

Approved: August 2024

**Potomac Valley Swimming  
Board of Directors  
June 25, 2024  
Video conference**

- Attendance – Cherlynn Venit, Trish Buswell, Ellen Colket, Tom Ugast, Erik Collin, Cliff Gordan, Nicole Erickson, Andrew Koons, Harper Freeman, Barb Ship. Non-voting attendees: Tim Husson, Kim Bullers, Mary Massoumi
- Call to order – The meeting was called to order by General Chair, Cherlynn Venit.
- Introductions/Roll Call – There are a sufficient number of voting members to conduct business.
- Consent Agenda: anything to pull for discussion?
  - **Motion to accept the Consent Agenda as presented, seconded and approved.**
- Additional Agenda Items & Approval of the Agenda –
  - **Motion to approve the agenda and meeting minutes from the April 2024 meeting, seconded and approved.**
- Administrative Update
  - Assistant Registrar & Equipment Manager Hiring Status –
    - Trish Buswell reported that there are 11 applicants for the Assistant Registrar position and one applicant for the Equipment Manager. Interviews will take place in July.
  - Athlete Rep & Coaches Rep Election Status –
    - Terri and Nicole will communicate with Governance and set up the Election Buddy for the voting. Athletes are working with Governance to set up their election as well, a call for nominations will be sent out shortly.
  - USA Swimming Workshop & Annual Business meeting will be held in Denver, Co, Sept 26-28 –
    - Based on P&P the delegates invited to go are the General Chair, Admin Chair, Sr Chair, AG Chair and Sr. Coach. If any of the invited delegates are unable to go or attend the online annual business meeting, please let Cherlynn know by July 5, so she can find a replacement.
    - Workshop attendees who are also invited to attend are the General Chair, Registrar, DEI Chair, Coach Rep and Athlete Rep. More information will be sent the attendees.
    - Mighty Mega Workshop will be held November 8-11. PVS will pay the travel costs. Two PVS representatives will be invited to attend.
- Action Items/Motions
  - Financial Statement Budget vs Actual/Athlete Scholarship update –
    - Ellen Colket reported on attending Olympic Trials, as an Official, she thanked the Board and PVS on behalf of the Officials who participated at Olympic Trials as Officials for their support.
    - The financial update was sent out as of mid-June. The surplus will not be as large as we expected, after some of the more recent fee increases, we have made. The surplus will be closer to \$110K. We know more after the LC Champ meets and Zones are complete, as these are huge expense drivers.

- A reminder was made to board members regarding any reimbursable expenses that may be incurred between now and the end of August. Please send receipts into Kim within 7-10 days of the event, to close out the books as quickly as possible. This next year we will go through an Audit, so we will need to be ready.
  - \$.5 million has been moved from Wells Fargo to the investment firm. We also moved \$50K to a Money Market account. These funds will help fund the five \$2000 scholarships we plan to distribute by the end of the summer.
    - The application for the Scholarship has been developed and will be reviewed and sent out through Flash Mail, social media and posted to the website, as soon as it is ready. The applications are due July 22.
    - The committee has created a Rubric and will be ready to review all applications and select recipients by August 9. The plan is to award five scholarships, but they are prepared to increase the number given out if there are more worthy applicants.
  - The Reserve Task Force has met to discuss the best plan for what to do when we are outside the .65% and 1.0% operating reserves. They will meet again at the end of June, so in July they can bring a proposal back to the board. They will also look for advice as to how to communicate back to the HOD.
- Athlete Service Project – Harper Freeman reported-
  - The Athlete’s Swim-a-Thon information was published in Swim Swam and they were interviewed by a local paper. Harper also reported that members can continue to donate. Donations can be made through the online through July 20.
    - **Motion for PVS match the total in donations raised, up to \$1500, seconded and approved.**
- LC Zones Athlete Cost – Gaby has been working on getting everything ready to post on Team Unify for the LC Age Group Zone Athletes.
  - The applications are taking shape and will be posted soon, and all the info will be online for athletes to complete.
  - As a reminder, the Zone Meet will be self-travel this year. It is also being held a week later than in previous years.
  - Zone Coaches have already met and started planning for the meet and activities. They are excited and ready for a great meet experience for everyone.
  - The initial deadline will be July 10, so the initial apparel order can be made. Then there will be a final, supplemental order will be made once 12 & Under LC Champs is over.
  - The coaches will set up a team practice before they leave and then a dinner and scavenger hunt the first night.
  - Cost per athlete? In looking at the cost and factoring in the subsidiary that PVS contributes, they are suggesting the athlete cost be \$125.
    - PVS has a commitment to pay \$27K towards the Zone Team fees.
    - **Motion to set the Athlete cost for 2024 LC AG Zones at \$125, seconded and approved.**

- Official's Travel Reimbursement appeal – Barb Ship reported that she has received one appeal request, for an Official who submitted their reimbursement request for Sectionals, a couple days late. The reimbursement amount is \$500. Barb's recommendation is to approve the appeal.
  - **Motion to accept the appeal for Official Travel Reimbursement for a late request, seconded and approved.**
- Athlete Travel Reimbursement appeal – Aaron Dean received a request of appeal for Athlete Travel Reimbursement for a college athlete. This athlete did not re-register as a PVS athlete within the 6-month window.
  - P&P was referenced for a better understanding of the rule.
  - **Motion to accept the waiver for athlete travel, for a college athlete, who represented PVS in the Open Water National, seconded and approved.**
- Lifetime Membership – Cheryl Lynn reported, she received 6 nominations for USA-S Lifetime Membership. Two of the nominations had previously received a Lifetime Membership. She feels the other four are all great candidates. Do we want to give 1, three or four Lifetime Memberships this year?
  - There is a \$1000 fee.
  - All candidates have been vetted and are members in good standing.
    - **Motion to approve three Lifetime USA Swimming Membership for 2024, seconded and approved.**
- New Team – QOSA – For informational purposes, there is a new team in PVS starting in the 2024-2025 season; Quince Orchard Swim Academy. All paperwork has been submitted to USA Swimming and they are in the process of final approval.
- 10 & Under Championship Events – A coach has submitted a question regarding 10 & U 400 freestyle relay, saying it is not a valid event according to the rule book.
  - Cheryl Lynn Venit and Erik Collins have reviewed the rulebook. While the event in question is not listed as an approved 10 & U event, the next statement in the rulebook does allow for it to be added per the LSC discretion.
  - Additionally, they did some research on other LSC in the Zone and found that some meets in the Zone include the 10 & Under 400 free relay and some do not.
  - Looking back, historically, PVS decided that since the 10 & U 400 Relays are swum at the Zone Level meets then PVS would include them at our Championships as well.
- Process for Times Recon for Distance/Championship meets – P&P was reviewed and there will be times recon for all LC Championship meets. It will be important for the pre meet databases be submitted in a timely manner, so the pre meet recon and times recons can be completed.
- PVS Open, Distance & Championship Meet Host Process Plan for 2024-2025 –
  - This was a difficult process this past year, making it hard to find hosts for all the PVS meets. We need to find a better process for next season.
  - We will do an initial request for “renewals” and try to get them set by end of August. We will then look towards the larger teams, as ask them to fill the empty slots or the meets will not happen.
    - There was a brief discussion regarding why this has been more difficult in recent years and a few thoughts on how to change the process going forward

- The goal is to have all hosts identified by the end of September and at CCM we will make a decision on the ones that do not have hosts.
  - PVS Quad Swim Apparel & Equipment LSC Team Partnership contract – Cherlynn reported; PVS is currently a Speedo sponsored team. Arena has already reached out and is looking to become a partner with PVS. There are two contracts to review, Speedo and Arena.
    - Tom Ugast, Ellen Colket, Trish Buswell and Cherlynn Venit will be on a committee to review the contracts, their recommendation will be brought back to the Board in July.
  - PVS Awards & Education Grants application approval – Aaron has set up a Grant application to be used for the 2025. The application was shared with the board for review.
    - One comment is that a Review Committee should be used to review all submissions regardless of the total number annually.
      - Table until Aaron can discuss and see the updated application.
    - Outstanding Service Award Presentation Ideas – When do want to do this presentation? What are the options. Typically, it is presented at HOD, but we did not have any nominations at that time. It was recommended to present it at one of the LC Championship meet this summer.
- Old Business
  - Bullet Statements/Job Tasks for positions elected – As a reminder, all Board positions, should make a bulleted list of their tasks.
    - The Operations Chairs noted that all Fairfax County contract submissions have been sent in.
    - There is a description of the Operations Chair that was written by Carolyn Kotarski, that will be passed to new Operations Chair.
  - Goals Benchmarks for next month – Please send thoughts/benchmarks for next season.
- New Business
  - Sanctioned, Observed, Approved Meets Process/Changes/Posting/P&P –
    - A reminder that any substantial changes to meet announcements needs to be resubmitted to the Tech Committee for a second review, for example, a format change (such as number events allowed to swim, sessions, etc).
    - Observed meets are primarily HS meets. P&P does say we are supposed to issue a \$100 fee, however the board voted to remove the sanction fee a number of years ago.
    - Approved – Black History has historically been one of our only “approved” meet. P&P states the sanction fee is \$100 or up to \$.75 per splash. There is another meet, the MCSL Coaches LC meet is also an “approved” sanctioned meet. Historically they paid \$100 for an Approved sanction fee but have not charged the last couple years. It is believed that it was dropped during Covid and has slipped through.
      - Should the two meets be charged the same or different?
        - Need to be fair and equitable across the board. Ellen recommends we remove the sanction fee.
        - There will be a discussion off line and a recommendation will be made and brought back to the board.

- BOD 2024-2025 Season Planning & Strategic Planning weekend – Looking for a weekend/day for all board members to get together for team building and 2024-2025 season planning. We are looking at dates towards the end of August; Aug 23-25, Sept 30-1, Sept 6-8.
  - It was recommended to set a date for a one-day, all day meeting.
- Upcoming meetings/Opportunities
  - USA Swimming webinars – take a look online for all the great webinars.
  - PVS Committees: Officials-??, DEI – July 7, CCM – Oct 8, Safe Sport - ??, Tech & SM - ??, Gov - ??, Finance – week of July 22, Open Water - ??
    - Reminder: Meetings must be posted to the website. Please send it to Cherlynn & Tim.
  - Next Scheduled Board Meeting: Tuesday, July 16 on Zoom.
- Adjournment

# Board of Directors Meeting Agenda

June 25, 2024

Zoom @7:00 PM ([click to join the meeting](#))

## Call Meeting to Order

- 1) Introductions/Roll Call to establish Quorum (Cherlynn/Terri)
- 2) Consent Agenda: pull any for discussion? (Cherlynn)
- 3) Additional Agenda Items & Approval of the Agenda (Cherlynn)
- 4) Administrative Update
  - a) Assistant Registrar & Equipment Management Hiring Status (Trish)
  - b) Athlete Rep and Coaches Rep Election Status (Harper/Nicole)
  - c) USA Swimming Workshop & Annual Business Meeting (Sept. 26-28 in Denver) (Cherlynn)
- 5) Action Items/Motions
  - a) [Financial Statement Budget vs Actual](#) (Ellen) – pulled from consent agenda
  - b) Athlete Service Project (Harper, Samantha, Nicole)
  - c) LC Zones Athlete Cost (Cherlynn)
  - d) [Officials' Travel Reimbursements](#) appeal (Barb)
  - e) Athlete Travel Reimbursements appeal (Aaron)
  - f) Lifetime Membership (Vote on # to present this year) (Cherlynn)
  - g) New Team (Terri/Cherlynn)
  - h) 10 & Under Championship Events
  - i) Process for Times Recon for Distance/Championship Meets
  - j) PVS Open, Distance & Championship Meet Host Process Plans for 2024-2025
  - k) PVS Quad Swim Apparel and Equipment LSC Team Partnership contract
  - l) [PVS Awards](#) & Education Grants Application Approval (Aaron)
  - m) Athlete (& Coach) Wellness Application/Criteria Approval (Aaron)
  - n) Outstanding Service Award Presentation Ideas (Cherlynn)
- 6) Old Business
  - a) Bullet Statements/Job Tasks for positions elected – still need for VC Ops
  - b) Goals/Benchmarks for next month (All)
- 7) New Business
  - a) Sanctioned, Observed, Approved Meets Process/Changes/Posting/P&P (Cherlynn)
  - b) BOD 2024-2025 Season Planning & Strategic Planning weekend (Cherlynn)
- 8) Comments (Stop, Start, Continue) (Cherlynn)
- 9) Upcoming Meetings/Opportunities
  - a) [USA-S](#) webinars
  - b) PVS Committees: Officials – ??; DEI – July 7; CCM – Oct 8<sup>th</sup>; SafeSport – ?; Tech & SM – ??; Gov – ??; Finance - ??, Open Water - ?? – Meetings MUST be posted to website – send to me and Tim
  - c) Next Scheduled Board Meeting: Tuesday, July 16 on Zoom

## 10) Adjournment

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Mission Statement: PVS supports and promotes excellence for all through competition, 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.

# Consent Agenda

(BOD Meeting 6-25-24)

1. [Minutes of April 16, 2024 Meeting](#)
2. Committee Reports
  - a. [General Chair](#)
  - b. [Administrative Vice Chair](#)
  - c. [Finance Vice Chair](#)
  - d. [Senior Vice Chair](#)
  - e. [Age Group Vice Chair](#)
  - f. Operations Vice Chair
  - g. Athletes Representatives
  - h. Coaches Representatives
  - i. [Officials Representative/Chair](#)
  - j. [DEI Chair](#)
  - k. SafeSport Chair
  - l. Registrar
  - m. Open Water Coordinator
  - n. Operational Risk Coordinator
  - o. Governance Chair

Admin Vice Chair Report (6-25-24)

We have 11 applicants for assistant registrar. Zero official applicants for the equipment manager position.

Interviews will be over the first 3 weeks of July, based on scheduling.

Otherwise, I do not have much to report.

Thank you,  
Trish



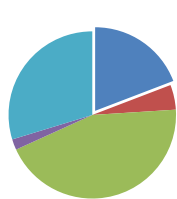


# Potomac Valley Swimming Finance Report as of 24-Jun-2024

## Financial Performance

Our investment portfolio managed by RBC Wealth Management continues to exceed our growth target, outperforming the MSCI All Country World Index and earning 3% or greater, net of fees. A point of information is that we transferred \$500,000 from our Wells Fargo account into a higher earnings opportunity, specifically, a Treasury Money Market fund managed by RBC Wealth in late April. This is the prime driver for the change in the portfolio’s balance.

### As of 31 May 2024 ASSET ALLOCATION SUMMARY



- 19% US Equities
  - 5% International Equities
  - 44% Taxable fixed income
  - 2% Real Assets
  - 30% RBC Insured Cash/Treasuries
- Current account value**

CURRENT VALUE	% of Portfolio	YOY growth
\$ 177,270	19%	
\$ 44,487	5%	
\$ 408,707	44%	
\$ 19,145	2%	
\$ 274,774	30%	
<b>\$ 924,383</b>	<b>100%</b>	

Investment Objective - **Balanced Growth**  
Risk Tolerance - **Low Risk**

Our General Operating Account (GOA), Restricted Operating Account (ROA) and Special Accounts currently remain within the Wells Fargo Banking Institution. We continue to research the feasibility of Wells Fargo providing bill pay service which would save on the cost of purchasing checks, stamps, envelopes, and saving time.

## Budget Performance

We are nine months into the 2023-2024 season and 88% of the end-of-year projected net income has been booked. Based on last year’s closing months, we will likely exceed the end of year income projection of \$1,069,781 by more than \$20k. The key areas contributing to this are meet entries and splash fees. Our expenses are running 64% of our end of year projection of \$877,910. We expect with the Long Course season meets, pool rentals, zones, official and athlete travel stipends/reimbursements for Trials, officials’ travel reimbursements for the July Futures meets, as well as other G&A expenses, that we will be right on target.

## 2024-2025 Budget

The HOD approved the PVS 2024-2025 budget presented on 14-May with a projected Net Income deficit of <\$114,915>. This budget has been entered into our Quick Books Accounting system for the 1-Sep-2024 thru the 31-Aug-2025 season.



## Potomac Valley Swimming Finance Report as of 24-Jun-2024

### Noteworthy items:

- a. The Athletes' Scholarship committee was launched on 10-June. This committee has begun developing the program's process which includes a one-page outline, criteria, application, as well as a method for vetting, selection, and award. This committee is meeting again the last week in June. The plan for publicizing this program and the application is no later than the end of June with a target to issue scholarships later this Summer.
- b. The Reserve Task Force met on 30-May following the HOD to discuss the process and actions needed if/when the reserve operating fund is projected to be outside the .65 – 1.00 parameters, as stated in PVS' P&P. A second meeting will be held by end of June and the recommendations will then be provided to the Board along with a plan for how to communicate back out to the HOD.
- c. The Swimathon project secured approximately \$400 in donations thanks to the hard work by our athlete representatives. **Recommend:**
  - i. the fees associated with using Team Unify for this effort be covered by PVS *and*
  - ii. the Board consider matching the donations received to support this very worthy cause.
- d. PVS credit cards are moving from Visa to Mastercard in July as per information from Wells Fargo. All cards will have new numbers.
- e. Please make sure to submit all end of season financial information (receipts, athlete and officials travel stipend/reimbursement requests, any expenditures related to PVS LC Meets e.g., Meet Director reports, Zones, etc.) no later than 31-August in order to assist us in closing out the fiscal year promptly and efficiently. **This also includes depositing of any PVS checks issued to clubs and/or individuals.** Closing our books on time is critical to setting ourselves up for success as we prepare for our PVS 2024 Audit to be conducted in 4<sup>th</sup> quarter.

### Reminders:

- o When hosting a PVS meet, Meet Hosts must read, sign, and return the Meet Director's form to the LSC Services Manager one week prior to the meet. This document includes important updated financial and operational details for managing and hosting these meets.
- o We are requesting that all clubs look to utilize ACH payment of bills in lieu of writing checks to process payment to PVS. We currently have approximately 80%+ of clubs utilizing the ACH function and are striving to achieve 95-97%. We will be reaching out to these clubs over the next 60-90 days to see how we can assist.

Respectfully submitted,

Ellen Colket  
Vice Chair Finance



# Board of Directors Report

## Senior Chair – Aaron Dean

June 24, 2024

### Athlete Travel Assistance as of June 20, 2024

Athlete Assistance update 3/31/24							Actual	Projected Final	Delta
\$ 700	4 day meet	US Open	Greensboro	1 2	1 7	\$ 8,400.00	\$ 11,900	\$ 11,900	\$ 3,500.00
\$ 800	5 day meet	Summer Champs	Irvine	4		\$ 3,200.00		\$ 3,200.00	
\$ 700	3 day meet	Open Water Nationals	Sarasota	1 2		\$ 8,400.00	\$ 6,300.00	\$ 6,300.00	-\$ 2,100.00
\$ 1,400	8 day meet	Olympic Trials	Indy	2 0		\$ 28,000.00		\$ 28,000.00	
\$ 700	4 day meet	Winter Jr Champs	Columbus	1 0	1 4	\$ 7,000.00	\$ 9,800.00	\$ 9,800	\$ 2,800.00
\$ 800	5 day meet	Summer Champs	Irvine	2 3		\$ 18,400.00		\$ 18,400.00	
\$ 700	3 day meet	Paralympics Nationals	Orlando	1	3	\$ 700.00	\$ 2,100.00	\$ 700.00	\$ 1,400.00
\$ 700	3 day meet	Paralympics Trials	Minneapolis	1		\$ 700.00		\$ 700.00	
						\$ 74,800.00	\$21,700.00	\$81,100.00	\$ 5,600.00

Recent Reimbursements provided:

Open Water Nationals (\$700 each):

NCAP Leopold Nurit

NCAP Virginia Strickland

NCAP Paul Mullen

RMSC Nick Liberty

RMSC Trevor Donley

RMSC Maria Webb

RMSC Alex Nguyen

RMSC Cooper Zackorchemny

**There is one athlete requesting an appeal:**

NCAP William Mullen

From Submission: Athlete was a member of his college club team, represented NCAP at a December 2023 championship meet, has not participated in a PVS meet.

US Para Nationals (\$700 each):

NCAP Kenley Teller

NCAP Abby Kershaw

NCAP Lawrence Sapp

## PVS LC Open

Two outside LSC college teams have requested to join the PVS Open at UMD this summer. UMBC and Townsend. I approved both provisionally with the exception that if the meet timelines look unbearable, they will be removed from the meet. They agreed that they would wait it out and we will inform them the day after the entry's deadline on a definitive answer.

## PVS 13 & Over LC Champs

Concerns regarding the equipment at Jeff Rouse are being addressed and we will work on plans to ensure that the meet has ample back ups to keep the meet moving. The meet information was not correct in posting earlier this month, but has been corrected in the past 24 hours.

## PVS Awards & Education Grants

Propose the attached outline of the awards for coaches/clubs to be implemented for the 2024 season (awarded in 2025).

Education Grant Application: <https://forms.gle/D8UTaMVgMv819hyNA>

## Athlete (& Coach) Wellness

Mental Health First Aid (MHFA) has not returned my request to set up a partnership. For starters, I would like to provide PVS Coaches with access to up to \$150 grants to take the MHFA course.

### **Criteria:**

Must have completed all second-year coach requirements. (no first-year coaches or provisional coaches)

No more than two coaches per team until all teams have the opportunity to submit requests.

Completed certification must be sent in to receive the \$150.

AG Chair report 6-25-24 BOD meeting:

June has been busy, but things seem to be lining up for the LC meets:

**LC-1**, the Franconia & Audrey Moore sites have been combined (@ Franconia);  
**12&U Champs Meet Announcement** has been posted. Thanks to Tollefson for hosting;  
**PVS Zone Team Assistant Coaches** are in place, and we had a coaches dinner this past weekend go over the official Meet Announcement, review coaching assignments during the meet, talk about logistics (lodging, travel) and in general get to know each other. *The 2024 PVS EZ AG LC Championship Team Assistant Coaches are:*

Kacey Banks (PAC)

Jordan Wilcher (PGPR)

Taylor Ploy (NCAP)

Jared Diallo\* (SDS)

John Henley (DCPR)

Michael MacDonald (WASH)

*\*denotes previous PVS Zone Team coaching experience*

**Head Coach Stephen Clendenin (NCAP) and Team Manager Gabi Trainor (UNAT)** are working on a group WhatsApp, finalizing the apparel order, setting up theme-nights for each day of the meet, and putting together the athlete application form. Everybody is excited for the meet!

*Tentative schedule for the week of the meet is:*

Monday, August 5- team workout and swag handout (site TBA, am)

Tuesday, August 6- coaches depart midmorning, team workout midafternoon, team dinner that night;

Wednesday, August 7 through Saturday, August 10- EZ AG Champs at Hampton Natatorium (p/f for 11-14; timed finals for 10&U (midday);

Saturday Night, August 10- coaches return home (no overnight stay on 8/10).

That's all for this month. Thanks to everybody who helped get all the meets lined up & posted, all the Zone Coach elections set up, and especially to Tollefson for stepping up to host the 12&U LCM Champs at UMD next month!

EC

PVS AG Chairperson

Mason MAKOS|GMU M&W Swim+Dive

301-980-4747

## Officials Chair report for PVS Board Meeting, June 18, 2024

Since HOD, the officials corps continues to grow. We have at least 8 newly certified officials since my report to HOD in May.

I sent an email to all club contacts/owners who are deficient in the required number of officials given their number of registered athletes. I heard back from many of them asking for information on how to help them get parents to become certified officials. Kelly Opirari (Officials Committee Retention and Recruitment Chair) is working with some.

Leadership officials have been selected for all the summer championship meets. We are waiting for Meet Announcements to be posted.

The PVS LC Open Championships will be an OQM meet for all official positions at all levels.

Our next meeting will be in late August/early September – date TBD. Our goal is for this to be an in person meeting.

# DEI Committee Report

June 2024

PVS Swimming: LGBTQ+ Panel June 30<sup>th</sup> @ 4:00 pm

## Questions for Swimmers

1. Briefly share your coming out story.
2. Describe how your swimming community was supportive/not supportive to coming out.
  - a. What were are helpful tips for coaches, parents/guardians, and fellow swimmers to create a welcoming and brave environment for LGBTQ+ swimmers?
3. As a collegiate swimmer, what were the tools you needed to prepare you for the transition from swimming club to college level? (Colin)

## Questions for Coaches

1. As a coach who is a part of the LGBTQ+ community, what do you see as some of the positive and challenging interactions for LGBTQ+ Swimmers today as opposed to when you when you participated in this sport?
  - a. What are some tips for fellow coaches, swimmers, and parents when listening to the experiences of LGBTQ+ swimmers?
2. What are some of the differences between when you came out vs. the coming out experiences of today?

Next Meeting: July 6 or 7

## [Black History Invitational Swim Meet](#), Friday, February 16th to Sunday, February 18th, 2024

In 1987 the DC Department of Parks and Recreation and the United Black Fund created a swim meet in honor of Black History Month, the Black History Invitational Swim Meet. It was the first swim meet in the nation to focus on the contributions of African Americans swimmers. In 1987, the meet included a D.C. swim meet and a swim team from Baltimore. Today the meet hosts nearly 1000 swimmers from over 40 teams from across the United States. It is the signature event of DC's Parks and Rec swim team, DC Wave. USA Swimming recognizes the meet as the "premier minority swim competition in the United States and the world."

In previous years the meet has included famous swimmers such as Tom Dolan and Cullen Jones. But it is not only the incredible talent at the meet that makes it special. It is the atmosphere – a feeling of community and welcome that envelopes you before you even enter the building, as swimmers and parents gather at the entrance, many sporting previous years' BHISM t-shirts, and greeting one another like long lost relatives. Throughout the three days spectators come together, get to know one another, and cheer on one another's swimmers irrespective of what club they come from. Swimmers do the same – cheering on friends from previous years, and for swimmers they have never met. Each swimmer is there to win, but unlike at most meets, the swimmers are also there to support one another – across teams, across ages, across races.

Good luck to PVS swimmers and their families who will participate in the **37<sup>th</sup> Black History Invitational Swim Meet!**

Topics for Women's Zoom:

- Promoting young female coaches in PVS (Beth W.)
  - Yearlong seminar??
- Jess Mack notes for zoom meeting?
- Elizabeth (September) new policies and procedure (modifications) for disability athletes



# Potomac Valley Athletes Report

Senior Rep: Samantha Gilbert

Junior Rep: Harper Freeman

Athlete At Large: Nicole Zhang

## Swimathon -

- Our Swimathon is taking place until July 20th, so far we have raised \$400, **we are asking that PVS donates as well to help with this project.**
- TeamUnify donated PVS the fundraising option otherwise we would have had to pay to use the service. Thank you Suzanne for making that happen
- PVS Swimathon was published to SwimSwam on June 10th, Junior Rep, Harper Freeman submitted an article for it to be posted. It can be read here [Potomac Valley Swimming to Host Official Swim-a-Thon in the DMV \(swimswam.com\)](http://swimswam.com/potomac-valley-swimming-to-host-official-swim-a-thon-in-the-dmv)
- PVS Swimathon is going in to the Loudoun Times Mirror, a local news source in Loudoun County which is delivered weekly. Junior Rep, Harper Freeman had an interview with them June 9th and has had correspondence ever since. Hopefully this gets posted soon.
- The Athletes Committee reached out to the Hawaiian Swimming LSC General Chair Eric Nagoshi, we think he is no longer the GC. We need to find a new point of contact. Email is attached below.



## Swimathon Cont.

- The Awareness for the Swimathon is reached over 14,000 people according to the analytics from Instagram
- We are going to be reaching out to PVS Office to be sent out in another email blast two weeks before the last day of the Swimathon to get any last minute donations
- Another email will be sent out to all club coaches reminding their athletes to also check it out and donate if possible

## Athlete Elections-

- When is the best time to start announcing the positions open and starting this process.

## Social Media-

- Social Media is going great, there has not been many Athlete Spotlights since no one has submitted any entries.
- Newsletter hasn't gone out since March, nothing to really say.
- Total Reach since BOD - 14,323 Individuals
  - 93% Is Non Followers
  - 7% Followers

