



Pacific Waves Synchronized Swimming

Annual Meeting Agenda

9/6/2022

King County Aquatic Center

Meeting called by Amy Bonte (board member) and Natalie Montgomery (head coach)

Invited: All PWSS membership

Board members: Amy Bonte (President), Catrine Kizis (Vice President), Shelly Robinson (Treasurer), Leslie Sims (Secretary), Natalie Montgomery (Member-at-large 1), Michelle Spencer (Member-at-large 2), Open (Member-at-large 3)

Call to order: 5:23 PM

Roll Call: David Braskamp, Shelly Robinson, Michelle Spencer, Amy Bonte, Catrine Kizis, Natalie Montgomery, Stephanie Alvarado, Beth-el Sleeper, Candice Morrow, Beth LaTendresse, Cynthia Shan, Amy Kindell, Lisa Brown, Deborah Haggerty, Jess Lawrence, Emily Yumo, Roel Yumo.

Approval of prior board meeting minutes: August 24, 2022:
Natalie moves, Catrine seconds - 15 in favor, 0 opposed

Board Vote Presentation: President, Secretary, Member-at-large 3 positions are open. Write-in nominations can be accepted from the floor. One can also nominate themselves. Nominations were called for and there were no responses. Ballots were handed out for the following:

President - 2-year term

Nominee: Amy Bonte

Write-in nominee:

Secretary - 2-year term

Nominee: Leslie Sims

Write-in nominee:

Member-at-large #3 - 2-year term

Nominee: Candice Morrow

Write-in nominee:



Chairman Report (Amy Bonte)

- Mission statement: PWSS is a non-profit club that engages in promoting, teaching, and fostering the sport of artistic (synchronized) swimming. It is the goal of Pacific Waves Synchronized Swim Club to offer age specific training for all of our athletes geared towards challenging each individual and developing each swimmer to the best of their abilities.
- Volunteer Hours & Opportunities: 10 hours per family per swimmer required. Adults and teens may volunteer.
 - Meets: All volunteer led. These may include concession stands, judging sheets, runner, etc. The hours get logged by the meet parent. A Sign-Up Genius is sent out 1-2 weeks before the meets.
 - Concession: 2 times per year you can help and still watch your swimmer.
 - Meet Mom - We need 1 - 2 parents who will be required to take the Safesport training. They will be on deck at meets to assist with organizing the girls and making sure they are where they need to be and are ready with hair pieces, makeup, and knocking. It was suggested that it be changed to Meet Parent, Deckhand or Competition Chaperone.
 - Team Photographer position is in need. Jessica Lawrence spoke about the possibility of her and her husband doing both photos and videos. They both have some experience.
 - Marketing committee helps to promote the club through posters or social media posts. Jason Parks volunteered to Chair that committee.
 - Birthday poster - a parent used to take pictures and create a birthday poster each month. Suggested that it be combined with the new Buddy Club. A reminder was given to parents to sign the video/picture release signed and turn it in ASAP.
- Fundraising committee - PWSS is a non-profit organization, so all money raised, combined with the monthly dues, pays for the operating costs which include pool rentals, coach fees, and suits. The goal of fundraisers is to make sure we have 1 main fundraiser to count on like Synchrothon, but not to fatigue everyone with too many throughout the year.
 - The Synchrothon is the main fundraiser for the year, and it is mandatory fundraiser for every swimmer with a minimum requirement of \$250. Many swimmers have raised more than \$250. Some families choose to donate that amount up front, some make monthly payments, and some solicit donations from family and friends. It was suggested by Catrine to ask employers for a donation match.
 - There are also passive fundraisers like Amazon Smile, SwimOutlet and Fred Meyer Perks. Make sure to go directly to the Amazon



Smile page and indicate PWSS. SwimOutlet has an “I love SwimOutlet” button on the bottom of the PWSS page and if you click on that and order, you’ll receive get free shipping and a portion of the proceeds goes to PWSS.

- Wreath Sales start in October and help support the athlete directly. For every wreath sold the athlete receives \$10 credited to their account to pay for future dues.
- Team building fundraisers like Dine-Outs at Mod Pizza and Fondi pizza earn us around 20% of the profit for that night when our name is designated at checkout.
- The fundraising committee met with the BOD. Lora and Jason Parks agreed to Co-Chair it for the year.
 - Lora Parks spoke about her experience with fundraising and requested a few more volunteers for the committee. She will start by making initial contact with businesses for single sponsorships for items for the concession stands rather than families buying and donating the items. She plans to reach out to places like Target, Walmart and Costco. The main hub will be Federal Way since that is where our club is based.
 - There are also perks like Amazon Smile, Fred Meyer Rewards. She is also looking at Brown Bear car wash. For every \$2 ticket we buy and then sell, we can earn a \$10 profit.
 - Lora has also asked that families let her know where they live so she can arrange future events in different locations.

Head Coach Report (Natalie)

- Coaching Staff will consist of Natalie for the 13-15’s and Jr’s, Lindsey for 13-15’s and Jr’s, Leslie Novice and Intermediate and Janae and Freja will fill in as needed. Cynthia may lead gymnastics and Natalie asked Candice to lead yoga on Saturdays 1-2 times a month.
- Event Schedule – The PNA meeting is on Sept. 18 where the schedule will be finalized and then emailed and posted to the website. On the right hand side of the event schedule parents can look to find out which teams go to which competitions.
- Practice Schedule – emailed every month and can be found on the website. September is always different from the rest of the year. You can pick the number of days you wish to attend practice although there are minimums. Sept commitment forms should be turned in by Thursday. Make up days were discussed. Check with your coach to see which days are available. You have up to 2 weeks for a make-up day.
- Club Gear has been updated and can be found in the members only section on the PWSS website.



- Team Trials are on October 1st. Three outside judges are brought in and the coaches tabulate the scores and make decisions on teams. Notifications will be sent no later than Monday which will include the Team level, the Coach's name, the practice schedule for the year and the PWSS Handbook. You will need to sign the commitment letter/handbook prior to the first team practice. Lesson swimmers do not need to take trials. They are automatically on the novice team. If novice swimmers want to stay on novice team again, they do not need to take part in trials, but she encouraged all returning novice swimmer's from last year to do trials. Anyone who chooses not to do trials still practices during September. Let Natalie know now if your swimmer is not doing trials, so she does not place them in the draw. Girls will wear all black suits with orange caps with numbers that are supplied.
- Synchro-Thon Sept. 24: Girls are given a set swim schedule of 10 laps with things like eggbeaters or torpedos and not just regular swim strokes. At the end of 10 they grab a rubberband and put it on their wrist. At the end they add up their laps by counting bands. Parents are welcome to come count their own swimmers' laps.
- Levels Testing is done 1-2 times per year. It is a combination of land and water. USAAS developed these to keep artistic swimmers in line with each other at events and competitions. For instance, you need to be level 2 for JO's or level 4 for Nationals. Once you pass a level you are done and don't need to do it again. It tests land skills, speed swims, a routine and figures. Novice begin at level 1
- CLUB RULES in HANDBOOK can be found on the PWSS website.
- FORMS to be signed by swimmer and/or parent by first practice.
 1. Handbook/Club Rules form – sent out after trials and must be signed
 2. Financial Commitment form – sent out after trials and must be signed
 3. Photo/Video Opt out form – sent out after trials and must be signed
 4. September Practice Commitment form – sent out already please return them by Thursday
 5. USAAS Membership (online) – will be emailed. This should be done right away. Swimmers will not be allowed in the pool after October 4th without this. This is important for insurance purposes.
- PNA report: Pacific Northwest Association is made up of only 2 teams – PWSS and Seattle Synchro. They have a meeting on Sept.18. Our region is considered Washington, Oregon, Alaska, Idaho and Montana. Oregon has 2 teams – Mac and Tualatin Hills and then there is PWSS and SS. The others have had teams in the past, but they might not be running anymore. They will be discussing things that are happening this week at convention where several votes are taking place such as: changes to the elements, times, coaches cards declarations for every routine. Lisa and Claire attending are attending the convention.



Treasurer report: (Shelly)

- Coaches checking balance: \$128.48
- Regular Checking balance: \$5,834.69
- Regular Savings balance: \$13,542.15
- Payment Methods check or paypal. Always due at the end of the month to avoid a 10% late fee

Shelly also presented the 2021-2022 budget for families to look over. The 2022-2023 budget will be completed after trials. She also covered September training costs depending on the number of days attended per week, suit rental fees and numbers of suits for each swimmer. Novice and intermediate usually have 1 suit for the year and moving up to Jr's they may have 4 or more. She also covered meet registration fees, coach hours and travel fees, monthly dues (after September), and summer conditioning. She passed out paypal instructions.

Committee Presentation:

- Finance Committee (Shelly, Michelle)
 - Financial Results 2021-2022: Currently the budget has a balance of approximately \$7000 but pool rental bills have not been received from FWCC and Marine Hills.
 - Any extra money left over will be used for things like the sports psychologist and wish list items like headsets.
 - We have an opportunity to buy 2 routines, suits and headpieces from University of Incarnate Word. This will be our last opportunity for these deals since they are closing the artistic swimming program.
 - Expense Budget 2022-2023 – the income will be finalized after trials team placement when income is more accurate based on how many practices each girl be attending.
- Fundraising Committee (Lora & Jason Parks) – previously covered
- Recruiting and Retention Committee: We are looking at ways to make this a positive experience for all the swimmers and families.
 1. Summer Camp for Beginners has been our most successful recruiting option. Most new families at the meeting were there because of camp. A few from friends or fliers.
 2. Synchro Buddies is new and we are looking for help. The BOD has established some ground rules but we need someone to lead this project once teams are established in October. The goal is to foster friendship and make connections between the younger and older swimmers along with supporting each other.



- Social Media & Marketing Committee
 1. Lindsey and Natalie co-chair this committee but invite you to send in your pictures. They check up on all photos to see who is looking at them or liking them and they move people off the sight or block them if they seem inappropriate. It is very controlled and safe.

Other: (Amy)

Ballot Results: 16 total voters

Ballot Results:

President – 2-year term

Nominee: Amy Bonte 15/15

Write-in nominee: None submitted

Secretary – 2-year term

Nominee: Leslie Sims 15/15

Write-in nominee: None submitted

Member-at-large #3 – 2-year term

Nominee: Candice Morrow 15/15

Write-in nominee: None submitted

- Event and practice calendar, forms, team gear can be found on our website <https://www.pacificwavessynchro.org/members>. Join our member for access to team specific information.
- Purchase team gear at SwimOutlet.com by clicking the button found at the bottom of our webpage. Purchases made through this link earn the club a percentage of sales.

New Business: Announcement that there will be a New Swimmer orientation immediately following the adjournment of the annual meeting

Next Meeting: Sunday, October 2, 2022 @ 7:00pm

Adjournment: 6:39PM