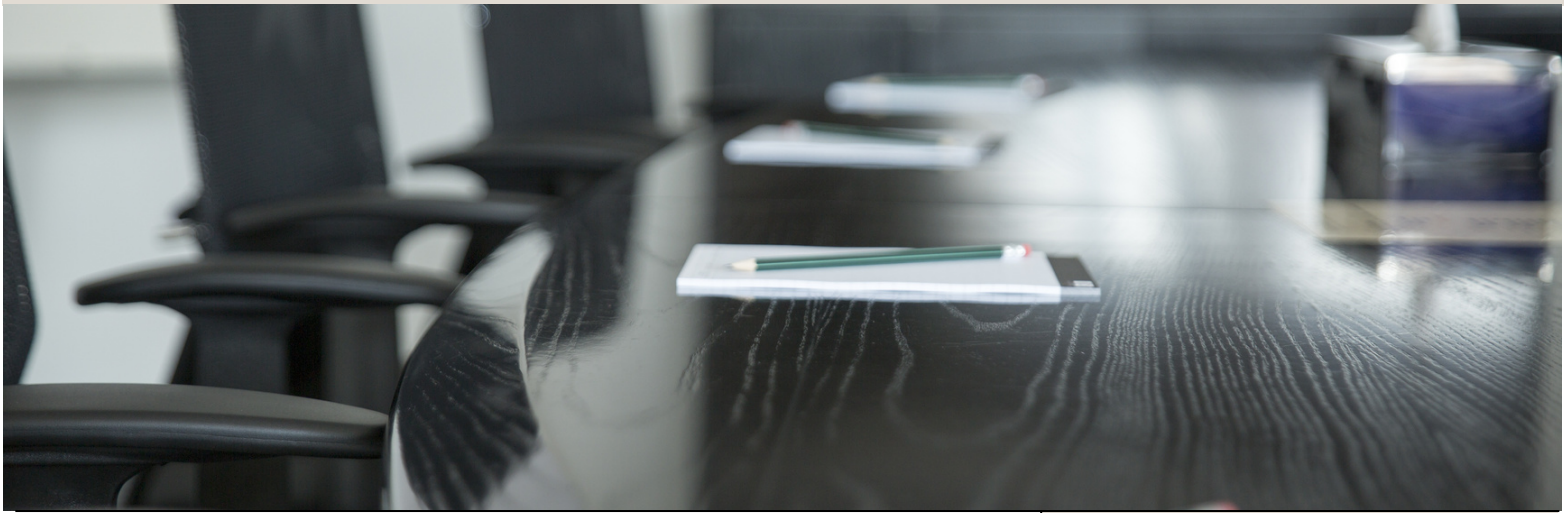


CONVENTION COVERAGE



Updates from the Annual Meeting

The USMS Annual Meeting was held September 16 -18 in Denver, Colorado. In the weeks leading up to the Hybrid Annual Meeting, various committees met via zoom call to discuss old and new business, projects accomplished throughout the year, proposed changes, and more. These meetings gave member the opportunity to see what sort of work the National Committees accomplished throughout the year.

The Annual Meeting held September 16 - 18 included a Board of Directors Meeting, two House of Delegates meetings, and a Feedback session. Elections were held for Board of Directors which resulted in several new board members.

New Board Members

- Breadbasket Zone - Sue Nutty
- Colonies Zone -Charles Cockrell
- Great Lakes Zone - Susan Ehringer
- Northwest Zone - Paige Buehler
- Oceana Zone - John King
- South Central Zone - Kris Wingenroth
- Southeast Zone - Britta O'Leary
- Southwest Zone- Jeff Commings

2023 National Fee Structure

USMS club and workout group registration

- \$65 from Oct. 1-31, 2022
- \$70 from Nov. 1, 2022-Sept. 30, 2023

USMS standard individual membership

- \$65 from Nov. 1-Dec. 31, 2022
- \$70 from Jan. 1-Oct. 31, 2023

Year-Plus Membership

- \$115 offered July 1-Oct. 31, 2023

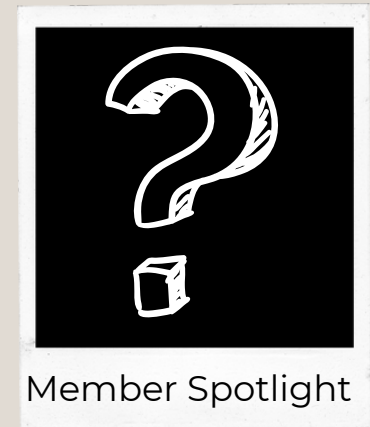
USMS one-event membership (OEV)

- \$20 (LMSCs have the option to offer OEVs at events sanctioned by their own LMSC)

Meeting minutes can be found at USMS.org under "Annual Meeting"



Committee Requests due by 10/14/22. Scan the QR code to complete the Survey Monkey link.



Member Spotlight

This could be you!

Beginning in December 2022, we will highlight a member of NCMS in each newsletter. We will learn about their workout group/club, favorite sets, why they enjoy swimming, and more! To submit a friend (or yourself), please email me at elise.shank@gmail.com or DM us on instagram @NCmastersswimming

CONVENTION COVERAGE

Celia Wolff
NCMS Vice Chair & Coaches Chair

It was short but busy weekend in Denver, Colorado for the US Masters Annual Meeting. There was a lot to do before my arrival as I reviewed proposed legislation, sat in on National Committee meetings to hear new proposals and discussions and researched the candidates running for the board. This year the meeting was run with about 65% attending in person and the rest were virtual. I am happy to report that the hybrid meeting was run almost seamlessly! I hope we continue to have this hybrid option in the future.

Did I reconnect with friends and fellow coaches and swimmers? Yes! This was the most enjoyable part of being at the meeting. More importantly, I was able to network, learn more about the legislative process, hear how other LMSCs were helping their clubs and was able to speak up for changes that will affect North Carolina Masters Swimmers. I am excited to have been part of various discussions regarding a new task force to create a process for dealing with sexual harassment issues within USMS. Through networking, I discussed ideas for workouts and coaching as well as the mentoring program.

I appreciate the ability of NCMS to be able to send our delegates to the annual meeting and encourage any of our swimmers and volunteers to reach out, if interested in how all this works, and find out more information about serving on our NCMS board in the future.



ADDITIONAL UPDATES

**Web Workouts - Coach Needed!**

The USMS Coaches Committee oversees the hiring of the USMS Online Coaches, who write workouts for the website to be posted every week. Coaches are hired for a 2 year commitment, however, they do have one coach stepping down at the end of the year. If you or someone you know would be interested in writing workouts for the Triathlon section, please contact Molly Hoover. The job involves posting 3-4 workouts per week using the swim.com platform. There is a \$1500 stipend for the year. Reach out to Molly Hoover, mhoover@jolietpark.org, with any questions.

National Coaches Clinic

Headed to Vegas? Email Celia Wolff (ikeepswimming@gmail.com) to get connected. Please be sure to take photos to share with us!



Oct. 1-31: Fall Fitness Challenge - 1 Mile Swim (register at USMS.org)

2022 Swim the Loop
October 9, Wilmington, NC
Entries due 10/7/22

2022 Rowdy Gaines Classic
October 14-16, Orlando FL
Entries due 10/10/2022

2022 FUNvitational Swim Meet
Saturday Oct 22nd, Wilmington NC
Entries due 10/15/2022

2022 Triangle Open Water Hurricane Swim
October 23, Pittsboro, NC

2022 South Carolina SCM State Meet
December 2-4, North Charleston SC
Entries due 11/28/2022

Have an event coming up? Send me an email!