

Potomac Valley LMSC

2025 Annual Meeting

Sunday, November 16, 2025 6:00pm Eastern

<https://us02web.zoom.us/j/87845991268?pwd=zZGQANhHEBQiUMX2CWMFv0tnEID9Ba.1>

Meeting ID: 878 4599 1268

Passcode: 576986

Agenda

I. INTRODUCTIONS

Attendees:

Alexandria - Stephanie Gauzens, Katie Palavecino, Doug Prince, Ray Novitske

DCAC - Mallory O-Connor, Carr Phillips

DCRP - Juliette-Marie deSousa

DC Water Wizards - Luis Salazar, Gabrielle Faulcon

Germantown Masters - Mark Walters, Dave Robinson, Denise Dombay

Right Duff - Ann Duffy

Montgomery Ancient Mariners - Jeff Roddin

Next Wave Masters/ L4 - Thomas Black

Reston Masters - Marc Israel

Patriot Masters - Cheryl Ward

Terrapin Masters - Brett Laplante, Mollie Grover, Courtney Randolph, Jeff Strahota

II.COMMITTEE REPORTS:

- [Chair](#) - Jeff Strahota
- [Treasurer](#) - Denise Dombay
- [Secretary](#) - Brett Laplante
- [Membership Coordinator](#) - Jeff Roddin
- [Top Ten / Rules](#) - Mollie Grover
- [Sanctions](#) - Stephanie Gauzens
- [Officials](#) - *vacant*
- [Communications](#) - Courtney Randolph
- [Awards](#) - *vacant*
- [Fitness](#) - *vacant*
- [Long Distance / Open Water](#) - Paul Grecco
- [Coaches](#) - *vacant*
- [Webmaster](#) - Ray Novitske

III. OTHER BUSINESS

- Review of Bylaws (See Appendix A)
- Old Business
- New Business
- Schedule Next Meeting?

[Committee Reports:](#)

[Chair](#) - Jeff Strahota

While this term is off to a sluggish start, one thing I would love to build this term is more events in our area. I know we have a lot of pools – and I know a lot of them are booked solid. But I want to encourage everyone to make some inquiries and when offered, take what little time you can get and make the best of it. We can be very creative even within the framework of USMS rules and facility constraints (like having <3 hours to warmup and run the meet) – things like:

- 50s only or 100s only
- Relays only (thank you DCWW for trying this!)
- High School order with limited heats per gender
- Distance meet

On top of this, Potomac Valley offers plenty of financial assistance to help get these meets underway (and offset plenty of costs). There are also plenty of meet directors around town who are happy to help offer advice and make sure your event runs well!

Treasurer - Denise Dombay

As of November 10, 2025, we had a total of **\$116,966** in our checking and savings accounts combined. For this calendar year to date, we have taken in **\$23,988**, primarily through individual swimmer registrations. For the same timeframe, we have spent **\$24,163**, mostly on meet support, including Summer Shorts and the IGLA meet, support for attendance at the Annual USMS meeting and the Relay coaches event, and payments of meet sanction fees. This results in a negative net year to date of **(\$174)**. Our finances remain very solid.

Anticipated expenses for the remainder of the year will mostly consist of supporting the remaining swim meets of 2025. Payment of stipends to our membership coordinator and top ten officer are complete and included in the figures above. Anticipated income will mostly be our portion of individual memberships for those swimmers who register in November. We'll see December swimmer registration money in January 2026. I anticipate our **end-of-year net income to be around \$3,000**. This is my first report as Treasurer of PV LMSC and am glad to take any feedback or request for additional information.

Secretary - Brett Laplante

2024 Meeting Notes have been filed with USMS. Going into 2026, I would like to echo Jeff Strahota in that our LMSC would benefit from additional meets. I want to thank Ray for stepping up on behalf of the LMSC to run the Summer Shorts meets in the absence of other alternatives and have seen this meet be very popular with our membership base. We are also extremely excited to be returning to GMU for the SCY Zones meet in April (big shout out to Jeff as Co-director for that meet).

I also want to remind folks that 2026 will be an election year for our LMSC due to weirdness that offset our election cycle during COVID - if you know of any interested persons looking to serve on the board, we will be looking for our next representatives!

Membership Coordinator - Jeff Roddin

Please continue to review your club listings on the PV website (<http://pvmasters.org/newsite/index.php/clubs/>) and let Ray or I know if anything needs updating.

Attached are the final club membership statistics for 2025. Here is the trend of the final individual membership totals starting with our highest year ever (see graph below):

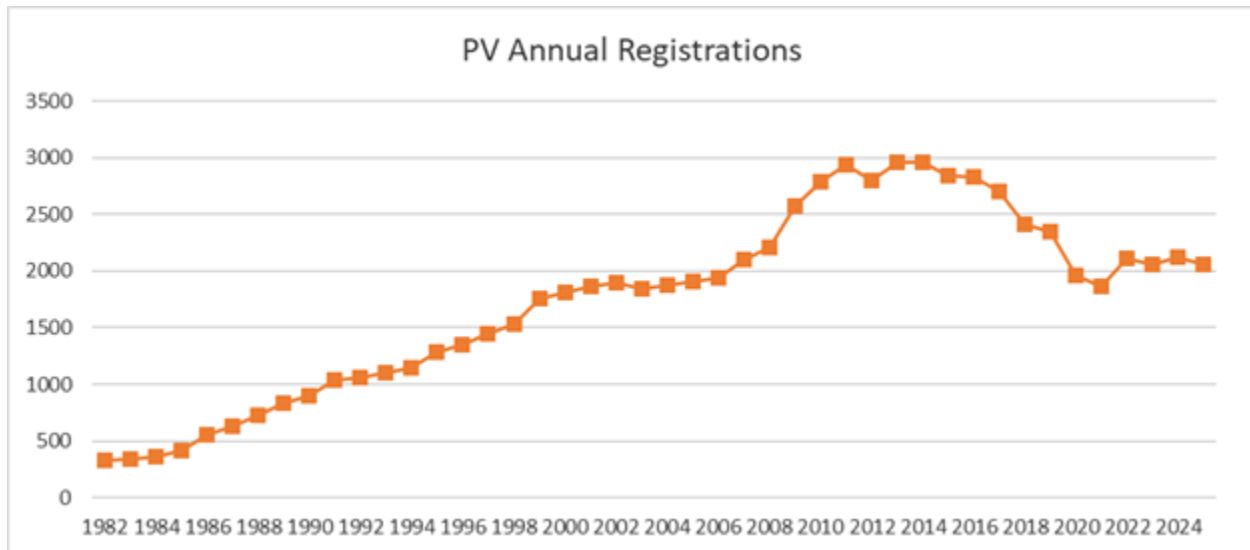
October 31, 2014 – 2960
October 31, 2015 - 2847
October 31, 2016 – 2830
October 31, 2017 – 2704
October 31, 2018 – 2417
October 31, 2019 – 2351
October 31, 2020 – 1958
October 31, 2021 – 1868
October 31, 2022 – 2110
October 31, 2023 – 2060
October 31, 2024 – 2123
October 31, 2025 – 2055

We have 30 registered 2026 clubs (vs 31 2025 clubs). Centerville Swim Club did not renew for 2026 (Centerville didn't have any registered USMS members). Out of our 31 clubs this past year, 14 of them had less than 10 registered USMS members.

Individual and club registration fees for 2026 remain at \$75 each. The PV board agreed to continue the offer to cover the renewal costs for those clubs who submitted a renewal request directly to us last month (as opposed to renewing online). All 30 renewing clubs took advantage of the scholarship offer during the month of October.

Geographical breakdown of our 2025 membership by state:

- Virginia: 45%
- Maryland: 29%
- District of Columbia: 22%
- Other: 4%



Top Ten / Rules Representative - Mollie Grover

For the Top Ten report for this year:

The following swims were submitted for top ten consideration since our last meeting:

2024 SCM: 956 individual, 97 relays

2025 SCY: 952 individual, 41 relays

2025 LCM: 272 individual, 0 relays

From the Rules Committee perspective:

The biggest change is going to be the requirement to use backstroke wedges in the range of 4 cm above to 4 cm below the water. This is a rule that has been on the books at the World Aquatics level for a few years, but is being formally incorporated into our rule book starting in 2026. There will be guidance for meet directors and officials coming from the Officials Committee by the end of the year.

Sanctions - Stephanie Gauzens

Approved sanctions for Q4:

Solstice, Nov 22

Sweater Weather, Dec 6

Jim McDonnell Lake Swim, May 24, 2026

Upcoming sanctions:

Tropical Splash, Jan 17, 2026

Hopeful sanctions:

Albatross

Zones April 10-12

Emancipation date April 18th (pending)

Officials - Vacant

This position is technically vacant but has been filled by Brett and myself the last couple of years. If someone is interested in this role, the main purpose of this position is to assist meet hosts with finding proper officials for their events. Luckily, we have many well-certified and well-worked USA-Swimming officials who will often take the lead in filling our their officials rosters.

Communications - Courtney Randolph

No big Comms updates, other than a reminder of the social accounts and if folks would like meet announcements posted on a certain timeline to email me (otherwise it's just when I find out that meets are happening).

Over the holidays, I would like to put together a brief newsletter-ish document with a recap of the year, including top 10 reports for PV and other notable news and accomplishments from teams, as well as big meets to save the date for in 2026. To that end, if we can put a call out to teams to send me those team news items/shoutouts by December 15 or so, I can put something together.

Awards - vacant

Fitness - vacant

Long Distance / Open Water - Paul Grecco

US National Championships have been announced.

Reston Open Water recently sanctioned.

Coaches - vacant

This position is presently vacant and we are looking for someone to fill this role. This person should be a coach or in club leadership, but the main thing I am looking for in this role is someone who would be willing to take on planning for the LMSC to host a USMS Coaching Clinic weekend some time in 2026/27. Please see Jeff if interested.

Webmaster - Ray Novitske

1. Website continues to update meet calendar and meet results as they are submitted to the webmaster.
2. Reminder that there is a self-subscribe email distribution list that receives notices when the website calendar is updated and when results posted.

OTHER BUSINESS

- 1) Review of Bylaws – see Appendix A.
- 2) Old Business

Membership Stipend

In previous discussions, we arrived upon criteria similar to South Texas LMSC:

Club must have 25+ members and be registered with USMS

\$5 rebate per swimmer registered with team and USMS.

Teams were responsible for distribution of funds as best works within their membership

If PV LMSC does this, would cost about \$8,700 based upon current (Nov 2025) numbers

Motion: Clubs with 25+ members be rebated by PV LMSC at the end of 2025 be rebated \$5 per swimmer, with a one-time repeat occurring in 2026.

Motion by Stephanie Gauzens, Seconded by Dave Robinson

Decision: Unanimous approval

3) New Business

SCY Relay Age Groups Classifications

PV has previously put forward a rules amendment to USMS to align age groups to those of World Aquatics, consistent with LCM (e.g. 120-159, 160-199, 200-239, etc.). Is there interest within our LMSC to try once again?

General consensus - agreement with caveats. Follow-up actions are required.

When previously voted on during National Convention, concerns were raised that archived records would disappear.

If a rules amendment were to be entertained at the 2026 Annual Convention, the vote would need to be approved by the LMSC board and sent to the Rules Committee no later than June 10, 2026.