



2023 Spring Competition Committee Meeting
May 23, 2023
Video Conference- 7:00 p.m.

- Attendance: see attached
- Call to Order – The Spring Competition Committee Meeting (CCM) was called to order by Senior Vice-Chair, Evan Stiles at 7:00 p.m.
- Approval of Winter CCM minutes – **Motion to approve the minutes from the Winter Competition Committee Meeting as submitted, seconded and approved.**
- Report on USA Swimming Spring Workshop – A number of PVS members attended the USA Swimming Spring Workshop in April. Reports from attendees will be posted on the PVS website.
 - Erik Collins reported that he attended meetings regarding mental health. Not just for swimmers, but coaches and volunteers as well. Beth Winkowski presented a talk on how to best relate to team parents and get them involved in your team culture.
 - Aaron Dean noted that he gained a better understanding of what USA-S at the admin level is trying to accomplish and learned a lot about how the new staff, at USA Swimming, is set up and are working for clubs.
 - Cherlynn Venit reported that she attended a number of meetings for LSC Leadership. Communication is the key to a successful club and LSC, including the importance of social media. She also noted that there is a renewed push on Open Water and the revival of OW events in the Eastern Zone. She plans to work with Maryland Swimming and Virginia Swimming on events for our athletes to attend.
 - Tim Husson attended the LSC leaders track, which highlighted LEAP. Governance and Safe Sport.
 - Greg York attended the full schedule of Safe Sport meetings and presentations.
 - Most notable was a talk on athlete-to-athlete abuse, to include bullying, physical and emotional abuse and peer pressure. There was a former National Level Swimmer, who presented their own experience as a victim of such abuse. There is a focus on how to make sure the swim and club environment is positive and inviting for the swimmers, coaches and parents.
 - There were also discussions on ensuring the Coaches are mentally healthy. The past few years have taken a toll on everyone and coaches need to be sure they are taking care of themselves, so they are better prepared to help swimmers.
 - The University of Richmond coach gave a great talk on sleeping habits and the importance of sleep. It was interesting to hear about his findings as to what athletes should be doing between prelims and finals. He is available for presentations, and it might be worthwhile to have him present in PVS.
 - There is still a focus on trying to get more PVS clubs Safe Sport recognized and renewed.
 - Backstroke Rule Change - submerged at finish: There were some questions regarding the changes to the rules for Backstroke.
 - Tim noted that there were two major rules changes in recent months:

- Breaststroke pull and kick, horizontal taken out...pull and kick must be simultaneous, but horizontal plane has been taken out.
 - Backstroke, prior to finish and after the head has passed the flags, swimmers are allowed to be submerged until they finish.
 - It was noted that Coaches and Officials should start checking the rules regularly, as rules can now change in the middle of the season.
 - It is possible for changes to take effect in the middle of a meet. For example, if a rule changes on a Saturday and the meet has already started it is to be enforced on the day it becomes effective.
- Super Sectionals was the first time using OME with SWIMS 3.0. Tim Solicited feedback from PVS coaches about using OME, good and bad. It is also being used for entries for the upcoming Futures meets, and Tim believes we will have a better idea of how it works after that entry period is over.
- Board Member Reports:
 - Athletes - nothing to report
 - General Chair, Tim Husson noted that the new Educational module in SWIMS is now active. It appears it will be easy to see which courses are available and need to be taken.
 - Admin Chair, Cherlynn Venit reported on the upcoming Athlete Leadership in Maine. There are four female athletes, ten male athletes and two coaches attending. PVS, Maryland and VSI participants will be traveling together. This will be a great opportunity to travel and meet each other. All athletes attending are excited to join committees next year. If you are on a committee and need athletes let Cherlynn know.
 - Athletes will be listed on the PVS website and will provide a report to the LSC.
 - Senior Chair, Evan Stiles reported that all Athlete Travel assistance for Open Water Nationals has been received and processed. Report has been sent to Kim Bullers and checks are forthcoming.
 - Age Group Chair, Erik Collins reported that a number of coaches have expressed an interest in being an assistant coach at LC Zones.
 - Safe Sport Chair – no additional report
 - DEI Chair – Cliff Gordan will be the new DEI chair and will start his term in September.
 - Coaches Reps -
 - Aaron Dean reported that he has been talking with USA Swimming about the VSI Endowment fee and sanctioning fees for PVS meets in VSI territory. He is hoping to work with USA Swimming and VSI on finding a more equitable solution.
 - Trish Buswell reported that Andrew Koons will be the new Senior Coach Rep for one year (replacing Aaron Dean) and Nicole Erickson was elected as the new Junior Coach Rep.
- PVS Coaches for 2023 LC Zones Voting – Erik Collins reported that the Team Manager has stepped down for the LC summer meet. Fortunately, quite a bit of work has already been done, to include the securing of the buses and hotel rooms. The swag has been set up and all that needs to be done is the final order. We are now looking for an individual to take over as the PVS Team Manager through the rest of the summer and at the meet. There are currently 7 coaches interested in attending and being assistant coaches.
 - **Motion to approve the following 8 coaches as the assistant coaches for the EZ LC Zone Team, six will be assistant coaches and one will be Assistant Head Coach; Ryan Cunningham (NCAP), Jordan Wilcher (PGPR), Joey Peppersack (FISH), Gabi Trainor (RMSC), Elizabeth Sudassy (TOLL), Matt Reinheimer (JFD), Sami Holtz (UN), James Visbeck (STJS), Marye Carter (NCAP), – seconded,**

- **Motion to close nominations for the 2023 LC AG Zone from the floor, seconded and approved.**
 - There was a discussion on how to do an electronic vote with the clubs in attendance in the meeting tonight, giving a 48 hour voting window.
 - **Motion to use electronic vote for the 2023 LC AG Zone coaches, for the clubs in attendance, seconded and approved.**
 - There was an email notifying the body that Luke will step down as a coach, leaving only 7 nominees.
 - **Motion to approve the coaches by acclimation, contingent on the 7 candidates, seconded and approved.**
- Erik noted that he will work to have the Zone Team Application posted within the next few weeks.
- There was a discussion as to the best way to handle the voting and confirmation of the Zone Head Coach and Assistant Head Coach. Erik and Evan will work on finding more candidates and securing the appropriate coaches.
 - **Motion to suspend our policy for requiring previous Zone Team coaching experience for the Head Coach and Assistant Head Coach for the for 2023 Summer Zone team staff, and to allow the Age Group, Senior Chair and Sr. Coach to appoint an appropriate coach to serve in those positions, seconded and approved.**
 - **Motion to make Tuesday, May 30 the deadline for determining the Head Coach and Assistant Head Coach, seconded and approved.**
 - *[as of May 31 the following list of coaches were announced by the Age Group Chair, Erik Collins. These names will be confirmed as coaches in good standing and then sent to the board for a vote at the June BOD Meeting. Head Coach-Elizabeth Sudassy (TOLL), Assistant Coaches: Jordan Wilcher (PGPR), Joey Peppersack (FISH), Matt Reinheimer (JFD), Sami Holtz (UN), James Visbeck (STJS), Marye Carter (NCAP). Team Manager is Gabi Trainor (RMSC) and Assistant Team Manager is Ryan Cunningham (NCAP)]*
- PVS Meets updates -
 - It was noted that all Spring PVS Championship meets were well run and a success.
 - There were issues in the boys locker room at University of Maryland during Sr/Jr Champs and 14 & Under Championships.
 - It was reported that some of the male athletes vandalized the Boy's Locker Room at UMD, at both meets. This resulted in changes in the use of the locker rooms during the meets.
 - PVS is a guest at UMD and all facilities that we rent, and this sort of behavior will not be tolerated.
 - There was a discussion on how to handle this and mitigate this sort of behavior going forward. It is not a unique issue in PVS, yet still troublesome. The Safe Sport mandates make it difficult to have monitors in the locker rooms, there must be "2-deep" coverage going through the locker rooms. Clubs will need to be more vigilant in monitoring their athletes while at meets.
 - Various ideas were discussed regarding the punishments/consequences for those athletes found engaging in such behaviors. There should be a clear-cut policy in all meet announcements and PVS Policies & Procedures.

- A subcommittee will be put together to create a policy that will be presented to the board then will be brought back to the Fall CCM for an endorsement. The goal will be to create language that goes in all meet announcements.
- PVS LC Championship meets – Meet announcements and QT times have been posted.
 - Aaron Dean presented a number of proposals that will require changes for future LC Champ meets
 - Proposal #1: Allow up to 7 individual entries per meet with a maximum of 3 per day for the 13 & Over Championships.
 - **Motion to endorse proposal #1 to increase the number of individual entries allowed for the 13 & over LC Championships from 6 to 7 events, seconded and approved.**
 - Proposal #3: All the use of alternative distance events for qualifying for the 800/1500 freestyle in all PVS Championship meets. The justification is that there are a limited number of opportunities for athletes to swim the various distances.
 - **Motion to allow alternate distance events to qualify at all LC PVS Championships meets, seconded and approved with amendment (13 & O and Open Championships)**
 - **Motion to amend the use of alternate distance qualifications for the 13 & O and Open PVS LC Champs, seconded and approved.**
 - Proposal #4: To Eliminate the age restrictions for the “C” Final for the 12 & U and 13 & O Championships. Justification is that there is often difficulty filling the “C” Final with the single age swimmers.
 - **Motion to eliminate the age restriction for the “C” Finals at the 12 & U and 13 & O LC Championships, seconded, approved. 1 opposed.**
 - Aaron Dean will hold the rest of his proposals until the Fall CCM.
 - **Motion to adopt the same policy change regarding the Distance Qualifying change for the 12 & Under LC Champs, as previously approved for the 13 & Over Championships, seconded and approved.**
- 2023-2024 PVS Club Meet Schedule – This was the final call for new meets
 - MACH added June and July meets to the schedule. There was also a date change and venue changes for two other events.
 - **Motion to endorse approving the 2023-2024 PVS Meet schedule with the added meets and changes, seconded and approved.**
- New PVS Leadership as of September 1 – At the April House of Delegate Meeting, there were elections for new Leadership.
 - Cherlynn Venit will be the new General Chair. Aaron Dean will be the new Senior Vice Chair, Cliff Gordon will be the new DEI Chair, Andrew Koons and Nicole Erickson will be the new Coaches Reps, and Barb Ship will be the new Officials Rep.
 - There are vacancies for Admin Vice Chair, Finance Vice Chair, Open Water Coordinator Operational Risk Management Chair, and Technical Committee that still need to be filled.
- The 2023 Fall CCM date – Options are October 3 or 4, possibly in person.
- Evan was thanked for his 4 years of service as Senior Vice Chair.
- The meeting was adjourned at 9:51 PM.

PVS Competition Committee Meeting

May 23, 2023

Attendance

Club Name

PV/AAC Evan Stiles
PV Erik Collins
PV Tim Husson
PV Kelly Rowell
ASA Robert Walker
BWST Gabriel Ibanez
CSC Russ Ramey CSC
DCPR Rob Green
DRAG Lisa Zhao
EA23 Rich Romero
FAA Andrew Killian
FAST Manga Dalizu
FISH Nicole Erickson
FXFX Julia Koczot
HACC Matt Lear
JFD Matt Reinheimer
LIFE Michelle Nesh
LIFE Ceilidh Leggat
MACH Jason Cochran
MACH Greg York
MACH Paris Jacobs
MACH Dan Jacobs
MAKO Heather Haddock
MSSC Eanna Hehir-Keys
MSSC Susie Hehir-Keys

Club Name

NCAP Karyn McCannon
NCAP Trish Buswell
NCAP Jeremy Cochran
NCAP Pete Morgan
NCAP Bryce Bohman
NCAP Kristen Washburn
OCCS Aaron Dean
OCCS Matt Mast
PAC Cherlynn Venit
PM Bob Brofft
RIPS Shandra Richardson
RMSC Mark Eldridge
RMSC Kent Williams
SDS Melanie McKula
STJS Ashley Fouse
YORK Mat Campet
?? Mary

2023-2024 Proposed PVS Meet and Club Meet Schedule

Date	Meet	Club	Facility
9/30/2023	All Freestyle Meet	PAC	Fairland
9/30-10/1/2023	Distance Run Meet	MACH	St. James
9/30-10/1/2023	MAKO Fall Invite	MAKO	GMU
10/7-8/2023	Freestyle Frenzy	OCCS	OSA
10/7-8/2023	Harvest Moon	HACC	Herndon AC
10/13-15/2023	PVS October Open	PVS	various
10/13-15/2023	October Kick-Off	RMSC-M	GISC
10/21-22/2023	Autumn Kingfish	NCAP-north	St. James
10/21-22/2023	Medley Mayhem	OCCS	OSA
10/21-22/2023	Fall Gator Mini Meet	AAC	Long Bridge
10/21-22/2023	Ghouls & Goblins	PM	Audrey Moore
10/28/2023	Trick or Treat Mini Meet	DCPR	Turkey Thicket
10/28-29/2023	MAKO Pumpkin Classic	MAKO	St. James
10/28-29/2023	Autumn Challenge Intra	RMSC-M	MLK
10/28-29/2023	Monster Mash	SDS	South Run
10/28-29/2023	Loughmiller Invitational	FXFX	PWCS
10/29/2023	Rockhopper Penguin (10 & U)	PAC	Fairland
11/3-5/2023	Marlins Invite	PM	UMD
11/4-5/2023	DCWave November Distance Meet	DCPR	Takoma
11/4-5/2023	Autumn Mini Meet	RMSC-M	OSC
11/4-5/2023	Distance Meet (1650 & 1000)	RMSC-M	OSC
11/4-5/2023	Medley Extreme	OCCS	OSA
11/5/2023	November Friendship Mini	YORK	Providence
11/10-12/2023	PVS November Open	PVS	various
11/10-12/2023	November Invitational	RMSC-M	GISC
11/11-12/2023	MAKO Gobble Gobble	MAKO	GMU
11/16-19/2023	Swim & Rock	SDS	Oak Marr
11/17-19/2023	Fall Festivus	OCCS	Freedom
11/19/2023	Pilgrim Mini Meet	NCAP	Dulles South
11/18-19/2023	Odd Ball Challenge	FAST	Fairland
11/30-12/3/2023	Turkey Claus Meet	MACH	UMD
12/1-3/2023	Christmas Champs	MSSC	Fairland
12/2-3/2023	Reindeer Mini Meet	YORK	Providence
12/2-3/2023	MAKO Holiday Invite	MAKO	GMU
12/7-10/2023	NCAP Invitational	NCAP	UMD
12/7-10/2023	Winter Classic	PM	GMU
1/13-14/2024	IMXPerience Meet	DCPR	Takoma
1/13-14/2024	Winter Wonderland	OCCS	OSA
12/14-17/2023	Holiday Invite	RMSC-M	GISC
12/16/2023	Splash and Dash	FAST	Fairland
12/17/2023	Candy Cane Min I Meet	NCAP	Freedom
1/6-7/2024	PVS January Distance	PVS	St. James
1/6-7/2024	AAC LC Invite	AAC	Long Bridge

1/6-7/2024	Polar Bear	SDS	South Run
1/6-7/2024	MAKO Polar Plunge	MAKO	GMU
1/7/2024	Frosty Pentathlon	RMSC-M	GISC
1/7/2024	ASTS Winter Tune-Up	ASTS	Fairland
1/13-14/2024	SnowDude	PM	Lee District
1/13-14/24	Winter Wonderland	OCCS	Freedom
1/19-21/2024	January Invitational	RMSC-M	GISC
1/20-21/2024	PVS January Open	PVS	various
1/26-28/2024	IMX	PM	Aquaplex, Hampton
1/26-28/2024	Green and Orange IMX	MACH	St. James
1/28/2024	Polar Pentathlon	NCAP	Dulles South
1/28/2024	Little Blue Penguin	PAC	Fairland
2/3-4/2024	MAKO February Qualifier	MAKO	GMU
2/3-4/2024	Super FISH Bowl XIV	FISH	Spring Hill
2/3-4/2024	Gender Blender	RMSC-M	KSAC
2/4/2024	Emperor Penguin Pentathlon	PAC	Fairland
2/4/2024	February Friendship Mini	YORK	Providence
2/10-11/2024	14 & U Champ Qualifier	PM	Cub Run
2/11/2024	PVS February Distance	PVS	Fairland
2/11/2024	Munchkin Mania	FAST	Fairland
2/16-17/2024	President's Day Classic	OCCS	Freedom
2/16-18/2024	37th Annual Black History	DCPR	Takoma
2/16-18/2024	February Qualifier	NCAP	WARF
2/17-15/2024	Winter Gator Mini Meet	AAC	Long Bridge
2/23-25/2024	MACHINE Qualifier	MACH	St. James
2/24-25/2024	NCAP Mini Champs	NCAP	Freedom
2/24-25/2024	FXFX Forty Niner	FXFX	PWCS
2/23-25/2024	February Invite	RMSC-M	MLK
3/1-3/2024	Cherry Blossom SC Champs	PAC	Fairland
3/7-10/2024	PVS SC Junior Champs	PVS	
3/7-10/2024	PVS SC Senior Champs	PVS	
3/9-10/2024	Mini Champs	RMSC-M	OSC
3/14-17/2024	PVS 14 & U Champs	PVS	
3/15-17/2024	MAKO Spring Fling	MAKO	St. James
3/22-24/2024	Spring Champs	MSSC	Fairland
3/22-24/2024	Spring Finale	RMSC-M	KSAC
4/5-7/2024	March Madness in April	YORK	Oak Marr
4/13/2024	Spring Penguin (10 & U)	PAC	Fairland
4/13-14/2024	Spring Sprints	SDS	South Run
4/20/2024	Earth Day 10&U	PM	PWCS
4/20-21/2024	FXFX Pirate Pacer	FXFX	GMU
4/20-21/2024	MAKO Sprint Classic	MAKO	St. James
4/20-21/2024	ASTS Eat, Sleep, Swim LC	ASTS	Fairland
4/26-28/2024	MACHINE Long Course Classic	MACH	St. James
4/27/2024	Dive into Spring LC	PAC	Fairland
5/3-5/2024	Spring Splash LC	OCCS	Freedom
5/4-5/2024	FISH LC Derby	FISH	GMU

5/4-5/2024	Early Bird LC	MSSC	Fairland
5/10-12/2024	LC Spring Classic	RMSC-M	KSAC
5/10-12/2024	VA States	PM	St. James
5/10-12/2024	Machine Spring Invite	MACH	Dulles South
5/11/2024	10 & U Mini	HACC	Madeira
5/11/2024	Summer Splash SC Meet	PAC	Fairland
5/31-6/2/2024	NCAP Elite Qualifier	NCAP	Jeff Rouse
5/31-6/2/2024	Maryland States	RMSC-R	Rockville
6/7-9/24	June LC Meet	MACH	Claude Moore
6/8-9/2024	FISH LC Invitational	FISH	St. James
6/15-16/2024	PVS LC Distance	PVS	
6/16/2024	Juneteenth LC Classic	DCPR	Wilson AC
6/23/2024	PVS LC Open 1	PVS	various
6/28-30/2024	June LC Tune-Up	RMSC-M	KSAC
6/27-29/2024	FXFX Summer Solstice	FXFX	GMU
6/28-30/2024	LC Tune Up	RMSC-M	KSAC
6/30/2024	PVS LC Open 2	PVS	various
7/11-14/2024	PVS LC Open Champs	PVS	
7/11-14/2024	PVS LC 12 & Under Champs	PVS	
7/18-21/2024	PVS LC 13 & Over Champs	PVS	
7/11-14 or 18-21	Summer Send Off	MACH	St. James

PVS Competition Committee Proposals

May 23, 2023

Dear Committee members,

Below are several proposals that I've discussed with fellow coaches, and I believe provide some better opportunities and clean up our summer champs. I am not 100% sure these can be implemented this summer now that the meet announcements have been posted, but if needed, possibly we can make these adjustments for next year.

Respectfully submitted,

Aaron Dean
OCCS Head Coach
PVS Coaches' Representative

Proposal #1: allow up to 7 individual events per meet (max 3/day) for the 13 & over championships. Currently in the meet announcement:

A swimmer may compete in a maximum of six (6) individual events and no more than three (3) individual events per day.

While I'm sure that most would choose six events total (or less qualified), I think this should line up with what is being offered at the Open meet and what is offered at most LSC Championships. A comparison of surrounding LSC's offer 8 events for their age group championships and 7 for their senior championships. The real benefit to this will be for the distance swimmers that are forced to attend two days with only one event to swim or possibly a day with no swims (if they decide to swim 3 events on another day).

Proposal #2: allow up to 7 individual events per meet (max 3/day) for the 12 & under championships.

A swimmer may compete in a maximum of six (6) individual events and no more than three (3) individual events per day.

Proposal #3: allow the use of alternative distance events for qualifying for the 800/1500 free in all PVS Championship meets. i.e. use the 800 free to qualify for the 1500 free and/or the 1500 free to qualify for the 800 free.

With limited options for swimming distance races, some swimmers may not have access to swimming one event or the other but one time per season.

Proposal #4: Eliminate the age restriction for the 'C' final for the 12 & under and 13 & over meets.

See sample of 100 free from 13 & over meet:

13-14 girls the C final

The C final had three swimmers. There were 17 additional 14-year-olds available (possibly) to fill the open lanes.

13-14 boys were filled, however even if we did just have the C final there would still be six 13 year olds making finals...

15 overs it is hard to say how many 17-18-year-olds would stick around for the finals, but of the boys that competed in finals, 14 of the 19 swimmers in the 100 free were 15 or 16; and for the girls 16 of the 22 swimmers were 15-16. They are well represented in finals without the need for a specific 15-16 group.

The time standards are not set up to include enough 13- and 11-year-olds to fill the final heats. Last summer there were:

- 7 events that were not filled for the 13–14-year-olds with enough 13 year olds.
- 13 events that were not filled for finals for the 15 & overs (15-16 restriction)
- 17 events in the 11-12 meet were not filled for the 11-12 finals.

For the 13-14 Events, "A" and "B" finals will consist of the top sixteen (16) preliminary Swimmers. The "C" final will be the next fastest eight (8), 13 year old swimmers from that event.

For the 15 & Over Events, "A" and "B" finals will consist of the top sixteen (16) preliminary swimmers. The "C" final will be the next fastest eight (8), 15-16 year old swimmers from that event.

The 11-12 "A" & "B" finals will be made up of the top twenty (20) 11-12 swimmers; the 11-12 "C" final will be made up of the next ten (10) fastest 11 year old swimmers.

While initially my proposal was to provide for the 11- and 13-year-olds and then fill the open lanes with 14-year-olds, this presented two challenges:

- Administratively a nightmare of determining who is in finals...
- Unbalanced C heat with slower 13-year-olds mixed with faster 14-year-olds to fill lanes...

Proposal #5: Eliminate 15 & over relays from the 13 & over meet and provide an alternative option for a time trial following prelims on each day.

In the past, we did not have relays for the JR champs in the summer. Last summer there was one team that entered the relays offered, they ended up swimming in one of the five events, scratched the others.

Proposal #6: move the 13-14 200 medley relay and 200 free relays to be swum on Friday. And swim the 200-medley relay as the first event of prelims in the morning and the 200 free relay as the last event of finals at night.

Currently Thursday has the 200 medley and 400 free relays swum in prelims, Friday there are no relays, Saturday has the 800 free relay, Sunday has the 200 free and 400 medley relays swum in prelims.

Proposal #7: move the 400 free and 400 medley relays to the end of finals (with option to swim in am at end of prelims).

Last year there were no more than 10 entered relay teams in each relay event for the 13-14 group. Swimming in up to five races in one session is a lot for prelims finals. This would also provide more exposure for athletes to see finals and create team excitement for the finals. Sunday

Proposal #8 (if needed): If time permits, provide a 10-minute break after the relays if they remain at the start of the session.

On a personal level, I can recall having to adjust relays based on the first individual event last year and allowing the girls especially enough time that were in the first individual event after just one heat of boys' relays between their swim if they're in the first event.