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Potomac Valley Swimming  
Competition Committee Meeting  
Senior Chair – Aaron Dean  
Age Group Chair – Chris Schlegel  
January 14, 2025  
Zoom Virtual Meeting – 7:00pm  
Agenda

- Call To order – The meeting was called to order at 7:03 pm by Senior Chair, Aaron Dean.
- Introductions – Aaron introduced himself and Age Group Chair Chris Schlegel. The Competition Committee is responsible for developing and coordinating an overall swimming program for all levels of swimming in PVS, including Senior and Age Group programs. The members of the CC shall consist of the Senior Vice Chair, Age Group Vice Chair, the Coach Representatives, the Zone Technical Planning Representative, and all USA Swimming coach members of PVS Clubs, and a sufficient number of athletes so as to constitute at least 20% of the voting membership of the committee. Each member shall have voice, but only the elected Coach Representatives, two at-large coaches appointed by the General Chair, and one representative from each member club shall have voting privileges. The Senior Vice Chair and Age Group Vice Chair, whoever is senior in term shall serve as the chair of this committee and shall report to the Board of Directors. In short, this is the place you have a direct voice to supporting competitive swimming within PVS. The more you participate the more we know what your needs are for your team and how we can serve you and your team.
- Approval of Minutes from Fall CCM – **Motion to approve the Meeting Minutes from the Fall Competition Committee Meeting, seconded and approved.**
- A moment of silence for Ken Dicesare, a beloved and longtime coach from NCAP, who passed away this past week. Our condolences to his family, friends and swimmers.
- Approval of Agenda (additional new business or reporting) –
  - **Motion to accept the agenda as presented seconded and approved.**
- Board Members and reports:
  - General Chair: Cherlynn Venit –
    - Thank you to all the clubs and Meet Directors (19 clubs) who have hosted meets for PVS this season.
    - There will be a Meet Director training in February. More information will be sent out.
    - CBMLS 201 will likely undergo a change. More information will be sent out as it becomes available.
    - National Diversity Camp applications are now open through Feb. 9.
    - Tomorrow there will be a 10 & U Swimming webinar.
    - Looking to host a Coach Round Table Zoom Drop-in Meeting, on a monthly basis. The first one will be Wednesday, January 29 from 10-11 am.

- Remember to thank officials and volunteers at meets!
- Admin Vice Chair – Nothing to report
- Finance Vice Chair – Nothing to report
- Age Group Vice Chair – Thank you to the coaches who were on the AG Committee. Roughly 12-15 coaches from 8 clubs met and worked on some new ideas regarding meets, your time is appreciated. If you are interested in helping out at the next meeting, let Chris know.
- Operations VC – nothing to report
- Athlete Reps – nothing to report
- Coaches Rep – They are trying to get more engagement on FB group and social media. If you haven't joined yet, do so. Remember the Coach Reps are here to answer questions and bring ideas and concerns to the Board.
- Officials Rep – nothing to report
- DEI – nothing to report
- Safe Sport – nothing to report
- Webmaster – Tim – nothing to report
- Administrative Updates:
  - LSC Services Manager – Terri reminded all coaches to be sure to register all athletes for 2025 and to keep up with coach certifications, so all coaches stay remain in good standing.
  - PVS Oct/Nov/Jan Open/Distance & Feedback – New for the 2024-2025 Open meets, the 12 & U events were swum as combined gender and fast to slow. Any input/feelings on this change?
    - There was a concern that with the 12 & U mixed genders there is not always a lot of rest between events for the younger swimmers.
    - Tim Husson, the November Open Meet Referee, commented that he felt the mixed gender events for the 12 & under worked well. The meet announcement encourages the use of coach's times instead of NT. Using a coach's time, may help the "no time" issues and swimmers having to swim back to back races.
    - January Distance – the meet went well at St. James.
      - There were some mixed feelings about the distance events being swum mixed gender. Feels it would benefit the girls to race the girls and the boys to race the boys.
  - PVS Meet Hosts Upcoming – As a reminder we are still looking for hosts for the LC Distance meet at Fairland and the two Virginia sites for both the LC Open 1 & 2. Reach out to Terri if your club is interested in hosting.
  - Travel Assistance- is now closed for December Champs. There were 20 athletes who sent in a request for the US Open and 12 athletes requested travel assistance for Winter Juniors. This puts us over budget by 2 athletes. Congratulations to all athletes who participated.
  - Mental Health First Aid – Several coaches have taken advantage of this grant opportunity. There are still Grant Opportunities available.
  - Education Grants – Five applications were received for the 4 Coach Educational Grants. Based on the grant program, the following coaches will receive reimbursement of up to \$500. A report will be submitted to CCM and BOD from each of them.
    - Nicole Linn – NCAP
    - Nicholas Kulick – OCCS

- Matthew Mast – OCCS
    - Jared Diallo - SDS
  - Summer Zones Update – The 2025 LC Age Group Eastern Zone Meet has been budgeted as team travel. It has been decided that the 11–14-year-olds will travel as a team and the 10 & U athletes will travel self–travel.
    - If you are interested in being the Team Manager, Head Coach or Assistant Head Coach please contact Age Group Chair Chris Schlegel. A Google form was put in the chat. After the meeting a note can be sent to Chris.
  - PVS Budget 2025-2026
    - In February, the Board of Directors will begin to work on the 2025-2026 Budget. If there are any additional programs that need funding or new programs you would like to see added in PVS, please submit your ideas/requests to Senior Chair, Aaron Dean and/or Age Group Chair, Chris Schlegel, so they can support at the Board level.
    - Coach Travel to National Meets – Aaron has an proposal for a new program to help support coaches traveling to National Level meets, similar to the Official’s Travel Assistance program. He will work on this proposal and present at a later date. If you have any thoughts or questions about this proposal, please reach out to Aaron.
- Old Business
  - Review New Event line up & format changes for PVS Championship meets
    - 14 & U SC Champs – USA Swimming is now recognizing the 50s in strokes. It the fall PVS CCM voted to add the stroke 50s to the 14 & U SC Champs.
      - Event order with the 50s
      - Friday: 100 fly, 100 breast, 200 free, **50 back**, 400 IM
      - Saturday: 200 IM, **50 fly**, 100 back, 200 breast, 50 free, 500 free
      - Sunday: 200 back, **50 breast**, 100 free, 200 fly
        - It is anticipated that in the future stroke 50s will be in more meets, including the PVS Open meets and we will be able to use 50 times to qualify. But since this is new and not all swimmers will have had the opportunity to race the stroke 50s, we will use the 100s Qualifying Times.
    - 14 & U LC Champs – At the fall meeting it was voted to add the 13-14 swimmers back to the 12 & U LC Age Group Champs. Chris Schlegel worked with a task force to review the timeline and create an updated meet event line up. The question to add the 12 & U 400 IM, 800 Free and 1500 Free to the meet was asked. There was a brief discussion about if the events should be added for 12 & U swimmers or if they should stay as 14 & under.
      - It was noted that the events in question, 400IM, 800 Free and 1500 Free, are recognized by USA Swimming for 12 & U athletes.
      - It doesn’t appear that adding the 12 & U distance events will add too much time to the timelines.
      - **Motion to keep the 400 IM, 800 Free and 1500 Free for the 12 & U events in the 14 & U LC Champs, seconded and approved.**
    - SR/JR SC Champs
      - Proposal #1: should we add in the 50s of strokes to the Short Course JR/SR Championship meet?

- **Motion to add the 50s of stroke and the 100 IM to the SC 2025 Junior and Senior Champs, seconded and approved.**
  - **Motion to add the 100 IM, along with the 50 of strokes for the 2025 SC, seconded and approved.**
- It was suggested to also add the 100 IM, since it is also swum internationally.
- For 2025, 100 qualifying times will be used as the qualifying times for the 50s, the 200IM qualifying time will be used for the 100 IM. Events can also be bonus events.
- Proposal #2 – Number of final heats for 400 IM and 500 Free.
  - **Motion to limit the finals for Jr/Sr Champs in the 400 IM and 500 free to top 16 (instead of top 24), seconded and defeated.**
    - If we start saying these events are different and we treat them differently people will start thinking of them differently.
- Proposal #3 – Scoring & Awards
  - To provide team scoring, team awards and individual awards for the SC Senior Champs meet for 2024.
- Individual awards top 3 finishers in each event to receive a medal/award.
- Team awards based on team size.
- **Motion to offer medals/awards for recognition to the top three finishers in each event at Junior & Senior Champs and Team Award to the top combined gender scoring team in each size category to receive a banner, seconded, approved.**
  - Logistically it will be on the meet hosts to help with getting the medals/awards out in a timely manner and on the coaches to make sure their swimmers stick around to accept the awards.
  - We should consider giving out a different type of award, other than a medal. Several suggestions were given: a wreath, duck, etc.).
- Open LC Champs – As a reminder, the Open LC Champs will be a combined 15 & Over meet, adding in the Junior Champ, this will be a full 4-days of competition.
  - Proposal #1: Event and Session Line Up
    - Events will line up with current Open Meet.
    - 8:00am-11:00am – Senior Champ prelims (2.5-3.5 hr session).
    - 12:00pm-3:00 pm – Junior Champ prelims (2.5-3.5 hr session).
    - Finals (roughly 2 hours), with top 16 for junior champs, and top for senior champs.
    - Distance Events:
      - 800 Free on Thursday. Top 8 Senior Champs, in last event of finals.

