

Pacific Waves Synchronized Swimming  
Board Meeting Minutes  
March 16, 2022  
7:00pm  
Virtual via Zoom  
Meeting called by Amy Bonte

Board members: Amy Bonte (President), Catrine Kizis (Vice President), Shelly Robinson (Treasurer), Leslie Sims (Secretary), Natalie Montgomery (Member at-Large), Michelle Spencer (Member at-Large), Lisa Jump (Member at-Large)

Call to order: 7:05 pm

Roll call: Amy Bonte, Catrine Kizis, Shelly Robinson, Leslie Sims, Natalie Montgomery, Michelle Spencer, Lisa Jump, Lindsey Keen

Approval of February 21 meeting minutes: Natalie moves, Michelle seconds - 6 in favor, 0 opposed

Coaches Report: (Natalie)

- Association Champs-March 19: Schedule has been sent out to all participants. Seattle Synchro will run the concession stand. Daniella will reach out to the pool manager at Juanita H.S. to debrief him on our situation. Natalie will bring our emergency contact list. All COVID restrictions are lifted and spectators are welcome.
- West Zones Outcome: Results are pending. Videos should be viewable after the scoring is done.
- Future Meets:
  - **Classic Invitational** is April 23-24. Natalie is working on a hotel room block along with getting a grant from Travel Tacoma. Natalie and Daniela will do a walk through of the pool to plan set up. Santa Clara, CA novice team, AZ Synergy, LA Synchro, Tualatin Hills and MAC will be in attendance. A Cayman island team is tentative. PWSS will host the concession stand. The Olsen family has been asked to coordinate concessions.
  - **Blossom:** Rogers H. S. pool is pending. If they are not available, this meet will be held at Juanita H.S.
- MOD Pizza Team Building/Fundraiser-March 22: Meet at Federal Way MOD Pizza 4:30-6:00pm. No practice.
- Turbo Tech Suits Update: The suits have arrived. The sizing is smaller than average. These suits will be decorated for J/O's and the girls will design the head piece.
- We have received new club caps from Swim Outlet and the logo is much smaller; Natalie sent an email but has not heard from them to date.

- Music Copyright Update: We are covered at any of the National meets. Teams and other meets could be at risk. USAAS is aware of the copyright issue. This will be discussed at USAAS Convention 2023.

Coaches Update:

- CPR/First Aid/Water Safety Coaches Training: All coaches are trained. Janae will complete her training by next week. Natalie has reached out to Stephanie at FWCC and is waiting to hear back from her about water training.
- Mike Kelly-Conditioning Coach: Background check and SafeSport training are complete.
- Parent Night, Try Artistic Swimming! We will schedule this for a Monday night masters practice time. We will make sure we have the correct insurance form for participants to sign.
- Compensation for Lindsey/Suit Decorating: Lindsey has submitted \$140.97 in receipts for materials. These costs are built into our income from suit rentals. Materials can be purchased based on coach and president approval so no board approval is required. Going forward, we will expect the swimmers to do their own headpieces.
  - VOTE: Shelly moves we pay Lindsey \$400.00 in compensation for her time decorating suits. Natalie seconds. 6 in favor, 0 opposed.
- Watershow: The Blossom meet on June 4 or 5 will take the place of the watershow. An end of season picnic will immediately follow. Fit N Synch will consider bringing an exhibition routine.

PNA Rep Report: (Natalie)

- Update - nothing new

Committee/Representative reports:

- Treasurer's report: (Shelly)
- Coach Checking: \$200.59
- Checking: \$12,203.51
- Savings: \$10,331.73
- YTD Income: \$38,659.12
- YTD Expenses: \$26,013.50
- Budgeted Total Expenses: \$58,615.00
- Fee Update for Masters/Fit N Synch:
  - VOTE: Shelly moves to adopt this proposed fee structure for Fit N Synch and Masters. Catrine seconds, 6 in favor, 0 opposed. Natalie will create a Fit & Synch commitment form. (Yellow is new pricing).

<b>Masters (1.5hrs)</b>	
1/Week	75.00

2/Week	100.00
Drop In	20.00
<b>Fit n Sync (1hr)</b>	
1/Week	55.00
Drop In	15.00

- Fundraising Report: (Catrine)
  - Mod Pizza Fundraiser on March 22 @ 4:30-6:30pm in Federal Way.
- Recruitment Committee Report: N/A
  - We are expecting to pick up a new lesson swimmer this week.
- Social media/Marketing report: (Lisa)
  - Posting continues. We are now at just over 1,000 followers on Instagram. USAAS reposted Lisa Kizis photo from Instagram.
- Merchandise committee report: (Catrine)
  - Next embroidery option will be in April.

Chairman Report: (Amy)

- Emergency Incident on March 5 Recap:
  - Incident Debrief Meeting March 13 Outcome: Goal was to look at PWSS safety protocols to ensure safety of every swimmer.
  - Underwaters Report from Coach Natalie – Natalie contacted Shari Darst, Director of Education at USAAS regarding this incident. Her response: *“We do not have "guidelines" per se, but I have shared the attached in education newsletters previously. The information I usually pass on when receiving this question is that I do not recommend laps underwater for training. Instead, I suggest 25-yard sprint freestyle laps with no breath, or some other synchro appropriate lap training such as 25-yard freestyle with boosts and position holds (fishtail, bent knee vertical or verticals) throughout the lap or at the end, or breathing ladders. Training like this will replicate more of what happens in a routine.”*
  - PWSS protocols around “underwater” laps and hypoxic training. No double underwater are allowed. Laps under water are not recommended for training. Instead, 25 meter sprint with no breathing, 25 meter flutter no breathing, laps with figure holds at the end or mid length, breathing ladders (hypoxic swimming). No more double unders, no more pressure for not making unders, reevaluating meet warm ups to follow this new protocol. If an under is done, it will be at the beginning of the workout with only one under (for junior swimmers – no more than 3), adequate rest before any under begins with backstroke or back flutter to complete the 50 meter, train swimmers how to never

hyperventilate before the underwater, one person at a time or with a partner swimmer watching, and adding more sprint and flutter no-breathers as a replacement. Over time, plan to teach the swimmers all the above and why it is important.

- Explore concussion enhancements for safety. One possibility is that swimmers may choose to purchase Hammerhead caps from USAAS website link as a concussion prevention tool.
- Have an updated emergency contact binder at every practice with the music system and at every meet.
- We need to develop an emergency response plan and hold a practice.
- Develop a buddy system mentality.
- Amy will send out communication to parents about the steps we are taking for safety enhancements.

New Business: N/A

Announcements: N/A

Next Meeting: Wed, April 20 @ 7:00-8:30pm

Adjournment: 9:32pm