

Virginia Swimming strives for Excellence!

We will:

Provide opportunities for swimmers of all abilities to achieve to the highest level of their capability through effective, innovative and inspired events and programs.

Support and sustain excellence among all non-athlete members through education, encouragement, and recognition.

Embody the highest standards of sportsmanship and, in recognition that swimming is but one part of our existence, promote those values that lead to success in all aspects of life.

CONSENT AGENDAS

A Consent Agenda packages routine items together for the board approval but NOT discussion.

- Since no questions or comments are allowed on the content, this procedure saves considerable time.
- Any board member can have an item removed from the consent agenda if they think it warrants discussion
- Achieving the objective of a consent agenda and save valuable discussion time for meaningful issues, it is important to make sure board members receive support materials well before voting in order to familiarize themselves with the details
- This requires board members receive supporting materials well in advance of the meeting

What items should be included in a consent agenda? Routine, standard, non-controversial, and self-explanatory are the adjectives that well describe consent agenda items. The following are examples:

- Housekeeping changes to by-laws
- Financial reports
- Meeting dates
- Minor changes in procedures
- Routine revisions of a policy
- Updating documents
- Standard contracts that are used regularly
- Confirmation of conventional actions that are required by the by-laws
- Committee and previous board meeting minutes
- Routine committee reports

How do we make sure a consent agenda functions efficiently?

- Any board member may request that an item from the consent agenda be removed and discussed separately.
- Keeping the process intact and efficient the only comment allowing concerning the contents of a consent agenda are those in reports and supporting material provided to the board members
- Streamlining the process even more board members wishing to an item to be removed from the consent agenda can contact the general chair or division chair
- When putting the agenda together the general chair will need to pay special attention to include only items that are suitable for mechanical processing.
- Board members need to be vigilant so that debatable issues do not accidentally pass through without appropriate deliberation.

Sample Consent Agenda

Call to Order / Welcome

Any special Recognition

Board Development Moment

Consent Agenda

- Minutes
- Treasurer Report
- Admin Division Reports (list each)
- Age Group Division Reports (list each)
- Senior Division Reports (list each)
- Coach Division Reports (list each)
- Athlete Division Reports (list each)
- Simple follow-up for unfinished business
- Announcements

Unfinished (Old Business): Major discussions for unfinished items from previous board meetings requiring discussion prior to decision

New Business: New items for consideration before the board that will generate action on the part of the board

Adjournment

**Minutes of the June 7, 2015
VSI Board of Directors Teleconference**

The meeting was called to order at 7:13 p.m.

Present were: Steve Hennessy, Leanne Hillery, Mary Turner, Terry Randolph, Bill Geiszler, Kevin Hogan, David Strider, Jessica Simons, TJ Liston, Lisa Liston, Kevin McHaney, Art Anthony, Ted Sallade, Matthew Hopkins, Bryan Wallin, Jim Frye, Bob Rustin, Michael Braum, Jill Rhyne, Steven Phillips, Maureen Tolliver, and Scott Baldwin.

A motion to accept the minutes of the April 26, 2015 Board of Directors meeting as amended was moved and seconded. The minutes were approved as amended.

Treasurer's Report – Bob Rustin was not able to send out the Treasurer's report prior to the meeting, so he presented it verbally. Bob indicated that he would send it out in the morning. He continued by reporting on a problem with VSI's checking account. The account was hacked and the VSI account number was used to route legitimate checks from other companies into the VSI account. These deposited checks were not shown on our account. Sun Trust has flagged all of the problems and reversed the cost, so VSI has not been charged for any fees incurred from this issue. Sun Trust is in the process of changing the account number and the funds will be transferred on Monday. There have been no problems with other VSI accounts. TJ asked if the Board will have access to bank statements to review prior to closing the old account. Bob said this would be possible. Steve suggested that the statements would be made available only by specific request. TJ also asked that the Audit Committee review the information as well. Bob and Steve agreed that this would be possible. Bob moved to accept the report. Mary seconded. The report was approved with the condition that the actual report be distributed following the meeting.

Division Reports

Rules & Legislation – Kevin Hogan presented two proposed rule changes for approval. The first was a change to the Fees and Surcharges procedure. Kevin H. moved that the changes be approved. The motion was seconded and the motion passed.

The second was an updated version of the Entry Fee Reimbursement Program for Outreach Athletes procedure. Kevin H. moved to accept the proposed changes, Jessica seconded, and the motion passed.

Senior – Ted reported that he and Scott Baldwin had discussed the scheduling of the 2016 Age Group and Senior Champs meets. As the schedule currently stands, LC Zones is the weekend following Age Groups. The turnaround is too fast to accommodate all of the administrative work that must take place. This has been done in the past under similar circumstances. However, this change would have an impact on Senior Champs and other national meets that senior swimmers may wish to attend.

Steve asked Jessica and Maureen if flipping the meets would solve the problem with Zones. They indicated that it helps with the Age Group swimmers, but it poses a problem for seniors 13-14 and 15-18

in terms of outfitting, lodging, etc. Discussion ensued concerning possible scheduling changes that could take place. Lisa stated that we need to make the decision that will impact the fewest number of athletes.

Ted stated that the Age Group and Senior Committees will discuss the issue and have a decision prior to the August BOD meeting. Steve added that the committees should work with Lisa on the schedule and to work on it as a committee but also discuss it outside the board setting. Ted stated that a decision could be made by July 1.

Old Business

VSI-PVS Border Issues – Steve issued a report prior to the meeting covering his activities to date. He asked if there were any questions. Lisa asked if there was any discussion of the fee structure. Steve stated that he mentioned it as a major concern, but the current priority was providing local competition for teams in the Northern District. Lisa also asked if anyone had talked with the Freedom Center about hosting the North Region meet in the spring. Steve stated that there was a problem with the scheduling right now. Prince William and NCAP had swapped dates so that Prince William could host District Champs, however, they did not get the bid for the meet. Steve will work with the Freedom Center to make sure they know the Prince William does not have a meet and with NCAP to swap back to their original meet date. If this works out, a date for the regional meet will open up.

[Steve will report back to Lisa about the Freedom Center's availability so that she can make the necessary notifications.]

Future Summer Awards Team Assignments – Steve introduced this topics by referencing the ongoing email discussion concerned with trying to set up a Summer Awards meet in the Northern District so these teams will not have to consistently travel long distances to awards meets. Teams have already been assigned for this year, so discussion centered on what could be done in the future. Steve asked Lisa if adding an additional meet in the Northern or South West district was feasible or if locations could be swapped so that the same teams would not have to travel all the time. Lisa indicated that meets located in the North or South West would be small so it would be necessary to change the format to make them work financially. She also stated that no bids for awards meets have come from the North, so until some are received, we should not be concerned about it. Jim Frye stated that he knew of two northern teams (Rappahannock and Tsunami) that were interested in submitting a bid to host a meet together. Steve asked Jim to communicate with the teams and if they are interested, submit a bid now for hosting Summer Awards next year.

Championship Meet Progression – Prior to the meeting, Terry submitted a report outlining a concern that all championship meets in the LSC were not being run the same way in all districts. This past year not all district and regional meets offered finals in all events, but others did. In one instance, a district and a regional meet were combined. If these types of things occur, swimmers at these meets are not provided the same opportunities as those at other meets. We are not offering a level playing field for all of the swimmers. The reason this is an issue is because the LSC assigns teams to attend specific meets. They are given the option to choose which meet they will attend. If we are assigning meets, we need to

make sure everyone has the same opportunities. Currently, the procedures state that meets in our championship progression shall be conducted as identically as possible in terms of event order, whether timed finals or prelim and finals, etc. If this is no longer the case, the procedure need to be changed to reflect what we are actually doing.

Lisa stated that there is no way to have a completely fair playing field due to the varied quality, size, etc. in facilities throughout the LSC. Discussion ensued. TJ stated that the Age Group Committee decided that each region could determine the format of its meets. He also stated that we would not be able to solve this tonight. Steve agreed with this assessment, but the loss of progression it is a concern that has been voiced by both parents and athletes. He suggested forming a task force comprised for coaches, athletes, officials, and parents to review the issue. TJ felt this would undermine the authority of the Age Group Committee and should not be done. Steve took a poll of all of the committee chairs to see if they had heard any complaints about the current progression. All indicated that they had received no complaints. One reported hearing positive remarks.

Ted asked what was being done to assist the Northern District. Steve stated that the main priority is to set up local competition. Ted asked what was being done about champs meets in this district. Steve stated that this area was having district champs and summer awards meets until the last couple of years when there were no bids. Lisa stated that she has heard complaints from a couple of teams, but overall, she has not heard anything from others.

Steve stated that if we are not going to review what we currently do then we need to change our policies/procedures to match what we actually are doing. Kevin H. reviewed the existing procedure and confirmed that we are not currently following it. He concurred that if something different is being done, the procedure needs to be updated to reflect what is actually happening.

[Since there was consensus that the current practice was the right things, Steve asked Lisa to have the Technical Planning Committee review the procedure word for word and indicate the changes needed to reflect the current practice.]

Zone Team Fees – Bill presented a proposal from the Finance Committee to increase funding for the LC Zone Team from \$40,000 to \$42,500 to cover entry fees. Discussion ensued. Jessica did not agree with the increase in funding. The athletes should pay all entry fees. Lisa felt that families should pay a minimum of \$350.00. Scott asked Maureen about the cost for an out of state Zones meet. Maureen said that it would be a great deal more expensive. The lodging, scheduling, travel, meet fees, etc. would all be more expensive. Discussion ensued. Bill clarified that the proposed funds would cover entry fees for all athletes and other expenses for 100 swimmers. Steve indicated that the proposal to increase funding by \$2,500 to cover Zones entry fees was presented as a motion. David seconded. The motion passed (1 opposed).

Zone Application – Maureen announced that the Zone Team application needed to get out now. It should be sent to all coaches and posted on the VSI website. Scott asked the application could be sent to all registered athletes. Mary indicated that this was not possible because we do not have email addresses for all swimmers. Scott suggested using SWIMS to find those we can. All bases should be

covered. Steve said to send it to coaches, team presidents, contacts and post to the website in order to get the widest distribution possible.

[Mary will send out the link to the application.]

Zone Team Staffing – Steve stated that the Zone Team Staffing application is on the VSI website. The head coach and the assistants should be identified by the beginning of the year. This would provide plenty of time for recruitment and planning.

Strategic Planning – In his General Chair’s Report, Steve outlined a process for strategic planning with the assistance of the USA Swimming Consultant Services. He supplied a list of possible dates and needs to know what dates are best in order to get on the schedule. Please respond to Steve by Wednesday, if he does not get responses from everyone, he will make a decision based on the available information.

Recognition of Outstanding Service – Steve needs input on nominations for outstanding service awards by this week. Application for nominations will be made available.

Announcements

Convention – Mary asked if attendance at Convention could be discussed. Steve stated that the General Chair, Admin Vice-Chair, Age Group Rep, Senior Rep, Coaches Rep, and Senior Athlete Rep are all required to go. He asked that others that have a need or desire to go need to submit a request to attend. Also, if required attendees cannot go, let Steve know so that he can send a proxy.

There was a motion to adjourn. It was seconded and approved.

The general meeting adjourned at 9:00 p.m. The Executive Board met in a closed session until 9:40 p.m.

Respectfully submitted,

Leanne Hillery/Secretary

August 27, 2015

Treasurer's Report

The end July summary is separately attached. Most areas continue to track well with the budget. There is still a lot of reconciliation to do for the finances around the zone meet, which are actively being worked.

End August will close the books for the 14/15 fiscal year.

All activity for the checking account has been transitioned to the new account for the past month. The old account was hit in July with 8 fraudulent transactions, 4 of which were checks, 4 were electronic debits. All but 3 of the checks have been reversed by SunTrust. SunTrust requested additional documentation on the remaining 3 checks which has been supplied, I expect these charges to be reversed within the next week. Once these are reversed, all remaining moneys will be transferred to the new account and the old account will be closed.

Athlete Travel Fund:

For information, here is a breakdown of the reimbursements from the athlete travel fund:

Short Course season:

Senior Nationals: 12
Junior Nationals: 3
NCSA : 4
NASA Sr: 8
Paralympics: 3
Arena Pro Series: 6
YMCA Nationals: 1

Long Course Season (to date)

Senior Nationals: 9
Junior Nationals: 4
NCSA LC Jr: 8
Futures: 2

Any questions, please let me know:

Bob Rustin

Virginia Swimming

Year 14 /15 End July and

*** Revenue ***

USAS Registration
VS Registration
USAS Club Dues
VS Club Dues
Meet Sanctions
Meet Rebates
Meet Swimmer Fees
Sales & Misc.
Championship Meet Revenue
Sectional Meet Revenue
Zone Meet Revenue
SC Zones Revenue
LC Zones Revenue
Clinics and Swimposium Revenue
Awards Banquet
Zone Meeting Revenue
Interest - Checking
Interest - Reserves

Total Revenue

*** Expenses ***

USAS Registration
USAS Club Dues
Travel - US Open
Travel - LC Nationals
Travel - SC Nationals
Travel - National Team Trials
Travel - National Youth Team
Travel - Discretionary
Senior Championships Support
Championship Meet Expenses
Sectional Meet Expenses

Zone Meet Expenses
SC Zones Expenses
LC Zones Expenses
Administrator
Payroll Taxes
Webmaster
Website Expenses
Administration Expenses
Awards Banquet
National Convention
Equipment
Officials Training & Travel
Supplies & Misc.
USAS Workshops
VS Workshops
VS Camps & Clinics
Diversity & Outreach Programs
Safe Sport Programs
Make A Splash Programs
Coach Mentoring Program
Zone Meeting
Championship Meet Awards

Total Expenses

Net Income (Loss)

Checking:

Beginning Funds
 Net Income (Loss)
 Interest Transferred from (to) Re:
 Other Transfers from (to) Reserve
 Ending Funds

VS Reserves

Total Funds

YTD Summary

Budget	June Actual	July Actual	Year to Date
\$387,400	\$5,296.00	\$2,232.00	\$378,369
\$98,190	\$1,412.00	\$592.00	\$96,573
\$3,850	\$140.00		\$3,640
\$1,650	\$60.00		\$1,560
\$2,000	\$260.00	\$60.00	\$1,980
\$109,820	\$10,278.65	\$2,684.65	\$129,591
\$60,060			\$1,071
\$2,500			\$2,500
\$0			\$0
\$50,000	\$5,000.00		\$10,000
\$50,000			\$6,725
\$0			\$0
\$45,150			\$0
\$0			\$3,609
\$9,000			\$39,260
	\$181.91		5897.28
\$10	\$1.94	\$2.68	\$21
\$500	\$101.26	\$8.06	\$305

\$820,130	\$22,732	\$5,579	\$681,099
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\$387,400	\$5,720.00	\$5,493.00	\$381,502
\$3,850			\$3,430
\$0			\$0
\$25,000			\$1,238
\$10,000	\$400.20		\$17,819
\$0			\$0
\$1,500			\$0
\$3,000			\$1,454
\$10,000			\$6,306
\$3,000		\$1,111.50	\$3,351
\$50,000	\$4,186.53		\$4,187

\$50,000			\$702
\$0			\$0
\$85,650		\$12,247.25	\$18,042
\$29,700	\$2,475.00	\$2,475.00	\$27,225
\$2,700	\$189.34	\$189.33	\$2,166
\$25,000		\$2,834.00	\$15,587
\$3,000			\$547
\$10,000	\$50.00	\$737.41	\$8,375
\$35,500			\$59,558
\$12,000			\$12,678
\$3,000			\$2,411
\$14,000	\$341.20	\$1,353.06	\$10,088
\$5,000			\$1,066
\$3,000	\$768.20	\$163.30	\$2,932
\$1,000			\$0
\$4,000			\$877
\$6,000	\$1,857.50	\$312.00	\$5,968
\$2,500			\$0
\$6,000			\$6,000
\$2,000			
\$3,000	\$75.00		\$7,304
\$30,000	\$4,347.02	\$6,641.35	\$26,554

\$826,800	\$20,409.99	\$33,557.20	\$627,363.79
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(\$6,670)	\$2,321.77	(\$27,977.81)	\$53,735.61
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serves
 es

\$154,608.00
 \$53,736
 (\$304.59)
 \$0.00
 \$208,039
 \$380,319
 \$588,358

Rules/Legislation Coordinator Report

August 25, 2015

- Two proposed policy changes on the following topics have been submitted for consideration at the September 20, 2015, HOD meeting
 - Registration payment policy
 - The of lead off splits, intermediate splits, and time trials for Eastern Zone competition consideration
- The USA Swimming Rules & Regulations Committee has published the proposed amendments to the 2015 Rules and Regulations
- At this time, there are not items needing action

Respectfully submitted,

Kevin T. Hogan
Rules/Legislation Coordinator

USA SWIMMING
RULES & REGULATIONS COMMITTEE
PROPOSED
AMENDMENTS TO 2015 RULES AND REGULATIONS

No.	Description	Location	Recommendation
R-1	To clarify what constitutes a deck change	Glossary & 202.4.9 (I)	Not yet reviewed
R-2	To allow an athlete to compete in 6 timed final events per day provided there is at least a 2 hour break between sessions	102.2.3	Not yet reviewed
R-3	To align USA Swimming's rules with FINA's rules for permissible number of worn caps	102.8.1 (A)	Approval
R-4	In order to promote inclusion in all aspects of the sport, swimsuit waiver should be granted to swimmers who are transgendered	102.8.1 B (1)	Approval
R-5	To allow footage recorded with cameras approved by the Vice President of Program Operations to be used to review stroke or turn infractions called on deck	102.22.14	Approval
R-6	To align USA Swimming's practices of resolving a pad malfunction on a lane to be consistent with that of FINA's	102.24 various, Appendix 1-A & Appendix 1-B	Approval
R-7	To establish a teaching protocol for backstroke starts including use of the ledge and to prohibit use of backstroke ledges in water depth less than 4 feet	103.2.2, 103.2.3 A & 103.2.3 C, 103.14.4	Approval
R-8	To align the USA Swimming Rules for American and U.S. Open Records to the FINA rules for lead-off times in Mixed Relays	104.2.2 C	Not yet reviewed
R-9	To specify the limits of authority of a Zone Sanction Appeal Panel	202.3.2 (new) and .3	Approval
R-10	To deny deck access at an USA Swimming or LSC sanctioned event to an individual whose membership has been denied as provided in Article 304	202.5.2 (new)	Approval
R-11	To explicitly set forth the requirements for swimmers registered with USA Swimming as unattached athlete members	203.2.	Not yet reviewed
R-12	To clarify the start date for the 120 day transfer period for an athlete applies only to open competition and not to closed competition	203.3	Approval
R-13	To prohibit Individual Member and Group Members from privately coaching or providing services to any swimmer suspended for doping	303.5 (new)	Approval
R-14	To require forfeiture and return of prize money earned on account of a doped swimmer	303.6 (new)	Approval
R-15	To remove bullying from the jurisdiction of the National Board of Review and place it within the jurisdiction of local clubs	Glossary, 304.3.7, 304.3.13(new), 306.1, 307.1, 307.2, & 405.2.3	Approval
R-16	To prohibit individuals who have been banned or are currently suspended from serving as timers, marshals, or computer operators, or otherwise being on deck	305.4	Approval
R-17	To clarify that the technical rules are inclusive of Part Seven (Open Water)	404.1.1 G, 404.2.5 & 506.4.5	Approval

Proposed Amendments to Rules & Regulations
June 2015

No.	Description	Location	Recommendation
R-18	To distinguish between an initial inquiry and an investigation for alleged Code of Conduct violations	405.1	Approval
R-19	To clarify USA Swimming's rules on confidentiality with respect to investigations and proceedings before the National Board of Review	410.2, 410.2.5 (new) & 410.3	Approval
R-20	To remove the USA-S non-athlete family membership as it has been dropped due to no further financial benefit	502.4.4	Approval
R-21	To ensure that athletes constitute at least twenty percent (20%) of the votes eligible to be cast within each Zone	504.2 & 605.2 (new)	Approval
R-22	To prohibit a USA Swimming, Zone or LSC employee, or a member of such employee's immediate family, from serving as a voting member of the USA Swimming Board of Directors due to inherent conflicts of interest	504.5 (new)	No Recommendation
R-23	To clarify the role of the Rules and Regulations Committee regarding recommendations of rejection of legislation proposed by the USA Swimming Board of Directors, by a USA Swimming national committee or by a task force appointed by the President of USA Swimming	511.2.4 and .5	Not yet reviewed
R-24	To require the Safe Sport Chair (Coordinator) be a voting member of every LSC Board of Directors	Required LSC Bylaws 605.1.15 (new) & 606.1.16 (new)	Approval
HK-1	Correct acronyms to language currently used in the Rulebook	103.21	Approval
HK-2	To clarify that an LSC may host an approved meet	202.6.4	Approval
HK-3	To correct the substitution last year of "LSC" with "Zone" in the permitted recipient of notification regarding employees under investigation, when "Zone" should have added to the list and LSC retained in this subsection	410.3	Approval
HK-4	Correct organizational name from ASUA to UANA	507.1.5	Approval
HK-5	To clarify effective date for all housekeeping items	511.6	Approval

USA SWIMMING
RULES & REGULATIONS COMMITTEE
PROPOSED
AMENDMENTS TO RULES AND REGULATIONS

R-1	ACTION:	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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- 1 **Location:** Page 14 – **Official Glossary**
2 Page 60 – **Requirements for Sanction**
- 3 **Proposed by:** Rules and Regulations Committee
- 4 **Purpose:** To clarify what constitutes a deck change
- 5 **Recommendation:** *The Rules and Regulations Committee has not yet reviewed this proposal.*
- 6 **DECK CHANGING** – changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a
7 permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at
8 a practice, competition, or other pool-related activity.
- 9 **202.4 REQUIREMENTS FOR SANCTION** — Sanctions are issued, withheld or withdrawn in accordance with the following
10 regulations:
- 11 .1-8. [no changes]
- 12 .9 Application for sanction must be accompanied by a copy of the complete meet announcement which must include the
13 following:
- 14 A-H [no changes]
- 15 I The following statement: “Deck Changing into or out of swimsuits other than in locker rooms or other designated
16 areas is prohibited.”

R-2	ACTION:	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
REQUIRES 90% ADOPTION BY THE HOUSE OF DELEGATES							

- 17 **Location:** Page 25 – **102.2 General Rules**
- 18 **Proposed by:** Mark Bennett, Age Group Vice Chair – Central California Swimming
- 19 **Purpose:** To allow an athlete to compete in 6 timed final events per day provided there is at least a 2 hour break
20 between sessions.
- 21 **Recommendation:** *The Rules and Regulations Committee has not yet reviewed this proposal.*
- 22 **102.2 GENERAL RULES**
- 23 .1 In order to compete in a meet, a swimmer must be entered in compliance with the event entry requirements stated in the
24 meet announcement.
- 25 .2 In a preliminaries and finals meet a swimmer may compete in not more than three (3) individual events per day.
- 26 .3 ~~In a timed finals meet a swimmer may compete in not more than five (5) individual events per day.~~ In a timed finals meet in
27 which there is at least a two (2) hour break between meet sessions, an athlete may compete in a maximum of six (6)
28 individual events per day, but not more than five (5) individual events in a time finals session.

R-3	ACTION:	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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- 29 **Location:** Page 29 – **102.8 Swimwear**
- 30 **Proposed by:** Rules and Regulations Committee
- 31 **Purpose:** To align USA Swimming's rules with FINA's rules for permissible number of worn caps.
- 32 **Recommendation:** *The Rules and Regulations Committee recommends approval.*
- 33 **Effective Date:** Immediately
- 34 **102.8 SWIMWEAR**
- 35 **.1 Design**
- 36 A Swimwear shall include only a swimsuit, cap, and goggles. It is permissible to wear two (2) caps. Armbands or leg
- 37 bands shall not be regarded as parts of the swimsuit and are not allowed.

R-4	ACTION:	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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- 38 **Location:** Page 29 – **102.8 Swimwear**
- 39 **Proposed by:** Rules and Regulations Committee Transgender Athlete Task Force
- 40 **Purpose:** In order to promote inclusion in all aspects of the sport, swimsuit waivers should be granted to swimmers
- 41 who are transgendered.
- 42 **Recommendation:** *The Rules and Regulations Committee recommends approval.*
- 43 **102.8 SWIMWEAR**
- 44 **.1 Design**
- 45 A Swimwear shall include only a swimsuit, cap, and goggles. Armbands or leg bands shall not be regarded as parts of
- 46 the swimsuit and are not allowed.
- 47 B In swimming competitions, the swimmer must wear only one swimsuit in one or two pieces, except as provided in
- 48 205.10.1. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel
- 49 nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee
- 50 (see 701.4.4 for open water exception).
- 51 (1) Exemptions to the foregoing restriction may be granted to a swimmer, on a case by case basis, by the Chair of the
- 52 Rules & Regulations Committee, or his/her designee. Exemptions will be granted only for conflicts due to the
- 53 swimmer's verified religious beliefs, ~~or~~ verified medical conditions or verified transgender identity needs.
- 54 (2) Procedures for applying for an exemption will be established by the Rules & Regulations Committee and posted
- 55 on the USA Swimming website.
- 56 (3) No exemption to this restriction will be granted for a swimsuit that will give the swimmer a competitive advantage.
- 57 (4) The decision of the Rules Chair may be appealed only to the entire Rules & Regulations Committee, whose
- 58 decision shall be final and binding on all parties.

R-5	ACTION:	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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- Location:** Page 36 **102.22 Disqualifications**
- Proposed by:** Rules & Regulations Committee
- Purpose:** Due to improved video recording capabilities, officials may use approved video evidence to confirm, overrule a disqualification, or provide additional information. Only when there is clear evidence that a call was made incorrectly, would the call be overturned.

Recommendation: *The Rules & Regulations Committee recommends approval.*

59 **102.22 DISQUALIFICATIONS**

60 .14 ~~Approved underwater video~~ replay footage from cameras approved by the Vice President of Program Operations may be
61 used to review stroke or turn infractions called on deck. The official(s) reviewing the video may only confirm the call made
62 on deck, overrule the call, or advise the Referee that the review proved inconclusive.

R-6	ACTION:	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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63 **Location:** Page 38 – **102.24 TIMING RULES**
64 Page 44 – **APPENDIX 1-A**
65 Page 45 – **APPENDIX 1-B**

66 **Proposed by:** Rules & Regulations Committee Timing Task Force

67 **Purpose:** When there is a pad malfunction on a lane, the backup time is used for that lane. We know that the backup
68 time is only our best guess as to the swimmer's time and feel that the further adjustment for the human
69 reaction time does not necessarily yield a more accurate time for the swimmer. FINA makes no such
70 adjustment when using backup times and this legislation seeks to make our practice consistent with FINA's.

71 **Recommendation:** *The Rules and Regulations Committee recommends approval.*

72 **102.24 TIMING RULES**

73 .1 **Requirements for Official Time**

74 A **Performance Requirements** [no change]

75 B **Timing Resolution** [no change]

76 C **System Requirements for Specific Purposes**

77 (1) Official times achieved using a timing system in accordance with 102.24.3 are valid for all entry time and
78 recognition program purposes with the following exception: World, American, and U.S. Open Records can be
79 established only when timed by an automatic timing system, a backup camera system, or semiautomatic system if
80 the automatic system fails.

81 (2) A backup time adjusted for timing system differences as described in 102.24.4 may be used as an official time.

82 D **Backup Timing System Requirement** — Except when the primary system consists of watches, backup timing shall be
83 provided for all competitors. No swimmer shall be required to re-swim a race due to equipment failure which results in
84 unrecorded or inaccurate time or place. It is the Meet Director's responsibility to provide the proper timing systems so
85 that swimmers can expect to achieve official times that will satisfy the requirements of 102.24.1C.

86 E **Use of Secondary and Tertiary Times** — Secondary and tertiary times shall be recorded but shall not be used except
87 to corroborate or correct missing or inaccurate primary/secondary results.

88 .2 **Timing Systems** [no change]

89 .3 **Timing System Designation** [no change]

90 .4 **Determining Official Time**

91 A **Automatic Timing** — When recorded by properly operating automatic timing equipment, the pad time shall be the
92 official time.

93 B **Semi-Automatic and Manual Timing** — Whenever semi-automatic or manual timing is used, only valid times shall be
94 used in calculating the official time. The times shall be determined as follows:

95 (1) If two of the three button or watch times agree, that shall be the time for that timing system.

96 (2) If three valid buttons or watches disagree, the time of the intermediate button or watch shall be the time for that
97 timing system.

- 98 (3) If only two valid button or watch times are available, the time shall be the average of those two buttons or the
99 average of the two watch times. The digits representing thousandths of a second shall be dropped with no
100 rounding.
- 101 (4) If only one button or watch time is available, the time of that button or watch shall be the time for that timing system
102 provided it is supported by other information.
- 103 **C Primary Timing System Malfunction** — A malfunction may have occurred if:
- 104 (1) The difference between the time obtained by the primary system and the back-up system(s) is approximately .30
105 second or greater; or
- 106 (2) The place judge(s) reports a different order of finish; or
- 107 (3) It is reported the swimmer missed the touchpad or had a soft touch.
- 108 ~~D Adjustment for the Timing System Difference~~ — ~~When the Referee determines that there is a malfunction of the~~
109 ~~primary timing system, the back-up time(s) shall be adjusted for the timing system difference prior to integrating them~~
110 ~~with accurate primary times in establishing the official times and determining the results. The adjustment for timing~~
111 ~~system difference is determined by calculating the consistent average difference between the valid primary and backup~~
112 ~~systems used at that meet.~~
- 113 **E Adjustment for Malfunction on a Lane** — When a malfunction is confirmed on a lane, the back-up time for that lane
114 shall be calculated in accordance with 102.24.4B and integrated with the accurate primary times in establishing the
115 official time and determining the results. ~~adjusted by calculating the average difference between valid primary and valid~~
116 ~~back-up times of the other lanes in that heat, or if necessary, using times from heats immediately preceding and/or~~
117 ~~following the heat. This shall be done by adding, or subtracting when appropriate, that average difference to the valid~~
118 ~~back-up time of the lane where the malfunction occurred. (See Appendix 1-A on page 44)~~
- 119 **F Adjustment for Malfunction Equally Affecting an Entire Heat** — When, because of an early or late start, or other
120 equipment or operator malfunction, the time of the automatic or semi-automatic primary timing system is equally
121 incorrect for all the lanes in a heat, but the order of finish and thus the absolute difference of time between the swim-
122 mers is accurate, the times of the primary system shall be adjusted by calculating the average difference between the
123 primary times and the valid back-up times and adding, or subtracting when appropriate, that difference to the primary
124 times of every lane in that heat. (See Appendix 1-B on page 45)

125 .5 **Determining Results** [no change]

APPENDIX 1-A
EXAMPLE OF LANE MALFUNCTION

- 126 **Primary** — Automatic
127 **Secondary** — Semi-automatic, three buttons
128 **Tertiary** — Manual, one watch.
129
130

LANE	PAD TIME	BUTTON A	BUTTON B	BUTTON C	WATCH TIME***	CALCULATED BUTTON TIME	PAD MINUS VALID BUTTON	OFFICIAL TIME	CALCULATED FINISH ORDER
1	52.21	52.17	52.23	52.25	52.04	52.23	-.02	52.21	7
2	52.08	52.14	52.06	52.16	51.95	52.14	-.06	52.08	5 — JD*
3	51.05	52.15+	51.04	51.01	50.97	51.02 -1 and 3	.03	51.05	2
4	51.04	50.98	Missing	Missing	50.84	50.98 -2	.06	51.04	1
5	52.96+	51.99	52.16	52.02	51.97	52.02	.94*	52.04*	6 — JD*
6	51.45	51.37	51.00 -4	50.97	51.30	51.37 + and 2	.08	51.45	3
7	52.27	52.23	52.18	52.23	52.10	52.23	.04	52.27	8
8	51.87	51.92	51.79	Missing	51.86	51.85*	.02	51.87	4
Place Judges Order of Finish:							.15 diff.	Total differential:	
Judge 1: 4-3-6-8-2-5-1-7							+.02 corr**	Correction Factor	
Judge 2: 3-4-6-8-2-5-7-1									

131 *Malfunction confirmed. .94 differential not used in the adjustment calculation.

132 **Adjustment calculation — the sum total of the valid pad times minus the calculated button times divided by the number of lanes

- 133 used in the calculation. ~~.15 total differential divided by 7 valid lanes = .02 correction.~~
- 134 ~~*** Watch Operator also operated BUTTON A in all lanes:~~
- 135 ~~1—Invalid—discarded—not used in calculations due to other data bringing into question that time’s validity.~~
- 136 ~~a. Lane 3—Button A is significantly after the Pad Time and Buttons B and C. The Button A time does not correlate with~~
 137 ~~the Place Judges order of finish. This points to excessive human error. The Timing Judge declares that the Lane 3~~
 138 ~~Button A is invalid and will not be used in future calculations. The Lane 3 Calculated Button Time would be the~~
 139 ~~average of the valid Button B and Button C—51.02 which confirms the pad time is valid and no adjustment is~~
 140 ~~necessary.~~
- 141 ~~b. Lane 6—Buttons B and C are both more than .3 seconds faster than the Pad, Button A and the Watch times. The~~
 142 ~~Place Judges order of finish correlates with the Pad, Button A and Watch times. The timing judge declares that Lane 6~~
 143 ~~Buttons B and C are invalid and are not used for future calculations. The Lane 6 Calculated Button Time would be the~~
 144 ~~valid Lane 6 Button A—51.37 again confirming the pad time is correct and no adjustment is needed.~~
- 145 ~~2—Calculated Button time equals the single valid button.~~
- 146 ~~3—Calculated Button time equals the average of the two valid buttons.~~
- 147 ~~4—Lane 5—All three buttons and the manual watch times are closely grouped. The Calculated Button Time matches the~~
 148 ~~order of finish in that lane 5 finishes ahead of lanes 1 and 7. The Timing Judge declares the Lane 5 Pad Time to be invalid~~
 149 ~~and proceeds with a backup time correction calculation for lane 5.~~
- 150 ~~5—Lane 5 Official Time is the Calculated Button Time—52.02—plus the correction factor of .02 for a final Official Time of~~
 151 ~~52.04.~~
- 152 ~~6—After adjusting the Lane 5 Calculated Button Time by .02, the resulting time is .04 seconds faster than the pad time for~~
 153 ~~Lane 2. Both Finish Judges recorded lane 2 finishing ahead of lane 5. The final results would indicate that Lane 2 finished~~
 154 ~~in 5th place and Lane 5 finished in 6th place.~~

APPENDIX 1-B EXAMPLE OF HEAT MALFUNCTION

- 157 **Primary** - Automatic (Late manual start confirmed);
- 158 **Secondary** - Semi-automatic, three buttons (button time not valid);

LANE	PRIMARY PAD TIME	WATCH TIME	WATCH TIME LESS PAD TIME	HEAT ADJUSTMENT*	OFFICIAL TIME
1	52.12	55.14	3.02	+3.06	55.18
2	51.56	54.61	3.05	+3.06	54.62
3	51.09	54.18	3.09	+3.06	54.15
4	50.12	53.18	3.06	+3.06	53.18
5	49.78	52.90	3.12	+3.06	52.84
6	49.06	52.06	3.00	+3.06	52.12
7	52.21	55.30	3.09	+3.06	55.27
8	52.92	55.99	3.07	+3.06	55.98
			24.50 total		

- 159 **Tertiary** - Manual, one watch
- 160 *Adjustment calculation:
- 161 ▼ Add the differences between the pad and watch times; total = 24.50; ▼ Divide 24.50 by the number of lanes to determine an
- 162 average: 24.50 divided by 8 = 3.0625; the digits after hundredths are dropped, leaving a heat adjustment of 3.06; ▼ Add the
- 163 adjustment factor of 3.06 seconds for late start of the primary system to each pad time to obtain the official time for that lane.

R-7	ACTION:	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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164 **Location:** Page 46 – **103.2 Water Depth**
165 Page 49 – **103.14 Backstroke Ledge**
166 **Proposed by:** Operational Risk Committee
167 **Purpose:** Both the Councilman Study and observation by our staff technical expert (Russell Mark) conclude that
168 backstroke ledges lead to deeper and longer backstroke starts. The Operational Risk Committee is aware
169 that a teaching protocol needs to be developed for backstroke starts including use of the ledge and believes
170 use of the backstroke ledge needs to be prohibited in shallow water.

171 **Recommendation:** *The Rules and Regulations Committee recommends approval.*

172 **103.2 WATER DEPTH**

173 .1 **/NC/ 2 meters (6 feet 7 inches) deep throughout the course.**

174 .2 **/M/ Teaching Racing Starts** — Minimum water depth for teaching all racing starts, prior to certification, in any setting from
175 any height starting blocks, from backstroke ledges or from the deck shall be 6 feet (1.84 meters) measured for a distance of
176 3 feet 31/2 inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from the end wall. Teaching racing starts shall only take place
177 under the direct supervision of a USA Swimming member coach and shall include:

178 A All racing start instruction until a swimmer has been certified by his or her USA Swimming member coach as proficient in
179 performing a racing start, and

180 B Subsequent to certification, instruction which seeks to alter a swimmer's basic technique in performing a racing start.

181 Prior to certification, all racing starts must take place from a position in the water, regardless of pool depth. Subsequent to
182 certification, practicing of racing starts may take place in water depth of four (4) feet (1.22 meters) and deeper.

183 .3 **/M/ Racing Starts** — Minimum water depth for racing starts during practice and competition shall be measured for a distance
184 3 feet 31/2 inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from the end wall. Starting requirements and height of starting
185 block shall be:

186 A In pools with water depth less than 4 feet (1.22 meters) at the starting end, ~~the swimmer must start from within the~~
187 ~~water;~~

188 (1) The swimmer must start from within the water;

189 (2) Backstroke starting ledges are not permitted.

190 B In pools with water depth 4 feet (1.22 meters) or more at the starting end, starting platforms shall meet the height
191 requirements of 103.13.1.

192 ~~C Prior to certification, all racing starts must take place from the water, regardless of pool depth. Subsequent to~~
193 ~~certification, practicing of racing starts may take place in water depth of four (4) feet (1.22 meters) and deeper.~~

194 **Note:** Local, state and municipal statutes, ordinances, rules and regulations, may have depth limitations in conflict with this
195 section. The LSC and all Member Clubs should check for this at all times.

196 **103.14 BACKSTROKE LEDGE** — The backstroke ledge shall conform to FINA's specifications when used in competition: as
197 follows;

198 .1 /M/ The ledge may be adjustable to 4 centimeters above or 4 centimeters below the water level.

199 .2 /M/ The ledge ~~is~~ shall be a minimum of 65 centimeters in length.

200 .3 /M/ The ledge must be 8 centimeters in height, 2 centimeters at the width with 10 degrees of slope.

201 .4 /M/ The ledge may not be used in water depth less than 4 feet (1.22 meters).

R-8	ACTION:	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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- 202 **Location:** Page 51 – **104.2 USA Swimming Records**
- 203 **Proposed by:** Times and Recognition Committee
- 204 **Purpose:** To align the USA Swimming Rules for American and U.S. Open Records to the FINA rules for lead-off times
- 205 in Mixed Relays.
- 206 **Recommendation:** *The Rules and Regulations Committee has not yet reviewed this proposal.*
- 207 **104.2 USA SWIMMING RECORDS**
- 208 **.2 American and United States Open Records**
- 209 A-B [no changes]
- 210 C **Special Requirements and Conditions**
- 211 (1) Lead-off legs/initial distances of mixed gender relays shall not count for American or U.S. Open records.
- 212 [re-number remaining]

R-9	ACTION:	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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- 213 **Location:** Page 60 – **202.3 Procedure for Appeal**
- 214 **Proposed by:** Rules & Regulations Committee
- 215 **Purpose:** To specify the limits of authority of a Zone Sanction Appeal Panel.
- 216 **Recommendation:** *The Rules and Regulations Committee recommends approval.*
- 217 **202.3 PROCEDURE FOR APPEAL** — An applicant whose application has been denied by an LSC shall have the right to appeal
- 218 the denial to the Zone Sanction Appeal Panel.
- 219 .1 Each Zone shall establish a Zone Sanction Appeal Panel.
- 220 A Each Zone shall designate a group of coaches, referees and athletes available to serve on an Appeal Panel.
- 221 B A petitioner may file an appeal with the Senior Zone Director within five (5) days of receiving notification of denial by an
- 222 LSC.
- 223 C When an appeal is filed, the Zone Director shall notify the LSC and appoint a panel made up of a coach, referee and
- 224 athlete, each from a different LSC and none from the petitioner's LSC.
- 225 .2 The Zone Sanction Appeal Panel is authorized to require an LSC to issue a sanction or approval except in those instances
- 226 where the sanction or approval was denied because the application was in conflict with a policy adopted by the LSC House
- 227 of Delegates or because the application was in conflict with USA Swimming rules or requirements.
- 228 .3 ~~The Zone Sanction Appeal Panel is authorized to direct the LSC to issue the sanction or approval. The Panel's decision~~
- 229 ~~shall be final.~~

R-10	ACTION:	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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- 230 **Location:** Page 62 – **(new) 202.5 Conditions of Sanction**
- 231 **Proposed by:** Robert Broyles, Administration Vice President, Paris Jacobs, Eastern Zone Director and the Safe Sport
- 232 Committee
- 233 **Purpose:** To deny deck access at a USA Swimming or LSC sanctioned event to an individual whose membership has
- 234 been denied as provided in Article 304.
- 235 **Recommendation:** *The Rules and Regulations Committee recommends approval.*

236 **202.5 CONDITIONS OF SANCTION** — Any event for which a sanction is required according to 202.1 is subject to the following
237 conditions:

238 .1 [no changes]

239 .2 Individuals who have been banned or who are currently suspended from or are ineligible for membership are prohibited from
240 serving as timers, marshals, computer operators, or otherwise being on deck at any time in connection with a USA Swimming
241 activity.

242 [re-number remaining]

R-11	ACTION:	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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243 **Location:** Page 67 – **Article 203 Representation**

244 **Proposed by:** Niagara Swimming House of Delegates

245 **Purpose:** As currently written, this rule does not explicitly set forth the requirements for those swimmers who register
246 with USA Swimming as unattached athlete members, with no USA Swimming club affiliation. Current
247 interpretation and application of this rule has allowed swimmers to register as unattached athlete members in
248 the LSC of their choice, regardless of where they reside in the United States or any other country.

249 **Recommendation:** *The Rules and Regulations Committee has not yet reviewed this proposal.*

250 **Effective Date:** Immediately for the 2016 membership season

251 **ARTICLE 203**
252 **REPRESENTATION**

253 **203.1** [no changes]

254 **203.2**

255 .1 A swimmer need not reside within the geographical boundaries of the LSC in which the USA Swimming club he/she
256 represents is located, but he/she must be registered in that LSC; a swimmer who has been released by his/her club
257 pursuant to 203.4 to represent a secondary school, college or university, wherever located, during the school season, may
258 retain membership in the LSC in which the swimmer's club is located.

259 .2 A swimmer who registers as an unattached athlete member and is not affiliated with a USA Swimming club must reside
260 within the geographical boundaries of the LSC where they are registered, unless the LSC House of Delegates they wish to
261 join has approved such unattached athlete memberships.

262 .3 A swimmer who registers as an unattached athlete member and is not affiliated with a USA Swimming club, and does not
263 reside within the geographical boundaries of any LSC must be registered through USA Swimming headquarters, unless the
264 LSC House of Delegates they wish to join has approved such unattached athlete memberships.

R-12	ACTION:	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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265 **Location:** Page 67 – **Article 203 Representation**

266 **Proposed by:** Registration/Membership – Rules and Regulations Joint Task Force

267 **Purpose:** To clarify the start date for the 120 day transfer period for an athlete applies only to open competition and not
268 to closed competition.

269 **Recommendation:** *The Rules and Regulations Committee recommends approval.*

270 **ARTICLE 203**
271 **REPRESENTATION**

272 **203.1-2** [no changes]

273 **203.3** For a swimmer to represent a USA Swimming club in a competitive event, one hundred twenty (120) consecutive days
274 must have elapsed without the swimmer having represented any other USA Swimming club in USA Swimming open or closed
275 competition. ~~This 120 day rule does not apply to representation in closed competition even if it is sanctioned or approved by the~~
276 ~~LSG.~~ The 120 day count shall begin on the day following the last date the athlete represented a USA Swimming club in open
277 competition.

R-13	ACTION:	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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278 **Location:** Page 99 – **Article 303 Eligibility**
279 **Proposed by:** International Relations Committee
280 **Purpose:** To prohibit member coaches from privately coaching swimmers suspended for doping.
281 **Recommendation:** *The Rules and Regulations Committee recommends approval.*

ARTICLE 303
ELIGIBILITY

284 303.1-4 [no changes]

285 303.5 No individual Member or Group Member of USA Swimming shall coach, train or provide swimming-related advice or
286 service to any swimmer who is serving a period of ineligibility or provisional suspension for an anti-doping rule violation.

287 [re-number remaining]

R-14	ACTION:	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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288 **Location:** Page 99 – **Article 303 Eligibility**
289 **Proposed by:** International Relations Committee
290 **Purpose:** To require forfeiture and return of prize money earned on account of a doped swimmer.
291 **Recommendation:** *The Rules and Regulations Committee recommends approval.*

ARTICLE 303
ELIGIBILITY

294 303.1-5 [no changes]

295 303.6 If a swimmer is required to forfeit any medals, points or prizes earned at an event on account of an anti-doping rule
296 violation, then any compensation paid by USA Swimming to the swimmer's coach(es) on account of that swimmer's result shall
297 also be forfeited and shall be returned to USA Swimming.

298 [re-number remaining]

R-15	ACTION:	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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299 **Location:** Page 14 – **Official Glossary**
300 Page 100 – **Article 304 code of Conduct**
301 Page 104 – **Article 306 Sexual Misconduct Reporting Requirements**
302 Page 104 – **Article 307 Prohibitions Against Retaliation for Good Faith Reporting of Abuse**
303 Page 109 – **405. 2 Investigation of Complaints**

304 **Proposed by:** John Morse, Susan Woessner and Lucinda McRoberts, USA Swimming

305 **Purpose:** To remove athlete-on-athlete bullying as a violation of the Code of Conduct, except in the most egregious
306 and flagrant situations and allow the investigation and resolution of such bullying to be handled by the local
307 club.

308 **Recommendation:** *The Rules and Regulations Committee recommends approval.*

309 **Effective Date:** Immediately

310 **OFFICIAL GLOSSARY**
311 **Swimming Words and Terms**

312 **BULLYING** – the severe or repeated use, regardless of when or where it may occur, by one or more USA Swimming members
313 of an oral, written, electronic or other techno-logical expression, image, sound, data or intelligence of any nature (regardless
314 of the method of transmission), or a physical act or gesture, or any combination thereof, directed at any other member or
315 Participating Non-Member that to a reasonably objective person has the effect of: (i) causing physical or emotional harm to
316 the other person or damage to the other person’s property; (ii) placing the other person in reasonable fear of harm to
317 himself/herself or of damage to his/her property; (iii) creating a hostile environment for the other person at any USA
318 Swimming activity; (iv) infringing on the rights of the other person at any USA Swimming activity; or (v) materially and
319 substantially disrupting the training process or the orderly operation of any USA Swimming activity (which shall include,
320 without limitation, practices, workouts and other events of a member club, LSC or Zone).

321 **ARTICLE 304**
322 **CODE OF CONDUCT**

323 **304.1-2** [no changes]

324 **304.3** The following shall be considered violations of the USA Swimming Code of Conduct:

325 .1-6 [no changes]

326 ~~.7 Bullying is prohibited. For the purposes of the Code of Conduct, the term “Bullying” shall mean, regardless of when or where~~
327 ~~it may occur, the severe or repeated use by one or more USA Swimming members (“Members”) of an oral, written, electronic~~
328 ~~or other technological expression, image, sound, data or intelligence of any nature (regardless of the method of~~
329 ~~transmission), or a physical act or gesture, or any combination thereof, directed at any other Member that to a reasonably~~
330 ~~objective person has the effect of: (i) causing physical or emotional harm to the other Member or damage to the other~~
331 ~~Member’s property; (ii) placing the other Member in reasonable fear of harm to himself/herself or of damage to his/her~~
332 ~~property; (iii) creating a hostile environment for the other Member at any USA Swimming activity; (iv) infringing on the rights~~
333 ~~of the other Member at any USA Swimming activity; or (v) materially and substantially disrupting the training process or the~~
334 ~~orderly operation of any USA Swimming activity (which for the purposes of this section shall include, without limitation,~~
335 ~~practices, workouts and other events of a member club or LSC). Allegations of Bullying of an athlete by a coach shall be~~
336 ~~investigated under 304.3.13.~~

337 [re-number remaining]

338 ~~.13~~ Abuse

339 A Physical abuse of an athlete by any person who, in the context of swimming, is in a position of authority over that
340 athlete. “Physical abuse” is defined as a non-accidental injury and/or an injury primarily caused by the gross
341 negligence on the part of the person in a position of authority over the athlete.

342 B Bullying of an athlete by a coach member or other non-athlete member who is in a position of authority over that
343 athlete.

344 ~~.13 Bullying of a member or Participating Non-Member of USA Swimming by a non-athlete member. Allegations of Bullying of~~
345 ~~an athlete member by a coach member shall be investigated under 304.3.12. Bullying of an athlete member of USA~~
346 ~~Swimming by another athlete member shall not be considered a Code of Conduct violation, except in the most egregious~~
347 ~~and flagrant situation, but is nevertheless a serious matter to be handled by the applicable club(s) pursuant to its anti-~~
348 ~~bullying plan required under 305.6.~~

349 [re-number remaining]

350 **306.1** It is every member’s responsibility to promptly report any incident regarding sexual misconduct by a member as described
351 in Article 304.3. ~~& 7~~ to USA Swimming’s Director of Safe Sport. Reporting must occur when an individual has firsthand knowledge
352 of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. Various
353 state laws may also require reporting to law enforcement or to a designated child protection agency.

354 **307.1** No Member shall retaliate against any individual who has made a good faith report under 306.1 or 304.3. ~~13~~ 12.

355 **307.2** For the purposes of 307.1, there shall be a rebuttable presumption that any adverse action regarding the employment,
356 membership, or other material rights of an individual who has made a good faith report under 306.1 or 304.3.1~~3~~ 12 within 90
357 days of a report is retaliatory. An adverse action includes, without limitation: discharge or termination; demotion or reduction in
358 compensation for services; or the removal of or from, or restrictions on, access to facilities, team activities or team membership
359 privileges

360 **405.2 INVESTIGATON OF COMPLAINTS**

361 .1-.2 [no changes]

362 .3 In those matters involving an alleged violation of 304.3.1~~2~~ or 304.13 by a coach, a committee of three coaches appointed
363 by the President of USA Swimming shall make a determination with such investigative assistance by the Executive Director
364 or his/her designee as the committee may request and report as to whether the coach's conduct is outside the customary
365 and acceptable bounds of coaching.

366 .4 In all other matters the Executive Director or his/her designee shall make the investigation and report.

R-16	ACTION:	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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367 **Location:** Page 103 – **Article 305 Athlete Protection Polices**

368 **Proposed by:** Safe Sport Committee

369 **Purpose:** To prohibit individuals who have been banned or are currently suspended from serving as timers,
370 marshals, or computer operators, or otherwise being on deck.

371 **Recommendation:** *The Rules and Regulations Committee recommends approval.*

372 **ARTICLE 305**

373 **ATHLETE PROTECTION POLICIES**

374 The following policies related to Athlete Protection are mandatory components of the USA Swimming Code of Conduct:

375 **305.1-.3** [no changes]

376 **305.4** Employees and volunteers of USA Swimming, Zones, LSCs and member clubs who interact directly and frequently with
377 athletes as a regular part of their duties and individuals with any ownership interest in a member club must be non-athlete
378 members of USA Swimming and satisfactorily complete criminal background checks as required by USA Swimming. This does
379 not apply to volunteers such as timers, marshals, computer operators, etc. who only have limited contact with athletes during a
380 meet. Individuals who have been banned or who are currently suspended from or are ineligible for membership are prohibited
381 from serving as timers, marshals, computer operators, or otherwise being on deck at any time in connection with a USA
382 Swimming activity.

R-17	ACTION:	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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383 **Location:** Page 107 – **404.1 Zone Board of Review**
384 Page 108 – **404.2 National Board of Review**
385 Page 135 – **506.4 Rules and Regulations**

386 **Proposed by:** Rules & Regulations Committee

387 **Purpose:** To clarify that the technical rules are inclusive of Part Seven (Open Water).

388 **Recommendation:** *The Rules and Regulations Committee recommends approval.*

389 **404.1 ZONE BOARD OF REVIEW** — The Zone Board of Review shall have the following power and authority:

390 .1 **Remedies and Penalties** — The Zone Board of Review, after conducting such hearings as it may determine to be
391 necessary or helpful, may, among other remedies, with regard to a party named in the Notice of Hearing and Petition:

392 A-F [no changes]

393 G With the exception of the technical rules (Parts One and Seven), interpret any provision of (i) the Rules and Regulations

394 of USA Swimming (to the extent not preempted by FINA or USA Swimming Rules and Regulations); (ii) the USA
395 Swimming Code of Conduct, the Required LSC Bylaws, other policies, rules, regulations and procedures of USA Swim-
396 ming, the Zone or the LSC; and (iii) the Amateur Sports Act and other applicable laws, rules and regulations; as well as
397 adjudicate alleged inconsistencies and claims of supremacy and invalidity with respect to the foregoing;

398 [no further changes]

399 **404.2 NATIONAL BOARD OF REVIEW** — The National Board of Review shall have the power and authority to do the following:

400 .1-4 [no changes]

401 .5 Interpret any provision of the rules and regulations of USA Swimming with the exception of the technical rules (Parts One
402 and Seven);

403 [no further changes]

404 **506.4 RULES & REGULATIONS COMMITTEE**

405 .1-4 [no changes]

406 .5 The Rules & Regulations Committee or its designee shall have the sole authority to officially interpret Parts One and
407 Seven, the authority to interpret the remainder of these Rules and Regulations, and shall be responsible for all redistricting
408 procedures for USA Swimming.

R-18	ACTION:	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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409 **Location:** Page 109 – **405.1 Filing Complaints**

410 **Proposed by:** John Morse, Susan Woessner and Lucinda McRoberts, USA Swimming

411 **Purpose:** To distinguish between (a) an initial inquiry, which is conducted for all reports and determines whether the
412 allegation(s), if true, could constitute a Code of Conduct violation, and (b) an investigation, which is conducted
413 when a report discloses allegations that, if true, could constitute a Code of Conduct violation; and to clarify that
414 the President's approval is required only in circumstances where the Executive Director does not initiate a
415 National Board of Review proceeding following an investigation (See Article 405.3).

416 **Recommendation:** *The Rules and Regulations Committee recommends approval.*

417 **Effective Date:** Immediately

418 **405.1 FILING COMPLAINTS** — All complaints within the exclusive jurisdiction of the National Board of Review as set out in
419 403.2.1A through D above shall set forth the allegations and be filed with the Executive Director of USA Swimming, who shall
420 promptly perform an initial inquiry and, as appropriate, initiate an investigation of the matter as set forth below.

R-19	ACTION:	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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421 **Location:** Page 118 – **Article 410 Confidentiality**

422 **Proposed by:** John Morse, Susan Woessner and Lucinda McRoberts, USA Swimming

423 **Purpose:** To clarify USA Swimming's rules on confidentiality with respect to investigations and proceedings before the
424 National Board of Review.

425 **Recommendation:** *The Rules and Regulations Committee recommends approval.*

426 **Effective Date:** Immediately

**ARTICLE 410
CONFIDENTIALITY**

429 **410.1** [no changes]

430 **410.2** All investigations conducted by the Executive Director or his/her designee regarding alleged Code of Conduct

431 ~~violations and all~~ proceedings before the National Board of Review ~~or~~ and the Board of Directors regarding alleged Code of
432 Conduct violations shall be and remain confidential until the National Board of Review, or Board of Directors if an appeal is filed,
433 has rendered its final decision, except:

- 434 .1 Information that is necessary to disclose in the course of an investigation to witnesses and other appropriate parties;
- 435 .2 Information disclosed pursuant to subpoena or court order;
- 436 .3 Information disclosed to complaining parties or victims; ~~and~~
- 437 .4 Information disclosed by USA Swimming in response to disclosures by other parties or witnesses in the proceeding; and
- 438 .5 Information disclosed to law enforcement.

439 For the purposes of this Article 410.2, a decision shall be considered final when either: (i) the National Board of Review has
440 rendered its final decision and the 30-day appeal period has run without an appeal being filed; or (ii) a party has appealed the
441 decision of the National Board of Review to the Board of Directors and the Board of Directors has rendered its final decision on
442 such appeal.

443 **410.3** USA Swimming shall also disclose information, including but not limited to the initiation of a National Board of Review
444 proceeding and its outcome, to a member club, LSC or Zone where an employee or volunteer of such club, LSC or Zone has
445 been alleged in a complaint to have violated the Code of Conduct.

446 **410.4** A redacted summary of each final Decision of the National Board of Review and Board of Directors that includes a
447 finding of a violation of the Code of Conduct may be published at the discretion of USA Swimming

R-20	ACTION:	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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448 **Location:** Page 126 – **502.4 Individual Membership**

449 **Proposed by:** Registration/Membership Committee

450 **Purpose:** To remove the USA-S non-athlete family membership as it has been dropped due to no further financial
451 benefit.

452 **Recommendation:** *The Rules and Regulations Committee recommends approval.*

453 **Effective Date:** September 1, 2016

454 **502.4 INDIVIDUAL MEMBERSHIP**

455 .1-.3 [no changes]

456 .4 Non-athlete membership consists of ~~three~~ two classes: individual, ~~family,~~ and life.

R-21	ACTION:	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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457 **Location:** Page 129 – **504.2 Zone Directors**
458 Page 154 – **(new) 605.2 Zone Bylaws**

459 **Proposed by:** Athletes' Executive Committee

460 **Purpose:** To ensure that athletes constitute at least twenty percent (20%) of the votes cast within each Zone.

461 **Recommendation:** *The Rules and Regulations Committee recommends approval.*

462 **504.2 ZONE DIRECTORS** — Each zone shall have one coach and one non-coach director from the zone as its Zone
463 Representatives, elected at the annual meeting in the following years:

464		Coach	Non-Coach
465	Eastern Zone	Even Years	Odd Years
466	Southern Zone	Odd Years	Even Years
467	Central Zone	Odd Years	Even Years
468	Western Zone	Even Years	Odd Years

- 469 .1 Both coach and non-coach Zone Directors will be elected by the members present ~~(with each LSC entitled to three votes)~~
470 at their Zone meeting in the appropriate year.
- 471 .2 Each LSC is entitled to five votes, of which at least one vote must be designated to the LSC Athlete Representative(s). If no
472 Athlete Representative is present, the LSC may cast only four votes.
- 473 .~~2~~3 No director elected to two successive terms is eligible for re-election to that office until after a lapse of two years.
- 474 .~~3~~4 For the purposes of casting ~~its three~~ votes, ~~an~~ each LSC may send one or more delegates to the Zone meeting.
- 475 .~~4~~5 The election of zone members to the Board of Directors shall be based upon the zones in which the proposed Directors
476 maintain their residency.
- 477 **605.2 ZONE BYLAWS** — Each Zone shall adopt its own Bylaws.
- 478 .1 See 504.2 for election of the Zone Directors.
- 479 .2 On all voting matters, each LSC is entitled to five votes, of which at least one vote must be designated to the LSC Athlete
480 Representative(s). If no Athlete Representative is present, the LSC may cast only four votes.
- 481 [re-number remaining]

R-22	ACTION:	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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- 482 **Location:** Page 129 – (new) **504.5 Prohibition on Employees being Directors**
- 483 **Proposed by:** Governance Committee
- 484 **Purpose:** To prohibit a USA Swimming, Zone or LSC employee, or a member of such employee's immediate family,
485 from serving as a voting member of the USA Swimming Board of Directors due to inherent conflicts of
486 interest.
- 487 **Recommendation:** *The Rules and Regulations Committee makes no recommendation.*
- 488 **Effective Date:** January 1, 2016
- 489 **504.1-.4** [no changes]
- 490 **504.5 PROHIBITION ON EMPLOYEES BEING DIRECTORS** – Notwithstanding anything in these Bylaws to the contrary, no
491 employee of USA Swimming, a Zone or an LSC, or a member of such employee's immediate family, may serve as a voting
492 member of the Board of Directors. For the purposes of this section, the term "immediate family" means spouse or domestic partner.
- 493 [re-number remaining]

R-23	ACTION:	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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- 494 **Location:** Page 142 – **511.2 Amendments Proposed**
- 495 **Proposed by:** Governance Committee
- 496 **Purpose:** To clarify the role of the Rules and Regulations Committee regarding recommendations of rejection of
497 legislation proposed by the USA Swimming Board of Directors, by a USA Swimming national committee or
498 by a task force appointed by the President of USA Swimming.
- 499 **Recommendation:** *The Rules and Regulations Committee has not yet reviewed this proposal.*
- 500 **Effective Date:** January 1, 2016
- 501 **511.2 AMENDMENTS PROPOSED**
- 502 .1-.3 [no changes]
- 503 .4 **Consideration, Recommendation and Report** — The Rules & Regulations Committee shall consider all proposed
504 amendments, presenting the amendments ~~and shall present them~~ to the annual meeting of the House of Delegates ~~with the~~

505 ~~Committee's recommendations.~~ The Rules & Regulations Committee shall debate the merits of proposed amendments and
506 provide its recommendation to the House of Delegates, except that it shall not recommend rejection of any amendment
507 proposed by the USA Swimming Board of Directors, by a USA Swimming national committee or by a task force appointed by
508 the President of USA Swimming. In consideration of any amendment, the Committee shall ensure the proposed amendment:

509 A Is not in conflict with, nor a duplication of, other provisions in the Rulebook or with any rules or regulations of FINA or
510 the USOC;

511 B Is clearly and concisely written and grammatically correct;

512 C Conforms to Part One or Part Seven of the technical requirements of FINA; and

513 D Includes all required conforming amendments to other parts of the Rulebook are made and included as part of
514 the legislation.

515 .5 ~~Procedures for Recommendations — As a part of its consideration,~~ The Rules & Regulations Committee is encouraged to
516 consult with the proposer and any other interested parties and ~~when suggesting changes (which may be substantive or~~
517 ~~drafting) to the amendment that would enable the Committee to support adoption~~ changes in accordance with 511.2.4. The
518 committee shall ~~Recommendations under this Article may be for or against adoption, recommend adoption, rejection,~~ a
519 statement of no recommendation, or a recommendation to ~~commit~~ refer the proposal to a USA Swimming Officer or another
520 USA Swimming Committee or the proposer for further consideration. Each recommendation for rejection shall include a
521 concise but informative rationale for the recommendation.

R-24	ACTION:	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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522 **Location:** Required LSC Bylaws – (new) 605.1 Members
523 Required LSC Bylaws – (new) 606.1 Elected Officers and Committee Chairs

524 **Proposed by:** Paul Lundsten, Rules & Regulations Committee

525 **Purpose:** To require that the Safe Sport Chair (Coordinator) be a voting member of every LSC Board of Directors as
526 either an appointed or elected position.

527 **Recommendation:** *The Rules and Regulations Committee recommends approval.*

528 605.1 MEMBERS - The Board of Directors shall consist of the following officers, committee chairs, *coordinators*
529 and representatives of XXSI, together with those additional members designated in Sections 605.2 and 605.3:

- 530 .1 General Chair
- 531 .2 Administrative Vice Chair
- 532 .3 *Senior* ||**Vice Chair**| or |**Committee Chair**||
- 533 .4 *Age Group* ||**Vice Chair**| or |**Committee Chair**||
- 534 .5 *Program Development* Vice Chair
- 535 .6 *Program Operations* Vice Chair
- 536 .7 *Finance* Vice Chair
- 537 .8 Secretary
- 538 .9 Treasurer
- 539 .10 Coach Representatives (2)
- 540 .11 Athlete Representatives (2)
- 541 .12 Safety ||**Committee Chair**| or |**Coordinator**||
- 542 .13 *Technical Planning* Chair
- 543 .14 *At-Large* Board Members
- 544 .15 *Safe Sport* ||**Committee Chair**| or |**Coordinator**||

545 *This section permits an LSC to organize itself using either the traditional LSC organization (retaining the Age Group*
546 *and Senior vice-chairs positions) or the function-based organization similar to the USA Swimming organizational*
547 *format and hybrids in between. For more information in that regard, see the introductory guideline provided above.*
548 *While the new position of Finance Vice Chair is designated as optional, it is strongly recommended that the Finance*
549 *Division become a part of every LSC's structure. An LSC may add additional members to the Board of Directors, but*
550 *may delete only that indicated as numbers .13 and .14 and, if the traditional organization is used, only those indicated*

551 *as .5 and .6. If the functional organization is used, those indicated as .3 and .4 may also be deleted. Larger LSCs,*
 552 *however, would likely want to keep the Age Group and Senior Committee Chairs as Board Members even in the*
 553 *function-based structure. The order in which officers are listed here is not mandatory. The reference to Section 605.2*
 554 *may be omitted by LSCs without At-Large Board Members.*

- 555 606.1 ELECTED OFFICERS AND COMMITTEE CHAIRS — The officers, *At-Large Board Members*, and
 556 committee chairs and coordinators who shall be elected by the House of Delegates are:
 557
 558 .1 General Chair
 559 .2 Administrative Vice Chair
 560 .3 *Finance Vice Chair*
 561 .4 Senior **||Vice Chair| or |Committee Chair|**
 562 .5 *Age Group ||Vice Chair| or |Committee Chair|*
 563 .6 *Program Development Vice Chair*
 564 .7 *Program Operations Vice Chair*
 565 .8 Secretary
 566 .9 Treasurer
 567 .10 *Technical Planning Chair*
 568 .11 Safety **||Committee Chair| or |Coordinator|**
 569 .12 *Officials Committee Chair*
 570 .13 **||Membership/Registration ||Chair| or |Coordinator|** **|| or |Membership ||Chair| or |Coordinator| and**
 571 **Registration ||Chair| or |Coordinator|**
 572 .14 *At-Large Board Members (athlete and non-athlete)*
 573 .15 *Athlete Representatives*
 574 .16 **Safe Sport ||Committee Chair| or |Coordinator|**

575 *An LSC may add additional positions to the list of officers, chairs and coordinators to be elected by the House of*
 576 *Delegates, but may delete only those indicated by italics, except that numbers .4 and .5 may be deleted only (although*
 577 *not recommended) if numbers .6 and .7 are included; and if numbers .6 and .7 are deleted, then numbers .4 and .5 must*
 578 *be included as Vice-chairs. Larger LSCs electing the function-based organization will likely keep the Age Group and*
 579 *Senior Committee Chairs as elected Board Members. It is recommended that the position of Safety Chair or*
 580 *Coordinator be a position elected by the House of Delegates. If the position of At-Large Board Member is used, it must*
 581 *be elected by the House of Delegates, unless permission to do otherwise is obtained from the USA Swimming Rules and*
 582 *Regulations Committee. If any of numbers .10 through .13 are omitted, corresponding changes may need to be made*
 583 *elsewhere. Some LSCs may find it helpful to split a division into two or to appoint one or more deputy division vice-*
 584 *chairs to divide first tier responsibility. Any single-person position, other than General Chair, that has been listed as a*
 585 *chair should be changed to “coordinator”. The order in which officers is listed here is not mandatory. Any office may*
 586 *be combined with any other office except that of General Chair. Also, the offices of Treasurer and Finance Vice Chair*
 587 *may not be combined. The alternatives presented allow for traditional, functional or hybrid forms of organization and*
 588 *must be consistent with the choices made previously. The reference to “Athlete Representatives” must be omitted if*
 589 *Provision A is selected for use or if the second or third variant of Provision B is selected*

HK-1	ACTION:	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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590 **Location:** Page 51 – 103.21 Electrical Safety
 591 **Proposed by:** Juan Pelaez – Florida Gold Coast
 592 **Purpose:** Correct acronyms to language currently used in the Rulebook.
 593 **Recommendation:** *The Rules and Regulations Committee recommends approval.*
 594 **103.21 /M/ ELECTRICAL SAFETY** — All permanent or temporary electrical connections to the electronic loudspeaker start
 595 system, automatic officiating equipment, and other electrical or electronic devices operating on line voltages in the vicinity of the
 596 racing course shall be made only from a ground-fault circuit interrupter (GFI/GFCI) protected convenience receptacles or circuits.

597 In the event such receptacles or circuits are not available in the facility used for competition, portable U.L. approved self-
598 contained type ~~GFI/GFCI~~ outlet fittings shall be provided (furnished and installed) at the non-protected convenience receptacles
599 by the meet management, Meet Director, or the equipment operator(s) whenever such equipment is connected and in use.

HK-2	ACTION:	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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600 **Location:** Page 63 – **202.6 Requirements for Approval**
601 **Proposed by:** Rules and Regulations Committee
602 **Purpose:** To clarify that an LSC may host an approved meet.
603 **Recommendation:** *The Rules and Regulations Committee recommends approval.*
604 **202.6 REQUIREMENTS FOR APPROVAL** — Approval of competition may be issued, withheld or withdrawn by an LSC in
605 accordance with the following regulations:
606 .1 Approvals may be issued to non-member clubs/organizations for meets conducted in accordance with USA Swimming
607 technical rules.
608 .2 Applicants for approval of an open water competition shall complete the application approved by USA Swimming. Before an
609 open water competition is approved by the LSC, the LSC sanction officer shall submit the completed sanction/approval
610 packet to USA Swimming for review and approval.
611 .3 Approvals may be issued to member clubs for closed competition (such as YMCAs) conducted in accordance with USA
612 Swimming technical rules.
613 .4 Approvals may be issued to member clubs or to LSCs for open competition conducted in accordance with USA Swimming
614 technical rules if that competition has been specifically approved by the USA Swimming Program Operations Vice-President
615 or his/her designee.
616 [no further changes]

HK-3	ACTION:	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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617 **Location:** Page 118 – **Article 410 Confidentiality**
618 **Proposed by:** Safe Sport Committee
619 **Purpose:** To correct the substitution last year of “LSC” with “Zone” in the permitted recipient of notification
620 regarding employees under investigation, when “Zone” should have added to the list and LSC retained
621 in this subsection.
622 **Recommendation:** *The Rules and Regulations Committee recommends approval.*
623 **ARTICLE 410**
624 **CONFIDENTIALITY**
625 **410.1-.2** [no changes]
626 **410.3** USA Swimming shall also disclose information to a member club, LSC or Zone where an employee or volunteer of such
627 club, LSC or Zone has been alleged in a complaint to have violated the Code of Conduct.

HK-4	ACTION:	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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628 **Location:** Page 138 – **507.1 Organization**
629 **Proposed by:** Rules and Regulations Committee
630 **Purpose:** Correct organizational name from ASUA to UANA.

631 **Recommendation:** *The Rules and Regulations Committee recommends approval.*

632 **507.1 ORGANIZATION**

633 .1-.4 [no change]

634 .5 The United States delegates to, and swimming technical committee members of, the Federation Internationale de Natation
635 and the ~~Amateur Swimming Union of the Americas~~ Union Americana de Natacion shall automatically be members of the
636 House of Delegates.

HK-5	ACTION:	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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637 **Location:** Page 143 – **511.6 EFFECTIVE DATE**

638 **Proposed by:** Rules and Regulations Committee

639 **Purpose:** To clarify effective date for all housekeeping items.

640 **Recommendation:** *The Rules and Regulations Committee recommends approval.*

641 **511.6 EFFECTIVE DATE** — Housekeeping items approved as prescribed shall become effective immediately. All amendments
642 to Part One of these Rules and Regulations approved as prescribed shall become effective on May 1 of the year following their
643 adoption, unless otherwise specified at the time of adoption. All other amendments to these Rules and Regulations approved as
644 prescribed shall become effective on January 1 of the year following their adoption unless otherwise specified at the time of
645 adoption.

CHANGES TO USA SWIMMING TECHNICAL RULES
ADOPTED BY RULES & REGULATIONS COMMITTEE TO CONFORM TO FINA TECHNICAL RULES
[Informational Only]

101.2 BREASTSTROKE Effective November 30, 2014

- .3 **Kick** — After the start and each turn, at any time prior to the first breaststroke kick a single butterfly kick is permitted. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.

The feet must be turned outwards during the propulsive part of the kick. Scissors, alternating movements or downward butterfly kicks are not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

102.8 SWIMWEAR Effective April 15, 2015

.3 **Advertising**

A Advertising means the normal display of the name, designation, trademark, logo, or any other distinctive sign of the manufacturer of the item or any other advertiser permitted in accordance with this rule. FINA labeling and the USA Swimming logo or club logo shall not be considered as advertisements. Logos of the swimwear manufacturer shall be considered as advertising and are included in the limits described in (1) through (3) below. In the competition venue or complex of all events conducted by and under the control of USA Swimming or any LSC or division thereof, advertising appearing on swimwear is allowed as follows:

- (1) **Swimsuits** — A total of two separate advertising logos of a maximum size of 30 square centimeters (4.65 sq. in.) each, as measured as applied, shall be permitted.

Registration / Office Administrator Report
Board of Directors Meeting
August 29, 2015

- **2015 Registration Numbers as of 8/24/15:**

Athlete:	6342	Non-Athlete:	919
Athlete Outreach:	34		
Athlete Season 1:	126	Clubs:	52
Athlete Single Meet:	9		
Total:	6511		

- **Clubs:** Since our last Board meeting, we've had some club changes:
 - Two new clubs,
 - ECAT (East Coast Aquatic Team), Chesapeake, Head Coach: Art Anthony
 - ACAC (Atlantic Coast Athletic Clubs Of VA), Charlottesville, will join on 9/1/15, Head Coach: Helen Dixon
 - Two more organizations have contacted me about starting a team.
 - Two clubs have changed their names:
 - EF has become DIG (DIG Swimming)
 - YRVS is now SFY (Salem Family YMCA).
- **Athlete Protection Training:** Starting September 1, an additional APT course will be available for those non-athletes who will need to renew their APT. This is a new course that will take approximately 40 minutes and still has a 'certification life' of two membership years. That is, if someone completes the course on September 2, 2015, it will not expire until December 31, 2017. The current APT course will be required for any new members and must be completed in order for membership in USA Swimming to be valid. The certification life of this course is also two membership years.
- **Strategic Planning:** Our Strategic Planning session will be held October 17th and 18th at the Richmond Marriott West on Cox Road. I have reserved a block of rooms so please let me know if you will need a room on Friday and Saturday nights. (I will get this info at the meeting on Saturday.)
- **Background Checks:** Member Services has informed us that BG checks are more in-depth than they have in the past and, therefore, it is taking longer for them to be finalized, sometimes up to 3-4 weeks. Also, many more organizations are requiring BG checks which is causing a backlog for city/state/county clerks. Because of this, it is recommended that coaches should plan to renew their BG checks at least a month in advance of their renewal date.

TECH PLANNING REPORT

August 2015

The 2015-2016 meet schedule is up on the VSI website and meets are being sanctioned and posted as I type.

The Age Group Committee and the Senior Committee have recommended that for next summer only, we run the Age Group Long Course Championship on the same weekend as the Senior Long Course Championship – July 21-24. This change needs to be reflected on the website.

Summer Award assignments will be posted shortly. The RAYS will be running their Summer Awards meet at the new Emory Mill pool in Stafford County. This should be helpful in soothing the nerves of the north area.

The north Region meet WILL be held at the Freedom Center in the spring.

I failed to get our meet procedures updated in a timely fashion to reflect what we ACTUALLY do. So, still need to work on this to make sure our P & P has the correct information in it.

I have not received any meet ref reports this summer, so I'm uncertain how the refs saw any overcrowding issues. However, I did receive complaint about a couple of the meets run at CSAC. We need to develop an acceptable interval for chase starts or a limit to the number of bodies allowed at our regular long course meets so that we ensure we are abiding by USAS rules. I believe that Bryan Wallin and Steve Hennessey have been discussing this.

It has been my pleasure to serve as the VSI Technical Planning Chair and I am glad to help whoever is unfortunate enough to come in behind me to have a smooth transition. 😊

Next Spring's banquet at King's Dominion:

Contract is signed for the venue on Saturday, April 23 ... The cost of park entrance is increasing one dollar from this year's price – so \$28 for the park entrance with picnic (\$47 total park and picnic) or \$34 for park only tickets. The cost of the meal will remain the same as this year – nice, since this is the portion VSI picks up! I sent Mary the contract so she should have that in the office.

I have also sent an athlete request to Speedo.

The banquet committee needs a replacement for me. I would suggest that someone on the committee be responsible for ticket procurement and distribution, and someone different be responsible for producing the banquet booklet. I ran credit cards through the Y last year, but VSI should probably just set up a way to do that for TEAMS, through paypal. I think the biggest amount I ran through was \$3500 last spring... something to think on. Also need to decide on a gift for the All Staters ... anyway, Jessica and Mary certainly already know the things that need to be taken care of so they should be able to provide new people input.

I think VSI might want to entertain putting together a banquet committee for Spring of 2017 NOW, to pursue other venues and fun ideas. The more lead time the better.

Submitted by: Lisa Liston

2016 Region Championship Team Assignments

Northern Virginia Region @ Freedom Center	Blue Ridge Region @ CAC	Tidewater Region @ BMAC
Hosted by RAYS	Hosted by LY	Hosted by CGBD
NOVA	ACST ACAC	CGBD
PWSC	BRAC BAC	DC
QDD	CCA BASS	DIG
QSTS	FUAC CAST	ECAT
RAPP	GRTD CYAC	OBX
RAYS	HOKI GATR	ODAC
RPST	LY HA	RACE
STAT	PSDN LASO	SEVA
STLH	SCAT VAST	TAC
TSU	STRM RSA	TIDE
VSTP	YMST SFY	VYAC
WFS	SMAC	WAC
WST		NSU

SUMMER AWARDS TEAM ASSIGNMENTS 2016

LSC 1 SEVA hosting at BMAC	LSC 2 RAYS hosting at Emory Mill Pool	LSC 3 CCA hosting at CAC
CGBD	BASS	ACST CAST
EF	DC	BAC BRAC
OBX	NOVA	CYAC CCA
NSU	PWSC	GATR GRD
ODAC	QDD	FUAC LASO
SEVA	RAYS	HA HOKI
TIDE	RACE	LY
TAC	RAPP	PSDN
TCAC	RPST	SCAT
VYAC	STAT	SMAC
WAC	STLH	SQST
	TSU	STRM
	VSTP	VAST
	WST	YMST
		YRVS

FINANCE CHAIR REPORT – 8/24/2015

1. **Credit Card Service:** Jeff Kincaid, a SEVA coach who works in the credit card field, has reviewed VSI's PayPal arrangement to assess whether lower service fee rates could be obtained from another service. Jeff said that the 2.2% rate that we have from PayPal would be difficult to improve upon and feels that we should stay with PayPal as long as we are happy with the service they provide. He said that the credit card companies currently collect 1.5 to 1.9% of the amount charged, so a 2.2% rate from a provider allows only 0.3 to 0.7% as the provider's fee. For annual charged amounts of \$60,000 to \$100,000, it would be difficult for a provider to realize a reasonable return at a service rate lower than 2.2%.
2. **'Shipping' Fees:** Currently in the Payment Center there are two options available for paying registration fees by credit card: (1) payments made by teams and (2) payments made by individuals. VS adds a 2.5% 'shipping' (processing) fee for payments made by teams. For payments made by individuals, a flat fee of \$2 is added onto the registration fee. Offering two payment methods has caused a little confusion and can be simplified by offering a single payment option with a two-tiered shipping fee: 3% processing fee for payments up to \$130 and 2.5% fee for payments over \$130. This two-tiered shipping fee will offset the transaction costs and provide a few cents overage to VS. (The overage will be less than \$1.00 for all payments up to \$500.)

Action Item: Approve a two-tiered 'shipping fee' for registration payments with a 3.0% fee applied to payments up to \$130 and a 2.5% fee to payments over \$130.

Submitted by Bill Geiszler, Finance Committee Chair

Club Development Report

I do not believe I will make it to the meeting on Saturday, but below is my report.

1. The swim clinic VSI sponsors in September during the swimposium is ready to go. We have Natalie Coughlin hosting the clinic at the CSAC pool. Last years turnout exceeded our expectations so we had to divide the clinic into two sessions with the 12 & Overs in the first 2 hour session and the 11 & Unders in the second 2 hour session. Learning from our mistakes we went ahead and planned for this layout this year thinking we would have a high turnout and I am glad we did. The 12 & Over session has already reached its max capacity and the 11 & Unders session is very close
2. For the coaches during the swimposium we have JR Rosania. JR is one of USA's top performance enhancement coaches. JR's expertise is incorporating his unique core training system with sport specific resistance exercises and conditioning activities to improve the body's ability to perform at peak levels and deliver this training to athletes around the world. He will be presenting twice during the swimposium, once on Saturday afternoon and again on Sunday after our committee meetings and before the HOD meeting. We are working to have him do his Saturdays presentation at the CSAC so he can demonstrate his exercises. On Sunday he will do a more formal presentation and before the end of the session help coaches write up a program they can take back to their clubs and use.
3. I resubmitted our request for participation in the USA Swimming's Coach Mentor program back in December for this year's funding. I just found out that we were not one of the LSCs picket to take part or receive funding. I asked why we were accepted so we can make the changes for next year, but they were not able to give me that information. So I will try to change it up a little bit for next year and see what I can do.

That concludes my report. If you have any questions please let me know.

Thank You

August 16, 2015

Sean Harrington has retired from competitive swimming at this point and has enrolled in the "Project Search" program in Chesapeake, as an effort to find employment opportunities. He will be working at Chesapeake Regional Medical Center in the fall as full time. He may be swimming in a Master's Program in 6 – 12 months. Sean still enjoys swimming and has been working on his "tan" this summer.

Emilia Scovel had a very busy summer. She swam for the neighborhood swim team, the Sideburn Run Sharks. She competed in the 8 and under group and swam the 25 Breast, 25 Free, and the 25 Back. She was one of the top 3 8 & under Sideburn swimmers in Breast, and she qualified to swim in 3 NVSL "A" times, in addition to her weekly NVSL "B" meets. She attained personal best times this summer, and had fun at every meet! She will start with her competitive team in mid September, in the "Mini- Gold Group."

Joseph Peppersack and Samantha Tubbs were invited to the Paralympic Training Center in Colorado Springs, Colorado for a week of intensive, focused coaching.

Jessica Simons served as an official at the Special Olympics meet held in Richmond, Virginia during the second week of June, 2015.

Pat Donohue, Michael Downs, and Kim Downs will be attending a disability swimming workshop for Officials in Sept, 2015, at Colorado Springs.

Members of the VSI Disability Comm include Coach Art Anthony, Coach Ray Tubbs, Sean Harrington (athlete), Dr. John Harrington (parent), Sandy Peppersack (parent), Joseph Peppersack (athlete), Pat Donohue (official), Jessica Simons (official), Kim Downs (official), Lee Gibbs (official) and David Strider (Chair of Disability Committee).

Respectfully submitted,

David Strider, Chair (VSI Disability Committee)

ZONE TEAM MANAGER RECOMMENDATIONS
2016 VSI LC Senior & Age Group Champs

1. First off there is no need to move dates, the weekends lie about the same next year as they have for the last few years. However if in the event the meets are held on the same weekend. I would like to discuss the possibility of the following ideas:
 - Remove top two as a determining factor for zone team qualifying.
 - Reason: if this is removed we could develop the team by the deadline.
 - For those athletes who have cuts for both SR and AG, it will be very challenging to determine who they are because the meets are running simultaneously.
 - We can fill in open races with athletes already on the team. In order to "compensate" the kids who may have earned a place with top two and only had 3 cuts, or for those just shy of a 4th cut, reduce the amount of required cuts to 3.
2. Time trials and intermediate splits-Time trials
 - Clearly not available to all athletes, the field for those who can afford the splash fee has the advantage.
 - Time trials is a separate meet from Sr Champs and I believe is sanctioned as such.
 - Our policy is that the team must be developed at the conclusion of the champs meet.
 - If time trials is after the meet has concluded than those times could not be considered.
 - Furthermore off topic, if the meets are held on the same weekend athletes who qualify for both AG and SR and don't want to incur the expense of travel, could potentially swim SR champs and be able to swim up to 4 additional races by time trial.
 - Clearly way less expensive than traveling to AG champs. I think those 13-14 year olds would rather be racing at their meet but economics could play a factor in decision making. For those families who have athletes that qualify for both, and are not local to either location, we are burdening them with a very expensive weekend!
 - Intermediate splits- we accept lead off splits, I'll defer to Jessica on how challenging it is to track that. I do not believe that accepting them for qualifying for Zone Team is a good idea. I will provide a Zone Team report for our September meeting.

Maureen Tolliver
Zone Team Manager
July 28, 2015

August 25, 2015

VSI Senior Chair Report

1. **Policy Change Proposal** – Zones participation language changes – submitted
2. **Policy Change initiative** – Travel Reimbursement adjustment – VSI Senior committee will move to adjust the policy language – currently states only certain competitions will be considered – it has been the committee’s intent to provide support to all eligible athletes – with the vast amount of potential competitions that coaches may choose to attend it is time to eliminate the competition standard.
3. **Senior Champs Time Standards** – will be reviewed at upcoming meeting
4. **2016 Senior Champs / LC Zones** - Senior Committee voted not to move the date – discussion with Age Group Chair the decision is to run SR Champs and AG Champs on the same weekend. Due to Olympic Trials the schedule is pushed back. A contributing factor is financial. Many teams would have a large part of their membership finished the second weekend of July thus losing significant revenue for the remaining weeks of the month.
5. **VSI Education/Travel assistance for coaches** – discussions on deck suggests VSI initiate financial assistance for coaches. VSI member clubs all operate under limited budgets with expenses continuing to rise due to pool rents, travel costs etc. The committee will develop policy language for a fund to assist VSI coaches travel to educational opportunities and USA Swimming National level competitions. The committee understands fiscal year 2015-2016 budget has been set. The committee requests an adjustment to provide a funding pool for 2016 Olympic Trials.

Respectfully submitted,

Ted Sallade VSI Senior Chair

Coaches Committee Report

8/27/15

1. Zones Report: It was great to win Zones in our own back yard . I solicited feedback from the Zones Coaches immediately at the end of the meet. Here are some suggestions/comments I received:

*** Maybe a Head Chaperone and one more Coach, so that each group can have a coach dedicated only to them, and the Head Coach to coordinate, administer and fill in where needed.

***Don't ever hire James River bus company again.

***We had several instances of parental interference on the trip at the hotel and on the deck despite the policies put out. Bridget and Maureen ran a lot of interference for us to allow us to focus on coaching.

***We may have to go to a "no electronics" policy on deck because of parental interference.

*** I did get put in a room with a chaperone. Felt like I should have either had my own room or at least roomed with a fellow coach.

***It might work better to schedule a later breakfast for 9-12 yo and then have a catered lunch brought to the pool for those age groups after their session before finals. That way we would be moving food to them instead of moving 36-60 of them to food.

GENERAL COMMENTS FROM THE COACHING STAFF: I truly enjoyed the entire coaching staff. I'm not sure how to explain it but we all meshed very well. No egos, just working together and having fun with the kids. I had a great experience with the zones team and the coaches. Maureen does a great job of not only planning, but also having to handle all the things that can come up during the trip. Bridget and the rest of the coaches all did an outstanding job and really got the kids fired up and excited to swim. I had a lot of fun with the trip and hope to be able to do it again in the future.

2. Coaches Input: I solicited the current head coaches in VSI to request any items they wanted addressed by the board. The only 2 responses I received was the following: Request for an update on the Northern Region/Districts, VSI and PVS territory, etc. issue and request for an update on the \$50,000 set aside for Club Development

Appointments to Virginia Swimming Board of Directors

Appointed Athlete:	Austin Moyer
Appointed Athlete:	Vacant
Appointed Athlete:	Matthew Hopkins
Officials Chair:	Bryan Wallin
Rule & Legislation Chair:	Kevin Hogan
Finance Chair:	Bill Geiszler
Diversity Coordinator:	Peter Maloney
Disability Coordinator:	David Strider
At Large Member:	Jessica Simons
At Large Member:	Art Anthony
National Times Coordinator:	Terry Randolph

Appointed Advisory Position to the Board

Club Development Coordinator:	Steve Phillips
Equipment Coordinator:	Michael Braum
Open Water Coordinator:	Stephanie Suhling
Records Tabulation Coordinator:	Jessica Simons
Safe Sport Coordinator:	Vacant
Safety Chair:	Steve Woolfolk
Zone Team Manager:	Maureen Tolliver
Camps & Clinics Coordinator:	Vacant

Red Font: Vacant positions as of September 1st.

Blue Font: At-large positions

August 24th, 2015

To Virginia Swimming Board of Directors,

I received an email from Bob Rustin, treasurer of Virginia Swimming Inc. earlier today informing me that our swimmers were not eligible for funding from our summer championship meet in Clearwater, Florida. I was going to write a letter anyway discussing two of my swimmers who did not get funding this spring because they did not attend the NASA Junior National Cup meet or an approved meet by Virginia Swimming. Instead, they participated in the NASA Showcase Classic meet in early April because they were 14 and under swimmers.

After receiving this notification, I knew I had to take steps to address this subject because I have very strong feelings about this topic. I firmly believe that the Virginia Swimming Board of Directors has the right to declare the time standards that must be met by a Virginia Swimming athlete to be eligible for funding. They also have the right to decide how many times a year they will provide funding. However, I strongly disagree that they or anyone for that matter has the right to declare what meets an athlete must go to in order to receive said funding.

Let me first address the two young ladies this spring. As a coach who has been coaching in Virginia Swimming for over 45 years, I feel that I know what is best for MY swimmers both as athletes and students. If they had participated in our Junior National Cup with the rest of our Senior Team they would have needed to leave Age Group Champs on Sunday evening and prepared to fly to Florida early Monday morning. They had already missed two days of school in order to attend Age Group Champs. Both I and their parents felt missing another straight week of school would not have been beneficial towards their education and I did not feel that swimming wise they would have been prepared to perform at their best. The Showcase Classic was held over Spring Break, so it allowed them the opportunity not to miss school and also get in another two weeks of training before their next competition. They both earned the qualifying standards to be funded by Virginia Swimming. Therefore, I believe they should be able to attend whatever meet is the best fit for them. Again, they earned this qualification and what meet they swim in should not void this accomplishment. Just for information purposes you can qualify and be accepted to United States Olympic Trials without even being a registered USA Swimming athlete. You earn this reward based on your qualifying time.

I take great disdain that I have to be told where my swimmers have to participate to be funded. This should not be the way. At the NASA Dolphin Senior Championship in Clearwater, FL July 29th through August 1st our team broke a large number of Virginia Swimming state records and had two 15 year old boys make the 2016 Olympic Trials. We have an additional 5 or 6 swimmers who should make their cuts by next summer. The meet had 27 Olympic Trial cuts made over the course of the week, so it definitely was a quality event.

I would like you to reconsider funding for the two girls (Caroline Kulp, Olivia Bray) from the Spring Showcase Classic. Both of their forms for funding were turned in at the appropriate time. I would also like to ask you to reconsider and allow the 7 swimmers who participated in the NASA Dolphin Senior Championship to be eligible for funding as well. Just to show you how dumb I was I thought when you approved the NASA Meet in the Spring I assumed that you were approving all NASA meets going forward.

While I'm on a roll, I have two other ideas that I would like for the LSC to consider. First, the LSC should fund a coach the exact amount they fund a swimmer for attending meets. A lot of clubs that are not large in number have a difficult time in coming up with the proper funds to send their coach to a meet with one or two swimmers and in a lot of cases I have found that the coach pays for this expense out of his or her own pocket. Sometimes the swimmers will even go without a coach. This should not be the goal of our LSC. Second, to help our coaches develop I think there are many great learning opportunities through ASCA, ISCA, and USA Swimming. We should be funding coaches who would like to attend clinics and further educate themselves. It would only help the LSC and further improve the coach which should be one of the major goals of Virginia Swimming.

In closing, I hope you reconsider and please fund my athletes who earned their qualifying time standards through dedication and hard work. This is what should be funded. Thank for your time.

Sincerely,

Doug Fonder

Head Coach Virginia Gators

**To: Steve Hennessy
General Chair – Virginia Swimming**

Steve,

Per our conversation after our June 27-28, 2015 Meet, WAC would like Virginia Swimming to consider refunding the Meet fees for that Meet. Because of the numbers, we lost money on the meet. We feel that if the Meet the Week before was held to the 4 hour Session limit that our meet would have had more than the 138 Swimmer total. That would have led to a more competitive Meet with the fees to at least cover the expenses.

Thanks for your consideration on this matter,

**Harold Baker – Head Coach
Williamsburg Aquatic Club**

Virginia Swimming Meet Financial Report

Date(s) of Meet: 6/27-28/15 Report Date: 7/14/15
 Host Club: WILLIAMSBURG AQUATIC CLUB Sanction Number: VS-15-99
 Meet Director: HAROLD BAKER Phone: 757-229-8662
 E-mail: COACH HAROLD 29 CORX.NET

Type of Meet: Age Group X Senior _____ 8 & Younger _____

Total Number of Participants: 132 Swimmer Fee (per participant): \$2.50
 Entry Fee - Individual Events: \$650 Entry Fee - Relay Events: N/A
 Total # of Individual Entries: 892 Total # of Relay Entries: 0
 Rebate Fee - All Events: .65

Rebate Schedule (Individual or Relay Events):	
8 & Younger Meets	\$ 0.35
Other Non-Championship Meets	\$ 0.65

REVENUE

1 Entry Fees-Indiv	\$5,798.00	
2 Entry Fees-Relays	\$ 0.00	
3 Swimmer Fees	\$330.00	
4 Other (optional)	\$ -	
5 TOTAL REVENUE	\$ -	\$6,128.00

EXPENSES

6 Sanction Fee	\$ 20.00	(\$20.00)
7 Rental of Equipment	\$ -	
8 Pool Rental	\$5,344.00	
9 Hired Labor	\$ -	
10 Hospitality	\$271.80	
11 Printing (for officials, coaches)	\$250.00	
12 Awards	\$427.00	
13 Other (optional)	\$99.65	- SUPPLIES
14 Entry Fee Rebate to VSI-Indiv	\$579.80	
15 Entry Fee Rebate to VSI-Relay	\$ 0.00	
16 TOTAL EXPENSES	\$ -	\$6,992.25
17 NET PROFIT (LOSS)	\$ -	\$ - 864.25
18 Total of lines 6,14,&15 rebated to VSI	\$ -	\$599.80

Make checks payable to Virginia Swimming Inc.

Mail check and report to:
 Bob Rustin
 8208 Chainmale Road
 North Chesterfield, VA 23235
 804-276-9220
 treasurer@virginiaswimming.org

Send copy of report to:
 Lisa Liston
 1240 Krise Circle
 Lynchburg, VA 24503-2612
 434-384-6338
 techplanningchair@virginiaswimming.org

 **SWIMRVA SWIM SCHOOL**

LEARN TO SWIM

SWIM LESSONS

SWIM TEAM

**2ND
GRADE**

**MIDDLE
SCHOOL**

**HIGH
SCHOOL**

**PRE-
SCHOOL**

ADULT

**SCHOOL AGE
SWIMAMERICA**

ALPHA

BRAVO



COVER SHEET

LEARN TO SWIM + SWIM LAB: Request to the Virginia Swimming

Name of Make a Splash Local Partner: Swim RVA

Name of Contact: Adam Kennedy

Email address: adam.kennedy@swimrichmond.org

Address:

5050 Ridgedale Parkway
Richmond, VA 23234 USA

Phone:

(804) 271-2662

Name of Person Filling out this Application: Adam Kennedy

Email of Person Filling out this Application: adam.kennedy@swimrichmond.org





NARRATIVE

LEARN TO SWIM + SWIM LAB: Request to the Virginia Swimming

SwimRVA champions the benefits of health, recreation and competition that swimming affords while simultaneously recognizing the real threat of drowning in a society where 50% of the population does not know how to swim. Our mission is to elevate aquatics in the Richmond region, making water safety and aquatic fitness more accessible to all.

HISTORY

SwimRVA began as the Greater Richmond Aquatics Partnership and in 2012 opened the Collegiate School Aquatics Center which houses the 2008 Olympic Trials pool, a secondary instructional pool and a therapy pool. This world-class facility in Chesterfield County is the first of its kind in Central Virginia and is intended to be a fitness and water safety driver for area residents.

We are a USA Swimming Make a Splash Local Partner. Prior to piloting our Learn-to-Swim Program in 2012, five Title 1 elementary schools within a two-mile radius of our facility, were among the 70% of Richmond elementary schools without a Learn-to-Swim effort. Our pilot demonstrated the power and possibility of SwimRVA's vision to drownproof Richmond by teaching youth a life skill that will boost self-confidence, lower childhood drowning rates, and fight childhood obesity. SwimRVA now serves more than 1,000 youth annually through this program, with the goal of collaboratively reaching all second graders in the Richmond region by 2020.

KEY PROGRAMS

Learn to Swim & Swim Lab: These programs focus on under resourced schools in the region serving minority and low-income youth. Our Learn-to-Swim program introduces second graders to swimming through seven 45-minute lessons. Our Swim Lab program bridges the gap between learning to swim and competitive swimming by offering after-school enrichment for underserved high school youth.

Competitive Swimming: SwimRVA offers a year round swim school for children 6 months to adults. SwimRVA also provides a year-round pre-competitive bridge program called the SwimRVA Swim Team for youth 18 and younger.

Senior Wellness: SwimRVA helps our region's seniors access and benefit from aquatic therapy and activities. We are currently serving more than 600 seniors each week in group exercise and social programming, with the goal of reaching 1,000/week in this fiscal year.

Sports Tourism: As a world class aquatics center that boasts a competition arena and pool that was used in the 2008 US Olympic Trials, a 25 yard instructional pool and a therapy center featuring underwater treadmills and water massage, we aim to boost sports tourism through events at our flagship facility 30-35 weekends/year.

EXPERTISE

Adam Kennedy leads SwimRVA as its Executive Director with a passion for swimming that stems from nearly a lifetime in the water – from learning to swim at age six and continuing to swim through college. After completing his undergraduate degree at Davidson College, he went on to coach swimming at Colgate University, Ohio University (where he completed a Master of Science in Coaching Education), the Naval Academy, and most recently University of the Pacific where here led two NCAA Division One programs,

a USA-S Club and a city-wide lessons program.

Deb Kelo, PhD, Director of Programs, was hired in the fall of 2014 as SwimRVA strategically invested in robust programming. Deb brings more than 25 years of experience in exercise science and educational programming.

Adam and Deb are supported by Brad Burton, Director of Operations; Scott Bennett, Director of Administration; 63 instructors and support personnel; and a powerful board of directors.

THE BRIDGE: FROM LEARN-TO-SWIM + HIGH SCHOOL SWIM LAB TO PRE-COMPETITIVE PROGRAMMING

Swim lessons not only save lives, they empower youth in their accomplishments and set the stage for lifelong fitness habits. SwimRVA aims to catalyze health, safety, aquatic acumen and after school participation. Our Learn-to-Swim umbrella includes Elementary School programming designed to teach all area second graders to swim and Middle/High School Swim Labs designed to prepare swimmers for life by helping them reach their highest potential both in and out of the pool. Whether it's gaining the confidence from learning to swim or building the positive relationships that lead to good sportsmanship, youth benefit from trained instructors who emphasize personal safety, open channels to life long fitness, and guide students with praise and encouragement.

SwimRVA lessons are crafted around the ASCA Swim America Program that emphasize competitive strokes, directing students toward SwimRVA Swim Team seamlessly, which eventually guides teams to a USA-S Club Program.

Learn-to-Swim

The Learn-to-Swim program is a critical component of SwimRVA's drive to move the needle on drown-proofing Richmond, combating alarming statistics that minority and impoverished youth are the least likely to learn to swim.

Our Learn-to-Swim Program currently targets 1,000 second grade students from nine Chesterfield county schools, eight of which are designated as Title 1 and three Hopewell City schools. By offering the program free of charge to the students and the school districts, we make swim lessons accessible to underserved youth. This year we also launched a partnership with the Hopewell Community Center giving all second-grade students in Hopewell City Public Schools the chance to learn to swim. Our goal is to collaboratively reach all second graders in the Richmond region by 2020.

The Learn-to-Swim program, developed in partnership with the YMCA and the USA Swimming Foundation's Make a Splash Program follows a 7-week (45 minute swim lessons once a week for a total of 5.25 hours of in-water instruction). Students learn in a safe environment (6:1 student-to-instructor ratio) with lifeguard support. ASCA Swim America stations and curriculum are used to teach swimming through the competitive sports lens.

SwimRVA serves the entire second grade from each school, coordinating scheduling and transportation, meeting with parents and teachers, and teaching the seven week classes during three different sessions (fall beginning mid October, winter beginning late January, spring beginning mid April).

Compounding barriers to access is often generational reinforcement of non-swimming from parents who can't swim. One week prior to each session we hold an open house to introduce families and teachers to the program in an effort to stop this cycle, and start a positive one: introducing children to a healthy activity they can enjoy for the rest of their lives.

These introductory lessons provide essential life saving skills and encourage the formation of fitness lifestyles. Last year we tracked 453 of the 1072 students served in the program. On Day 1, 271 students identified as "fearful, will not get in pool or put face in water." By day 7, only 6 remained in this classification. Most youth complete the program with the ability to swim 5 yards or more unassisted and all are taught

how to be water, boating and sun safe. We are committed to tracking 100% of student outcomes this year.

Swim Lab

Complimenting our Learn-to-Swim programming for elementary school students, the Swim Lab reaches older youth, building confidence, teamwork, and perseverance by making competitive swimming attainable for youth who otherwise wouldn't have the opportunity to develop aquatic acumen. The Lab launched this spring with 46 students from Meadowbrook High School in Chesterfield County and 42 from Armstrong High School in the City of Richmond. We are exploring partnerships with additional area middle and high schools that are eager to participate.

Youth are tested for swim ability, many having none, and placed in appropriate groups to train with ASCA certified coaches for 75 minutes, twice a week over 20 weeks for a total of 40 sessions. By serving youth from under-resourced schools and providing transportation, we break down barriers to access, moving swimming from an exclusive to an inclusive sport.

SwimRVA measures the number of youth served and the progression of their aquatic acumen as determined by the Station 8 skill advancement of the ASCA Swim America curriculum for high schoolers, evaluating mastery of different strokes and swim ability. The SwimRVA Station advancement goals offer the opportunity for each high school athlete to set goals each week of the program. Staff provide the instruction, materials, and positive reinforcement needed to reach station 8—skills that progress to being competent in free, back, breast, starts and turns.

RESOURCES AND SUPPORT

We currently have grant applications pending with The Community Foundation Serving Richmond and Central Virginia (\$35,000), The Robins Foundation (\$35,000), USA Swimming Make a Splash (\$5,000), Altria Companies Employee Fund (\$30,000), and the Nunnally Foundation (\$40,000) for our Learn-to-Swim and Swim Lab programming. The projected cost per student for Learn-to-Swim programming is \$100 for seven lessons, which is exceptionally low for the opportunity to learn a valuable life skill. The more intensive Swim Lab calculates to about \$630 per student, which includes 20 training sessions with transportation, uniform, instructors and coaches.

These programs draw on SwimRVA's administration, staff, and facility resources which are supported through community programming, retail and event income, and sponsorships. As we expand, we are strengthening our development and outreach efforts to seek the foundation, corporate, and individual philanthropy needed for this important effort.

With your support we can achieve unique aquatic synergy through this bridge programming that teaches underserved youth to swim and offers opportunities to transition to competitive swimming. Thank you for your consideration of a \$4,000 grant to give more youth the chance to learn to swim.



2014-2015 Learn to Swim Program(serving 1,000 youth) + Swim Lab (serving 80 youth)

Item	Total Expense	Description
Administration cost	\$ 42,120.00	Includes portion of the salaries/benefits of the Executive Director, Director of Programs and Aquatics Manager needed to orchestrate and manage program
Instructional Cost	\$ 36,335.00	Instructional cost: Learn to Swim = 6:1 student/instructor ratio and 1 lifeguard for every 3 instruction groups; average \$15/hour for instruction, \$10/hour for lifeguarding (\$21,615) l Swim Lab Head Coach \$20hr x 160 hours and 4 Instructors at \$12/hr x 160 hours (\$14,720)
Transportation	\$ 10,884.00	Learn to Swim: Transportation costs to/from schools are \$.68 and \$20/hr (\$7,084) ; Swim Lab: \$3,800
Facility Cost	\$ 41,880.00	Learn to Swim: pool usage fee - \$20/lane hour; each instructional group will need 12.5 yards (\$22,680); Swim Lab: \$120 Hour (\$19,200)
Supplies	\$ 11,695.00	Learn to Swim: Includes T-shirts/Certificates for 1,000 students, Bathing Suits for 200 students, and Instructional aids (\$8,495) Swim Lab includes swim suit, goggles, swim cap and t-shirt fo each student (\$40/student x80 students -- \$3,200)
Total	\$ 142,914.00	