



## **Board of Directors Meeting**

**January 17, 2023**

Zoom, 7:00 PM

- Roll Call to establish Quorum – Tim Husson, Cherlynn Venit, Tom Ugast, Evan Stiles, Erik Collins, JD Foster, Jessica Fry, Jorge Zamora, Trish Buswell, Aaron Dean, Greg York, Samantha Gilbert, JP Vanderloo, Andrew Char. Non-voting attendees: Kelly Rowell, Kim Bullers, Karyn McCannon, Beth Wiskowski, Paris Jacobs and Barb Ship.
- Mission Statement – **PVS supports and promotes excellence for all through education, inclusion, and leadership in a safe, equitable environment.**
- Vision Statement – PVS aims to achieve excellence in and out of the pool as a diverse community grounded in a shared love of competitive swimming.
  - Focus: Education – There are lots of formal and informal educational opportunities. Officials have various trainings, USA S offers different webinars for coaches, there are also a number of “unofficial” educational opportunities available to our members.
- Consent Agenda: Approval of Submitted Reports and [Minutes of November 15 Meeting](#)
  - General Chair
  - Finance Chair
  - Senior Chair
  - DEI Chair
- Additional Agenda Items & Approval of the Agenda – agenda as presented.
  - VA High School meets, equipment rental
  - LEAP
- Athletes Update: JP Vanderloo reported on behalf of the Athlete Representatives:
  - The last few weeks have been spent working on the qualifications and application process for the Athlete Leadership Retreat this summer. The retreat is being hosted by Maine Swimming Athlete Reps. The document has been submitted for BoD review.
  - Samantha Gilbert reported that she is gathering information and working to start the Athlete Newsletter again.
- Registration Update: Kelly Rowell reported:
  - A document was shared with registration numbers as of January 17, 2023. These numbers are a fairly accurate representation of actual numbers in our database. PVS has a few hundred more athletes than we did in January of 2022.
- Action Items from Competition Committee
  - Club Meet Schedule – The 2023-2024 PVS Club meet schedule was presented as endorsed by the Competition Committee.

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- **Motion to approve the 23-24 PVS Club meet schedule as presented, seconded and approved.**
- This is not the final schedule, there will still be an opportunity to make changes or add new meets at the Spring CCM.
- P&P update - Outstanding Athlete Program, regarding who can vote and voting procedures.
  - Paris Jacobs from the Governance Committee noted that there are additional changes needed to the wording to include the criteria for the 12 & U Athletes and to ensure the 13 & over criteria is accurate.
  - **Motion to approve the P&P update on the Outstanding Athlete wording as presented at CCM, regarding the voting procedures; seconded and tabled until February to include the 12 & U criteria.**
    - The motion was tabled, until February to ensure the wording includes all criteria.
- PVS Sponsored Meets
  - Review of January Distance – Tim Husson, Meet Referee, reported that the meet ran well, the 1650 was on Saturday and 1000 was on Sunday. The number of heats and how it compares to the last 8 years was included in the General Chair report. Online check-in the night before was again successful and seems to be the best way to conduct positive check in for the PVS Distance meets.
    - Appreciation of all the hard work in preparing for the meet and at the meet was expressed. The PVS Distance meets continue to provide a great service to our athletes.
  - January Open – The meet is set up and ready for three sites this coming weekend. It is a full meet with a long timeline particularly on Sunday.
    - It was asked, with the timeline changes at Fairland site what do we do with athletes who can no longer attend?
      - There is currently nothing in our policy related to entry changes due to timelines. It only includes wording for when clubs/sites are moved and then have the opportunity to make changes to the entry file.
      - There was a discussion, and we will look at making a change in our P&P to make accommodations for these special situations.
    - Officials are still needed at all sites. It is important to make sure that officials have completed their 2023 membership registration and currently in good standing with their certifications. If any Officials have questions they should contact the Official’s Chair, Kelly Rowell.
  - February Distance – The Meet Announcement will be posted tomorrow.
- High School Equipment – Paris Jacobs and Tom Ugast reported that a request has been made by the VHSL to rent PVS equipment for the upcoming High School Swimming District and Regional meets. The request included a full set of pads for the 4 District meets and one Regional Meet. They also noted that VHSL has plans to purchase their own set of equipment, however there is a delay in delivery and they will not have the pads in time for the 2023 meets.

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- Karyn McCannon, PVS Equipment Manager, commented that after the 2022 High School season, a policy was made to rent PVS semi-automatic timing equipment (buttons only) for District meets and a full set to include pads for Regionals. This policy change was made due to several factors to include previous damage made to PVS equipment, the increased expense and difficulty to have equipment repaired and purchased, limited resources for PVS technical support for the various meets and wanting to ensure the PVS has enough equipment in good working order for PVS LC meets.
- After a discussion regarding the potential rental of equipment, there was a general consensus that PVS rent Semi-Automatic timing systems (buttons only) for Districts and enough equipment to include touchpads for Regionals.
  - Tom Ugast will respond to the HS representative regarding the equipment rental for HS meets.
- PVS LC Zone Team Status/Costs – Henry Tollefson, Zone Team Manager, has been working hard on getting things setup for Zones. Hotels in Richmond and buses have been reserved and contracts are all in place. The cost for travel has increased considerably in the past year and with an anticipated team size of 200 athletes, we are estimating close to \$1000 per athlete. The current budget allows for the PVS subsidiary to be roughly \$35,000, which would result in a fee of roughly \$800 out of pocket per athlete.
  - After a discussion, it was determined that the final cost will need to be determined by the February Board Meeting, so the final per athlete fee can be advertised no later than March, allowing families time to plan and budget for the meet.
    - Is there financial aid available through PVS? Yes, there are some criteria to get financial aid. Swimmers can apply for assistance through the General Chair and Age Group Chair.
- Eastern Zone Athletes Leadership Retreat – A document with information regarding the application process and qualifications was sent to the Board for review.
  - Jessica Fry reported that she worked with the Athlete Representatives in December to work on the Athlete Leadership Retreat application. Their goal is to make the application fairly easy, there will be a list of questions to gather basic information plus four additional questions. Each athlete will be required to submit a report to the Board sharing their experience and join one of the PVS Committees. There are 16 athlete slots available.
  - After a discussion it was determined that athletes who are rising sophomores through seniors will be allowed to apply. A Committee will be formed to review all applications. Cherlynn Venit will help put together a “blind” selection process.
  - A draft of the application will be available at the February Board meeting. The application process will begin in early April and selections made in May
- Finance: JD reported:
  - Current Budget Status – This is early in the fiscal year, PVS is currently tracking close to where we were last year.

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- The Audit is just about completed. The PVS accounting system is in great shape. JD expressed appreciation to our accountant, Kim Bullers for all her hard work.
- Next FY Budget Preparation – The PVS budget will need to be finalized in March, in order to be ready to submit to the House of Delegates in April. Please send any budget additions or increases with justifications to JD by the end of January. The budget will be presented to the BOD February for review and then voted on in March.
- Information from the monthly LSC Leaders Call – Tim Husson and Cherlynn Venit attended the call with other LSC leaders. Tim included the information in his General Chair report. He will be sending out a document to the Clubs later in the week to include information from the call.
  - SWIMS 3.0 update: There are still some functionalities that are not available and that affect Meet Entries and the ability to receive entries, retrieve reports to include times recon and top times reports.
  - Beth Winkowski was in attendance and reported: there was a lot of information on the most recent Leadership call. She sent out a pre-message with deadlines and dates to each LSC General Chair. She did ask that when Tim sends the information to the clubs to encourage everyone to read all the information; camp details, applications for both athletes and coaches. If anyone is interested in being a manager for any of the camps, that info will be included in Coach Connection. USA Swimming Spring Workshop information will be released January 18.
    - Tim commented that PVS will consider adding the Coach Connection newsletters on the PVS website to help ensure that all coaches receive the communication.
- LEAP – Paris Jacobs, Governance Committee, reported that LEAP is coming due in April. There are policies that need to be reviewed and updated. A deep dive into PVS policy and procedures is needed to ensure that what we are doing and what is in the policy are consistent. Items will be sent to Board Members in February for review. Members were reminded to be diligent and respond in a timely manner. LEAP is due for submission in April.
- Next Scheduled Meeting: February 21, 2023
- The meeting was adjourned at 9:01 PM

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**General Chair's Report  
January 2023 Board Meeting**

**PVS General Chair Report – January 2023 Meeting**

**PVS Meets** - Here are recent history statistics from PVS January Distance and January Open meets.

	January Distance Meet					
	Saturday			Sunday		
	Distance	# of Heats	End Time	Distance	# of Heats	End Time
2023	1650	10	11:51	1000	30	2:49
2022	1000	25	1:49	1650	15	1:32
2021	no meet due to COVID					
2020	1000	25	2:00	1650	18	2:41
2019	1650	16	1:45	1000	41	5:35
2018	1000	28	2:31	1650	28	4:48
2017	1650	18	2:22	1000	38	4:30
2016	1000	33	3:35	1650	18	2:40
2015	1650	16	2:02	1000	33	3:41

	January Open				
	2023	2022	2020	2019	2018
Audrey Moore	4960	4086	3106	5090	4409
Fairland	5039	--	4224	5013	3810
PWCS	4086	3694	2275	4847	3843
<b>Total</b>	<b>14,085</b>	<b>7,780</b>	<b>9,605</b>	<b>14,950</b>	<b>12,062</b>

**SWIMS 3.0** - The system is moving forward slowly, with occasional steps backwards. We are loading times from swim meets into the system. There are still some issues with viewing times on the public website. There

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## General Chair's Report January 2023 Board Meeting

are still lots of duplicate accounts, which USA Swimming has pushed down to the LSCs to address/merge. Our Registrar is getting to them as time allows.

Some IMX/IMR reporting is available to clubs in SWIMS, but is not yet working on the public website. OME, Times Recon, and LSC Records are features for which USA-S has no estimated launch dates.

**Coach Registration/Certification** - In order for your club to be in good standing and fully compliant with the USA Swimming insurance regulations, all your coaches must be current. Please have them check it regularly and especially when they will be attending a meet. I really dislike having to send a coach home because they can't be on deck due to not being in good standing. Some certs need to be sent to the [PVS Registrar](#) to be updated in SWIMS (e.g. Concussion training, CPR and Safety Training for Swim Coaches). Others are supposed to automatically be recorded after completion (e.g. BGC, APT, CAT).

**LSC Leaders Call** - The following information was presented on the January 12, 2023 USA Swimming LSC Leaders call. The calls are held monthly. I will put this information together and send it to all PVS clubs to disseminate to their members.

**Health Insurance** - The group health insurance program USA Swimming has in partnership with US Equestrian is available to all members, not just coaches. The current open season runs through February 2. Information is available on the [USA Swimming website](#). We were reminded that clicking the "Enroll Now" button just starts an individual on the eligibility process and is not the actual enrollment. The website has more details.

**Safe Sport Training** - Safe Sport Club Recognition monthly training continues for parents, athletes, and coaches.

Parent Training - January 18, 8 pm ET - [Registration](#)

Athlete Training - January 19, 8 pm ET - [Registration](#)

Coach Training - January 20, 3 pm ET - [Registration](#)

Training schedules and registration links for subsequent months and available on the [USA Swimming website](#).

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**USA Swimming Regional Coach Clinics** - USA Swimming's Regional Coach Clinics provide coaches of all levels and experiences with best-in-class expertise using facilitated education, discussions, and activities. USA Swimming Regional Coach Clinics are open to all USAS, YMCA, high school, or local swim coaches in the area. This year, five clinics will be hosted across each zone throughout the year. The nearest clinic this year will be June 9-11 at the University of Maryland Baltimore County (UMBC). Details can be found on the [USA Swimming website](#).

**Women's Leadership Summit** - Women's Leadership Summit helps female coaches with varying levels of experience build their confidence and expertise in leadership, wellness, and coaching through immersive educational sessions and networking opportunities with fellow members of the USA Swimming community. This event will host 40 female USA Swimming coaches. The Spring WLS will be held March 31st-April 2nd at the La Forest Retreat Center in Colorado Springs, Colorado. Registration opens later this month and more information can be found on the [USA Swimming website](#).

**USA Swimming National Diversity Select Camp** - Athletes who represent an underrepresented community and/or ethnically underrepresented population that is less than 10% of the current USA Swimming member base are eligible for this camp. These populations can include African American/Black, Hispanic/Latinx, Asian or Pacific Islander, Native American, and others.

The camp will be held May 4-7, 2023 at the US Olympic and Paralympic Training Center- Colorado Springs, Colorado. The National Diversity Select Camp requires an athlete application. *Athletes will NOT automatically be selected for this camp based on 2022 swims or IMX scores.* The 2023 application is open until Friday, February 10th at 5pm MST. Please see the [NDSC Application](#) for more information.

**USA Swimming Regional Diversity Select Camp** - Athletes who represent an underrepresented community and/or ethnically underrepresented population that is less than 10% of the current USA Swimming member base are eligible for this camp. These populations can include African American/Black, Hispanic/Latinx, Asian or Pacific Islander, Native American, and others.

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The camp will be held June 8-11, 2023 at the University of Maryland Baltimore County (UMBC). The Regional Diversity Select Camp requires an athlete application. *Athletes will NOT automatically be selected for this camp based on 2022 swims or IMX scores.* The 2023 RDSC application will be open on Monday, February 13th and close on Friday, March 31st at 5pm MST. See the [USA Swimming website](#) for more information.

**USA Swimming Zone Select Camp** - USA Swimming Zone Select Camps invite the top fifty-six 12, 13, and 14-year-old athletes in each zone for a unique motivational experience, training, and facilitations. *Athletes will be selected based on their 2022 LCM IMX scores, and times. Athletes, coaches, and parents will be notified of their swimmers' selection no later than Friday, March 3rd.* The Eastern Zone Select Camp will be held May 18-21, 2023 at the University of Pennsylvania. See the [USA Swimming website](#) for more information.

**USA Swimming Camp(s) Assistant Coach Application** - Coaches are integral to our mission, guiding swimmers to excellence in the pool, and instilling in them the tools they need to succeed in life beyond competition. The 2023 USA Swimming Zone, Regional, and National camps will invite 5 assistant coaches through an application process to assist with the programming, coaching, and overall execution of the camps. Any USA Swimming certified coaches are invited to apply for this unique coaching experience. Applications will open on Tuesday, January 17th, 2023.

Stay safe! Stay healthy! I hope to see you at a PVS meet soon!

Tim Husson  
General Chair  
[GeneralChair@pvs swim.org](mailto:GeneralChair@pvs swim.org)

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**POTOMAC VALLEY**  
**SWIMMING**

## USA Swimming Membership - 2023 Membership Year

as of January 17, 2023, 3:30 pm

		<b>August 31, 2022</b>
<b>ATHLETES</b>	<b>11,962</b>	<b>12,363</b>
Premium	10,989	11,389
Individual Season	275	26
Flex	698	948
<b>NON-ATHLETES</b>	<b>1,407</b>	<b>1,155</b>
Coach	534	577
Other	154	67
Official	660	511
Administrator	19	
Junior Coach	40	



## Potomac Valley Swimming Finance Report

### 2023 Audit

KWC, the PVS auditor, has nearly finished its work and should be reporting to the Board anon. Indications received to date, though preliminary, suggest PVS came through with flying colors.

### 2024 Budget

To review the process and timeline:

- All proposals for the 2024 budget should be submitted by the February Board of Director's Meeting (February 21). Those seeking funding for new programs or a significant increase in funding for existing programs, please provide a description, justification, and a detailed breakdown of costs.
- A preliminary budget will be presented for the March Board Meeting.
- At the April meeting the Board will consider, discuss, amend, and formally adopt a budget.
- The House of Delegates will review, discuss, amend, and then formally approve the 2024 budget at its meeting on April 16.

### YTD 2023 Financial Results

Below you will find summaries of the internal PVS profit and loss statements through December. These summaries are a digest of the more comprehensive reports from the PVS Treasurer, which means any errors in the details are almost certainly mine.

The bottom line is PVS had net income of about \$260,000 on total income of nearly \$500,000. This net income compares to about \$266,000 of net income this time last year.

The October and November Opens earned PVS about \$31,000 and \$17,000, respectively.

Of possible concern, athlete registration income declined to \$244,000 from about \$300,000 for this same period last year.

Respectfully submitted,

J.D. Foster  
Vice Chair Finance  
Potomac Valley Swimming  
January 13, 2023

<b>Income</b>	Through December 2022
Registration Income	
Athletes	254,419
USA Swimming Tech Fee	<u>-10,177</u>
Net Registration -- Athletes	244,242
Registration -- Clubs	1,140
Income Carried to Next FY	-66,428
Income Carried from Last FY	<u>90,444</u>
Total Registration Income	269,398
PVS Meet Entries	
Meet Entry	
Income	151,795
Athlete Surcharge	30,975
Outreach Refund	<u>-15</u>
Total PVS Meet Entry Income	182,755
Splash Fees	51,852
Equipment Rental Income	1,740
Fines	204
Miscellaneous Income	825
Dividend and Interest Income	3,112
Capital Gain/Loss (Unrealized)	-18,465
Capital Gain/Loss (Realized)	<u>8,432</u>
<b>Total Income</b>	<b>499,852</b>

**Expense**

PVS Meets	
Meet Management Fees	35,466
Pool Rental	77,636
Hospitality	13,968
Other	<u>7,150</u>
Total PVS Meets	134,221

Officials Support	
USA Registrations	5,644
Travel & Stipends	2,718
Other	<u>1,687</u>
Total Officials Support	10,049

Athlete Travel Assistance	15,400
Equipment Operations	5,056
LC Zones Expenses	6,147
Outside Contractor Services	2,725
Investment Advisory Fee	615
Miscellaneous Expenses	2,074

Employee Expenses	
Salaries	58,667
Payroll Taxes	<u>4,488</u>
Total Employee Expenses	63,155

**Total Expenses** **239,441**

**Net Income** **260,411**



**Potomac Valley Swimming  
Diversity, Equity & Inclusion Report  
January 17, 2023**

**NEW**

**USA Swimming's Community Impact Grants** – intended to expand current competitive programs and opportunities within women and minority-owned or operated teams in order to better support and provide equitable experiences

- **Applications are open through 11:59 pm on February 3, 2023**
- Additional information and the application can be found at [https://usaswimming.smapply.io/prog/community\\_impact\\_grant\\_2023/](https://usaswimming.smapply.io/prog/community_impact_grant_2023/)

**36<sup>th</sup> ANNUAL BLACK HISTORY SWIM MEET** – February 17-19, 2023 @ Takoma Aquatic Center/Hosted by DC Wave Swim Team

- Meet announcement can be found [here](#)
- **Entries are due by 11:59 pm on Tuesday, February 7**
- The meet filled quickly last year; send entries ASAP if you want a chance at getting in!

**National Diversity Select Camp** – May 4-7, 2023 @ The Olympic & Paralympic Training Center

- Athlete applications must be received on or before 5:00 pm MT/7:00 pm EST on Friday, February 10
  - <https://fs22.formsite.com/usaswimming/npyhliqzso/index.html>
- Assistant coach applications must be received by Friday, March 3
  - <https://fs22.formsite.com/usaswimming/bib4jpws3b/index.html>

**UPCOMING**

- Get PVS Outreach Grant on website and out to members by January 31
- Working w/ Cliff Gordon on a DEI educational series for Instagram and PVS website (similar to what USA Swimming does every month)
- USA Swimming DEI – Foundations of DEI
  - Hosted monthly by Leland Brown and Noah Wilson
  - Participants will gain an understanding of how DEI can be utilized and enacted upon by all USA Swimming members at the club, LSC and National levels
  - Next meeting – Thursday, March 9 @ 7:00 pm

- Register [here](#)
- USA Swimming DEI – Disability Education: Rule 105 Implementation
  - Thursday, February 9 @ 7:00 pm
    - Register [here](#)

### **Eastern Zone Swimming DEI Committee**

- December Meeting – Main Topics
  - Mike Switalski and the chairs discussed in great detail the State of Play Report for 2022 from Aspen Project Play. Sports are rebounding from the pandemic, but cost is still a huge factor in kids not returning to a sport or continuing. What can we and USA Swimming do to help? The report can be found at <https://www.aspenprojectplay.org/state-of-play-2022-intro>.
  - Club Recognition Program
    - New details have been postponed for release regarding the program due to the issues with SWIMS 3.0; big changes are coming, but are not performance related
    - Major DEI changes for CRP levels that are based on points
  - Discussed Community Impact Grants and upcoming DEI webinars
- Next meeting – Monday, January 23 @ 8:00 pm

### **Resources**

- USA Swimming DEI - <https://www.usaswimming.org/resource-center/diversity-equity-inclusion>
- USA Swimming Programs & Services - <https://www.usaswimming.org/coaches-leaders/team-leaders/programs-services#webinars---presentations>
- USA Swimming Disability - <https://www.usaswimming.org/home/disability>
- Diversity in Aquatics - <https://www.diversityinaquatics.org>

Jessica Fry-Mack

PVS DEI Chair

[pvsdiversity@gmail.com](mailto:pvsdiversity@gmail.com)



**Potomac Valley Swimming  
2023 Eastern Zone Leadership Retreat  
Colby College  
June 22-26, 2023**

Maine Swimming is hosting the first Eastern Zone Leadership Retreat! This retreat is geared towards swimmers who are interested in becoming more involved in governance in their LSC and beyond. Activities will include both long course and short course swimming (including a meet!), informational workshops, speakers and activities to engage athletes in what it means to get involved in their LSC. Each LSC is invited to send sixteen (16) athletes they have selected through a process of their choosing. All athletes must be sixteen (16) years old or entering their sophomore year of high school.

PVS will require an application for prospective athletes. We'd like to require the following information on the Google Doc application:

- Name
- Home address
- Home and cell phone number
- Email address
- Current age and grade for 2023-2024 academic year
- Are you interested in being a part of a PVS Governance (Board of Directors, committees, etc.) and why?
- Have you ever played a role in PVS Governance? If so, in what capacity and if not, what would you like to be involved in?
- What leadership/volunteer roles are you involved in outside of swimming?
- What is one thing you would like to see improved in PVS?
- Why do you want to attend the 2023 Eastern Zone Leadership Summit?

Swimmers will be required to:

- Submit a report to the board about their experience at the Leadership Retreat that can be shared with the LSC
- Join a PVS committee of their choosing

Miscellaneous:

- Do we ask for parent information on the application (name, cell number, email address, etc.)
- Can we list the available committees somewhere on the application? A lot of members don't understand all the committees available to join.
- Are swimmers approved by the board?
- We recommend that the cost for athletes and coaches is covered by PVS, including transportation.
- We'd like to keep the application open for a month (we recommend having it open through April) while allowing enough time for athletes to plan for the trip.



## PVS Senior Chair Report

At the PVS Competition Committee meeting on January 10, 2023 a couple things were discussed and endorsed to send to the Board for final approval.

- The club bids to host meets during the 2023-24 PVS season was endorsed, see attached.
- Paris Jacobs from the Governance Committee brought up that the wording in the P&P about the voting for Outstanding Athlete needed to be cleaned up. She presented a proposed version of the document with the suggested changes, which will help more clearly define the voting process and who is eligible to vote. A motion to accept the changes was seconded and endorsed by CCM.
- Athlete Travel Assistance was also discussed. I let the committee know that all teams requesting assistance by the deadline and been vetted, approved, and submitted to Kim Bullers. PVS assisted the following for the
  - US Open: RMSC- 4 swimmers, NCAP- 8 swimmers.
  - PVS also assisted the following teams for Winter Juniors: AAC- 5 swimmers, RMSC- 5 swimmers
- The procedure for Athlete Travel Assistance request was also discussed. The Governance Committee will be looking at setting up a Task Force to review the current format and look into possible alternatives to make the process less cumbersome for the submitting teams.

## 2023-2024 Endorsed 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
<b>10/13-15/2023</b>	<b>PVS October Open</b>	<b>PVS</b>	<b>various</b>
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
<b>11/10-12/2023</b>	<b>PVS November Open</b>	<b>PVS</b>	<b>various</b>
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
<b>1/6-7/2024</b>	<b>PVS January Distance</b>	<b>PVS</b>	<b>St. James</b>
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
1/19-21/2024	January Invitational	RMSC-M	GISC
<b>1/20-21/2024</b>	<b>PVS January Open</b>	<b>PVS</b>	<b>various</b>
1/26-28/2024	IMX	PM	UMD
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
<b>2/11/2024</b>	<b>PVS February Distance</b>	<b>PVS</b>	<b>Fairland</b>
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
2/24-26/2024	February Invite	RMSC-M	MLK
3/1-3/2024	Cherry Blossom SC Champs	PAC	Fairland
<b>3/7-10/2024</b>	<b>PVS SC Junior Champs</b>	<b>PVS</b>	
<b>3/7-10/2024</b>	<b>PVS SC Senior Champs</b>	<b>PVS</b>	
3/9-10/2024	Mini Champs	RMSC-M	OSC
<b>3/14-17/2024</b>	<b>PVS 14 &amp; U Champs</b>	<b>PVS</b>	
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
5/11/2024	Mini Olympics	MACH	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
6/8-9/2024	FISH LC Invitational	FISH	St. James
<b>6/15-16/2024</b>	<b>PVS LC Distance</b>	<b>PVS</b>	
6/16/2024	Juneteenth LC Classic	DCPR	Wilson AC
<b>6/23/2024</b>	<b>PVS LC Open 1</b>	<b>PVS</b>	<b>various</b>
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
<b>6/30/2024</b>	<b>PVS LC Open 2</b>	<b>PVS</b>	<b>various</b>
<b>7/11-14/2024</b>	<b>PVS LC Open Champs</b>	<b>PVS</b>	
<b>7/11-14/2024</b>	<b>PVS LC 12 &amp; Under Champs</b>	<b>PVS</b>	
<b>7/18-21/2024</b>	<b>PVS LC 13 &amp; Over Champs</b>	<b>PVS</b>	

## OUTSTANDING ATHLETE NOMINATIONS- REDLINE

This annual award is presented to the male and the female athlete in each age group who are selected by the coaches as the outstanding athlete.

Awards to be made annually to single age group from 9 years old to 18 years old and Open. The ~~with the~~ qualification period ~~remaining the same~~ is Sept 1<sup>st</sup> -Aug 31<sup>st</sup> of the calendar year.

An athlete may only be submitted for one age group within a qualification time period.

~~the coach will have the option of one age group the athlete can apply for.~~

The accomplishments presented on the application must have been achieved in the specific age group for which recognition is sought and achieved during the qualification period.

This award is based solely on the swimming achievements of the athletes from September 1 of one year through August 31 of the next.

Criteria for consideration are:

- National/World Ranking
- Olympic Trials
- USA Swimming National Team Member
- USA Swimming Records Established
- PVS Records Established
- Long Course Nationals
- Long Course Juniors
- Short Course Juniors
- Zone Team Member

Nominations for this award may be submitted by a PVS Coach member or **club designee** or **other PVS member**.

Applications for the award **will be due on the date established by the committee**, but that date must be at least two weeks prior to the **Fall** Competition Committee Meeting at which the selection will be made.

**Once nominations are closed the slate of athletes submitted will be sent to head coach of each club.** Athlete names and club affiliation ~~teams of the athletes~~ will be removed from the nomination ~~information~~ **slate** sent to the coaches body.

~~Selection will be made by secret ballot at the Fall meeting of the Competition Committee.~~

Ballets for voting will be distributed to the head coach or club designee of each PVS member club in good standing. Voting members consist of either the club head coach or club designee. Each club is entitled to one vote.

## **OUTSTANDING ATHLETE NOMINATIONS- CLEAN VERSION**

This annual award is presented to the male and the female athlete in each age group who are selected by the coaches as the Potomac Valley Swimming outstanding athlete.

Awards to be made annually to single age group from 9 years old to 18 years old and Open.

The qualification period is Sept 1<sup>st</sup> -Aug 31<sup>st</sup>.

An athlete may only be submitted for one age group within a qualification time period.

The accomplishments presented on the application must have been achieved in the specific age group for which recognition is sought and achieved during the qualification period.

This award is based solely on the swimming achievements of the athletes from September 1 of one year through August 31 of the next.

Criteria for consideration are:

- National/World Ranking
- Olympic Trials
- USA Swimming National Team Member
- USA Swimming Records Established
- PVS Records Established
- Long Course Nationals
- Long Course Juniors
- Short Course Juniors
- Zone Team Member

Nominations for this award may be submitted by a PVS Coach member or club designee

Applications for the award will be due on the date established by the committee, but that date must be at least two weeks prior to the Fall Competition Committee Meeting at which the selection will be made.

Once nominations are closed the slate of athletes submitted will be sent to the head coach of each PVS Member club. Athlete names and club affiliation will be removed from the nomination slate sent to the coaches body.

Ballets for voting will be distributed to the head coach or club designee of each PVS member club in good standing. Voting members consist of either the club head coach or club designee. Each club is entitled to one vote.