.

An Ad hoc committee was created to investigate computerization.

Hugh C. Moore

Exhibit II.

BUDGET SUMMARY

| | Stub | 1987B | 16 Mos. Total |
|---------------------------------|-----------------|------------------|------------------|
| Cash Receipts | \$64,455 | \$173,680 | \$238,135 |
| Cash Requirements | 56,603 | 182,260 | 238,863 |
| Net Increase (Decrease) in Cash | <u>\$ 7,852</u> | <u>\$ -8,580</u> | <u>\$ -728</u> |

USMS
FINANCE COMMITTEE
REVENUE BUDGET

SEPTEMBER 1986
CONVENTION

| | (8 Mos.) F1984 A | F1985 A | F1986 B | F1986 A | STUB B | 1987 B |
|-----------------------------------|---------------------|--------------|--------------|--------------|--------------|---------------|
| 401 REGISTRATION FEES - INDIVIDUA | 47919 | 62083 | 70525 | 73739 | 42875 | 122500 |
| 402 REGISTRATION FEES - CLUBS | 2550 | 3120 | 3000 | 3580 | 1800 | 3600 |
| 403 REGISTRATION FEES - LMSC's | 6 | 500 | | 580 | 580 | 580 |
| 404 LISTS | | 165 | | 310 | 0 | 0 |
| 405 LABELS | | 731 | 1200 | 509 | 0 | 0 |
| 406 TRANSFERS | | 352 | | 467 | 0 | 0 |
| 407 RULE BOOKS | | 272 | | 234 | 0 | 0 |
| 408 SHIPPING | | 85 | | 3 | 0 | 0 |
| 409 OTHER REGISTRAR'S INCOME | 1235 | -15 | | 332 | 0 | 0 |
| 410 ALL-AMERICAN PATCHES | 472 | 540 | | 841 | 0 | 1000 |
| 411 CHAMPIONSHIP PATCHES | 313 | 1150 | | 355 | 0 | 0 |
| 412 USMS PATCHES | 27 | 457 | | 0 | | n/a |
| 413 CHAMPIONSHIP MEET SURCHARGES | | 3910 | 2000 | 2164 | 0 | 2000 |
| 414 INTEREST | 2067 (1) | 5237 | 10000 | 2752 | 3200 | 6000 |
| 415 DIVIDENDS | 2452 | 2977 | | 2565 | 0 | 0 |
| 416 CALENDARS | 0 | | 5000 | 0 | 16000 | 36000 |
| 417 GRANTS | | | | 2000 | 0 | 2000 |
| 418 OTHER | 2 | | 3000 | 14 | 0 | 0 |
| 419 ADAPTED HANDBOOK | | | | | 0 | 0 |
| TOTAL INCOME (BUDGET) | 57043 | 81564 | 94725 | 90445 | 64455 | 173680 |

(1) For the 7 months ended 7-31-84

USMS
 FINANCE COMMITTEE
 BUDGET REQUESTS

 SEPTEMBER 1986
 CONVENTION

| | | (8 Mos.) F1984 A | F1985 A | F1986 B | F1986 A | STUB B | 1987 B |
|-----|---|---------------------|---------|---------|---------|--------|--------|
| 501 | INSURANCE | 12899 | 15157 | 27300 | 24895 | 15050 | 62600 |
| 502 | REGISTRATION EXPENSES ¹ | 2143 | 2000 | 2000 | 1990 | 1600 | 5700 |
| 503 | PRESIDENT | 377 | 613 | 3775 | 3539 | 650 | 2360 |
| 504 | VICE PRESIDENT | 165 | 697 | 1175 | 483 | 200 | 850 |
| 505 | SECRETARY | 516 | 632 | 1175 | 567 | 700 | 950 |
| 506 | TREASURER | 203 | 385 | 2925 | 2645 | 650 | 1200 |
| 507 | ZONE CHAIR | 51 | 178 | 800 | 241 | 150 | 400 |
| 508 | BREADBASKET ZONE | 79 | 12 |) |) |) |) |
| 509 | COLONIES ZONE | 33 | 41 |) |) |) |) |
| 510 | CONTINENTAL DIVIDE ZONE | 0 | 22 |) |) |) |) |
| 511 | SOUTH CENTRAL ZONE | 20 | 122 |) |) |) |) |
| 512 | HEARTLAND ZONE | 0 | 9 |) |) |) |) |
| 513 | DIXIE ZONE | 0 | 0 |) |) |) |) |
| 514 | OCEANA ZONE | 0 | 0 |) |) |) |) |
| 515 | COMPTROLLER | 129 | 146 | 500 | 53 | 25 | 100 |
| 516 | NATIONAL OFFICE (EXEC.SEC.) | | | | | | |
| | Salary | | 2800 | 9800 | 16800 | 6000 | 18000 |
| | Administrative Expenses | 477 | 3490 | 10540 | 3983 | 1653 | 5700 |
| | TOTAL - NATIONAL OFFICE | 477 | 6290 | 20340 | 20783 | 7653 | 23700 |
| 517 | REGISTRAR | 3927 | 8404 | 8000 | 10440 | 4300 | 12000 |
| 518 | AUDIT | 25 | 0 | 100 | 36 | 20 | 100 |
| 519 | RANSOM ARTHUR AWARD COMM. | 88 | 201 | 100 | 86 | 30 | 100 |
| 520 | CHAMPIONSHIP COMMITTEE | 0 | 801 | 1400 | 510 | 130 | 1400 |
| 521 | CONVENTION COMMITTEE | 0 | 2406 | 4500 | 4700 | 5000 | 5000 |
| 522 | FINANCE COMMITTEE | 0 | 202 | 150 | 20 | 80 | 250 |
| 523 | INTERNATIONAL COMMITTEE | 0 | 100 | 2750 | 1657 | 50 | 150 |
| 524 | LEGISLATION COMMITTEE | 0 | 0 | 400 | 32 | 80 | 280 |
| 525 | LONG RANGE PLANNING COMMITTEE | 233 | 300 | 200 | 147 | 125 | 350 |
| 526 | LONG DISTANCE COMMITTEE | 0 | 117 | 190 | 44 | 90 | 260 |
| 527 | MARKETING COMMITTEE | 0 | 4141 | 21830 | 290 | 610 | 21700 |
| 528 | NEWSLETTER ³ | 0 | 0 |) | 11006 | 8000 | 16000 |
| 529 | REGISTRATION COMMITTEE | 3095 | 2174 | 4900 | 3135 | 50 | 100 |
| 530 | RULES COMMITTEE | 0 | 0 | 100 | 0 | 25 | 100 |
| 531 | SPORTS MEDICINE COMMITTEE | 333 | 163 | 1350 | 167 | 95 | 1100 |
| 532 | (WAS ALL-AMERICAN COMMITTEE) ² | 424 | | 615 | 563 | | |
| 533 | RECORDS AND TABULATION COMMIT | 0 | 0 | 100 | 0 | 100 | 350 |
| 534 | (WAS TABULATION COMMITTEE) | 167 | 94 | 150 | 114 | | |
| 535 | USS LIASISON | 0 | 0 | 100 | 0 | 100 | 100 |
| 536 | HISTORIAN | 0 | 500 | 500 | 500 | 30 | 100 |
| 537 | LRGAL COUNSEL | 279 | 505 | 150 | 37 | 50 | 150 |
| 538 | EXECUTIVE COMMITTEE | 0 | 0 | 250 | 0 | 250 | 250 |
| 539 | FINA LIAISON | | | | | 0 | 1500 |
| 540 | MSI LIAISON | | | | | 20 | 150 |

USMS
FINANCE COMMITTEE
BUDGET REQUESTS

SEPTEMBER 1980
CONVENTION

| | (8 Mos.) F1984 A | F1985 A | F1986 B | F1986 A | STUB B | 1987 B |
|---|---------------------|--------------|---------------|---------------|--------------|---------------|
| HALL OF FAME GRANTS | 780 | 1118 | 1100 | 1101 | 600 | 1225 |
| DEPRECIATION | 162 | 790 | 500 | 450 | 150 | 460 |
| PRINTING AND COPYING | 0 | 0 | 0 | 0 | | |
| MISCELLANEOUS | 205 | 70 | 0 | 100 | 50 | 250 |
| NOT ELSEWHERE CLASSIFIED | 0 | 1808 | 0 | 160 | 350 | 250 |
| AD HOC COACHES COMMITTEE | | | | | 50 | 150 |
| AD HOC RULEBOOK COMMITTEE | | | | | 40 | 160 |
| SUBTOTAL EXPENSE ITEMS | 26810 | 50198 | 109425 | 90491 | 47153 | 161845 |
| CAPITAL EXPENDITURES | | | | | | |
| 1) COMPTROLLER - 515 | 0 | 0 | 0 | 0 | 0 | 500 |
| . NATL OFFICE-516 - COMPUTER | 0 | 0 | 0 | 0 | 7500 | 0 |
| 2) NATL OFFICE-516 - COPIER | 0 | 0 | 0 | 0 | 1800 | 0 |
| 3) CHAMPIONSHIP COMMITTEE - 520 | 0 | 0 | 3000 | 0 | 0 | 0 |
| SUBTOTAL CAPITAL EXPENDITURES | 0 | 0 | 3000 | 0 | 9300 | 500 |
| INVENTORY EXPENDITURES | | | | | | |
| 5) MRKTG.COMM.-CALENDAR PRODUCTI ⁴ | 0 | 0 | 12000 | 14064 | | 20000 |
| 5) MRKTG.COMM.-ADAPTIVE HANDBOOK | 0 | 0 | 1000 | 0 | 300 | 375 |
| 7 | | | | | 0 | 0 |
| SUBTOTAL INVENTORY EXPENDITURES | 0 | 0 | 13000 | 14064 | 300 | 20375 |
| TOTAL EXPENSES (BUDGET) | 26810 | 50198 | 125425 | 104555 | 56753 | 182720 |
| LESS: DEPRECIATION | 162 | 790 | 500 | 450 | 150 | 460 |
| TOTAL CASH EXPENSES | 26648 | 49408 | 124925 | 104105 | 56603 | 182260 |

- (1) Includes SwimMaster subscription sent to each LMSC
- (2) Now included in 516
- (3) Was previously included in the Publications Subcommittee of the Marketing Committee
- (4) Was previously shown as an expense of the Marketing Committee

PROPOSED PNA CONSTITUTION & BY-LAW AMENDMENTS

Note: Normal print indicates portions that are to be left as they now read, underline indicates additions, and ~~strike-through~~ indicates deletions. 6.1 of Article Six is part of our Constitution. All other changes are to the By-laws.

Constitution Amendment:

Article Six: BOARD OF MANAGERS

6.1

The affairs of PNA Masters Swimmers shall be managed and directed by a Board of Managers consisting of the President, Vice President, Secretary, and Treasurer of PNA Masters Swimmers, plus one member of each team duly registered with the membership chairman and meeting the minimum size requirement specified in the By-Laws for Board representation, Committee chairs specified in the By-Laws, and one to three representatives at large.

By-Law amendment:

3.1 Membership of the Board of Managers

The Board of Managers will consist of the President, Vice President, Secretary and Treasurer, plus one representative from each eligible team duly registered plus one to three representatives at large, plus the chairs of all standing committees.

RATIONALE:

Many of the participants of our board meetings are not members of the Board of managers, and therefore, do not get to vote on policies. This amendment will encourage participation by giving the vote to our more active members.

3.3 Board of Managers Meetings

The regular meeting shall be monthly on-a--day-in-the-third-week-of-each month at-a site-determined at-the-previous-meeting. The date and site for the next meeting shall be determined during the monthly meeting. Any changes shall be acknowledged by the President, and he will notify the other board members at least seven (7) days prior to the scheduled meeting, whenever possible.

RATIONALE:

The present requirement is too specific.

3.4 Board of Managers Voting

~~Each member--of--the--Board--of--Managers;--i.e.;--all--officers--and--duly recognized-representatives;--will--have--one--vote--on--each--issue.~~

Each member of the Board of Managers shall be entitled to one vote on each issue. Those members filling more than one position shall be entitled to only one vote.

~~Unless-otherwise--stated-in--the-By-Laws--or-Constitution;--a-quorum-will-be 50%-(1/2)--of-the--recognized-members;--and-a-simple-majority-of-any-quorum will-decide--the-action--an-an--issue. A quorum shall be defined as those members present at a regularly scheduled meeting. Unless otherwise stated in the By-Laws or Constitution a simple majority of any quorum will decide the action an an issue. In the case of a tie, the issue shall be considered defeated.~~

RATIONALE:

It is difficult to get a quorum present at most of our board meetings. We have a large number of team representatives who do not regularly attend board meetings. We cannot afford to stop the action of the board because of apathetic members.

4.5 Secretary of PNA Masters Swimmers - Duties

(add at end of paragraph)

... The Secretary shall maintain a listing of all Standing policies as adopted under section 8 of these By-Laws.

(add new section 8 and renumber existing section 8)

8.0 Standing Policies

Standing Policies established under these By-Laws and designated as such at the time of approval, shall be maintained in a separate list and shall be binding until such time as they are amended or repealed by the Board of Managers.

RATIONALE:

A concise list of policies will help transitions between administrations go smoother and also allow a quick check to see if a given situation is already covered by a policy.

5.1 Standing Committees

- g) Awards Committee
- h) Team Wear
- i) Social
- j) Officiating
- k) Fitness

(add the following at end of section)

- * Team Wear - Maintain inventory and sale team oriented items such as towels, T-shirts, suits, patches, pins, warmups, etc.)
- * Social - Plan and direct social events.
- * Officiating - Verify that meet officials are consistent and enforce the rules. Meet with officials prior to meet to verify that they know the rules. Organize clinics for officials.
- * Fitness - Organize clinics and publish articles and flyers emphasizing the fitness aspects of swimming.

5.2 Special Committees

- e)-Social-(banquet,-etc-)
- d)-Equipment-(suits,-warmups,-patches,-watches-etc)
- ec) Stroke and training

RATIONALE:

Our major committees should be defined as standing committees.