

## Kentucky Local Masters Swimming Committee Annual Meeting

### March 10, 2019

Chair C.J. Rushman called the meeting to order at 1:09 p.m. at Ralph Wright Natatorium on the University of Louisville campus in Louisville. Also present were Vice Chair Cork Haberek (WILD), Secretary Meg Smath (WILD), Treasurer Dave Burgio (WILD), Registrar Susan Ehringer (SLM), Bill Tingley (CARD), Julie May (CARD), Tom Mester (SLM), Christina Yeoman (WILD), Pat Mathison (CAL), John Fischbach (RATS), William Kolb (LAKE), Amy Pope (LAKE), Tricia Baldwin (LAKE), Chris Neichter (LAKE). Penny Noyes (WKGG) and Andrew Magazine (guest) participated by telephone.

**Chair's report.** C.J. thanked the LMSC for the opportunity to serve as chair for the last two years and said he hopes to continue as chair. He thanked Susan Ehringer for attending the USMS Leadership Summit the previous weekend in his stead. He announced that the 2019 USAS convention will be held in St. Louis Sept. 11–15 and went over our expected delegates. By virtue of their positions in the House of Delegates, the following will be automatic delegates: C.J. (Great Lakes Zone chair), Susan (Registration Committee chair), Meg Smath (member, Legislation Committee). We expect Bill Tingley will also get an at-large appointment because he is parliamentarian. The chair will appoint the two delegates the LMSC is entitled to because of the number of members the LMSC has. In the past, we have requested two at-large delegates, and those requests have been made by the chair. It was suggested at the 12-3-18 meeting that the persons wishing at-large appointments make the request themselves this year; the consensus was to follow this suggestion. If we do not get as many (or any) at-large delegates, we may send them anyway as nonvoting delegates; we believe we have enough money budgeted to pay for them.

**Treasurer's report.** The financial reports from Dave Burgio are attached. Dave drew attention to the meager \$4 in interest income reported on our 2018 annual report, and reminded us that this low return is the reason we decided at the 12-3-18 meeting to move our money market account from US Bank to Vanguard. That move was completed in January 2019. Dave went over the specifications for Vanguard, which is a conservative fund but with a much better yield than our previous account. The fund is linked with our checking account, and we will be able to transfer funds back and forth as needed. MSA the 2018 annual report. Dave will transmit the report to the National Office, as required by USMS rules. Bill asked why the amount budgeted for transportation to the 2019 USAS convention is the same amount as for the 2018 convention, even though the 2019 convention is within driving distance. Dave explained that he and C.J. had built this year's budget based upon last year's amounts, but if we wanted to decrease that amount, we could. Ultimately, the LMSC decided to leave the amount as is, in order to have enough funds in case we decide to send additional nonvoting delegates. MSA the 2019 budget.

**Registrar's report.** Susan's report is attached. She noted that she had inadvertently omitted Etown Masters, a SKY workout group. The following clubs and workout groups have been designated as USMS Gold Clubs: Central Adult-Learn-to-Swim, Lakeside, River Rats, Swim Louisville, Western Kentucky Green Gators, and Northern Kentucky Swordfish Masters. Blairwood, Cardinal, Clear Creek, Commonwealth, Eagle, Etown, and Wildcat are not Gold Clubs. Discussion cleared up some confusion about the requirements for this designation and the ramifications of receiving it.

As mentioned earlier, Susan attended the USMS Leadership Summit in Phoenix the weekend before. She gave a presentation there on succession planning, which was well received. One of the topics discussed at the summit was changing the titles of many "chairs" to "coordinators"; this makes sense because you can't really be a chair of a committee consisting only of yourself. Susan said she hoped that someone new could attend next time. Meg noted

that it would be easier to get someone to go if the next summit was not held on the same weekend as our short course championship meet.

**Top 10 recorder's report.** Bill asked that meet directors provide him with dates for the remaining meets for 2019 so that we can put together a calendar. Chris replied that the long course mini-meet will be held at Lakeside on July 14, and the Lakeside Invitational will be held Aug. 3-4. Bill said he will not know the date for the Louisville Invitational until the University of Louisville's varsity schedule is set, which probably won't be until September.

Several SKY workout groups are interested in holding new meets in the near future. William reported (on behalf of Jim Luebbe, who was unable to attend) that Blairwood would like to host a relay mini-meet. He also said that Commonwealth is interested in holding a short course yards meet and wanted the LMSC's advice on when to hold the meet; the LMSC's recommendation was April. Commonwealth would like to offer the 1000 free to complement the 1650 free held at the Wildcat meet. Bill suggested that they might want to use the 16-event format for college meets. Pat indicated that Central is also interested in hosting a relay mini-meet, and might also offer 25s, which would be an attractive distance for new swimmers.

Bill called our attention to a planned open water event, the Lake Cumberland Classic, sponsored by the Clippers USA Swimming team in Northern Kentucky. The promotional material for the event says it is being offered to USMS and USA swimmers, but there is no indication the event has been sanctioned by either organization. The sponsors have definitely not applied for USMS sanction. We cannot promote this event unless it is sanctioned. There is also a problem with the dates of the event. The Masters portion is scheduled during the USAS convention. If the meet host would move the Masters portion from Saturday to Sunday, Masters participation would be much higher. It is also scheduled in between the Big Shoulders event in Chicago and the USMS 10K national championship in Knoxville; that may not be a problem, though, because both Big Shoulders and the 10K are already sold out, and people might actually be looking for another event. C.J. knows the event director and will ask him if he plans to sanction the event and if he would be willing to flip the schedule.

Bill passed out the 2018 short course meters Top 10 report (attached). The LMSC had several Top 10 swims and two relay and one individual All-American.

**Open water chair's report.** Julie asked for the LMSC's approval for Swim Kentucky Masters to bid for a 2021 long distance ePostal championship (the 5000/10,000 meter or 3000/6000 yard ePostal swims). Information about bidding for these events is attached. The profits from the event would go into the SKY treasury. MSA.

Julie put together a calendar of sanctioned open water swims, and the calendar has been added to the new Open Water section of [www.kylmsc.org](http://www.kylmsc.org). Some of the events are sold out, but it's good information for the future about what events are out there.

**Fitness chair's report.** Tom noted that both Lakeside and Wildcat organized 1-Hour Swim sessions. He encouraged all to participate in the Smarty Pants fitness events; it is a money maker for the Swimming Saves Live Foundation. Many individual swimmers in the LMSC are participating in Go the Distance, as well. He drew our attention to Brian Thomas, the LMSC's first Adult Learn-to-Swim graduate to participate in a meet. He swam in the Wildcat Invitational the week before and dropped a lot of time from all his events and had a great time. Congratulations to Brian! Keep it up!

**Officials chair's report.** Pam Luebbe was not present to give a report, but Bill and Dave reported on the new USMS officials certification process. They encouraged any officials in the LMSC to pursue this certification because it's free and only requires that you pass a 20-question test. Dave participated in a conference call sponsored by the Officials Committee and said that he learned during the call that USMS is trying to establish a national database of certified officials (any type of certification—USA Swimming, YMCA, high school, etc.). They asked for each LMSC's Officials

chair to submit the names of its officials, and these people would be grandfathered into the database without having to take the test. The certification test is available at <https://testmoz.com/1566990>.

**Communications chair's report.** William noted that one of the recent updates to the website is an Open Water section and that the calendar is continually updated, with help from Tricia Baldwin, who has administrative access to update. He can hand over “the keys” to any page on the website if anyone is interested in making updates themselves. He is happy to make changes or create pages as people see fit; just let him know. William will add historic documents to the website, including past meeting minutes and meet results. He said that the USMS History and Archives Committee is looking for historic documents (such as old issues of *Swim Swam*, old meet programs, etc.) as part of USMS's upcoming 50th anniversary. Bill and William both have access to troves of old documents and will go through them.

Bill said that the procedure for getting meet results to William for posting will be that he, as the Sanctions/Top 10 chair, will forward them to William once he (Bill) has uploaded them to the USMS results database.

William reminded the LMSC that he can construct a webpage for each workout group and club. Several are already available at [www.kylmsc.org](http://www.kylmsc.org).

William makes frequent posts on the LMSC's Facebook page, and continues to see increased hits and usage. He does not post very often on Twitter, since few of our members are active on that platform. Christina asked about an Instagram page for the LMSC, and was promptly named to a task force consisting of her, William, and Tricia to implement an Instagram page. William said he'll also look for apps for cross-posting to multiple platforms.

**Adult Learn-to-Swim report.** William's report is attached. All agreed that ALTS is a wonderful thing. He noted that the ALTS program's definition of personal comfort and safety skills is different from the Red Cross's, for example. William and Susan are both on the Swimming Saves Lives Foundation. Pat spoke to us about her experiences—she said it has been personally freeing to learn to swim and she loves the water!—with ALTS and the program at Central High School in Louisville. She now knows how she can be safe herself and how to save someone in trouble. She will be on the cover of the next issue of *SWIMMER* magazine as a result of her work with the program! She also was featured in a commercial for the program. Her goal now is to give back to others, and she thanked the LMSC for setting up the program in Kentucky. Susan said, speaking for herself, that thanks are not necessary because she has received more than she's given. Pat also told us about her experience swimming in the ocean during a recent trip to Aruba—she was not afraid of the water! Christina is heading up a first-ever ALTS clinic to be held at UK as part of Adult Learn to Swim Month. Christina already teaches adult swim lessons at UK, and is currently rounding up volunteers, and will soon begin publicizing the clinic; but she already has two people signed up.

**Amendment to bylaws.** Notice of an amendment to the “Amendments” section of our bylaws was properly sent more than two weeks before the meeting. The following was proposed: “Amendments of these bylaws shall be made by a majority vote of the KY-LMSC at any general meeting or via email deliberations. Proposed bylaw changes shall be received by each voting representative ~~at least two weeks prior~~ at least five days prior to the meeting-undertaking debate.” MSA. With this amendment, we can now overhaul the bylaws via email discussion or conference call, and discussion will not be confined to our two regular meetings per year. We know we need to clarify who can make amendments and the definition of KY-LMSC, for example.

**Membership in the LMSC.** MSA to clarify that delegates representing a club or workout group must be registered individually in Kentucky.

**One-event registration.** William asked whether one-event registration could be beneficial for our Adult Learn-to-Swim Program and for “drop-ins” to the River Rats practice swims. The purpose of one-event registration, for either pool or open water events, is to allow someone who is not a member of USMS to participate in one competition. It

would not allow someone to practice with a workout group, and its duration would not cover the entire 30 days needed for Adult Learn-to-Swim. It would help if sanctioned open water events were held in the LMSC. The consensus was that we are not opposed to the concept of one-event registration, but that it would not help with the particular situations William brought up.

**Policy document.** The LMSC has many policies, but few are in writing and available on our website. Therefore, compiling a policy document would be a good idea. Susan, William, Meg, and C.J. volunteered to work on this. They will work together via email, Google Docs, and conference calls, with a goal of having a document to present to the LMSC by the next regular LMSC meeting.

**Submission of amendments to USMS rule book.** The deadline for LMSCs to submit amendments is June 10. Bill and Meg had discussed concerns about new procedures about the timing of the USMS budget and approval process and whether an amendment would be appropriate. We are unclear as to the intent of the new procedures and would like to get some background information first before deciding whether to propose an amendment. A subcommittee of Susan, Dave, Bill, C.J., and Meg will look into this; Dave will reach out to Jeanne Ensign or Ralph Davis to get background information.

**River City Paddle Sports inquiry.** The River Rats use a dock owned by the city of Louisville to enter and exit the Ohio River when they hold their swims. The River City Paddle Sports' board of directors has expressed concern about the River Rats' use of the dock and have asked for proof of USMS insurance and a declaration that the city would not be held accountable if an accident occurs. William reported that the issue has been mostly resolved after a meeting with the parks department, but he wanted the LMSC to be aware of the situation. He had a copy of a preliminary agreement, which is being reviewed by a lawyer. One change the LMSC noted was that the agreement should not be with the LMSC, but rather with the River Rats. William and John will keep us updated.

**Formation of the 2019 LMSC.** Susan presented a list of the number of registered members for each club or workout group from the last fiscal year or from the current year, whichever is greater. These numbers were used to determine how many delegates each club or workout group is entitled to and who will fill these positions, if known.

#### *Workout groups*

AYMS—3 members in 2018; not registered for 2019: no delegates

BEST—15 members in 2018; 11 members in 2019: 1 delegate (Jim Luebbe)

CAL—1 member in 2018; 4 members in 2019: 1 delegate (Pat Mathison)

CARD—13 members in 2018; 10 members in 2019: 1 delegate (Julie May)

CCM—18 members in 2018; 17 members in 2019: 1 delegate (Mimi Ward)

CWSC—8 members in 2018; 6 members in 2019: 1 delegate (Tasha Singleton)

EAGL—3 members in 2018; 1 member in 2019: 1 delegate

EMS—1 member in 2019: 1 delegate (Carrie Warren)

LAKE—104 members in 2018; 83 in 2019: 3 delegates (Chris Neichter, Pam Luebbe, William Kolb)

RATS—22 members in 2018; 13 in 2019: 1 delegate (John Fischback)

SLM—75 members in 2018; 67 members in 2019: 2 delegates (Tom Mester, Susan Ehringer)

WILD—183 members in 2018; 142 in 2019: 6 delegates, but WILD will only use 4 (Meg Smath, Dave Burgio, Cork Haberek, Christina Yeoman)

WKGG—62 members in 2018; 43 in 2019: 2 delegates (Penny Noyes, Randy Hansbrough)

#### *Clubs*

NKSM—21 members in 2018; 2 members in 2019: 1 delegate

RASC—new club registered in 2019 with 0 members: no delegate

SKY—515 members in 2018; 415 members in 2019: 1 delegate (Bill Tingley)

SLAKE—6 members in 2019: 1 delegate (Jacob Worley)

The total number of delegates is 22. A quorum is 12 or the four officers plus one other delegate. The LMSC determined there was currently no need for any at-large delegates.

**Election of officers.** C.J. stated his desire to run for reelection as chair. Cork said he did not want to continue as vice chair. Dave said he did not want to continue as treasurer. Meg said she does not want to continue as secretary. Dave nominated Meg as vice chair, seconded by William. There being no further nominations, the nominations were closed. Meg nominated Christina as treasurer, seconded by Chris. There being no further nominations, the nominations were closed. Meg nominated William as secretary, Dave seconded. There being no further nominations, the nominations were closed. MSA to elect the nominated slate of officers. Dave will move the treasurer's documents and software to Christina and make arrangements for Christina to have privileges to sign checks and otherwise access the LMSC's financial accounts; Dave and Meg will continue to have access as well.

**Appointments.** C.J. appointed Tom as Fitness chair, Julie as open water chair, William as Communications chair, Pam Luebbe as Officials chair, Jim Luebbe as Coaches chair, Brad Schmied as Records chair, Bill as Sanctions chair and Top 10 recorder, and Tasha Singleton as Safety chair.

**River Rats update.** John gave the following update on the River Rats' accomplishments in 2018:

- M. Johmann Lake Tahoe N/S 21 mile solo crossing
- M. Johmann 1st place Ederle-Burke 16 mile NYOW event
- Several members completed Swim The Suck 10 mile event in Tennessee
- J. Fischbach 11th place nonwetsuit Great Chesapeake Bay Bridge 4.4 mile event
- J. Fischbach 1st age-group Spyten Dyvil 10.5 km Hudson River event
- WHAS-11 TV (Doug Proffitt) covered the River Rats in a November 2018 spotlight story
- Members supported M. Johmann's successful Ice Mile swim (1600 meters under 41°F nonwetsuit), conducted at Rivers Landing, Lake Goshen, Ky.
- J. Fischbach and N. Norris will compete in the Lake James SwimRun event in Nebo, N.C. April 2019. 3 miles of swimming and 15 miles of running (Ottilo qualifier)
- Several members will compete in the June 2019 USMS 2-Mile Championships in Indianapolis, Ind.
- Several members will compete in the September 2019 USMS 10 K Championships in Knoxville, Tenn.
- River Rats will field an English Channel relay team in June 2020 (confirmed)
- River Rats has applied for a group, solo crossing of the Strait of Gibraltar June 2020
- River Rats will have longer distance holiday swim workouts on Memorial Day, 4<sup>th</sup> of July, and Labor Day (ranging from 4 to 8 miles)

**Adjournment.** MSA to adjourn at 3:39 p.m.

# KYLMSC

## Profit and Loss Budget vs Actual (Cash Basis)

January 1 – December 31, 2018

	<u>Actual</u>	<u>Budget</u>	<u>2019 Budget</u>
<b>Income</b>			
Individual Registrations	6055	6250	7050
Interest Income	4	5	200
Donations	105	0	100
Other Income	630	0	0
Total LMSC Income	<u>6794</u>	<u>6255</u>	<u>7350</u>
<b>Expenses</b>			
Convention Expenses			
Housing	1585	1600	1600
Registration	720	850	850
Transportation	1695	2200	2200
Total Convention Expenses	<u>4000</u>	<u>4650</u>	<u>4650</u>
LMSC Meetings			
Fall	553	200	200
Spring	0	150	200
Total Meeting Expense	<u>553</u>	<u>350</u>	<u>400</u>
Office Expenses	<u>115</u>	<u>275</u>	<u>275</u>
Other LMSC Expenses:			
Web Expense-Records	252	240	260
Web Expense-Website	0	282	216
JoAnn Tingley Scholarships	1354	500	900
LMSC Meeting Mileage Paid	76	0	100
Loan to SKY (Nationals)	630	0	0
Funeral Expense/Donation	143	0	0
USMS Leadership Summit	0	0	500
Total Other Expenses	2445	0	1876
Total All LMSC Expenses	<u>7123</u>	<u>6295</u>	<u>7201</u>
<b>NET INCOME (DEFICIT)</b>	<b>(329)</b>	<b>(40)</b>	<b>49</b>

December 31, 2018    December 31, 2017

**Total LMSC Assets**

Checkbook Balance	\$10,412.20	\$10,694.24
US Bank Money Market Account	\$10,115.73	\$10,111.98

Respectfully Submitted,  
Dave Burgio  
Treasurer

**Registration Report**  
Prepared by Susan Ehringer  
March 3, 2018

**2017 2018 Workout Groups**

- **AYMS 3**
- Blairwood Masters Swim Team **13/ 14**
- Cardinal Masters **13/ 12**
- Clear Creek Masters **24/ 15**
- Commonwealth Swim Club 6
- Eagle Masters 0
- Lakeside Masters **101/ 79**
- Swim Louisville Masters **69/ 60**
- Wildcat Masters **215/ 152**
- Western Kentucky Green Gators 49/ **61**

**2017 2018 Clubs**

- **DT04 6**
- BST Marlin Masters 1
- Lincoln Trail **6/ 2**
- Northern Kentucky Swordfish Masters **15/ 16**
- Swim Kentucky **522/ 396**
- Unattached **50/ 51**

**Ages**

Youngest 19 Oldest 80

19-29 **44**

30-39 **62**

40-49 **99**

50-59 **123**

60-69 **78**

70-79 **41**

**States**

- AL 1
- CA 1
- FL 1
- GA 1
- IL 1
- NC 1
- OH 2
- IN 10
- KY 429

**Cities**

- LEX 127
- LOU 152
- BG 47

Females 207 Males 240

No email 3 people

Printed 116 cards

ALTS 4 (soon to be 5)

Coaches 9

**Not Re-registered: 168**

- CCM 19
- LAKE 26
- SLM 18
- WILD 85
- WKGG 21

## Club and Workout Group Representatives

First Name	Last Name	Email Address
Meg	Smath	<a href="mailto:msmath@uky.edu">msmath@uky.edu</a>
Loretta	Race	<a href="mailto:loretta.race@gmail.com">loretta.race@gmail.com</a>
Carrie	Warren	<a href="mailto:cwarren34@comcast.net">cwarren34@comcast.net</a>
Alev	Lunsford	<a href="mailto:alevuzay@gmail.com">alevuzay@gmail.com</a>
Susan	Bradley Cox	<a href="mailto:susanbcox@aol.com">susanbcox@aol.com</a>
Randy	Hansbro	<a href="mailto:jrhans@twc.com">jrhans@twc.com</a>
Tom	Mester	<a href="mailto:coachtom@twc.com">coachtom@twc.com</a>
Chris	Neichter	<a href="mailto:cneichter@lakesideswim.com">cneichter@lakesideswim.com</a>
Hallie	Bray	<a href="mailto:hebray@twc.com">hebray@twc.com</a>
Bill	Tingley	<a href="mailto:btingley4510@Gmail.com">btingley4510@Gmail.com</a>
Jim	Luebbe	<a href="mailto:jluebbe@blairwood.com">jluebbe@blairwood.com</a>
Jason	Hilton	<a href="mailto:jasonphilton@gmail.com">jasonphilton@gmail.com</a>
Tasha	Singleton	<a href="mailto:coachtasha@gmail.com">coachtasha@gmail.com</a>

## LMSC Board Members

Name	Title	Phone	email
CJ Rushman	Chair	(513) 474-6495	<a href="mailto:cjswamuc94@gmail.com">cjswamuc94@gmail.com</a>
Cork Haberek	Vice Chair	(606) 547-6391	<a href="mailto:corkhaberek@gmail.com">corkhaberek@gmail.com</a>
Meg Smath	Secretary	(859) 885-9184	<a href="mailto:megsmath@bluegrass.net">megsmath@bluegrass.net</a>
Dave Burgio	Treasurer	(859) 271-8469	<a href="mailto:swimmr1@windstream.net">swimmr1@windstream.net</a>
Susan Ehringer	Registrar	(502) 310-0231	<a href="mailto:susanehr@usms.org">susanehr@usms.org</a>
Bill Tingley	Sanctions and Top 10	(502) 548-4129	<a href="mailto:bill@tingleyllc.com">bill@tingleyllc.com</a>
Pam Luebbe	Officials	(502) 426-4497	<a href="mailto:pamelahaeberlin@att.net">pamelahaeberlin@att.net</a>
Tom Mester	Fitness	(502) 897-6072	<a href="mailto:coachtom@twc.com">coachtom@twc.com</a>
William Kolb	Communications		<a href="mailto:wmkolb@gmail.com">wmkolb@gmail.com</a>
Andrew Magazine	Coaches		<a href="mailto:andrewmagazine@yahoo.com">andrewmagazine@yahoo.com</a>
Barry Whaley	Safety		<a href="mailto:Barryawhaley@gmail.com">Barryawhaley@gmail.com</a>
Steve Hellmann		(859) 223-1502	<a href="mailto:sdhrecon@aol.com">sdhrecon@aol.com</a>
Randy Hansbrough		(270) 782-2084	<a href="mailto:jrhans@twc.com">jrhans@twc.com</a>
Julie May			<a href="mailto:julie.may@geappliances.com">julie.may@geappliances.com</a>
Tita Arnold			<a href="mailto:titaarnold@gmail.com">titaarnold@gmail.com</a>

2018 USMS Top 10 SCM for Kentucky LMSC

Women 25-29

Place Event Name Age Club LMSC Time

=====

9 1500 Free Ella M Morris 26 SKY Kentucky 21:53.51

Women 35-39

Place Event Name Age Club LMSC Time

=====

4 100 Free Natasha T Singleton 38 SKY Kentucky 1:04.43

7 50 Back Natasha T Singleton 38 SKY Kentucky 33.62

5 100 Back Natasha T Singleton 38 SKY Kentucky 1:12.28

2 200 Back Natasha T Singleton 38 SKY Kentucky 2:33.37

4 100 IM Natasha T Singleton 38 SKY Kentucky 1:16.07

Women 45-49

Place Event Name Age Club LMSC Time

=====

2 400 Free Alexandra Nieto 46 SKY Kentucky 4:54.99

3 800 Free Alexandra Nieto 46 SKY Kentucky 10:34.16

2 1500 Free Alexandra Nieto 46 SKY Kentucky 19:57.02

5 100 IM Alexandra Nieto 46 SKY Kentucky 1:14.85

2 200 IM Alexandra Nieto 46 SKY Kentucky 2:40.61

Women 55-59

Place Event Name Age Club LMSC Time

=====

9 200 Free Cindy Ciampa-Wise 58 SKY Kentucky 2:31.28

4 800 Free Cindy Ciampa-Wise 58 SKY Kentucky 10:51.34

9 100 Fly Cindy Ciampa-Wise 58 SKY Kentucky 1:19.91

7 200 IM Cindy Ciampa-Wise 58 SKY Kentucky 2:53.06

Men 18-24

Place Event Name Age Club LMSC Time

=====

6 400 Free Gregory G Willett 21 SKY Kentucky 4:55.45

3 800 Free Gregory G Willett 21 SKY Kentucky 11:03.85

3 1500 Free Gregory G Willett 21 SKY Kentucky 21:08.30

4 200 Fly Gregory G Willett 21 SKY Kentucky 2:46.89

Men 35-39

Place Event Name Age Club LMSC Time

=====

10 800 Free Mike Jotautas 38 SKY Kentucky 10:10.87

4 1500 Free Mike Jotautas 38 SKY Kentucky 19:16.57

Men 45-49

Place Event Name Age Club LMSC Time

=====

8 100 Free Abraham E Solano 49 SKY Kentucky 58.10

5 200 Free Abraham E Solano 49 SKY Kentucky 2:06.36

5 400 Free Abraham E Solano 49 SKY Kentucky 4:44.52

1 800 Free Abraham E Solano 49 SKY Kentucky 9:29.74

7 800 Free George C Villarreal 47 SKY Kentucky 10:13.13

5 1500 Free George C Villarreal 47 SKY Kentucky 19:22.25

8 1500 Free Abraham E Solano 49 SKY Kentucky 20:25.37

10 50 Back Dan Kasser 49 SKY Kentucky 31.47  
5 50 Breast Abraham E Solano 49 SKY Kentucky 31.55

Men 50-54

Place Event Name Age Club LMSC Time

=====

10 50 Breast James G Luebbe 51 SKY Kentucky 34.39  
9 100 Breast James G Luebbe 51 SKY Kentucky 1:15.46

Men 65-69

Place Event Name Age Club LMSC Time

=====

7 50 Free Edward E Bell 65 SKY Kentucky 29.14  
5 100 Free Edward E Bell 65 SKY Kentucky 1:03.58  
6 200 Free Edward E Bell 65 SKY Kentucky 2:26.76  
4 400 Free Edward E Bell 65 SKY Kentucky 5:05.35

Men 70-74

Place Event Name Age Club LMSC Time

=====

10 1500 Free Thomas J Gurucharri 71 UC41 Kentucky 25:42.65  
2018 USMS Top 10 SCM Relays for Kentucky LMSC

Men 120-159 SCM (2018)

Place Event Club LMSC Time Swimmers

=====

1 800 Free SKY Kentucky 9:15.41

Mirko Chavez (38), Gregory G Willett (21), William G Kolb (23), Mike Jotautas (38)

Men 160-199 SCM (2018)

Place Event Club LMSC Time Swimmers

=====

7 800 Free SKY Kentucky 10:38.56

Michael Johmann (56), C.J. Rushman (47), Jason L Sawyer (47), Mitchell C Reinhart (37)

Men 200-239 SCM (2018)

Place Event Club LMSC Time Swimmers

=====

4 200 Medley SKY Kentucky 2:05.79

Dan Kasser (49), Abraham E Solano (49), Dan Mattingly (55), Dale Mercker (51)

1 800 Free SKY Kentucky 9:03.62

Abraham E Solano (49), Dan Kasser (49), James G Luebbe (51), Dale Mercker (51)

Women 160-199 SCM (2018)

Place Event Club LMSC Time Swimmers

=====

5 800 Free SKY Kentucky 10:58.98

Ella M Morris (26), Alexandra Nieto (46), Margaret Phillips (45), Shannon Thomas (51)

Women 200-239 SCM (2018)

Place Event Club LMSC Time Swimmers

=====

7 800 Free SKY Kentucky 12:57.80

Pamela Luebbe (55), Christina R Norris (63), Tricia A Baldwin (28), Frances B Jones (56)

Women 240-279 SCM (2018)

Place Event Club LMSC Time Swimmers

=====  
=====

8 800 Free SKY Kentucky 15:10.79

Meg Smath (62), Debbie Utz (65), Amy K Peterson (61), Wendy J Medley (64)

Insert bid letter here

## **ADULT LEARN-TO-SWIM REPORT**

### **MARCH 10, 2019 OVERVIEW**

Adult Learn-to-Swim programming in Louisville supports the missions of U.S. Masters Swimming by promoting health, wellness, and fitness for adults through swimming. Beginning with a Swimming Saves Lives Foundation grant shared between Lakeside Masters and Swim Louisville Masters in April 2018, ALTS programming in Louisville is offered to the community (18 years of age and older) for FREE and is taught by certified USMS ALTS instructors and registered USMS member volunteers. Instructors help students to overcome any fear of water and learn to enjoy the aquatic environment. The program includes stroke development, water safety, creating lifestyle and fitness goals, and serves as a feeder for USMS membership. According to the Centers for Disease Control and Prevention, more than a third of adults in the United States cannot swim the length of a pool, putting them at risk of being one of the 10 people who drown every day in this country. According to the American Red Cross, 52 percent of adults are considered unsafe around the water. It is the program's mission to teach adults to swim not only for health and fitness, but to provide a safe environment and positive role models for children to learn to swim with their families. In March of 2019, Amy Benton, William Kolb, and Michael Radmacher formed the nonprofit Central Adult Learn-to-Swim Inc., whose mission is to make fitness through swimming available for as many adults as possible by targeting areas in the Louisville community that do not have adequate access to aquatic programming. The nonprofit provides practices for ALTS graduates who have joined USMS to continue learning or are still within their 30-day trial membership. Programming is primarily scheduled at Central High School and additional programming has been offered at The Academy @ Shawnee and Mary T. Meagher Aquatic Facility. 2019 programming will include a session at the Clear Creek Park Family Activity Center in Shelbyville.

### **GRANT DETAILS**

To date, three grants from the Swimming Saves Lives Foundation have been given to KYLMSC clubs/workout groups: 2018 - Lakeside Masters - \$1,000, 2019 - Lakeside Masters - \$2,100, 2019 - Wildcat Masters - \$600

### **PROGRAM STATISTICS**

# of sessions to date -- 10

# of students taught in April 2018 – 40

# of students taught to date – 91

# of graduates with USMS memberships -- 9 (SLM, CAL, LAKE)

# of sessions scheduled in 2019 -- 8 through April, 4–5 more TBA

goal # of students in April 2019 – 80

# of certified instructors -- 12 by April 2019 (LAKE, SLM, WILD)

# of volunteer instructors -- 35+ (LAKE, SLM, RATS, CAL, WILD, CARD, BEST, CCM)

## **FITNESS SERIES**

Central Adult Learn-to-Swim (CAL) has now hosted two fitness events at Central High School and River Rats (RATS) have hosted two—one a 2k swim in the Ohio River and the other a mile swim in “Dee’s Lake” in Prospect, Ky., in 40 degree water! Net proceeds raised funds for the Swimming Saves Lives Foundation. In total, Kentucky Masters swimmers have raised more than \$1,500 for SSLF since the program’s inception in 2018. These events have become increasingly popular for our more accomplished graduates, who are able to come and swim at their own pace, with or without equipment, or even in a relay format with a more experienced swimmer. Five graduates have participated in these events so far. One accomplishment of note is the National Office’s willingness to pilot nonmember registration for these events at the Central High School swims. Due to its success, there is now a fully insured registration option via Club Assistant for non-USMS members wishing to participate in the fitness series. Lakeside Swim Club will take advantage of this and host the 2k summer fitness swim for its club members who are not USMS registered in July 2019.

## **GRADUATE SUCCESS STORIES**

Sharon Maddox, age 70, graduated from the ALTS program at Central in October 2018 and immediately joined USMS to continue practicing. She is a retired Army veteran who attends practice religiously and has gone from being a complete nonswimmer to swimming 500 yards in an hour at each practice. She was the first ALTS graduate to participate in a fitness series, swimming more than 300 yards in 30 minutes! Sharon credits this program to kickstarting a complete health and lifestyle overhaul in her later years.

Brian Thomas, age 36, graduated from the ALTS program at Mary T. Meagher in April 2018 where he worked closely with Susan Ehringer and Tom Mester to join Swim Louisville Masters. He is the first ALTS graduate in Kentucky to have competed in a USMS swim meet! Brian swam the 50 yard freestyle and backstroke events as well as two relays at the 2019 Wildcat Invitational. Natalie Davis and Marie Ruf are both graduates of the program from April 2018 and will be volunteering as instructors this April.

## **PRESS**

Social media giant Facebook sought out U.S. Masters Swimming in search of nonprofit organizations who use their platform to do good in their local communities. USMS leadership referred the casting agency to our local ALTS program and Facebook sent a production crew to Louisville in November 2019 to produce a mini-documentary for their “Thankful For” campaign. Pat Mathison, who is featured in the film with her daughter, Dionne Chandler, and grandsons, Chandler and Terry Mathison, is now a registered USMS member and representative to the LMSC for the Central Adult Learn-to-Swim (CAL) workout group. The video can be seen [here](#) with a Facebook account. SWIMMER Magazine has published a story by Thomas Nuemann on the ALTS program on USMS.org [here](#).