House of Delegates
Niagara LSC
Spring Meeting – 5/13/2017

General Chair Eric Lind called the meeting to order at 1:07pm.

Roll Call: 16 board members, 38 club representatives, 16 athlete representatives – 70 voting members.

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- Report (Attached)

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- Working on revising the travel reimbursement policy
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    - Lends to the idea that we are increasing our athletic performance

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- Reached out to Regional Qualifier (Bronze) hosts
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- Will be contacting new people to update tech planning committee
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- Meet Hierarchy Document (Attached)
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Treasurer's Report (distributed at meeting):

- P&L Repot Attached
- Budget vs. Actual P&L
- Current bank balance $24,356.94
- Current Savings Account: 40,010.44
- Total Cash: $74,267.38
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Niagara LSC Records:

- Women's SCY Open Records (Attached)
- Women's SCY Age Group Records (Attached)
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Membership Report:

- Athlete Registrations Graph (Attached)
- Current Club Statistics (Attached)
- LSC Membership Trends Report 2017 (Attached)
- LSC Membership Trends Chart (Attached)
- LSC membership Retention Chart (Attached)

Secretary's Report:

- No Report.

Reports of Committees and Coordinators

Open Water:

- Open water Wetsuit Q&A (Attached)
    - Rule clarification

Officials:

- Report (Attached)
- Statistics – Spring 2017 (Attached)
    - Concerns about a handful of teams carrying the weight
- Engagement: moving forward the officials have not had a complete and formalized committee
    - Would like to form a committee:
        - Coach from each area
        - Athlete from each area
        - Official from each area
- App created for job sign up for officials for meets within the LSC
- Question: Has there been discussion about changing the time needed to move from level to level
    - Answer: Yes, a lot of discussion. This is a Niagara issue. Committee will review (once formed)

Legislation/By-Laws Report:

- 2017 Rule Book
- 102.5 Seeding
- Open Water Wetsuit Q&A
- BOD Attendance Policy
- Record Retention Policy
- Policy & Procedure for selection Coaches & Athlete of the year

Disability:

No Report.

Diversity:

- Diversity Chair Report (Attached)
- Breaking records for Diversity select camp in Buffalo – largest one to date
    - 48 athletes, 5 coaches
- National Diversity & Inclusion Area:
    - 16 recommendations brought to the LSC Development committee approved to be brought into the LEAP program
- Anyone can attend the Diversity & Inclusion Summit

National Times Verification:

No Report.

Communications/Webmaster:

- Will be bringing in some help to revise the website.

Unfinished (old) business:

No unfinished or old business to report.

New Business:

- **Approval of Meet Calendar:**
    - Motion to keep each presentation to 5 minutes; seconded; all in favor; motion carries.
    - 2017-2018 Winter (Sept-May) Bid Calendar for HOD Approval (Attached)
    - 2017-2018 Winter (Sept-May) Bid Announcement (Attached)
        - Presentation by GCOM for Niagara Regional Qualifier (Bronze) Rochester
            - Presentation by Matt Lincoln
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            - Presentation by Shawn Baldwin
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        - Presentation by FAST for Niagara Jr/Sr Powerpoint (Attached)
            - Presented by Marcia Callan
        - Presentation for SYCH for Niagara Jr/Sr Powerpoint
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        - FAST is awarded by majority vote the Niagara LSC Championships
    - Motion to accept 2017-2018 meet calendar; seconded; no discussion; all in favor; motion carries
- **Proposal for By-Laws Amendment:**
    - Amendments required for hiring a staff member (proposed by Eric Stimson – Attached)
        - Motion to approve the by-law amendment; seconded; no discussion; 57 in favor/0 against; motion carries
- **Election of General Chair:**
    - Jim Stromski (Bio attached)
    - No other nominations from the floor; motion to close; seconded; Jim is elected.
- **Election of Senior Group Vice-Chair**
    - Kim Corby
    - No other nominations from the floor; motion to close; seconded; Kim is elected.

  Election of Registrar
    - Eric Stimson
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- **Election of Junior Coaches' Representative (held at coaches meeting)**
    - Seth Williams wins election at Coaches meeting
- **Election of Junior Athlete Representative**
    - Sarah Gartner (Bio Attached)
    - Molly Hewett nominated from the floor; Molly accepts nomination
    - Move to close nominations; seconded; all in favor
    - Motion to close nominations; seconded; motion carries
    - Molly Hewett wins nomination by majority vote of club members
- **Election of Secretary**
    - No nominations. An election will be run at the Fall HOD Meeting.
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    - Doug Evans is nominated from the floor; Doug accepts nomination
    - Eric Lind is nominated from the floor; Eric accepts nomination
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Presentation of Awards (2015-2016 Season):

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- Age Group Coach of the Year – Mark V. (STAR)
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Motion from floor to destroy all the ballot's; seconded; motion carries.

Motion to adjourn; seconded - ALL IN FAVOR

ADJOURNMENT at 3:43pm

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General Chair Appointee (Athlete)	Greg Danner	Appointed

General Chair Report to the Spring House of Delegates Meeting
May 13, 2017

As I close out my term as General Chair, I would like to reflect what has been accomplished within the LSC over the last two years. For me, this time has been one of great learning over the past two years. I have had the opportunity to see how the USA Swimming organization works both on a regional and national level and have met some very dedicated and amazing volunteers that help our organization run. I continue to be amazed at the ability of the coaches and athletes to continue to strive for excellence in the sport of swimming. Finally, I am thankful to the volunteers that serve on our board and at the clubs that help provide swimming and growth opportunities to all our athletes, from those learning to swim to others who are competing at the highest level of our sport. Swimming is one of those few sports that truly are lifelong activities.

I would like to highlight some of the accomplishments within our LSC over the last year.

Building the Base: During the past year, we have seen roughly a 3% year over year increase in athlete membership within the LSC. Some of that is likely due to the Olympic year bump. As an LSC and at the club level, we need to find ways to continue that growth. We continue to compete with other athletic activities for parents and athletes time. It is important that we continue to look for ways to not only understand what is going to draw athletes in the sport, but also develop programs that will retain athletes. It is important for coaches and clubs to reflect on what they are doing today and see what they can do in the future to continue to make swimming an attractive and viable sport in their communities.

Promoting the Sport: This Spring, Niagara was once again the center for Championship swimming for the Eastern Zone. The Speedo Sectionals held in Ithaca and Buffalo (hosted by SYCH and STAR, respectively) brought the best swimmers across the Eastern Zone for competition. Additionally, FAST once again hosted the Age Group Zone Championship in Webster, where the top age-group athletes from the other Eastern Zone LSCs got together to compete in an all-star team format. All meets where professionally run and had raving compliments from our colleague in the other LSCs. My thanks goes out to FAST, STAR, and SYCH, who continue to run these high caliber meets in a professional and efficient manner.

Achieving Sustained Competitive Success: We continue to see improvement in our competitive swimming and athletes as they continue to see year or year improvement. With the new USA Swimming time standards, we did see a drop off in several age-groups of the percentage of athletes achieving A-level times or higher. However, we did see marked improvement across virtually all age-groups of those percentages when compared to the last

time the time standards were increased. This is relative improvement is both a testament to our coaching development and its translation to athlete performance.

Governance: In the April, we had the Governance consultant from USA Swimming come to our area and hold a governance workshop for the Board of Directors. This meeting was extremely informative and beneficial for those who attended and provide some clear path forward on improving the efficiency for the Board in managing the activities in Niagara. Additionally, we recently completed all the requirements to achieve LEAP level 2. This was an objective that I had set out in the beginning of my term and thanks to the efforts of several individuals on the board, we were able to get this done. I want to thank those involved in the process.

Recently, I attended the Eastern Zone Workshop and Spring meeting. At the workshop, there were key tracks for the General Chair, Safe Sport, Diversity and Inclusion, and Timing and Registration. These meetings were extremely informative and allowed those that attended to share knowledge from the different LSCs. After the workshop, was the Spring meeting of the Eastern Zone. There were several things that came out of interested. A summary of these were listed below:

> ***Change to the Age Group Spring Zone Meet:*** There was a lot of discussion regarding the Age Group Eastern Zone Spring Meet. Based on a recommendation from a Zone Task Force, it was approved that the format of this meet would change. It will move from the traditional "all-star" format to being similar to the Speedo Sectional meet with qualifying times and entries by teams. This was not a unanimous decision by the members of the Eastern Zone. With this change, it will change how we, as an LSC support this meet. With that, there has been some discussion with other LSCs of how we continue to keep a version of this "all-star" meet format with discussions continuing throughout the summer and fall. We will continue to keep the membership informed as to any new, LSC supported meets that are developed within the Eastern Zone.
>
> ***Junior Coach Proposal:*** At the recent USA Swimming Board of Directors Meeting in April, the board recommended instituting a new membership category for "Junior Coaches". This would allow team to have 16 or 17 year olds serving in a coaching capacity while under the direct supervision of a fully certified coach. These individuals would have to be pass all membership requirements and certification with the exception of the background check, which would have to be done once the individual turns 18. If passed at the USAS convention this fall, this membership category would go into effect April 1, 2018.

Acknowledgement for Service: In conclusion, on behalf of the Niagara LSC, I would like to thank the following individuals for their service as their terms will soon be ending or have

elected to step down from there positon. It is these volunteers that ensure that the administrative operations of the LSC runs effectively. I would encourage everyone in the Niagara LSC, both athlete and non-athlete club members, to consider getting involved in either the board or on committees with the LSC. We are always looking for people within our membership who have great ideas that can help set the direction of the LSC for our members in the future.

Doug Evans – Finance Vice-Chair
Sara Smith – Secretary
Chris Musshafen – Coach's Representative
Jared Kettinger – Athlete Representative
Chris Torrell – Safety Chair
Jim Bowen – Past General Chair
Bob Matlack – At-large Member

As always, should you have any questions or concerns, please contact me by phone or email and I am more than happy to schedule a time where we can discuss those areas.

Respectively Submitted,

Eric T. Lind
General Chair
Niagara Swimming, Inc.

Administrative Vice Chair Report, Brad Boyle

Items for consideration from competitions held thus far:

1. SEND FORMS AND SURCHARGE CHECKS TO ADMIN VICE CHAIR
2. ALL MEET DIRECTORS NEED TO SUBMIT MEET SUMMARY FORM. League meets, closed meets, open meets. Meet summary form can be found on Niagara Swimming website.
3. INCLUDE 12 & UNDER START/END TIME ON THE MEET SUMMARY
4. OBSERVED MEETS (SEASON CULMINATING MEETS)-We will attempt to be proactive in the fall in obtaining the necessary paperwork to have meets properly observed. Unfortunately those people who fill these forms out year to year move on and meets slip through the cracks. If in doubt…ASK!!!! We are unable to guess when meets are being held, and if observers need to be assigned we need to be made aware.
5. Unattached swimmers participating in relays-Still being done by teams -Let's stop doing this, please.
6. Recon reports-Still not being done by teams-Let's start doing this, please.

MEET DIRECTOR WORKSHOP

Change in the workshop if coming. The fall of 2017 HOD Meeting will **NOT** have a workshop offered. There will instead be three local workshops available in your backyard at locations and dates TBD. This will hopefully cut down on excessive travel for some and encourage people to take part in other offerings at the fall meeting. More info to come!

Age Group Chair Report

Niagara LSC House of Delegates

May 13, 2017

Eastern Zone SC Age Group Championships –

- 93 participants
    - 10&U – 18 participants
    - 11&12 – 33 participants
    - 13&14 – 22 participants
    - 15&Over – 20 participants
- 6 coaches
- Overall 6th place finish

Policies & Procedures – An age group committee will be formed over the summer and tasked with reviewing and updating policies and procedures based on changes coming from the Eastern Zone.

Eastern Zone LC Age Group Championships –

- Cut times are now posted for the Eastern Zone LC Age Group Championships
    - Athletes who make a qualifying time are eligible to attend
- Registration will open for athletes on 6/1/17
    - By registering athletes are committing to attending

Future Eastern Zone Age Group Swim Meets –

- The Eastern Zone has created a task force committee to review the structure of the Eastern Zone Age Group Swim Meets, specifically the short course meet
- Structural changes will be finalized in the coming months but a final determination will be made prior to the stat of the 2017-2018 SC Season

Sr. Chair Report
Niagara HOD Meeting
May 13, 2017

The current athlete reimbursement program has taken our swimmers away from competing in our Niagara sponsored meets. By updating the reimbursement criteria, we will be able to ensure greater participation and support of our LSC meets as well as simplify the reimbursement process. The budgeted amount awarded per meet and the total budget needs to be revisited as well. Several meets have gone over budget this season.

WINTER JR. NATIONALS EAST, Columbus, OH
December 7-10, 2016
10 reimbursement requests @ $400 each
- 5 Victor
- 3 FAST
- 2 PACK

IM XREME GAMES NE, College Park, MD
January 27-29, 2017
43 reimbursement requests
$100 per swimmer or prorated to budget
$46.51 was paid per swimmer
- 22 Victor
- 11 PACK
- 10 FAST

NCSA JR. NATIONALS, Orlando, FL
March 14-18, 2017
14 reimbursement requests @ $400 each
- 6 PACK
- 4 TWST
- 2 STAR
- 2 Webster

SPEEDO SECTIONAL CHAMPIONSHIPS, Ithaca, NY (SC) & Buffalo, NY (LC)
March 30-April 2, 2017
59 reimbursement requests @ $100 each
- 22 Victor
- 13 STAR
- 9 TTSC
- 6 JETS
- 5 Webster
- 2 PACK
- 2 Chargers

ARENA PRO, Mesa, AZ
April 13-15, 2017
1 reimbursement request @ $400
- 1 FAST

Proposal for Travel Reimbursement Revision 5/13/17
Kim Corby, Sr. Chair

Carefully read all requirements and criteria before you attend the meet for which you want to receive reimbursement. If you have any questions or need clarification, please contact the Senior Vice Chair before you go!

REIMBURSEMENT MEETS:

Except as specified below, Niagara LSC shall not reimburse athletes for, or otherwise defray, the cost of travel to participate in competitions, training camps or other activities, all of which are the responsibility of the athlete or his or her family or club.

Eastern Zone Age Group Meet: Niagara LSC shall be responsible for, and shall arrange travel as a team to the Eastern Zone All-Star short course and long course meet when it takes place outside of the Niagara LSC, with the exception of the 10 and under athletes, who are responsible for their own travel.

Northeast IMX Xtreme Zone Meet: Travel support of up to $75.00 per swimmer is available. If the total amount of swimmers applying exceeds the approved budget, the reimbursement per athlete will be calculated on a prorated basis.

Eastern Zone Senior Championships, Sectional Championships, Jr. National and National Championships, and other Trials Class Meets: Niagara LSC shall, upon proper application (see "Important" below), pay a travel allowance in the amount specified below, to a member team in good standing for each athlete who qualifies for, enters and competes in the Eastern Zone Championships, Sectional Championships, the Jr. National Championships, National Championships, Olympic Trials or other Trials Class meets.

Northeast IMX Xtreme Zone Meet (limit one per season)	$75.00*
Eastern Senior Zone Championships (limit one per season)	$75.00*
Sectional Championships (limit one per season)	$100.00
Futures Championships/NCSA/ISCA (limit one per season)	$250.00
Arena Pro Series/Speedo Jr. National Championships (limit one per season)	$350.00
US Open (limit one per season)	$450.00
National Championships	$500.00
Olympic Trials (first event swum)	$750.00*
Each subsequent day an event is swum	$250.00*

**If the total amount exceeds the approved budgeted amount, the reimbursement per athlete shall be calculated on a prorated basis.*

***Fiscal Year** = Sept. 1-August 31: Fall=9/1-12/31, Winter=1/1-4/30, Spring/Summer=5/1-8/31*

- To be eligible for reimbursement the athlete must have competed in at least one individual event at the meet for which reimbursement is being requested.

- Time trial events, relays or relay only athletes or are not eligible for reimbursement.

NIAGARA LSC CLUB MEMBERSHIP REQUIREMENTS:

- The athlete must be currently registered as a club member of the Niagara LSC for at least 12 months prior to the meet for which reimbursement is being requesting. Reimbursement will be governed as follows:

    *After the first twelve (12) months of club membership, 1/3 of the full reimbursement.

    *After twenty-four (24) months of club membership, 2/3 of the full reimbursement.

    *After thirty-six (36) months of club membership, full reimbursement.

- Unattached athletes are not eligible for reimbursement unless they are in the process of transferring from one Niagara LSC club to another Niagara LSC club.

NIAGARA LSC MEET PARTICIPATION REQUIREMENTS:

- There is no limit on the number of reimbursements an athlete may receive during the fiscal year, September 1 through August 31.

- The first reimbursement request during the fiscal year requires that an athlete compete in six (6) individual events from any NIAGARA sponsored LSC meet where the athlete has achieved an official time recorded in the SWIMS national database. The six events must be within twelve (12) months immediately preceding the first day of the meet they are requesting reimbursement for. Those meets include:

    *Niagara Regional or Championship Qualifiers

    *Niagara Sr. Power Point Meet

    *Niagara LSC Championships (short course & long course)

    *Niagara Super Circuit Meets

• The second and each subsequent reimbursement request during the fiscal year requires that an athlete compete in three (3) events from any NIAGARA sponsored LSC meet. The three events must be within twelve (12) months immediately preceding the first day of the meet they are requesting.

• Events can only be used once. New events are required for each subsequent reimbursement request.

• Relay swims, time trials, disqualifications, scratches or no shows will not be accepted.

• A prelim/final event is considered as one (1) event, with an official time in both sessions, unless the athlete does not qualify for finals.

TRAVEL REIMBURSEMENT APPLICATION FORM INSTRUCTIONS:

• Reimbursements will be made to the club by a check made payable to them.

• One (1) single team application needs to be submitted for each meet that is being applied for and it must include the names of every athlete seeking reimbursement.

• The travel reimbursement application must be postmarked or emailed within (30) days from the conclusion of the meet being applied for.

• Incomplete travel reimbursement applications will not be accepted.

• Proof of times from the SWIMS database for each swimmer's Niagara participation events and meet qualifying events will be confirmed by the Senior Vice Chair. You do not need to send proof of participation events or meet qualifying events with the travel reimbursement application form.

• If travel occurs within our LSC, applicants must provide the athlete's home address for the meet they are applying for. A distance of forty (40) miles or further, from the athlete's home to the meet venue, qualifies for full reimbursement. A distance of less than 40 miles qualifies for ½ reimbursement.

• The Niagara LSC Senior Chair will check the SWIMS database for proof of competition in the meet they are applying for, proof of Niagara meet participation, and proof of travel distance (when competition is within our LSC) for each swimmer applying for reimbursement before approval is made.

Officials Chair Report

Niagara LSC Spring House of Delegates Meeting

May 13th, 2017

OTS

1. If it isn't in the OTS, it didn't happen.
2. If you have not visited the new website, please do so! It had a little bit of a rough start, but it's really working now.
3. If you are on your phone (Google or iPhone) the deck pass app it still only shows Membership Info, but if you bookmark the "DECK PASS" page of the website Certifications show up also.
4. Referees, or Designated Sign In PLEASE, PLEASE, PLEASE check certification cards to validate expiration date before each session of a meet. There are still occurrences of Officials being on deck with expired certifications, background checks, or APTs. This is a problem because the Official is no longer a member of USA Swimming once either of those has expired. If this happens, the swims made can be invalid.
5. I have created a form fill for those referee's that cannot "create a meet" that makes life easier for everyone. If you have not received an e-mail version which can be auto filled, send me a note.

Out and About

The following Niagara Officials stepped, or will be stepping, outside of the home court:

Jamie Ferris attended the Officials Workshop in Phoenix last October and returned home with several ideas and new information.

Jim Stromski, Jean Lalomia and Brooks Howard attended the "We are Mentors" workshop in Chicago in October. Very valuable guidance for observation, coaching, mentoring was learned.

Fred Leff officiated at Junior Nationals in Minneapolis, MN in August.

Brooks Howard officiated at the US Open in Minneapolis, MN in August.

June Mundt (UN), Jean Lalomia (SHAQ), and Matty Matuszewski (TTSC) officiated at the Winter Nationals in Columbus, OH in December.

Official Certification and USA Membership

There seems to always be concerns with the difference between Non-Athlete Membership and Officials Certification. Just a reminder that all of the expiration dates are important and must be up to date

As a certified Official, you need to be aware of these so that your USA Swimming membership AND officiating certifications to make sure you do not lapse. What you need to know:

Official's Certifications expire on 12/31 of the year of your renewal.

Non-Athlete Membership's expire on 12/31 every year.

Background check (BGC) and Athlete Protection Training (APT) vary on an individual basis.

All of the dates are shown on the card that gets sent out of the OTS, and on the Deck Pass page of USA Swimming when you are logged in.

Our Numbers

The number of certified Niagara LSC Officials is 284.

The average team has a 5.23% ratio of athletes to officials and is the minimum level any team should strive to achieve. As of this month, 21 teams exceed this target, and 50 teams are "below average" with 21of those teams not having any officials.

On the National Level we currently have:

39 N2 and 22 N3 Stroke and Turns

21 N2 and 2 N3 CJs

20 N2 and 4 N3 Starters

6 N2 and 5 N3 Referees

Movin' On Up!

Congrats to the following NEW N2 and N3 advancements since September 2016:

Mike Burgess (HAWK) N3 S&T, N2 CJ, and N2 Starter.

Dan Crist (VICT) N2 Deck Referee

Brooks Howard (FAST) N3 CJ

Rick Kidder (HAST) N2 Starter

Roy Kim (FAST) N2 S&T

Diane Kottakis (TTSC) N3 S&T

Meghan MacBlane (METS)N2 S&T

Khadjia Moultamis (UN) N2 S&T

Brian Sherry (FAST) N2 S&T

Joanna Sokolowski (WEBS) N3 S&T

Jeff Ulatowski (FAST) N2 S&T

Wendy Ulatowski (FAST) N2 S&T

Rick Warner (METS) N2 S&T

Niagara LSC HOD Meeting Items for Discussion

Recruitment and Retention of new officials

Requirements for advancing to Starter and Referee

Transition of YMCA Officials to USA Swimming

Team App across the LSC

Formalization of the Officials Committee

Referees and OTS requirements

Recognition of Officials

Budget…and how should Officials Budget be allocated

Clinics, when, where, how often?

Mentoring and National Level Advancement (when and why)

Clubs Above Average

Club	Athletes	Officials	%
ISWM	46	8	17.39%
SEAS	53	9	16.98%
LCAT	6	1	16.67%
STAR	149	22	14.77%
HAST	75	10	13.33%
VICT	139	17	12.23%
PACK	130	15	11.54%
FAST	186	20	10.75%
GRSC	88	8	9.09%
WEBS	156	14	8.97%
UN	120	10	8.33%
AAAC	38	3	7.89%
BAAC	103	8	7.77%
TWST	198	15	7.58%
HHSC	70	5	7.14%
SDSC	101	7	6.93%
SAAC	30	2	6.67%
TTSC	281	17	6.05%
HAWK	85	5	5.88%
SHAQ	51	3	5.88%
IRON	72	4	5.56%

Clubs Below Average

Club	Athletes	Officials	%
WAAC	98	5	5.10%
METS	143	7	4.90%
JETS	147	7	4.76%
GVST	95	4	4.21%
SWAT	51	2	3.92%
EMAC	52	2	3.85%
EAST	132	5	3.79%
GWST	28	1	3.57%
GCOM	87	3	3.45%
SKAN	58	2	3.45%
TTAC	58	2	3.45%
SYCH	212	7	3.30%
CAGO	34	1	2.94%
RAYS	34	1	2.94%
CSCI	137	4	2.92%
OLSC	108	3	2.78%
SCSD	39	1	2.56%
GRAT	42	1	2.38%
UNAC	133	3	2.26%
MERC	45	1	2.22%
HHTA	184	4	2.17%
QUIK	46	1	2.17%
HAMB	140	3	2.14%
CSST	49	1	2.04%
CVSC	50	1	2.00%
GISC	50	1	2.00%
FKVL	53	1	1.89%
BSSC	56	1	1.79%
CLSC	135	2	1.48%

Clubs w/o Officials

Club	Athletes	Officials	%
AYST	21	0	0.00%
BCSR	102	0	0.00%
BEST	17	0	0.00%
CAQY	31	0	0.00%
CAST	9	0	0.00%
CORY	26	0	0.00%
FALC	79	0	0.00%
GGST	61	0	0.00%
ITAC	1	0	0.00%
NAYE	36	0	0.00%
NEWW	35	0	0.00%
PMSC	22	0	0.00%
PVSC	31	0	0.00%
RRST	33	0	0.00%
SEYS	16	0	0.00%
STSC	26	0	0.00%
VELO	93	0	0.00%
VEST	24	0	0.00%
WGSC	25	0	0.00%
WWSC	66	0	0.00%
AMTS	0	0	
KVAC	0	0	
GOST	1	4	
NI	***5428***	***284***	***5.23***

Niagara Swimming, Inc.
Profit & Loss Budget vs. Actual
September 2016 through August 2017

	Sep '16 - Aug 17	Budget	$ Over Budget	% of Budget
Ordinary Income/Expense				
Income				
Awards	0.00	0.00	0.00	0.0%
Clinics and Workshops	5,000.00	30,000.00	-25,000.00	16.67%
Eastern Zone Team Athlete Fees				
Clothing and Cap Sales	900.00	0.00	900.00	100.0%
Long Course	0.00	32,800.00	-32,800.00	0.0%
Short Course	18,000.00	20,000.00	-2,000.00	90.0%
Total Eastern Zone Team Athlete Fees	18,900.00	52,800.00	-33,900.00	35.8%
Fines	1,443.00	0.00	1,443.00	100.0%
Investments				
Brokerage Account	0.00	6,000.00	-6,000.00	0.0%
Interest-Savings	0.21	0.00	0.21	100.0%
Total Investments	0.21	6,000.00	-5,999.79	0.0%
Meet Sanctions	1,950.00	5,000.00	-3,050.00	39.0%
Miscellaneous	0.00	0.00	0.00	0.0%
Sponsorships	0.00	5,000.00	-5,000.00	0.0%
Swim Meet Surcharges	26,701.75	50,000.00	-23,298.25	53.4%
USA Swimming Registration	402,086.52	427,172.00	-25,085.48	94.13%
Total Income	456,081.48	575,972.00	-119,890.52	79.19%
Expense				
Administrative Expense				
Accounting				
Audit & Tax Prep	0.00	6,000.00	-6,000.00	0.0%
Char 500	0.00	0.00	0.00	0.0%
Treasurer Stipend	4,000.00	6,000.00	-2,000.00	66.67%
Total Accounting	4,000.00	12,000.00	-8,000.00	33.33%
Administrative Clinics	1,652.32	0.00	1,652.32	100.0%
Bank Service Fees	125.00	0.00	125.00	100.0%
Convention				
Attendee Registration	1,200.00	2,000.00	-800.00	60.0%
Hotels	4,847.60	4,500.00	347.60	107.72%
Per Diem Food	1,720.00	2,000.00	-280.00	86.0%
Travel				
Airfare	1,944.77	2,500.00	-555.23	77.79%
Taxi, Parking, Mileage, Tolls	145.08	500.00	-354.92	29.02%
Total Travel	2,089.85	3,000.00	-910.15	69.66%
Total Convention	9,857.45	11,500.00	-1,642.55	85.72%
Equipment	0.00	2,000.00	-2,000.00	0.0%
Internet Services	380.32	1,000.00	-619.68	38.03%
Meetings				
Board Meetings	877.52	0.00	877.52	100.0%
EZ Spring Meeting	2,315.12	5,000.00	-2,684.88	46.3%

Niagara Swimming, Inc.
Profit & Loss Budget vs. Actual
September 2016 through August 2017

	Sep '16 - Aug 17	Budget	$ Over Budget	% of Budget
NI House of Delegates				
Fall Meeting	2,492.16	1,500.00	992.16	166.14%
Spring Meeting	0.00	1,500.00	-1,500.00	0.0%
Total NI House of Delegates	2,492.16	3,000.00	-507.84	83.07%
Total Meetings	5,684.80	8,000.00	-2,315.20	71.06%
Postage	47.01	500.00	-452.99	9.4%
Refund	0.00	0.00	0.00	0.0%
Registrar Stipend	6,000.00	9,000.00	-3,000.00	66.67%
Supplies	135.94	1,000.00	-864.06	13.59%
Travel	520.26	1,500.00	-979.74	34.68%
Total Administrative Expense	28,403.10	46,500.00	-18,096.90	61.08%
Club Strengthening				
Athlete Travel Reimbursement				
Adaptive	0.00	0.00	0.00	0.0%
Eastern Zone Senior	3,200.00	4,000.00	-800.00	80.0%
Futures	3,834.00	4,000.00	-166.00	95.85%
Grand Prix	0.00	2,000.00	-2,000.00	0.0%
Junior Nationals	8,400.00	8,000.00	400.00	105.0%
Nationals	0.00	4,000.00	-4,000.00	0.0%
Olympic Trials	0.00	0.00	0.00	0.0%
Speedo Sectionals	0.00	4,000.00	-4,000.00	0.0%
Washington IMX	2,000.00	2,000.00	0.00	100.0%
Total Athlete Travel Reimbursement	17,434.00	28,000.00	-10,566.00	62.26%
Camps	0.00	0.00	0.00	0.0%
Club Clinic	575.00	0.00	575.00	100.0%
Club Recognition Program	0.00	2,800.00	-2,800.00	0.0%
Coach Training	7,168.13	9,000.00	-1,831.87	79.65%
Outreach	920.00	7,200.00	-6,280.00	12.78%
Total Club Strengthening	26,097.13	47,000.00	-20,902.87	55.53%
Eastern Zone Age Group Champs				
Coaching Stipend	0.00	2,095.00	-2,095.00	0.0%
Long Course				
Clothing	0.00	7,000.00	-7,000.00	0.0%
Hotels	0.00	13,000.00	-13,000.00	0.0%
Meals	0.00	6,000.00	-6,000.00	0.0%
Meet Entry Fees	0.00	3,000.00	-3,000.00	0.0%
Misc	0.00	0.00	0.00	0.0%
Selection Committee	0.00	1,000.00	-1,000.00	0.0%
Transportation	0.00	7,000.00	-7,000.00	0.0%
Total Long Course	0.00	37,000.00	-37,000.00	0.0%
Short Course				
Clothing				
Apparel	11,552.36			

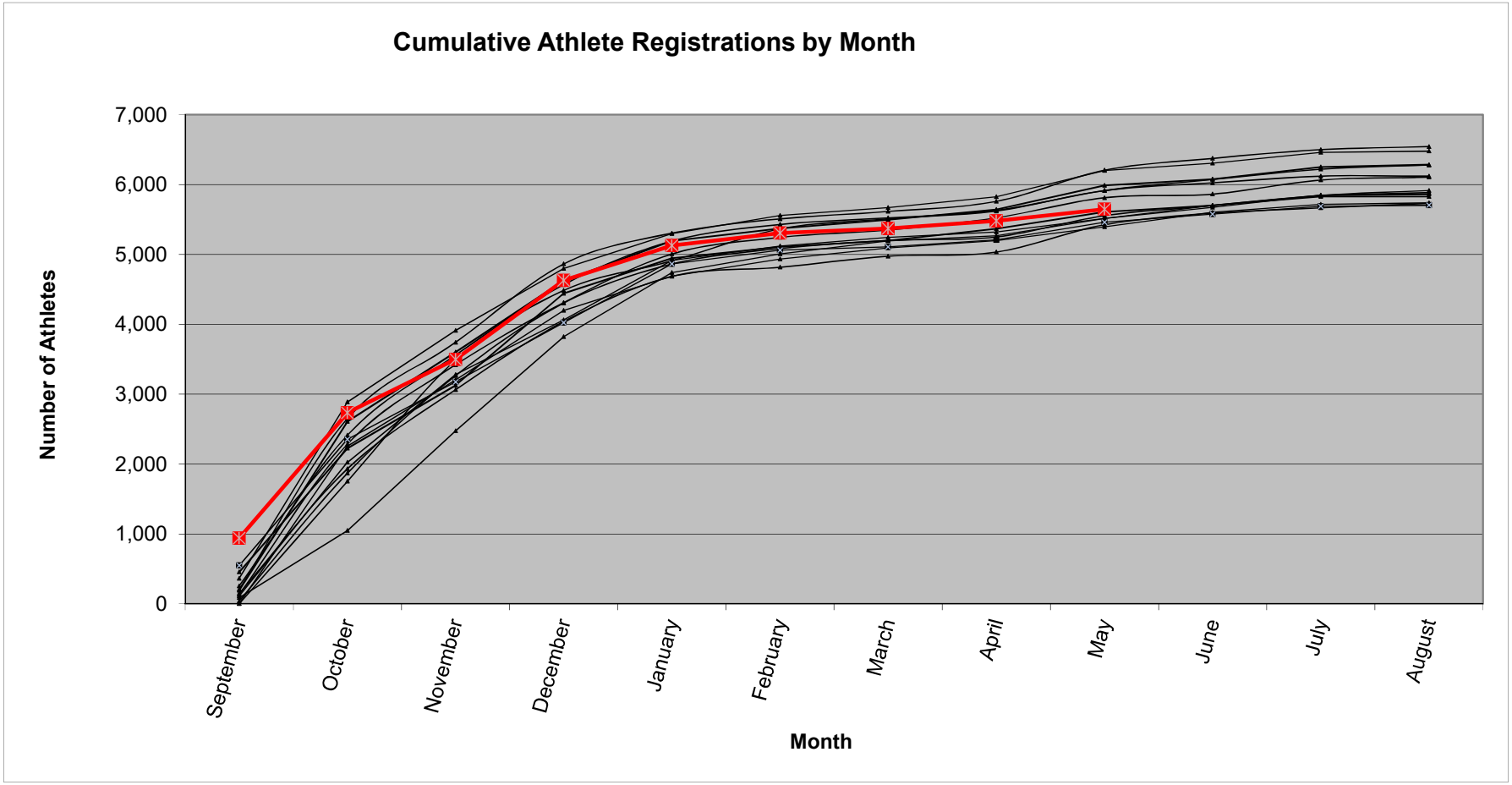
Niagara Swimming, Inc.
Profit & Loss Budget vs. Actual
September 2016 through August 2017

	Sep '16 - Aug 17	Budget	$ Over Budget	% of Budget
Caps	1,615.00	0.00	1,615.00	100.0%
Clothing - Other	0.00	10,450.00	-10,450.00	0.0%
Total Clothing	13,167.36	10,450.00	2,717.36	126.0%
Hotels	327.00	2,500.00	-2,173.00	13.08%
Meals	221.70	0.00	221.70	100.0%
Meet Entry Fees	1,736.00	2,000.00	-264.00	86.8%
Misc	33.60	0.00	33.60	100.0%
Selection Committee	0.00	1,000.00	-1,000.00	0.0%
Transportation	446.40	0.00	446.40	100.0%
Total Short Course	15,932.06	15,950.00	-17.94	99.89%
Total Eastern Zone Age Group Champs	15,932.06	55,045.00	-39,112.94	28.94%
Grant Program	345.00	18,000.00	-17,655.00	1.92%
LSC Supported Meets	0.00	5,000.00	-5,000.00	0.0%
Officials	3,088.85	5,500.00	-2,411.15	56.16%
Payroll Expenses	0.00	0.00	0.00	0.0%
Registrations and Fees				
EZ Per Athlete Fee	1,405.00	1,600.00	-195.00	87.81%
USA Swimming Registrations				
Athlete	292,089.00	313,600.00	-21,511.00	93.14%
Athlete Outreach	1,255.00	1,735.00	-480.00	72.33%
Athlete Seasonal	690.00	2,430.00	-1,740.00	28.4%
Club	5,040.00	5,250.00	-210.00	96.0%
Club - Organization	210.00	0.00	210.00	100.0%
Life Member	333.00	0.00	333.00	100.0%
Non Athlete	40,824.00	39,312.00	1,512.00	103.85%
Total USA Swimming Registrations	340,441.00	362,327.00	-21,886.00	93.96%
Total Registrations and Fees	341,846.00	363,927.00	-22,081.00	93.93%
Scholarships	0.00	0.00	0.00	0.0%
Workshops & Clinics	2,000.00	35,000.00	-33,000.00	5.71%
Total Expense	417,712.14	575,972.00	-158,259.86	72.52%
Net Ordinary Income	38,369.34	0.00	38,369.34	100.0%
Other Income/Expense				
Other Expense				
Ask My Accountant	0.00	0.00	0.00	0.0%
Total Other Expense	0.00	0.00	0.00	0.0%
Net Other Income	0.00	0.00	0.00	0.0%
Net Income	**38,369.34**	**0.00**	**38,369.34**	**100.0%**

	September	October	November	December	January	February	March	April	May	June	July	August	Total	Percent
Athlete - New	221	652	243	82	166	76	36	62	72				1,610	28.5%
Athlete - Renew	705	1,044	463	1,000	306	97	30	22	51				3,718	65.9%
Outreach - New	8	26	17	26	16	0	0	0	0				93	1.6%
Outreach - Renew	7	69	42	22	13	5	0	0	0				158	2.8%
Seasonal - New	0	0	0	0	0	0	0	17	22				39	0.7%
Seasonal - Renew	0	0	0	0	0	0	0	6	22				28	0.5%
													5,646	100.0%

	September	October	November	December	January	February	March	April	May	June	July	August
2017	941	2,732	3,497	4,627	5,128	5,306	5,372	5,479	5,646	5,646	5,646	5,646
2016	547	2,354	3,175	4,023	4,865	5,060	5,107	5,208	5,462	5,577	5,690	5,703
2015	456	2,228	3,126	4,441	4,946	5,110	5,199	5,366	5,607	5,701	5,844	5,862
2014	194	2,608	3,601	4,625	5,192	5,371	5,495	5,642	5,987	6,077	6,251	6,283
2013	364	2,888	3,913	4,797	5,298	5,559	5,670	5,825	6,199	6,306	6,461	6,478
2012	1	2,256	3,203	4,199	4,689	4,935	5,091	5,199	5,393	5,602	5,715	5,737
2011	112	2,025	3,280	4,064	4,915	5,121	5,244	5,323	5,513	5,701	5,828	5,828
2010	255	2,413	3,558	4,567	5,190	5,429	5,522	5,631	5,913	6,072	6,219	6,279
2009	208	2,650	3,740	4,863	5,303	5,508	5,615	5,759	6,204	6,374	6,499	6,543
2008	132	2,285	3,418	4,310	5,006	5,244	5,349	5,523	5,811	5,863	6,064	6,106
2007	148	1,931	3,064	4,041	4,685	4,816	4,974	5,034	5,425	5,590	5,666	5,731
2006	39	1,868	3,264	4,303	4,862	5,084	5,200	5,250	5,554	5,700	5,844	5,914
2005	1	1,753	3,485	4,485	4,907	5,364	5,510	5,621	5,913	6,024	6,120	6,120
2004	88	1,050	2,475	3,821	4,739	5,009	5,192	5,265	5,513	5,672	5,848	5,884
	258	475	349	313	212	223	213	237	279	271	291	295

	September	October	November	December	January	February	March	April	May	June	July	August
2016	72%	16%	10%	15%	5%	5%	5%	5%	3%	1%	-1%	-1%
2015	106%	23%	12%	4%	4%	4%	3%	2%	1%	-1%	-3%	-4%
2014	385%	5%	-3%	0%	-1%	-1%	-2%	-3%	-6%	-7%	-10%	-10%
2013	159%	-5%	-11%	-4%	-3%	-5%	-5%	-6%	-9%	-10%	-13%	-13%
2012	94000%	21%	9%	10%	9%	8%	6%	5%	5%	1%	-1%	-2%
2011	740%	35%	7%	14%	4%	4%	2%	3%	2%	-1%	-3%	-3%
2010	269%	13%	-2%	1%	-1%	-2%	-3%	-3%	-5%	-7%	-9%	-10%
2009	352%	3%	-6%	-5%	-3%	-4%	-4%	-5%	-9%	-11%	-13%	-14%
2008	613%	20%	2%	7%	2%	1%	0%	-1%	-3%	-4%	-7%	-8%
2007	536%	41%	14%	15%	9%	10%	8%	9%	4%	1%	0%	-1%
2006	2313%	46%	7%	8%	5%	4%	3%	4%	2%	-1%	-3%	-5%
2005	94000%	56%	0%	3%	5%	-1%	-3%	-3%	-5%	-6%	-8%	-8%
2004	969%	160%	41%	21%	8%	6%	3%	4%	2%	0%	-3%	-4%

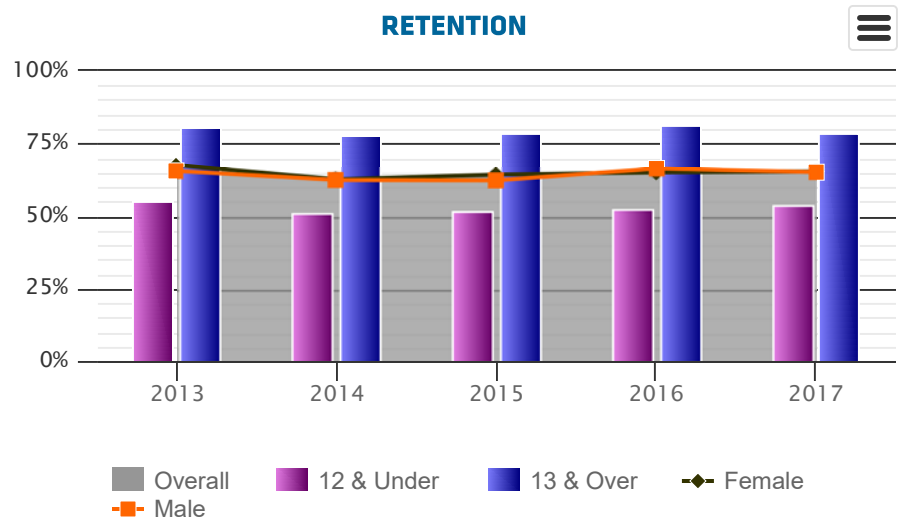

Cumulative Athlete Registrations by Month
Number of Athletes
7,000
6,000
5,000
4,000
3,000
2,000
1,000
0
September
October
November
December
January
February
March
April
May
June
July
August
Month

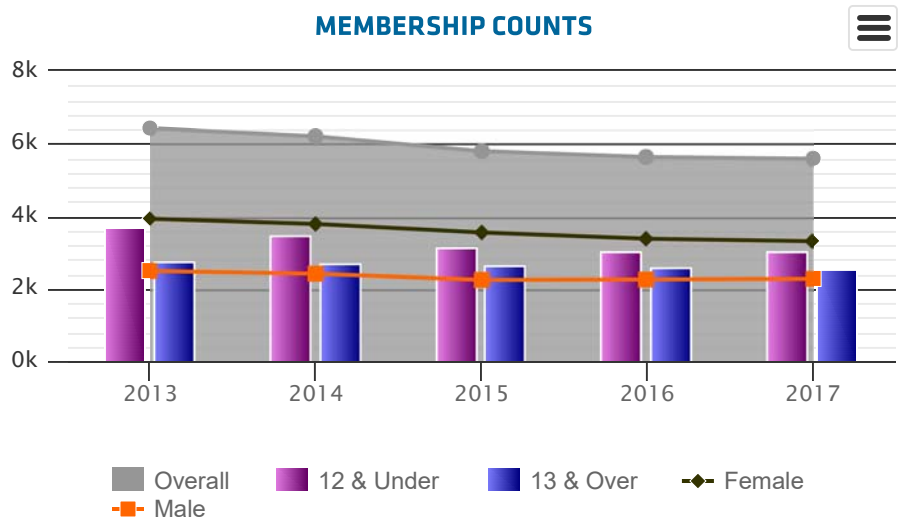
USA Swimming, Inc.

Club	Athletes	Season 1	Season 2	Individual Season	Single Meet	Other NA	Coaches	Officials	Total
AAAC	38	0	0	0	0	0	4	3	43
AMTS	26	0	0	0	0	0	3	0	29
AYST	19	0	0	0	0	0	3	0	22
BAAC	104	0	0	0	0	4	8	8	124
BCSR	102	0	0	0	0	6	16	0	124
BEST	17	0	0	0	0	1	1	0	19
BSSC	56	0	0	0	0	0	2	1	59
CAGO	34	0	0	0	0	1	4	1	40
CAQY	27	0	0	0	0	0	4	0	31
CAST	9	0	0	0	0	0	2	0	11
CLSC	149	1	0	0	0	1	7	2	160
CORY	26	0	0	0	0	0	4	0	30
CSCI	143	0	0	0	0	1	8	4	156
CSST	49	0	0	0	0	1	3	1	54
CVSC	50	0	0	0	0	0	7	1	57
EAST	132	0	0	0	0	2	7	5	146
EMAC	52	0	0	0	0	1	3	2	57
FALC	79	0	0	0	0	0	7	0	86
FAST	191	0	0	0	0	1	7	20	218
FKVL	53	0	0	0	0	1	4	1	58
GCOM	87	0	0	0	0	0	10	3	100
GGST	61	0	0	0	0	0	3	0	64
GISC	50	0	0	0	0	0	5	1	56
GOST	1	0	0	0	0	2	5	4	12
GRAT	43	0	0	0	0	0	6	1	50
GRSC	88	0	0	0	0	1	8	9	106
GVST	95	0	0	0	0	1	7	4	107
GWST	28	0	0	0	0	0	4	1	33
HAMB	124	18	0	0	0	0	4	3	149
HAST	74	2	0	0	0	1	6	10	93
HAWK	93	0	0	0	0	1	14	5	109
HHSC	69	0	0	0	0	0	6	5	80
IRON	72	0	0	0	0	0	4	5	81
ISWM	46	0	0	0	0	0	6	8	59
ITAC	1	0	0	0	0	0	1	0	2
JETS	158	0	0	0	0	1	9	7	175
KRKN	196	0	0	0	0	0	2	4	202
KVAC	0	21	0	0	0	0	2	0	23

USA Swimming, Inc.

Club	Athletes	Season 1	Season 2	Individual Season	Single Meet	Other NA	Coaches	Officials	Total
LCAT	6	0	0	0	0	0	1	1	8
MERC	46	0	0	0	0	1	7	1	54
METS	145	0	0	0	0	3	10	7	164
NAYE	36	0	0	0	0	0	3	0	39
NEWW	35	0	0	0	0	0	2	0	37
OLSC	106	0	0	0	0	10	11	3	130
PACK	130	0	0	0	0	0	11	15	156
PMSC	22	0	0	0	0	0	3	0	25
PVSC	31	0	0	0	0	0	2	0	33
QUIK	47	0	0	0	0	2	3	1	53
RAYS	34	0	0	0	0	1	11	1	47
RRST	33	0	0	0	0	0	2	0	35
SAAC	30	0	0	0	0	0	3	2	35
SCSD	39	0	0	0	0	0	2	1	41
SDSC	101	0	0	0	0	0	8	7	116
SEAS	54	0	0	0	0	2	4	9	69
SEYS	18	0	0	0	0	0	3	0	21
SHAQ	52	0	0	0	0	3	4	3	61
SKAN	58	0	0	0	0	1	3	2	64
STAR	155	0	0	0	0	4	11	22	192
STSC	26	0	0	0	0	0	1	0	27
SWAT	51	0	0	0	0	3	6	2	62
SYCH	221	5	0	0	0	0	12	7	242
TTAC	62	0	0	0	0	0	3	2	67
TTSC	300	0	0	0	0	0	17	17	332
TWST	198	6	0	0	0	2	6	15	227
UBST	7	0	0	0	0	0	2	0	9
UN	132	1	0	0	0	6	20	10	168
UNAC	144	13	0	0	0	1	6	3	167
VELO	105	0	0	0	0	0	4	0	109
VEST	24	0	0	0	0	0	1	0	25
VICT	143	0	0	0	0	2	9	17	171
WAAC	98	0	0	0	0	1	3	5	105
WEBS	155	0	0	0	0	3	12	14	182
WGSC	25	0	0	0	0	0	2	0	27
WWSC	68	0	0	0	0	0	5	0	73
Total	5579	67	0	0	0	72	419	286	6398


RETENTION
100%
75%
50%
25%
0%
2013
2014
2015
2016
2017
Overall
12 & Under
13 & Over
Female
Male


MEMBERSHIP COUNTS
8k
6k
4k
2k
0k
2013
2014
2015
2016
2017
Overall
12 & Under
13 & Over
Female
Male

NIAGARA SWIMMING Membership Trends 2009 - 2017 (as of 12/31)

	2009	2010	2011	2012	2013	2014	2015	2016	2017
Year-Round Athletes									
# 12 & under	3,359	3,269	3,010	2,985	3,438	3,279	2,893	2,799	2,850
# 13 & over	3,182	2,994	2,837	2,810	2,967	2,923	2,901	2,820	2,738
# Unknown	1	0	0	0	0	0	0	0	0
% 12 & under	51.3%	52.2%	51.5%	51.5%	53.7%	52.9%	49.9%	49.8%	51.0%
% 13 & over	48.6%	47.8%	48.5%	48.5%	46.3%	47.1%	50.1%	50.2%	49.0%
# YR Athletes	6,541	6,263	5,847	5,795	6,405	6,202	5,794	5,619	5,588
% Increase	7.2%	-4.3%	-6.6%	-0.9%	10.5%	-3.2%	-6.6%	-3.0%	-0.6%
Retention (Percentage)									
12-Un %	52.4%	52.2%	50.6%	53.7%	55.1%	52.4%	51.8%	53.0%	54.7%
13-Ov %	84.3%	77.9%	80.3%	81.2%	84.7%	82.0%	83.2%	83.9%	82.9%
Unknown %	N/A	0.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Female %	68.2%	65.5%	65.6%	66.7%	70.3%	66.1%	67.3%	67.6%	69.0%
Male %	68.2%	63.4%	63.4%	67.5%	68.1%	66.2%	65.6%	69.8%	68.7%
Overall %	68.2%	64.7%	64.8%	67.0%	69.5%	66.1%	66.6%	68.4%	68.9%
Male/Female									
# Female Ath.	4,054	3,901	3,633	3,577	3,922	3,787	3,553	3,373	3,312
# Male Ath.	2,488	2,362	2,214	2,218	2,483	2,415	2,241	2,246	2,276
# 12-Un Fem.	2,136	2,135	1,933	1,913	2,157	2,074	1,811	1,723	1,692
# 12-Un Male	1,223	1,134	1,077	1,072	1,281	1,205	1,082	1,076	1,158
# 13-Ov Fem.	1,917	1,766	1,700	1,664	1,765	1,713	1,742	1,650	1,620
# 13-Ov Male	1,265	1,228	1,137	1,146	1,202	1,210	1,159	1,170	1,118
# Unknown	1	0	0	0	0	0	0	0	0
# Unknown	0	0	0	0	0	0	0	0	0
% Female Ath.	62.0%	62.3%	62.1%	61.7%	61.2%	61.1%	61.3%	60.0%	59.3%
% Male Ath.	38.0%	37.7%	37.9%	38.3%	38.8%	38.9%	38.7%	40.0%	40.7%
% 12-Un Fem.	63.6%	65.3%	64.2%	64.1%	62.7%	63.3%	62.6%	61.6%	59.4%
% 12-Un Male	36.4%	34.7%	35.8%	35.9%	37.3%	36.7%	37.4%	38.4%	40.6%
% 13-Ov Fem.	60.2%	59.0%	59.9%	59.2%	59.5%	58.6%	60.0%	58.5%	59.2%
% 13-Ov Male	39.8%	41.0%	40.1%	40.8%	40.5%	41.4%	40.0%	41.5%	40.8%
% Unknown	100.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
% Unknown	0.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Athlete Detail by Single Age Group - Female/Male Combined									
8 & Under	688	637	592	535	595	569	474	478	467
9	571	512	453	485	538	481	408	393	449
10	618	681	581	573	734	661	556	539	552
11	753	669	720	658	790	747	704	656	695
12	730	770	664	734	781	821	751	733	687
13	643	586	604	601	697	639	687	622	664
14	628	545	498	571	577	604	557	583	558
15	537	517	478	423	510	489	485	458	487
16	435	483	446	418	376	431	390	408	362
17	397	371	364	363	337	313	353	328	307
18	257	267	225	238	270	221	228	236	225
19 & Over	285	225	222	196	200	226	201	185	135
Athlete Detail by Single Age Group Percentages - Female/Male Combined									
8 & Under	#	#	#	#	#	#	#	#	#
9	#	#	#	#	#	#	#	#	#
10	#	#	#	#	#	#	#	#	#
11	#	#	#	#	#	#	#	#	#
12	#	#	#	#	#	#	#	#	#
13	#	#	#	#	#	#	#	#	#
14	#	#	#	#	#	#	#	#	#
15	#	#	#	#	#	#	#	#	#
16	#	#	#	#	#	#	#	#	#
17	#	#	#	#	#	#	#	#	#
18	#	#	#	#	#	#	#	#	#
19 & Over	#	#	#	#	#	#	#	#	#

NIAGARA SWIMMING Membership Trends 2009 - 2017 (as of 12/31)

	2009	2010	2011	2012	2013	2014	2015	2016	2017
Athlete Detail by Single Age Group - Female									
8 & Under	414	377	342	316	363	341	288	259	274
9	379	342	274	303	327	297	257	243	256
10	393	478	397	349	462	425	348	328	326
11	472	437	490	453	492	484	446	421	414
12	479	501	430	492	513	527	472	472	422
13	434	369	381	395	455	413	450	387	420
14	395	339	321	360	365	380	360	366	335
15	340	309	308	261	318	294	302	289	298
16	270	299	260	251	221	253	229	246	225
17	215	208	210	185	189	174	203	168	173
18	123	132	123	121	120	117	116	111	107
19 & Over	140	110	97	91	97	82	82	83	62
Athlete Detail by Single Age Group - Male									
8 & Under	274	260	250	219	232	228	186	219	193
9	192	170	179	182	211	184	151	150	193
10	225	203	184	224	272	236	208	211	226
11	281	232	230	205	298	263	258	235	281
12	251	269	234	242	268	294	279	261	265
13	209	217	223	206	242	226	237	235	244
14	233	206	177	211	212	224	197	217	223
15	197	208	170	162	192	195	183	169	189
16	165	184	186	167	155	178	161	162	137
17	182	163	154	178	148	139	150	160	134
18	134	135	102	117	150	104	112	125	118
19 & Over	145	115	125	105	103	144	119	102	73
Number of Athletes who have been with LSC (by year)									
LSC - 1st Year	2,761	2,391	2,109	2,206	2,704	2,269	1,956	1,955	1,981
LSC - 2nd Year	1,239	1,276	1,134	1,041	1,183	1,350	1,154	1,025	1,046
LSC - 3rd Year	715	773	814	722	676	762	894	768	652
LSC - 4th Year	481	506	524	538	511	484	500	622	555
LSC - 5th Year	399	344	348	372	396	375	345	335	477
LSC - 6th Year	291	302	248	262	281	303	264	243	246
LSC - 7th Year	220	227	223	166	197	217	227	194	186
LSC - 8th Year	153	162	162	172	125	155	159	179	144
LSC - 9th Year	107	100	123	123	121	88	105	114	121
LSC - 10+ Years	176	182	162	193	211	199	190	184	180
Percentage of Athletes who have been with LSC (by year)									
LSC - 1st Year	42.2%	38.2%	36.1%	38.1%	42.2%	36.6%	33.8%	34.8%	35.5%
LSC - 2nd Year	18.9%	20.4%	19.4%	18.0%	18.5%	21.8%	19.9%	18.2%	18.7%
LSC - 3rd Year	10.9%	12.3%	13.9%	12.5%	10.6%	12.3%	15.4%	13.7%	11.7%
LSC - 4th Year	7.4%	8.1%	9.0%	9.3%	8.0%	7.8%	8.6%	11.1%	9.9%
LSC - 5th Year	6.1%	5.5%	6.0%	6.4%	6.2%	6.0%	6.0%	6.0%	8.5%
LSC - 6th Year	4.4%	4.8%	4.2%	4.5%	4.4%	4.9%	4.6%	4.3%	4.4%
LSC - 7th Year	3.4%	3.6%	3.8%	2.9%	3.1%	3.5%	3.9%	3.5%	3.3%
LSC - 8th Year	2.3%	2.6%	2.8%	3.0%	2.0%	2.5%	2.7%	3.2%	2.6%
LSC - 9th Year	1.6%	1.6%	2.1%	2.1%	1.9%	1.4%	1.8%	2.0%	2.2%
LSC - 10+ Years	2.7%	2.9%	2.8%	3.3%	3.3%	3.2%	3.3%	3.3%	3.2%
Ethnicity									
American Indian	42	21	19	20	22	18	16	14	23
Asian	81	106	115	139	159	177	169	180	199
Black or African	40	26	30	23	92	121	121	122	99
Hispanic or	23	30	25	28	31	35	40	44	55
Mixed	69	79	77	91	104	115	131	170	158
Native Hawaiian	14	15	0	0	1	1	2	2	2
No Response	3,133	2,987	2,785	2,728	2,957	2,570	2,222	1,844	1,798
Some Other	31	24	24	26	23	30	24	35	40
White	3,109	2,975	2,772	2,740	3,016	3,135	3,069	3,208	3,214

NIAGARA SWIMMING Membership Trends 2009 - 2017 (as of 12/31)

	2009	2010	2011	2012	2013	2014	2015	2016	2017
Seasonal Athletes									
# 12 & under	0	0	0	0	14	35	28	40	34
# 13 & over	2	1	2	7	44	50	42	43	21
# Unknown	0	0	0	0	0	0	0	0	0
% 12 & under	0.0%	0.0%	0.0%	0.0%	24.1%	41.2%	40.0%	48.2%	61.8%
% 13 & over	100.0%	100.0%	100.0%	100.0%	75.9%	58.8%	60.0%	51.8%	38.2%
% Unknown	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
# Seasonal Ath.	2	1	2	7	58	85	70	83	55
Coaches									
# Full-Time	13	12	10	14	30	32	38	45	39
# Part-Time	315	322	321	311	338	334	344	361	380
# Female	152	153	142	145	160	158	174	181	201
# Male	176	181	189	180	208	208	208	225	218
% Full-Time	4.0%	3.6%	3.0%	4.3%	8.2%	8.7%	9.9%	11.1%	9.3%
% Part-Time	96.0%	96.4%	97.0%	95.7%	91.8%	91.3%	90.1%	88.9%	90.7%
% Female	46.3%	45.8%	42.9%	44.6%	43.5%	43.2%	45.5%	44.6%	48.0%
% Male	53.7%	54.2%	57.1%	55.4%	56.5%	56.8%	54.5%	55.4%	52.0%
# Coaches	328	334	331	325	368	366	382	406	419
% of YR Ath.	5.0%	5.3%	5.7%	5.6%	5.7%	5.9%	6.6%	7.2%	7.5%
Retention	88.6%	91.5%	90.4%	87.9%	101.8%	88.3%	92.3%	93.7%	91.6%
Registered Officials									
# Female	111	106	113	93	116	128	125	129	130
# Male	137	147	155	146	154	181	169	155	156
% Female	44.8%	41.9%	42.2%	38.9%	43.0%	41.4%	42.5%	45.4%	45.5%
% Male	55.2%	58.1%	57.8%	61.1%	57.0%	58.6%	57.5%	54.6%	54.5%
# Officials	248	253	268	239	270	309	294	284	286
% of YR Ath.	3.8%	4.0%	4.6%	4.1%	4.2%	5.0%	5.1%	5.1%	5.1%
Retention	79.9%	76.6%	88.9%	77.2%	86.6%	89.3%	81.6%	82.3%	86.6%
Certified National Level Officials									
## - N3	1	1	1	1	1	1	1	1	1
AR - N2	7	7	7	5	5	5	5	3	2
CJ - N2	27	32	32	25	25	25	25	23	22
CJ - N3	3	3	3	3	3	3	3	2	2
DR - N2	24	26	24	17	16	16	16	13	13
DR - N3	6	6	6	6	6	6	6	5	5
MD - N2	1	1	1	1	1	1	1	0	0
SR - N2	34	37	37	32	31	30	26	24	24
SR - N3	5	5	5	5	5	5	5	4	4
ST - N2	66	74	73	64	70	67	63	66	60
ST - N3	33	33	33	30	31	29	29	27	24
TC - N3	0	0	0	0	0	0	0	0	0
# Certified Off.	78	84	84	71	75	72	69	71	65

NIAGARA SWIMMING Membership Trends 2009 - 2017 (as of 12/31)

	2009	2010	2011	2012	2013	2014	2015	2016	2017
Certified LSC Level Officials									
AO - AP	1	0	0	0	0	0	0	1	3
AO - Q	29	32	34	37	44	59	60	60	58
AR - ME	2	2	2	2	2	2	2	2	2
AR - Q	52	54	55	46	41	38	31	27	25
CC - Q	89	99	104	98	93	85	75	68	60
CJ - DL	1	1	3	3	5	5	5	5	5
CJ - ME	6	8	9	9	13	13	14	15	15
CJ - Q	101	117	124	112	101	91	74	68	58
CO - AP	1	1	1	1	1	1	1	1	1
CO - Q	2	2	2	2	1	1	1	1	1
DR - AP	2	2	2	2	2	2	2	2	2
DR - Q	65	72	77	72	70	66	57	53	49
MD - AP	0	0	0	0	1	1	0	0	0
MD - MD	43	47	52	57	63	83	97	103	88
MD - Q	18	21	21	26	32	37	22	16	14
MR - ME	3	3	3	3	3	3	3	3	3
MR - Q	49	49	50	42	37	34	26	23	21
OJ - Q	3	3	3	3	3	3	3	3	3
OR - Q	2	2	2	2	2	2	2	2	2
SR - AP	3	3	5	8	10	7	8	8	5
SR - Q	101	113	123	118	118	113	103	96	87
ST - AP	1	1	2	0	2	3	2	5	9
ST - Q	143	183	223	226	240	254	249	243	229
TI - AP	1	1	2	1	3	1	1	1	1
TI - Q	137	178	218	219	233	246	241	232	193
TJ - Q	96	107	116	110	104	97	87	80	72
TO - AP	1	1	1	1	1	1	1	1	1
# Certified Off.	196	235	277	290	316	354	351	352	329

* 1st Year Returning member registrations refer to renewed memberships which were inactive for at least one year.

NIAGARA SWIMMING RECORDS

05/12/2017

Men's SCY LSC Records

Age Group	Event	Time	Date	LSC-Club	Swimmer	Meet
10 & under	50 FR	26.58	03/29/2007	NI-LCAT	Ryan Nicholson	2007 NI EZ Champs
10 & under	100 FR	57.64	03/15/2007	NI-LCAT	Ryan Nicholson	2007 NI Niagara District Champion
10 & under	200 FR	2:03.70	03/29/2007	NI-LCAT	Ryan Nicholson	2007 NI EZ Champs
10 & under	500 FR	5:34.69	03/15/2007	NI-LCAT	Ryan Nicholson	2007 NI Niagara District Champion
10 & under	1000 FR	11:42.72	02/14/2016	NI-CLSC	Aidan Morgan	2016 NI - Victor Winter Classic
10 & under	1650 FR	19:42.83	12/16/2006	NI-LCAT	Ryan Nicholson	2007 NI Distance meet
10 & under	50 BK	31.24	01/01/1995	NI-MCCM	Ryan Lochte	Unknown
10 & under	100 BK	1:06.51	01/01/1997	NI-NEWD	Jeff Wood	Unknown
10 & under	200 BK	2:23.63	01/01/1995	NI-MCCM	Ryan Lochte	Unknown
10 & under	50 BR	33.71	12/12/2013	NI-BAAC	Andrew Clough	2013 NI - STAR Short Course Invitational
10 & under	100 BR	1:13.97	12/12/2013	NI-BAAC	Andrew Clough	2013 NI - STAR Short Course Invitational
10 & under	200 BR	2:48.82	10/25/2013	NI-BAAC	Andrew Clough	2013 NI - TTSC Halloween Meet
10 & under	50 FL	28.69	03/29/2007	NI-LCAT	Ryan Nicholson	2007 NI EZ Champs
10 & under	100 FL	1:04.10	03/29/2007	NI-LCAT	Ryan Nicholson	2007 NI EZ Champs
10 & under	200 FL	2:29.27	01/26/2007	NI-LCAT	Ryan Nicholson	2007 NI Go The Distance
10 & under	100 IM	1:07.26	01/01/1988	NI-RAYS	Joe Neunder	Unknown
10 & under	200 IM	2:23.54	03/29/2007	NI-LCAT	Ryan Nicholson	2007 NI EZ Champs
10 & under	400 IM	5:07.31	01/26/2007	NI-LCAT	Ryan Nicholson	2007 NI Go The Distance
10 & under	200 FR-R	1:55.56	01/01/1987	NI-STAR	Billings, Crotty, J. Cetin, S. Burns	Unknown
10 & under	400 FR-R	4:19.15	01/01/1987	NI-STAR	Burns, Billings, Crotty, J. Cetin	Unknown
10 & under	200 MED-R	2:11.59	01/21/2006	NI-RHSC	Tommy Kirch, Mike Loucks, Mike Butler, Brett Mulvaney	2006 NI MCDR - RHSC / RRST
10 & under	400 MED-R	4:59.95	03/18/2012	NI-STAR	Carter Matteson, Luke Clements, Daniel Bowen, Joe Blake	2012 NI - Niagara LSC Championships

Men's SCY LSC Records

Age Group	Event	Time	Date	LSC-Club	Swimmer	Meet
11-12	50 FR	23.71	02/26/1997	NI-UBAM	Mark Rubin	Unknown
11-12	100 FR	51.76	02/26/1997	NI-UBAM	Mark Rubin	Unknown
11-12	200 FR	1:52.11	02/26/1997	NI-UBAM	Mark Rubin	Unknown
11-12	500 FR	5:04.44	01/01/1995	NI-SHAQ	Jaime Garcia	Unknown
11-12	1000 FR	10:31.37	01/18/2008	NI-SEAS	Kevin Tobey	2008 NI IMX Series, 14 & Under Gold Me
11-12	1650 FR	17:29.69	12/10/2015	NI-UN	Michael Wang	2015 NI - STAR Short Course Invitational
11-12	50 BK	27.34	03/29/2001	NI-UBAM	Jeffrey Zhou	2001 US Eastern Zones Sc
11-12	100 BK	58.68	02/26/1997	NI-UBAM	Mark Rubin	Unknown
11-12	200 BK	2:08.71	04/01/2004	NI-TTAC	Matthew Schwippert	2004 VA Eastern Zone SC Champs
11-12	50 BR	29.17	08/02/2000	NI-GRRR	Jon Roberts	2000 US Top 16
11-12	100 BR	1:04.60	04/03/2008	NI-TTSC	Declan McLaughlin	2008 NI Eastern Zone SC Champ
11-12	200 BR	2:22.10	04/16/2014	NI-HHTA	Shoonhsin Li	2014 NASA Showcase Classic
11-12	50 FL	26.11	01/01/1993	NI-MCCM	Landon Fears	Unknown
11-12	100 FL	56.65	04/16/2014	NI-HHTA	Shoonhsin Li	2014 NASA Showcase Classic
11-12	200 FL	2:05.67	04/16/2014	NI-HHTA	Shoonhsin Li	2014 NASA Showcase Classic
11-12	100 IM	59.57	03/30/2000	NI-GRRR	Jon Roberts	Unknown
11-12	200 IM	2:07.18	04/16/2014	NI-HHTA	Shoonhsin Li	2014 NASA Showcase Classic
11-12	400 IM	4:32.11	03/12/2015	NI-VICT	Brayden Murphy	2015 NI - Niagara LSC Championships
11-12	200 FR-R	1:43.09	01/01/1992	NI-MCCM	L. Fears, R. Burnside, J. Scibilia, A. Meek	Unknown
11-12	400 FR-R	3:45.76	01/01/1991	NI-MCCM	L. Fears, J. Scibilia, R. Burnside, A. Meek	Unknown
11-12	200 MED-R	1:56.41	01/01/1991	NI-MCCM	J. Scibilia, R. Burnside, L. Fears, A. Meek	Unknown
11-12	400 MED-R	4:17.20	01/01/1992	NI-MCCM	J. Scibilia, A. Meek, L. Fears, R. Burnside	Unknown

Men's SCY LSC Records

Age Group	Event	Time	Date	LSC-Club	Swimmer	Meet
13-14	50 FR	21.41	03/06/2009	NI-UN	Drake Becksted	2009 MR NYSPHAA Public HS Champs
13-14	100 FR	47.19	02/14/2009	NI-UN	Drake Becksted	2009 NI Ob Sect 3 Boys State Qual Meet
13-14	200 FR	1:44.81	11/20/2010	NI-SHAQ	Jack Boyd	2010 NI JETS Greater Syracuse Invitational
13-14	500 FR	4:37.46	11/20/2010	NI-SHAQ	Jack Boyd	2010 NI JETS Greater Syracuse Invitational
13-14	1000 FR	9:33.95	03/15/2015	NI-STAR	Justin Konik	2015 NI - Niagara LSC Championships
13-14	1650 FR	16:10.07	03/31/2011	NI-PACK	Pj Ransford	2011 NI Eastern Zone SC Swimming
13-14	100 BK	52.85	08/12/2016	NI-TWST	Daniel Bowen	2016 NI - End of Summer Meet
13-14	200 BK	1:54.62	01/17/2016	NI-TWST	Daniel Bowen	2016 NI - Senior Powerpoint
13-14	100 BR	58.66	04/04/2002	NI-GRRR	Jon Roberts	2002 US Eastern Zones Sc
13-14	200 BR	2:08.06	04/04/2002	NI-GRRR	Jon Roberts	2002 US Eastern Zones Sc
13-14	100 FL	51.76	03/04/2011	NI-UN	Ryan Nicholson	2011 MR OB NYSPHSAA Swimming & Diving Championship
13-14	200 FL	1:55.42	04/02/2009	NI-SEAS	Sean Ledford	2009 NI Eastern Zone SC Swimming Championship
13-14	200 IM	1:55.44	04/04/2002	NI-GRRR	Jon Roberts	2002 US Eastern Zones Sc
13-14	400 IM	4:11.16	03/11/2017	NI-VICT	Brayden Murphy	2017 NI - Niagara LSC Championships
13-14	400 IM	4:11.16	03/11/2017	NI-VICT	Brayden Murphy	2017 NI - Niagara LSC Championships
13-14	200 FR-R	1:30.83	04/04/2001	NI-GRRR	J. Roberts, J. Wood, J. Arington, L. Weniger	Unknown
13-14	400 FR-R	3:23.93	03/15/2001	NI-GRRR	L. Weniger, B. Monti, J. Wood, J. Roberts	Unknown
13-14	800 FR-R	7:29.38	04/04/2001	NI-GRRR	J. Roberts, B. Monti, J. Wood, L. Weniger	Unknown
13-14	200 MED-R	1:41.85	04/04/2001	NI-GRRR	J. Wood, J. Roberts, L. Weniger, J. Arington	Unknown
13-14	400 MED-R	3:48.01	03/15/2001	NI-GRRR	L. Weniger, J. Roberts, J. Wood, J. Arington	Unknown

Men's SCY LSC Records

Age Group	Event	Time	Date	LSC-Club	Swimmer	Meet
15-16	50 FR	20.49	03/01/2013	NI-UN	Ryan Nicholson	2013 NI - OB - NYS Federation
15-16	100 FR	45.54	02/28/2014	NI-UN	Nick Burdo	2014 NI - Ob - NYS Federation Swimming
15-16	200 FR	1:38.27	03/02/2012	NI-UN	Jack Boyd	2012 NI Ob - NYSPHAA Boys Swimming & Diving Champs
15-16	500 FR	4:26.11	03/01/2013	NI-UN	Pj Ransford	2013 NI - OB - NYS Federation
15-16	1000 FR	9:16.04	03/14/2013	NI-PACK	Pj Ransford	2013 NI - Niagara LSC Championships
15-16	1650 FR	15:37.08	12/12/2015	NI-VICT	Kai Wisner	2015 Speedo Winter Jr. Champio
15-16	100 BK	49.94	03/21/2006	NI-FAST	Ricky Henahan	2006 FL NCSA Juniors Champs
15-16	200 BK	1:50.82	03/21/2006	NI-FAST	Ricky Henahan	2006 FL NCSA Juniors Champs
15-16	100 BR	56.36	03/13/2003	NI-GRRR	Jon Roberts	2003 MR Speedo Champs
15-16	200 BR	2:03.28	03/13/2003	NI-GRRR	Jon Roberts	2003 MR Speedo Champs
15-16	100 FL	48.30	03/01/2013	NI-UN	Ryan Nicholson	2013 NI - OB - NYS Federation
15-16	200 FL	1:50.68	03/18/2015	NI-UN	Arthur Fan	2015 FL NCSA Spring Championship
15-16	200 IM	1:51.80	03/01/2013	NI-UN	Ryan Nicholson	2013 NI - OB - NYS Federation
15-16	400 IM	4:01.10	12/11/2008	NI-SYCH	Daniel O'Connor	2008 Speedo SCY Juniors
15-16	200 FR-R	1:29.02	12/12/2002	NI-GRRR	Jon Roberts, Benjamin Monti, Jeff Wood, Luke Weniger	2002 NI Adam's Mark STAR Invite
15-16	400 FR-R	3:09.02	01/01/1984	NI-STAR	M. McCluhan, E. McClaren, D. Shraven, J. Hodge	Unknown
15-16	800 FR-R	6:58.47	01/01/1984	NI-STAR	M. McCluhan, E. McClaren, D. Shraven, J. Hodge	Unknown
15-16	200 MED-R	1:38.67	01/01/1990	NI-FAST	Playfair, Male, Torsone, Lees	Unknown
15-16	400 MED-R	3:33.53	03/06/2003	NI-GRRR	Jeff Wood, Jon Roberts, Luke Weniger, Benjamin Monti	2003 NI Niagara District Senior Gold C

Men's SCY LSC Records

Age Group	Event	Time	Date	LSC-Club	Swimmer	Meet
17-18	50 FR	20.25	02/28/2014	NI-UN	Ryan Nicholson	2014 NI - Ob - NYS Federation Swimming
17-18	100 FR	44.34	02/28/2014	NI-UN	Ryan Nicholson	2014 NI - Ob - NYS Federation Swimming
17-18	200 FR	1:36.19	03/01/2013	NI-UN	Jack Boyd	2013 NI - OB - NYS Federation
17-18	500 FR	4:21.06	02/28/2014	NI-UN	Pj Ransford	2014 NI - Ob - NYS Federation Swimming
17-18	1000 FR	8:55.88	03/18/2014	NI-PACK	Pj Ransford	2014 FL AP NCSA Spring Championship
17-18	1650 FR	14:46.40	03/18/2014	NI-PACK	Pj Ransford	2014 FL AP NCSA Spring Championship
17-18	100 BK	47.84	11/19/2008	NI-UN	Ricky Henahan	Tennessee Invitational
17-18	200 BK	1:45.23	03/04/2010	NI-UN	Matthew Schwippert	2010 Men's MAC Championships
17-18	100 BR	54.95	03/04/2016	NI-UN	Noah Stevens	2016 NI - Ob - NYSPHSAA Boys Federation Champs
17-18	200 BR	2:01.21	03/12/2016	NI-VICT	Noah Stevens	2016 NI - Niagara LSC Championships
17-18	100 FL	47.76	02/28/2014	NI-UN	Ryan Nicholson	2014 NI - Ob - NYS Federation Swimming
17-18	200 FL	1:48.75	12/03/2016	NI-UN	Art Fan	Army vs. Navy
17-18	200 IM	1:49.24	02/26/1998	NI-UN	Joe Peresan	1998 US Big 10
17-18	400 IM	3:53.41	03/18/2014	NI-PACK	Pj Ransford	2014 FL AP NCSA Spring Championship
17-18	200 FR-R	1:25.17	03/19/2010	NI-STAR	James Sundquist, Daniel Hodson, Philip Aronica, Pete Sowinski	2010 FL NCSA Junior Natl Swimming
17-18	400 FR-R	3:06.22	03/19/2009	NI-STAR	Taylor Hogenkamp, Matthew Schwippert, David Erickson, Philip Aronica	2009 FL NCSA Junior Nats
17-18	800 FR-R	6:54.07	03/18/2009	NI-STAR	Matthew Schwippert, Taylor Hogenkamp, David Erickson, Philip Aronica	2009 FL NCSA Junior Nats
17-18	200 MED-R	1:33.37	03/16/2010	NI-STAR	Philip Aronica, Daniel Hodson, James Sundquist, Pete Sowinski	2010 FL NCSA Junior Natl Swimming
17-18	400 MED-R	3:26.19	01/01/1981	NI-LJSC	Funiciele, Edwards, T. Lewandowski, R. Lewandowski	Unknown

USA Swimming

NIAGARA SWIMMING RECORDS

05/12/2017

Men's SCY LSC Open Records

Age Group	Event	Time	Date	LSC-Club	Swimmer	Meet
Open	50 FR	19.23	03/11/2010	OH-WAC	Austin Staab	2010 NI Speedo Champions Series
Open	100 FR	42.95	03/11/2010	OH-WAC	Austin Staab	2010 NI Speedo Champions Series
Open	200 FR	1:36.19	03/01/2013	NI-UN	Jack Boyd	2013 NI - OB - NYS Federation
Open	500 FR	4:20.62	03/12/1987	NI-MCCM	Rick Aronberg	NCAA - Dual Meet Championships
Open	1000 FR	9:05.84	03/01/1989	NI-MCCM	Rick Aronberg	1989 NCAA Div 1 Championships
Open	1650 FR	15:03.93	03/01/1989	NI-MCCM	Rick Aronberg	1989 NCAA Div 1 Championships
Open	100 BK	46.83	03/11/2010	OH-WAC	Austin Staab	2010 NI Speedo Champions Series
Open	200 BK	1:43.61	03/22/2015	NJ-UN	Dylan Sali	2015 NI - Speedo Sectionals at Ithaca
Open	100 BR	53.83	03/04/2009	FL-UN	Emmett Walling	2009 NI Ob NJCAA Swimming & Diving C
Open	200 BR	1:58.10	04/01/2017	NE-CRIM	Calvin Yang	2017 NI - EZ North Speedo Short Course Sectional
Open	100 FL	44.72	03/11/2010	OH-WAC	Austin Staab	2010 NI Speedo Champions Series
Open	200 FL	1:43.55	03/11/2010	OH-WAC	Austin Staab	2010 NI Speedo Champions Series
Open	200 IM	1:44.70	03/11/2010	OH-WAC	Austin Staab	2010 NI Speedo Champions Series
Open	400 IM	3:51.50	03/20/2015	NE-CRIM	Anthony Marcantonio	2015 NI - Speedo Sectionals at Ithaca
Open	200 FR-R	1:22.39	01/01/1995	NI-SYRU	Williams, Fraas, Vucetic, Withey	Unknown
Open	400 FR-R	2:59.33	01/01/1995	NI-SYRU	Williams, Fraas, Vucetic, Withey	Unknown
Open	800 FR-R	6:43.34	04/01/2016	NJ-EEX	Connor Doyle, Jacob Lubinski, Jack McIntyre, Collin Hanlon	2016 NI - EZ Speedo Short Course Sectional
Open	200 MED-R	1:32.14	04/01/2017	MR-HAA	Dylan Chan, Jack Casey, Zachary Papsco, Drew Modrov	2017 NI - EZ North Speedo Short Course Sectional
Open	400 MED-R	3:13.27	01/01/1991	US-WPSC	Trudell, Schengottz, Cooper, Pozzolini	Unknown

USA Swimming

NIAGARA SWIMMING RECORDS

05/12/2017

Women's LCM LSC Records

Age Group	Event	Time	Date	LSC-Club	Swimmer	Meet
10 & under	50 FR	30.30	05/08/2010	NI-CAGO	Samantha Suer	2010 NI Super Circuit 1 Syracuse
10 & under	50 FR	30.30	01/01/1995	NI-SHAQ	Allie Dean	Unknown
10 & under	100 FR	1:06.22	05/15/2010	NI-CAGO	Samantha Suer	2010 NI - Niagara LSC Super Circuit 1 Ro
10 & under	200 FR	2:26.26	05/08/2010	NI-CAGO	Samantha Suer	2010 NI Super Circuit 1 Syracuse
10 & under	400 FR	5:07.45	08/07/2013	NI-CSCI	Taryn Wisner	2013 Eastern Zone Long Course
10 & under	800 FR	10:49.11	06/23/2000	NI-SHAQ	Bethany Fried	Unknown
10 & under	1500 FR	21:28.02	06/25/2000	NI-SHAQ	Bethany Fried	Unknown
10 & under	50 BK	35.28	05/15/2010	NI-CAGO	Samantha Suer	2010 NI - Niagara LSC Super Circuit 1 Ro
10 & under	100 BK	1:15.13	08/11/2010	NI-STAR	Alyssa Helak	2010 PV Eastern Zone LC Championships
10 & under	200 BK	2:45.28	06/25/2010	NI-TWST	Kristen Romano	2010 NI STAR LONG COURSE ABC MEET 2010
10 & under	50 BR	38.76	08/06/2014	NI-WEBS	Suzanne Sokolowski	2014 VA Eastern Zone LC Champi
10 & under	100 BR	1:25.45	01/01/1985	NI-SYCH	Tori DeSilvia	Unknown
10 & under	200 BR	3:05.85	07/06/2007	NI-TTSC	Emily Kopas	2007 NI Niagara LC Classic
10 & under	50 FL	32.05	05/14/2010	NI-CAGO	Samantha Suer	2010 NI TTSC LC MEET
10 & under	100 FL	1:15.56	05/15/2010	NI-CAGO	Samantha Suer	2010 NI - Niagara LSC Super Circuit 1 Ro
10 & under	200 FL	2:56.05	07/14/2006	NI-UNAC	Sky Hoyt	2006 NI 33rd UNAC Sertoma Invit
10 & under	200 IM	2:44.93	08/11/2010	NI-TWST	Kristen Romano	2010 PV Eastern Zone LC Championships
10 & under	400 IM	5:59.76	06/25/2010	NI-TWST	Kristen Romano	2010 NI STAR LONG COURSE ABC MEET 2010
10 & under	200 FR-R	2:17.56	01/01/1995	NI-SHAQ	Lewis, Bowman, Sauer, Dean	Unknown
10 & under	400 FR-R	5:10.96	01/01/1995	NI-STAR	Otto, Hedrick, Stafford, Wolbert	Unknown
10 & under	200 MED-R	2:37.03	01/01/1986	NI-STAR	Arlotto, Smith, Morse, Romano	Unknown
10 & under	400 MED-R	5:49.91	01/01/1986	NI-STAR	Arlotto, Morse, Smith, Benz	Unknown

Women's LCM LSC Records

Age Group	Event	Time	Date	LSC-Club	Swimmer	Meet
11-12	50 FR	27.68	07/28/2001	NI-STAR	Andrea Lehner	Unknown
11-12	100 FR	1:00.55	08/08/2001	NI-STAR	Andrea Lehner	Unknown
11-12	200 FR	2:09.95	08/08/2001	NI-STAR	Andrea Lehner	Unknown
11-12	400 FR	4:33.13	08/08/2001	NI-STAR	Andrea Lehner	Unknown
11-12	800 FR	9:35.52	06/08/2001	NI-STAR	Andrea Lehner	Unknown
11-12	1500 FR	18:17.99	03/06/2008	NI-LCAT	Erin McElfresh	2008 MR SPEEDO CHAMPIONS SERIES
11-12	50 BK	31.92	01/01/1995	NI-STAR	Elizabeth Galloway	Unknown
11-12	100 BK	1:09.41	08/19/2001	NI-STAR	Andrea Lehner	Unknown
11-12	200 BK	2:28.93	08/08/2012	NI-BAAC	Alyssa Helak	2012 Eastern Zone Long Course
11-12	50 BR	34.31	06/25/2004	NI-ITAC	Lindsey Norberg	2004 NJ Summer Sizzle
11-12	100 BR	1:14.81	06/25/2004	NI-ITAC	Lindsey Norberg	2004 NJ Summer Sizzle
11-12	200 BR	2:44.80	07/29/2009	NI-TTSC	Emily Kopas	2009 PC LCM FAR WEST CHM
11-12	50 FL	29.40	08/08/2001	NI-STAR	Andrea Lehner	Unknown
11-12	100 FL	1:05.77	01/01/1988	NI-MCCM	Jessica Nixon	Unknown
11-12	200 FL	2:30.11	08/06/2014	NI-GOST	Summer Pierce	2014 VA Eastern Zone LC Champi
11-12	200 IM	2:23.38	08/29/2001	NI-STAR	Andrea Lehner	Unknown
11-12	400 IM	5:05.60	07/27/2001	NI-STAR	Andrea Lehner	Unknown
11-12	200 FR-R	1:55.58	07/11/2010	NI-RAYS	Madison Benz, Brynne Snyder, Kristina Doetterl, Emily Ogden	2010 NI Summer Long Course Meet
11-12	400 FR-R	4:23.38	07/13/2001	NI-SHAQ	Ruggerio, Giza, Fried, Dockstader	Unknown
11-12	800 FR-R	9:31.84	08/16/2001	NI-SHAQ	Fried, Giza, Ruggerio, Dockstader	Unknown
11-12	200 MED-R	2:14.39	07/17/2003	NI-ITAC	Eva Simitch-Warke, Lauren Norberg, Bonnie Patchen, Lindsey Norberg	2003 NI Niagara District Long Course J
11-12	400 MED-R	4:57.81	07/14/2004	NI-ITAC	Kali Dean, Lauren Norberg, Lindsey Norberg, Kailey Gardner	2004 NI District LC JOs

Women's LCM LSC Records

Age Group	Event	Time	Date	LSC-Club	Swimmer	Meet
13-14	50 FR	26.43	07/30/2000	NI-WEBS	Kara Lynn Joyce	2000 US Dist
13-14	100 FR	57.83	07/24/2013	NI-UN	Meryn McCann	2013 Canadian Age Group Championships
13-14	200 FR	2:04.45	01/09/2003	NI-STAR	Andrea Lehner	2003 US Junior National Team Trip
13-14	400 FR	4:19.79	04/01/2003	NI-STAR	Andrea Lehner	2003 ConocoPhillips Nationals
13-14	800 FR	8:50.50	04/01/2003	NI-STAR	Andrea Lehner	2003 ConocoPhillips Nationals
13-14	1500 FR	16:57.46	04/01/2003	NI-STAR	Andrea Lehner	2003 ConocoPhillips Nationals
13-14	100 BK	1:03.80	07/17/2013	NI-UN	Meryn McCann	Canadian Summer Nationals 2013
13-14	200 BK	2:14.33	08/04/2013	NI-UN	Meryn McCann	2013 Canada Games
13-14	100 BR	1:12.34	05/27/2006	NI-ITAC	Lindsey Norberg	2006 NJ Memorial Day Invite
13-14	200 BR	2:37.00	06/12/2016	NI-UN	Shannon Russell	"Banja Luka Open"
13-14	100 FL	1:02.98	07/24/2009	NI-LCAT	Erin McElfresh	2009 NI Niagara District Long Course JO's
13-14	200 FL	2:20.02	07/10/2009	NI-LCAT	Erin McElfresh	2009 NI Niagara Long Course Classic
13-14	200 IM	2:19.44	07/30/2016	NI-UN	Shannon Russell	2016 NI - Niagara LSC LC Championships
13-14	400 IM	4:52.31	07/29/2016	NI-UN	Shannon Russell	2016 NI - Niagara LSC LC Championships
13-14	200 FR-R	1:53.57	07/10/2003	NI-EAST	Kara Powalski, Megan Smith, Hannah Whistler, Sam Palma	2003 NI Richard Boehm Invite hosted by STAR
13-14	400 FR-R	4:08.27	07/31/2016	NI-VICT	Taryn Wisner, Megan Deuel, Erin Ritz, Emma Hawkins	2016 NI - Niagara LSC LC Championships
13-14	800 FR-R	8:57.10	07/29/2016	NI-VICT	Taryn Wisner, Erin Ritz, Megan Deuel, Emma Hawkins	2016 NI - Niagara LSC LC Championships
13-14	200 MED-R	2:07.25	06/23/2005	NI-ITAC	Eva Simitch-Warke, Lauren Norberg, Logan Todhunter, Kali Dean	2005 FG Internat'l Age Group
13-14	400 MED-R	4:38.47	07/30/2016	NI-VICT	Erin Ritz, Emma Hawkins, Megan Deuel, Taryn Wisner	2016 NI - Niagara LSC LC Championships

Women's LCM LSC Records

Age Group	Event	Time	Date	LSC-Club	Swimmer	Meet
15-16	50 FR	25.97	03/28/2015	NI-PACK	Katie Smith	2015 NI - March Speedo Champions Series
15-16	100 FR	57.41	08/14/2001	NI-UN	Kara Lynn Joyce	2001 US Nationals
15-16	200 FR	2:04.30	06/07/2013	NI-UN	Olivia Sbaraglia	International Strock ATUS Graz Trophy 2013
15-16	400 FR	4:18.87	03/27/2014	NI-PACK	Lindsay Stone	2014 NI - Speedo Champions Series LC
15-16	800 FR	8:45.81	08/06/2014	NI-PACK	Lindsay Stone	2014 Summer Nationals
15-16	1500 FR	16:45.32	08/06/2014	NI-PACK	Lindsay Stone	2014 Summer Nationals
15-16	100 BK	1:03.39	04/01/2017	NI-UN	Paige Hetrick	2017 NI - Speedo Sectional Buffalo
15-16	200 BK	2:17.92	08/07/2016	NI-VICT	Alyssa Helak	2016 PV Futures Championships UMD
15-16	100 BR	1:10.92	08/07/2006	NI-ITAC	Lindsey Norberg	2006 Speedo Junior Nationals
15-16	200 BR	2:36.63	04/20/2017	NI-UN	Shannon Russell	2017 Canadian Eastern Swimming Championships
15-16	100 FL	1:01.49	04/08/2011	NI-LCAT	Erin McElfresh	2011 Eric Namesnik Grand Prix
15-16	200 FL	2:15.00	04/08/2011	NI-LCAT	Erin McElfresh	2011 Eric Namesnik Grand Prix
15-16	200 IM	2:17.96	03/29/2015	NI-VICT	Kay Sargent	2015 NI - March Speedo Champions Series
15-16	400 IM	4:52.27	03/27/2015	NI-VICT	Kay Sargent	2015 NI - March Speedo Champions Series
15-16	200 FR-R	1:49.48	03/29/2015	NI-TWST	Andrea Ernst, Kristen Romano, Katrina Wardner, Olivia Sapio	2015 NI - March Speedo Champions Series
15-16	400 FR-R	3:59.06	07/24/2003	NI-SYCH	Ali Corcoran, Ray Weygand, Sarah Manning, Emily Murphy	2003 NI SPEEDO CHAMPIONS SERIES
15-16	800 FR-R	8:44.15	03/27/2015	NI-TWST	Katrina Wardner, Andrea Ernst, Olivia Sapio, Kristen Romano	2015 NI - March Speedo Champions Series
15-16	200 MED-R	2:02.28	08/07/2006	NI-ITAC	Eva Simitch-Warke, Lindsey Norberg, Logan Todhunter, Emily Peck	2006 Speedo Junior Nationals
15-16	400 MED-R	4:25.45	12/01/2006	NI-ITAC	Mackenzie Monterio, Lindsey Norberg, Logan Todhunter, Emily Peck	2006 US Open

Women's LCM LSC Records

Age Group	Event	Time	Date	LSC-Club	Swimmer	Meet
17-18	50 FR	26.15	07/12/2013	NI-TTSC	Dina Rommel	2013 NI - Niagara Long Course Classic
17-18	100 FR	57.80	07/24/2014	NI-TTSC	Dina Rommel	2014 NI - Speedo Summer- July
17-18	200 FR	2:03.53	04/01/2016	NI-VICT	Kay Sargent	2016 NI - EZ Northern Region Speedo Sectional
17-18	400 FR	4:18.88	08/06/2016	NI-VICT	Kay Sargent	2016 PV Futures Championships UMD
17-18	800 FR	8:48.31	08/04/2016	NI-VICT	Kay Sargent	2016 PV Futures Championships UMD
17-18	1500 FR	16:47.16	04/29/2010	NI-STAR	Courtney Otto	2010 Irish Long Course Championship
17-18	100 BK	1:03.15	07/28/2013	NI-UN	Kristina Steins	15th FINA World Championships
17-18	200 BK	2:18.76	04/02/2017	NI-TWST	Olivia Sapio	2017 NI - Speedo Sectional Buffalo
17-18	100 BR	1:11.98	07/10/2009	NI-ITAC	Lauren Norberg	2009 NI Niagara Long Course Classic
17-18	200 BR	2:34.74	08/02/2015	NI-VICT	Kay Sargent	2015 Speedo Junior Nationals
17-18	100 FL	1:01.26	04/01/2016	NI-FAST	Mia Bullock	2016 NI - EZ Northern Region Speedo Sectional
17-18	200 FL	2:14.12	04/29/2010	NI-STAR	Courtney Otto	2010 Irish Long Course Championship
17-18	200 IM	2:17.51	04/03/2016	NI-VICT	Kay Sargent	2016 NI - EZ Northern Region Speedo Sectional
17-18	400 IM	4:46.53	04/01/2016	NI-VICT	Kay Sargent	2016 NI - EZ Northern Region Speedo Sectional
17-18	200 FR-R	1:50.59	07/28/2013	NI-TTSC	Lindsey Sagasta, Hannah Graesser, Rebecca Anthone, Dina Rommel	2013 AM Long Course Junior Oly
17-18	400 FR-R	3:56.27	07/27/2013	NI-TTSC	Lindsey Sagasta, Hannah Graesser, Rebecca Anthone, Dina Rommel	2013 AM Long Course Junior Oly
17-18	800 FR-R	8:47.78	01/01/1985	NI-MCCM	Herweck, Martins, Choromanskis, Cleary	Unknown
17-18	200 MED-R	2:05.17	07/28/2013	NI-TTSC	Aleza Epstein, Jacquie Sagasta, Dina Rommel, Lindsey Sagasta	2013 AM Long Course Junior Oly
17-18	400 MED-R	4:32.25	01/01/1985	NI-MCCM	Cleary, Herweck, Choromanskis, Martins	Unknown

USA Swimming

NIAGARA SWIMMING RECORDS

05/12/2017

Women's SCY LSC Records

Age Group	Event	Time	Date	LSC-Club	Swimmer	Meet
10 & under	50 FR	26.06	04/01/2010	NI-CAGO	Samantha Suer	2010 NI Eastern Zone SC Champs
10 & under	100 FR	56.10	03/10/2017	NI-UN	Sophia Lee	2017 NI - Niagara LSC Championships
10 & under	100 FR	56.10	03/10/2017	NI-UN	Sophia Lee	2017 NI - Niagara LSC Championships
10 & under	200 FR	2:02.48	03/11/2017	NI-UN	Sophia Lee	2017 NI - Niagara LSC Championships
10 & under	200 FR	2:02.48	03/11/2017	NI-UN	Sophia Lee	2017 NI - Niagara LSC Championships
10 & under	500 FR	5:36.15	11/23/2013	NI-CSCI	Taryn Wisner	2013 NI - JETS Greater Syracuse Invitati
10 & under	1000 FR	11:33.44	12/08/2013	NI-CSCI	Taryn Wisner	2013 NI - SYCH Freestyle Frenzy
10 & under	1650 FR	20:04.62	11/17/2000	NI-SHAQ	Bethany Fried	Unknown
10 & under	50 BK	29.62	03/12/2017	NI-UN	Sophia Lee	2017 NI - Niagara LSC Championships
10 & under	50 BK	29.62	03/12/2017	NI-UN	Sophia Lee	2017 NI - Niagara LSC Championships
10 & under	100 BK	1:04.49	03/10/2017	NI-UN	Sophia Lee	2017 NI - Niagara LSC Championships
10 & under	100 BK	1:04.49	03/10/2017	NI-UN	Sophia Lee	2017 NI - Niagara LSC Championships
10 & under	200 BK	2:19.38	12/11/2016	NI-UN	Sophia Lee	2016 NI - STAR Short Course Invitat
10 & under	200 BK	2:19.38	12/11/2016	NI-UN	Sophia Lee	2016 STAR Short Course Invitat
10 & under	50 BR	33.58	12/07/2006	NI-UNAC	Sky Hoyt	2006 NI STAR Short Course Invite
10 & under	100 BR	1:14.07	12/07/2006	NI-UNAC	Sky Hoyt	2006 NI STAR Short Course Invite
10 & under	200 BR	2:46.33	06/10/2006	NI-UNAC	Sky Hoyt	2006 NI STSL East Meet 2
10 & under	50 FL	27.63	04/01/2010	NI-CAGO	Samantha Suer	2010 NI Eastern Zone SC Champs
10 & under	100 FL	1:01.01	04/01/2010	NI-CAGO	Samantha Suer	2010 NI Eastern Zone SC Champs
10 & under	200 FL	2:34.77	01/23/2010	NI-CAGO	Samantha Suer	2010 NI STSL East Meet 4
10 & under	100 IM	1:06.76	04/06/2010	NI-TWST	Kristen Romano	2010 FG NASA Showcase Classic
10 & under	200 IM	2:20.32	03/10/2017	NI-UN	Sophia Lee	2017 NI - Niagara LSC Championships
10 & under	200 IM	2:20.32	03/10/2017	NI-UN	Sophia Lee	2017 NI - Niagara LSC Championships
10 & under	400 IM	5:01.18	01/27/2017	NI-UN	Sophia Lee	2017 NI - STAR Winter Challenge
10 & under	200 FR-R	1:50.13	03/03/2013	NI-FAST	Rachel Koonmen, Abby Tucker, Nicole Beardsley, Madeleine Keller	2013 NI - SEAS 38th Annual Westside Invi
10 & under	400 FR-R	4:19.73	01/01/1995	NI-STAR	Jenna Hedrick, Ashley Stafford, Amanda Otto, Marie Wobert	Unknown
10 & under	200 MED-R	2:12.81	12/18/2014	NI-FAST	Ming Na Xu, Scarlett Ulatowski, Joleigh Crye, Ella Guilfoil	2014 NI - FAST Winter Time Trials
10 & under	400 MED-R	4:57.35	12/18/2014	NI-FAST	Ming Na Xu, Scarlett Ulatowski, Joleigh Crye, Ella Guilfoil	2014 NI - FAST Winter Time Trials

Women's SCY LSC Records

Age Group	Event	Time	Date	LSC-Club	Swimmer	Meet
11-12	50 FR	23.87	11/04/2015	NI-UN	Serafina Viola	2015 NI - OB - Girls Section V, Class A
11-12	100 FR	52.65	11/04/2015	NI-UN	Serafina Viola	2015 NI - OB - Girls Section V, Class A
11-12	200 FR	1:54.14	01/01/1997	NI-UBAM	Rachael Rubin	Unknown
11-12	500 FR	5:09.53	02/15/2008	NI-LCAT	Erin McElfresh	2008 AD REGION 1 CHAMPS
11-12	1000 FR	10:37.39	01/18/2008	NI-LCAT	Erin McElfresh	2008 NI IMX Series, 14 & Under Gold Me
11-12	1650 FR	17:41.41	01/25/2008	NI-LCAT	Erin McElfresh	2008 NI Niagara Go The Distance
11-12	50 BK	27.98	12/13/2014	NI-UN	Paige Hetrick	2014 NI - STAR Short Course Invitational
11-12	100 BK	59.72	12/14/2014	NI-UN	Paige Hetrick	2014 NI - STAR Short Course Invitational
11-12	200 BK	2:11.29	04/11/2012	NI-TWST	Kristen Romano	2012 NASA Showcase Classic
11-12	50 BR	30.76	04/01/2004	NI-ITAC	Lindsey Norberg	2004 VA Eastern Zone SC Champs
11-12	100 BR	1:06.40	04/01/2004	NI-ITAC	Lindsey Norberg	2004 VA Eastern Zone SC Champs
11-12	200 BR	2:25.59	02/01/2015	NI-UN	Shannon Russell	2015 NI - STAR Winter Challenge
11-12	50 FL	26.38	04/11/2012	NI-CAGO	Samantha Suer	2012 NASA Showcase Classic
11-12	100 FL	57.40	04/11/2012	NI-CAGO	Samantha Suer	2012 NASA Showcase Classic
11-12	200 FL	2:10.25	04/11/2012	NI-CAGO	Samantha Suer	2012 NASA Showcase Classic
11-12	100 IM	1:01.59	03/29/2012	NI-TWST	Kristen Romano	2012 NI - Eastern Zone SC Swimming Champ
11-12	200 IM	2:11.39	03/31/2011	NI-TTSC	Makayla Sargent	2011 NI Eastern Zone SC Swimming
11-12	400 IM	4:37.45	03/17/2011	NI-TTSC	Makayla Sargent	2011 NI - Niagara LSC Championships
11-12	200 FR-R	1:45.26	11/03/2012	NI-FAST	Becca Evans, Sarabeth Hewa, Meg Kramer Palmer, Grace Chen	2012 NI - FAST Fall Invitational
11-12	400 FR-R	3:51.45	02/01/2002	NI-SHAQ	Julia Ruggiero, Rachel Giza, Bethany Fried, Alexandra Dockstader	2002 US Star 7th Annual
11-12	200 MED-R	1:55.45	02/26/2004	NI-ITAC	Eva Simitch-Warke, Lauren Norberg, Lindsey Norberg, Kali Dean	2004 NI 14 & Under Gold Champi
11-12	400 MED-R	4:20.86	03/21/2010	NI-TTSC	Madeline Jacumski, Megan Marsh, Lauren Phillips, Makayla Sargent	2010 NI LSC Championships

Women's SCY LSC Records

Age Group	Event	Time	Date	LSC-Club	Swimmer	Meet
13-14	50 FR	23.37	11/16/2012	NI-UN	Katie Smith	2012 NI Ob - Girls NY State Federation Champ
13-14	100 FR	49.88	12/10/2016	NI-UN	Paige Hetrick	2016 Speedo Winter Jr. Champs
13-14	200 FR	1:48.78	11/19/2016	NI-UN	Paige Hetrick	2016 LE Mark J. Braun Fall Classi
13-14	500 FR	4:48.44	03/13/2003	NI-STAR	Andrea Lehner	2003 MR Speedo Champs
13-14	1000 FR	9:48.84	03/13/2003	NI-STAR	Andrea Lehner	2003 MR Speedo Champs
13-14	1650 FR	16:23.35	03/13/2003	NI-STAR	Andrea Lehner	2003 MR Speedo Champs
13-14	100 BK	55.22	04/16/2014	NI-TWST	Kristen Romano	2014 NASA Showcase Classic
13-14	200 BK	1:58.24	04/16/2014	NI-TWST	Kristen Romano	2014 NASA Showcase Classic
13-14	100 BR	1:02.34	03/21/2006	NI-ITAC	Lindsey Norberg	2006 FL NCSA Juniors Champs
13-14	200 BR	2:16.87	03/11/2017	NI-UN	Shannon Russell	2017 NI - Niagara LSC Championships
13-14	200 BR	2:16.87	03/11/2017	NI-UN	Shannon Russell	2017 NI - Niagara LSC Championships
13-14	100 FL	54.92	03/31/2017	NI-VICT	Megan Deuel	2017 NI - EZ North Speedo Short Course Sectional
13-14	200 FL	2:01.38	04/01/2017	NI-VICT	Megan Deuel	2017 NI - EZ North Speedo Short Course Sectional
13-14	200 IM	2:02.37	03/18/2014	NI-TWST	Kristen Romano	2014 FL AP NCSA Spring Championship
13-14	400 IM	4:17.31	03/11/2017	NI-UN	Shannon Russell	2017 NI - Niagara LSC Championships
13-14	400 IM	4:17.31	03/11/2017	NI-UN	Shannon Russell	2017 NI - Niagara LSC Championships
13-14	200 FR-R	1:39.10	12/18/2014	NI-FAST	Becca Evans, Grace Chen, Megan Palmer, Alli Kovaleski	2014 NI - FAST Winter Time Trials
13-14	400 FR-R	3:38.82	02/26/1997	NI-UBAM	Lisa Ranzenhofer, Heather Solomon, Lindsey Swensen, Rachel Rubin	Unknown
13-14	800 FR-R	7:59.21	03/12/2010	NI-LCAT	Natalie O'Brien, Karinna Browning, Kayla Sherwyn, Erin McElfresh	2010 NI Speedo Champions Series
13-14	200 MED-R	1:48.18	12/18/2014	NI-FAST	Grace Chen, Mia Baggett, Megan Palmer, Becca Evans	2014 NI - FAST Winter Time Trials
13-14	400 MED-R	3:58.83	12/29/2014	NI-FAST	Grace Chen, Mia Baggett, Megan Palmer, Becca Evans	2014 NI - FAST Winter Invitational,

Women's SCY LSC Records

Age Group	Event	Time	Date	LSC-Club	Swimmer	Meet
15-16	50 FR	22.73	10/16/2001	NI-UN	Kara Lynn Joyce	Hs State
15-16	100 FR	49.58	03/11/2017	NI-UN	Paige Hetrick	2017 MA AP YMCA PA Western District Champs
15-16	100 FR	49.58	03/11/2017	NI-UN	Paige Hetrick	2017 MA AP YMCA PA Western District Champs
15-16	200 FR	1:47.35	04/05/2017	NI-UN	Paige Hetrick	2017 NC AP YMCA Short Course Nationa
15-16	500 FR	4:48.08	11/20/2015	NI-UN	Lindsay Stone	2015 NI - Ob - NYS Federation Girls Swimming Champ
15-16	1000 FR	9:54.58	03/13/2014	NI-PACK	Lindsay Stone	2014 NI - Niagara LSC Championships
15-16	1650 FR	16:25.46	03/16/2010	NI-STAR	Courtney Otto	2010 FL NCSA Junior Natl Swimming
15-16	100 BK	55.82	03/11/2016	NI-FAST	Grace Chen	2016 NI - Niagara LSC Championships
15-16	200 BK	1:56.50	04/04/2017	NI-UN	Paige Hetrick	2017 NC AP YMCA Short Course Nationa
15-16	100 BR	1:02.43	11/17/2006	NI-ITAC	Lindsey Norberg	2006 NI NYSPHSAA Champs
15-16	200 BR	2:15.53	12/13/2014	NI-VICT	Kay Sargent	2014 Speedo Winter Junior Cham
15-16	100 FL	54.63	03/17/2011	NI-LCAT	Erin McElfresh	2011 NI - Niagara LSC Championships
15-16	200 FL	1:58.96	03/26/2009	NI-STAR	Courtney Otto	2009 PV Speedo Champions Series
15-16	200 IM	2:00.46	12/11/2014	NI-VICT	Kay Sargent	2014 Speedo Winter Junior Cham
15-16	400 IM	4:14.75	03/16/2010	NI-STAR	Courtney Otto	2010 FL NCSA Junior Natl Swimming
15-16	200 FR-R	1:36.43	03/27/2011	NI-TTSC	Aleza Epstein, Hannah Graesser, Rebecca Anthone, Lindsey Sagasta	2011 NI - North Region Speedo Championships
15-16	400 FR-R	3:28.17	03/19/2015	NI-TWST	Andrea Ernst, Kristen Romano, Katrina Wardner, Olivia Sapio	2015 FL NCSA Spring Championship
15-16	800 FR-R	7:32.61	03/18/2015	NI-PACK	Katie Smith, Emma Corby, Natalie Zaravella, Lindsay Stone	2015 FL NCSA Spring Championship
15-16	200 MED-R	1:48.47	01/24/2015	NI-TWST	Kristen Romano, Olivia Sapio, Andrea Ernst, Katrina Wardner	2015 NI - Niagara Senior Powerpoint
15-16	400 MED-R	3:54.46	03/13/2015	NI-PACK	Stephie Riley, Natalie Zaravella, Emma Corby, Katie Smith	2015 NI - Niagara LSC Championships

Women's SCY LSC Records

Age Group	Event	Time	Date	LSC-Club	Swimmer	Meet
17-18	50 FR	22.65	11/17/2016	NI-UN	Katie Smith	NC STATE GAC Invitational
17-18	100 FR	50.45	11/01/2012	NI-UN	Cari Stankaitis	2012 NI - Ob - Girls, Section V, Class B
17-18	200 FR	1:47.39	11/18/2016	NI-UN	Lindsay Stone	2016 NI - Ob - NYS Federation Girls Swimming
17-18	500 FR	4:45.18	02/20/2008	NI-UN	Ashley Twichell	2008 Women's ACC Championship
17-18	1000 FR	9:49.47	03/15/2011	NI-STAR	Courtney Otto	2011 NCSA Jr National Swimming
17-18	1650 FR	16:10.78	02/20/2008	NI-UN	Ashley Twichell	2008 Women's ACC Championship
17-18	100 BK	55.18	11/06/2007	NI-UN	Jenny Lewis	2007 NI NYSPHAA SECTION V CLASS A GIRLS SWIMMING
17-18	100 BR	1:01.41	03/12/2009	NI-ITAC	Lauren Norberg	2009 NE March Speedo Champs
17-18	200 BR	2:15.49	12/12/2015	NI-VICT	Kay Sargent	2015 Speedo Winter Jr. Champio
17-18	100 FL	53.54	03/18/2009	NI-UN	Logan Todhunter	2009 MN NCAA Division III Champs
17-18	200 FL	1:56.94	12/02/2011	NI-UN	Courtney Otto	Georgia Fall Invitational
17-18	200 IM	2:00.68	12/10/2015	NI-VICT	Kay Sargent	2015 Speedo Winter Jr. Champio
17-18	400 IM	4:13.82	12/11/2015	NI-VICT	Kay Sargent	2015 Speedo Winter Jr. Champio
17-18	200 FR-R	1:36.19	03/24/2013	NI-TTSC	Hannah Graesser, Aleza Epstein, Rebecca Anthone, Dina Rommel	2013 VA Speedo Championship Serie
17-18	400 FR-R	3:30.28	03/23/2013	NI-TTSC	Dina Rommel, Aleza Epstein, Rebecca Anthone, Hannah Graesser	2013 VA Speedo Championship Serie
17-18	800 FR-R	7:48.79	02/26/1989	NI-MCCM	Hall, T. Lorenson, L. Moschel, DeHaven	Unknown
17-18	200 MED-R	1:50.30	03/21/2015	NI-TTSC	Madeline Jacumski, Sydney Atendido, Megan Marsh, Tess Minigell	2015 NI - Speedo Sectionals at Ithaca
17-18	400 MED-R	3:58.01	03/13/2015	NI-TTSC	Madeline Jacumski, Sydney Atendido, Megan Marsh, Alexis Fredricks	2015 NI - Niagara LSC Championships

USA Swimming

NIAGARA SWIMMING RECORDS

05/12/2017

Women's SCY LSC Open Records

Age Group	Event	Time	Date	LSC-Club	Swimmer	Meet
Open	50 FR	22.21	11/18/2016	MR-UN	Kate Douglass	2016 NI - Ob - NYS Federation Girls Swimming
Open	100 FR	48.54	11/18/2016	MR-UN	Kate Douglass	2016 NI - Ob - NYS Federation Girls Swimming
Open	200 FR	1:47.20	03/20/2015	IL-PAC	Erin Falconer	2015 NI - Speedo Sectionals at Ithaca
Open	500 FR	4:45.52	01/01/1991	NI-MCCM	Kim Small	Unknown
Open	1000 FR	9:40.45	01/01/1991	NI-MCCM	Kim Small	Unknown
Open	1650 FR	16:19.69	12/11/2008	MR-LIAC	Emily Kelly	2008 NI STAR Short Course Invitational
Open	100 BK	53.36	11/18/2016	MR-UN	Kristen Romano	2016 NI - Ob - NYS Federation Girls Swimming
Open	200 BK	1:57.00	04/02/2017	MR-BAD	Quinn Scannell	2017 NI - EZ North Speedo Short Course Sectional
Open	100 BR	59.85	11/18/2016	MR-UN	Margaret Aroesty	2016 NI - Ob - NYS Federation Girls Swimming
Open	200 BR	2:12.18	04/01/2017	MR-BAD	Carly Cummings	2017 NI - EZ North Speedo Short Course Sectional
Open	100 FL	52.91	03/21/2012	NI-UN	Logan Todhunter	NCAA Division III Championships
Open	200 FL	1:55.66	03/21/2012	NI-UN	Logan Todhunter	NCAA Division III Championships
Open	200 IM	1:58.29	11/18/2005	MR-UN	Julia Smit	2005 NI NYSPHAA Girls MR
Open	400 IM	4:12.63	03/31/2017	MR-BAD	Carly Cummings	2017 NI - EZ North Speedo Short Course Sectional
Open	200 FR-R	1:34.61	04/02/2017	MR-AGUA	Charlotte Krevitt, Inez Olszewski, Sophia Zhang, Isabel Gormley	2017 NI - EZ North Speedo Short Course Sectional
Open	400 FR-R	3:26.67	03/21/2015	IL-PAC	Erin Falconer, Haley Nelson, Erica King, Maddie Smith	2015 NI - Speedo Sectionals at Ithaca
Open	800 FR-R	7:24.31	03/12/2010	NE-MAG	Maggie D'Innocenzo, Kendra Cheng, Erica Belcher, Rachel Moore	2010 NI Speedo Champions Series
Open	200 MED-R	1:43.23	04/01/2017	CT-WEST	Alexa Pappas, Sophie Angus, Charlotte Proceller, Megan Phelan	2017 NI - EZ North Speedo Short Course Sectional
Open	400 MED-R	3:46.18	04/02/2017	CT-CPAC	Sophia Moore, Kaki Christensen, Kelly Montesi, Alexandra Truwit	2017 NI - EZ North Speedo Short Course Sectional

USA Swimming

POSSIBLE CONCUSSION AT THE POOL

1. SIGNS AND SYMPTONS

- ☐ Nausea
- ☐ Vomiting
- ☐ Headache
- ☐ Dizziness
- ☐ Blurry Vision
- ☐ Balance Problem
- ☐ Amnesia
- ☐ Loss of Consciousness

2. NEEDS IMMEDIATE MEDICAL ATTENTION

- ☐ Unconscious: Not waking up
  Not able to talk

WATCH FOR AIRWAY PROBLEMS
IMMOBILIZE NECK

- ☐ Seizure
- ☐ Was awake, now is not
- ☐ Slow to talk
- ☐ Confused
- ☐ Not breathing well

3. DO YOU SEND FOR MEDICAL EVALUATION? YES IF:

- ☐ Person was “knocked out”
- ☐ They don’t know their name
- ☐ They have vomited
- ☐ They feel like they might throw up
- ☐ They have a severe headache
- ☐ They can’t walk straight
- ☐ They just want to take a nap and its 10 am
- ☐ They don’t remember if they did warm ups or not and its midway through the session
- ☐ They don’t remember the name of their school
- ☐ They don’t remember their name
- ☐ They don’t remember what team they are on
- ☐ They have trouble with their vision- hold up 3 fingers and ask the person how many they see

4. QUESTIONS TO ASK

- ☐ Ask about their headache- is it an "owie" in one place (normal) OR does their head hurt all over, worst headache of their life
- ☐ Ask if the sun or bright light bothers them
- ☐ Ask if they feel like they might throw up.
- ☐ They should want to eat (unless they just ate)
- ☐ They should walk normally
- ☐ They should answer questions clearly and fast

5. RE-EVALUATION

If the swimmer or injured person stays at the pool:

- Have the coach report back to you on the swimmer's condition
  - Hourly for a few hours
- If the person is an adult or driving teenager- find out who else may be with them:
  - Be sure another reliable adult can assist and observe
  - The injured person should not drive
  - Have them check back with you hourly

OR

- You check back on the injured person hourly

People with a concussion may not be able to make the best decision regarding their own healthcare. Their judgement may not be the best. Concussion symptoms can be subtle, variable, and may not show up until hours after the initial injury.

The Meet Ref or Swim Coach should require the athlete with a possible concussion/head injury be evaluated by a healthcare provider who is experienced in treating concussions, prior to returning to competition or practice. If there is any suspicion of head injury with or without the listed symptoms, the athlete should be referred for follow up with a healthcare provider (experienced in treating concussions). State Law may require this evaluation as well.

The athlete must also present a release to return to swimming competition or practice that has been signed by the healthcare provider.

WE ONLY HAVE ONE BRAIN. TREAT IT WELL

USA Swimming, Inc.
Operational Risk Committee
Hypoxic Training Recommendations
Wednesday, September 21, 2016

If hypoxic training is utilized by coaches in the development of advanced competitive swimmers, it must be conducted only when following appropriate principles and under the direct supervision of an experienced coach. These principles are:

1. Coaches should stress to athletes that they should never ignore the urge to breathe.
2. Hypoxic training should involve progressive overload, in line with the athlete's physical and skill development – for example, beginning with efforts over 5m, 10m, then 15m etc. - as the swimmer develops the appropriate skills and physiological capacity.
3. Coaches should ensure adequate rest between hypoxic efforts to ensure full recovery.
4. Athletes should not hyperventilate (take multiple, deep breaths) prior to any underwater or other hypoxic efforts.
5. Hypoxic training should not involve competitive efforts of maximum duration, or distance covered.

Hypoxic Training – On the Surface and/or Underwater

Drills may be conducted as part of on top of the water training or under water training. Extreme care must be undertaken by the coach when under water training is being conducted. The risk of a swimmer losing consciousness when on the surface is lower than during underwater swimming drills. While on the surface, swimmers are more likely to take a breath when needed whereas underwater they may resist the urge to breathe. In addition, any loss of consciousness while swimming on the surface is more likely to be noticed by coaches or aquatic supervisors, allowing for a faster rescue response. If a swimmer loses consciousness underwater, that swimmer may go unnoticed for a period of time thereby increasing the likelihood of injury.

Common risk reduction strategies include:

- Hypoxic training should involve progressive overload, in-line with the swimmer's physical and skill development – for example, beginning with efforts over 5m, 10m, then 15m etc. - as the swimmer develops the appropriate skills and physiological capacity.
- Adequate aquatic supervision is provided. Swimmers should never swim alone.

- Never hyperventilate (take multiple, deep breaths) prior to any hypoxic training or efforts or before any underwater swims.
- Structuring sessions to minimize involuntary hyperventilation immediately prior to a hypoxic set.
- Encouraging swimmers to breathe as needed and to stay within their comfort zone.
- Ensuring adequate rest for full recovery between hypoxic efforts. Recovery time will vary from swimmer to swimmer.
- Hypoxic training should not involve competitive efforts of maximum duration, or distance covered. Coaches and swimmers must not engage in breath holding games or challenges.

Underwater Drills

Common underwater activities that can lead to hypoxic blackout include repeated underwater swims or underwater kicking drills as well as stationary breath holding competitions for time. In all instances, the nature of the risk can be high. Even with successful resuscitation, complications including hypoxic brain damage and respiratory infection can occur.

The following considerations must be factored into hypoxic underwater training:

1. Coaches should be aware of the dangers and understand the risks of hypoxic training.
2. Swimmers should be instructed to surface and breathe when they feel it necessary when swimming underwater. Never resist the urge to breathe.
3. Stationary breath holding should never be used as a training method.
4. Only one deep breath should be allowed prior to submersion. Hypoxic blackout is closely linked to hyperventilation.
5. Underwater drills should be at the start of a workout when swimmers are not close to their maximum aerobic capacity (VO2 max).
6. In general, the drill distance should not exceed 25 yards for a one time attempt. No immediate repeat attempts or challenges should be undertaken. More experienced, elite, athletes may attempt longer distances but should only do so under direct supervision of an experienced coach.
7. Allow adequate time for recovery, which will vary from swimmer to swimmer. Some guidelines suggest at least a two minute recovery time should be allowed before attempting another underwater swim, depending on age and experience.
8. No competitions or challenges; i.e. see who can swim the greatest distance underwater or hold their breath for the longest time will be conducted by coaches or swimmers.
9. There will be no pressure or penalties for swimmers who are unable to hold their breath as long as other swimmers.

CONSENSUS STATEMENT ON CONCUSSIONS

USA Swimming Operational Risk Committee

1.0 Purpose

The operational risk committee is responsible for providing a proactive environment regarding assessment of risks, and developing guidelines and educational requirements. USA Swimming and its members are aware of the growing concern regarding concussion management. The purpose of this document is to implement guidelines for member clubs (Clubs), Local Swimming Committees (LSCs) and meet hosts (Hosts). USA Swimming is providing a sample document which may be modified to meet your state requirements.

2.0 Guidelines

All athletes, coaches, officials and parents should receive fact sheets on concussions from their Club, LSC and/or Hosts. Any athlete suspected of sustaining a concussion should be removed immediately and should not return until evaluated and cleared by a licensed health care professional, trained and experienced in evaluating and management of concussions, acting within scope of practice. Compliance with all state and local laws dealing with concussion is the responsibility of the Club and/or LSC. A sample fact sheet is attached to this Policy. Electronic communication of the fact sheet (email blast) is permitted.

3.0 Application of the Guidelines

Clubs, LSCs, and Hosts are responsible for compliance with state laws regarding concussion management and education. Each state may have specific regulations that impact USA Swimming member clubs, coaches, officials, and/or sanctioned events. Some examples: Many states require coaches and officials to take courses on recognizing the symptoms of concussions and head injuries. Other states require sharing of fact sheets on concussions with coaching staff, officials, athletes and parents. A few states, such as California, may require organizations using school district facilities provide a statement of compliance with the policies for the management of concussion and head injuries required of the school districts by state laws. All of these guidelines are designed to protect an athlete, who is suspected of sustaining a concussion or head injury during an event, from returning to practice or competition until they are evaluated and cleared by a licensed health care professional trained in the evaluation and management of concussions, acting within the scope of his or her practice. Most states, the National Federation of State High School Associations, and the CDC have educational resources that can be utilized. Concussion fact sheets must be shared with coaches, athletes, officials and parents.

4.0 Objectives

The primary goal of the Guidelines is to reduce the risk of harm to athletes and to educate coaches, parents, officials, clubs, LSCs, and hosts on the importance of concussion management. To the extent that health care professionals are involved in USA Swimming sanctioned events, they should review the Guidelines and the Consensus statement on concussion in sport developed at the 4th International Conference on Concussion in Sport held in Zurich, November 2012, or similar educational material.

5.0 What is a Concussion?

The Centers for Disease Control and Prevention (CDC) define concussion as “a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head that can change the way your brain normally works.” Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. The Zurich Conference on Concussion in Sport also states that concussion typically results in the rapid onset of short–lived impairment of neurological function that resolves spontaneously. However, symptoms and signs may evolve over a number of minutes to hours or in some cases may be even more prolonged.

6.0 Signs and Symptoms of Concussions:

Athletes do not have to be “knocked out” to have a concussion. In fact, less than 1 out of 10 concussions result in loss of consciousness. Concussion symptoms can develop right away or up to 48 hours after the injury. Ignoring signs or symptoms can put an athlete’s health at risk!

Signs Observed by Coaches, Officials, Parents or Guardians

- Appears dazed, stunned or confused
- Unsure about event, location, or name of meet
- Forgets an instruction or assignment
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior or personality changes - irritability, sadness, nervousness, emotional
- Can’t recall events before or after incident

Symptoms Reported by Athlete

- Any headache or “pressure” in head - how badly it hurts does not matter
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity ti light and/or noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”
- Trouble falling asleep

CONCUSSION INFORMATION SHEET

Dear Parent/Guardian and Athletes,

This information sheet is provided to assist you and your child in recognizing the signs and symptoms of a concussion. Every athlete is different and responds to a brain injury differently, so seek medical attention if you suspect your child has a concussion. Once a concussion occurs, it is very important your athlete return to normal activities slowly, so he/she does not do more damage to his/her brain.

What is a Concussion?

A concussion is an injury to the brain that may be caused by a blow, bump, or jolt to the head. Concussions may also happen after a fall or hit that jars the brain. A blow elsewhere on the body can cause a concussion even if an athlete does not hit his/her head directly. Concussions can range from mild to severe.

Signs and Symptoms of a Concussion

Athletes do not have to be “knocked out” to have a concussion. In fact, less than 1 out of 10 concussions result in loss of consciousness. Concussion symptoms can develop right away or up to 48 hours after the injury. Ignoring any signs or symptoms of a concussion puts your child’s health at risk!

Signs Observed by Coaches, Officials, Parents or Guardians

- ☐ Appears dazed, stunned or confused
- ☐ Unsure about event, location of name of meet
- ☐ Moves clumsily
- ☐ Answers questions slowly
- ☐ Loses consciousness (even briefly)
- ☐ Shows behavior or personality changes – irritability, sadness, nervousness, emotional
- ☐ Can’t recall events before or after incident

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- ☐ Double or blurry vision
- ☐ Sensitivity to light and/or noise
- ☐ Feeling sluggish, hazy, foggy or groggy
- ☐ Concentration or memory problems
- ☐ Confusion
- ☐ Does not “feel right”
- ☐ Trouble falling asleep
- ☐ Sleeping more or less than usual

Be Honest
Encourage your athlete to be honest with you, his/her coach and your health care provider about his/her symptoms. Many young athletes get caught up in the moment and/or feel pressured to return to sports before they are ready. It is better to miss practice or meets than the entire season… or risk permanent damage!

Seek Medical Attention Right Away
Seeking medical attention on the day of the event is an important first step if you suspect or are told your swimmer has a concussion. A qualified health care professional will be able to determine how serious the concussion is and when it is safe for your child to return to sports and other daily activities:

- No athlete should return to activity on the same day he/she gets a concussion
- No athlete may return to training, regardless of sport, until he/she is cleared by a heath care professional with a note specifying clearance. Athletes should NEVER return to the pool if they still have ANY symptoms……. in case an athlete returns with a note and then during the practice complains of a headache or other symptoms
- Parents and coaches should never pressure any athlete to return to play

The Dangers of Returning Too Soon
Returning to the pool too early may cause Second Impact Syndrome (SIS) or Post-Concussion Syndrome (PCS). SIS occurs when a second blow to the head happens before an athlete has completely recovered from a concussion. This second impact causes the brain to swell, possibly resulting in brain damage, paralysis, and even death. PCS can occur after a second impact. PCS can result in permanent, long-term concussion symptoms. The risk of SIS and PCS is the reason why no athlete should be allowed to participate in any physical activity before they are cleared by a qualified health care professional.

Recovery
A concussion can affect school, work, and sports. Along with coaches and teachers, the school nurse, athletic trainer, employer, and other school administrators should be aware of the athlete's injury and their roles in helping the child recover. During the recovery time after a concussion, physical and mental rest is required. A concussion upsets the way the brain normally works and causes it to work longer and harder to complete even simple tasks. Activities that require concentration and focus may make symptoms worse and cause the brain to heal slower. Studies show that children's brains take several weeks to heal following a concussion.

Returning to Daily Activities
1. Be sure your child gets plenty of rest and enough sleep at night – no late nights. Keep the same bedtime weekdays and weekends.
2. Encourage daytime naps or rest breaks when your child feels tired or worn-out.
3. Limit your child's activities that require a lot of thinking or concentration (including social activities, homework, video games, texting, computer, driving, job-related activities, movies, parties). These activities can slow the brain's recovery.
4. Limit your child's physical activity, especially those activities where another injury or blow to the head may occur.
5. Have your qualified health care professional check your child's symptoms at different times to help guide recovery.

Returning to School

1. Your athlete may need to initially return to school on a limited basis, for example for only half-days, at first. This should be done under the supervision of a qualified health care professional.
2. Inform teacher(s), school counselor or administrator(s) about the injury and symptoms. School personnel should be instructed to watch for:
    a. Increased problems paying attention.
    b. Increased problems remembering or learning new information.
    c. Longer time needed to complete tasks or assignments.
    d. Greater irritability and decreased ability to cope with stress.
    e. Symptoms worsen (headache, tiredness) when doing schoolwork.
3. Be sure your child takes multiple breaks during study time and watch for worsening of symptoms.
4. If your child is still having concussion symptoms, he/she may need extra help with school-related activities. As the symptoms decrease during recovery, the extra help can be removed gradually.

Returning to the Pool

1. Returning to the pool is specific for each person. As an example, California law requires written permission from a health care provider before an athlete can return to play. Follow instructions and guidance provided by a health care professional. It is important that you, your child and your child's coach follow these instructions carefully.
2. Your child should NEVER be on deck, practice, or participate in competition if he/she still has ANY symptoms. (Be sure that your child does not have any symptoms at rest and while doing any physical activity and/or activities that require a lot of thinking or concentration).
3. Be sure that the athletic trainer, coach and physical education teacher are aware of your child's injury and symptoms.
4. Your athlete should complete a step-by-step exercise-based progression, under the direction of a qualified healthcare professional.

Resources:

Insurance - USA Swimming provides an excess accident medical insurance policy through Mutual of Omaha for USA Swimming members while participating or volunteering in a USA Swimming sponsored or sanctioned event. Details of the insurance coverage are on the USA Swimming website under Insurance and Risk Management.

Centers for Disease Control and Prevention - www.cdc.gov/Concussion

Zurich Concussion Conference (2012) - Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport held in Zurich, November 2012. http://bjsm.bmj.com/content/47/5/250.full

ODH Violence and Injury Prevention Program - www.healthyohioprogram.org/concusion

National Federation of State High School Associations - www.nfhs.org – Index concussions and see "A parent's guide to concussion in sports".

Niagara Swimming Report of Occurrence Summary

Spring HOD – May 13, 2017

2017 YTD ROO's include:

9 Total Reports

Gender:
5 Male/4 Female

Activity:
Practice – Other = 3
Practice – Dry Land = 1
Meet – Competition = 1
Meet – Walking = 2
Other = 2

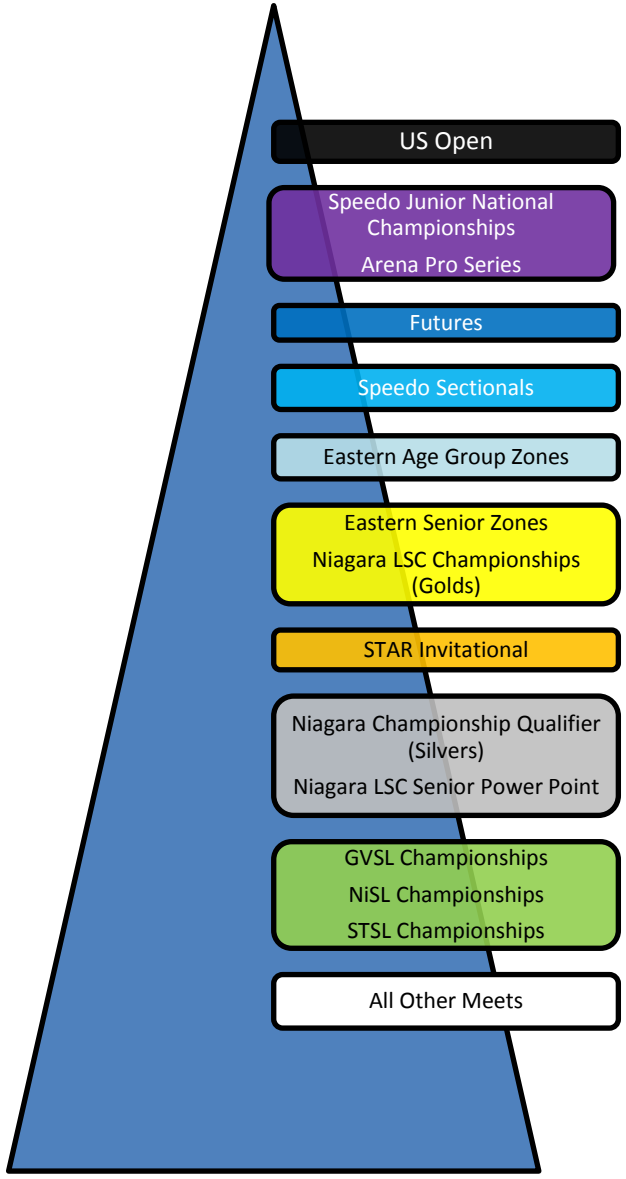
Location:
Bleachers - Spectators = 1
Hospitality Room = 1
Water – Turn End = 1
Water – Bottom = 1
Deck = 4
Hotel Room = 1

Body Part Injured:
Arm – 1
Hip – 1
Head – 3
Foot – 2
Other - 2

Niagara Swim Meet Hierarchy

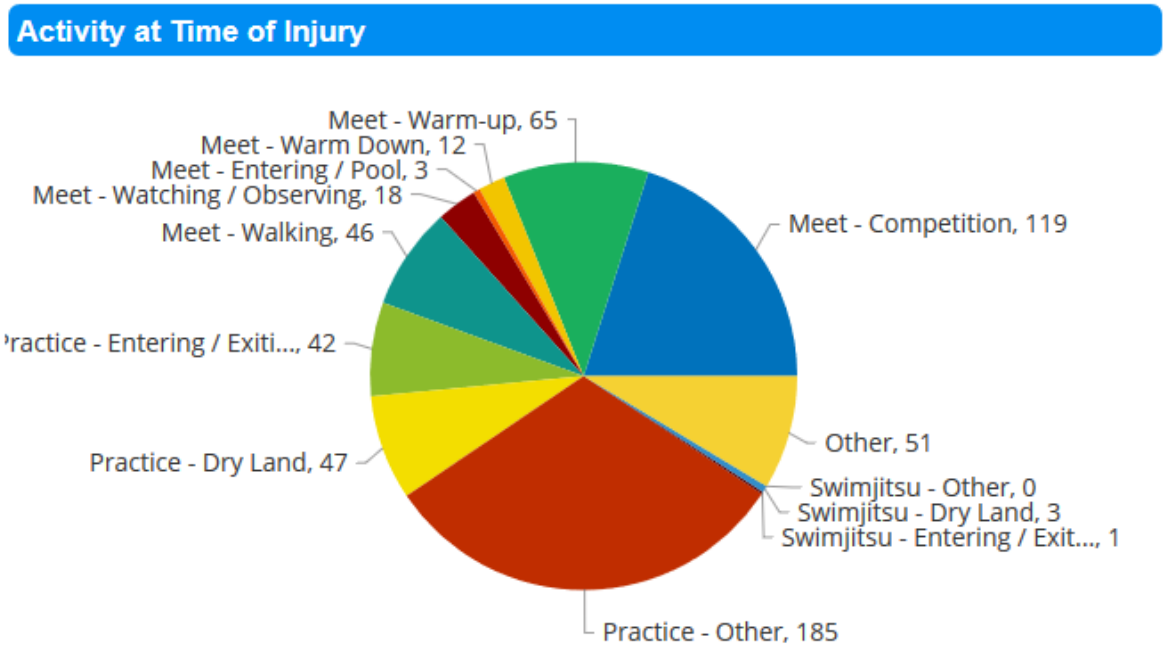
Meets Listed in Alphabetical Order

Annual Camillus Classic	Niagara LSC SC Championships (Golds)
Annual Shamrock Open Meet	NiSL Championships
Arena Pro Series	Oswego Laker Swim Club Polar Plunge
Camillus Sprints	PACK's Monster Splash
Clarence Dog Days of Winter	PACK's Winter Splash
EAST's Kiwanis Meet	SCSD Snowball Annual Invite
Eastern Age Group Zones	SDSC Fire in Water Annual Invite
Eastern Senior Zones	SEAS Westside Invitational
FAST Fall Invite	SHAQ Open
FAST IMR Senior Meet	Skaneateles Winter Wonderland
FAST October Invite	Speedo Junior National Championships
FAST Winter Invite	Speedo Sectionals
Futures	STAR Fall Invite
GCOM Harvest Meet	STAR Fire Marshal Invitational
GCOM Practice Meet	STAR Invitational
GCOM Themed Meet	STAR Winter Challenge
GCOM Winter Classic	STAR's Canadian-American Challenge
GRSC Big Buddy Meet	STSL Championships
GRSC's Go the Distance	Super STAR Series #1
GVSL Championships	Super STAR Series #2
HAST IMX Madness	Super STAR Series #3
HAST Winter Warrior Invitational	TTSC Halloween Meet
HAST's Veterans Day Memorial Meet	TTSC Holiday Meet
Invitational	TWST Annual Snowball Invite
JETS's Greater Syracuse Invitational	TWST's Turkey Splash Open Meet
Marlins 28th Annual Thanksgiving	US Open
Marlins Spring Invite	Victor Halloween Classic
Mexico Tiger Sharks Fall Meet	Victor New Year's Invitational
Mexico Tiger Sharks Spring 2018	Victor Winter Classic
Niagara Championship Qualifier (Silvers)	Webster BlueFins IMX Splash
Niagara LSC Junior Power Point	Webster Pentathlon Announcement
Niagara LSC Regional Qualifier (Bronze)	



USA Swimming 2017 YTD Accident Summary

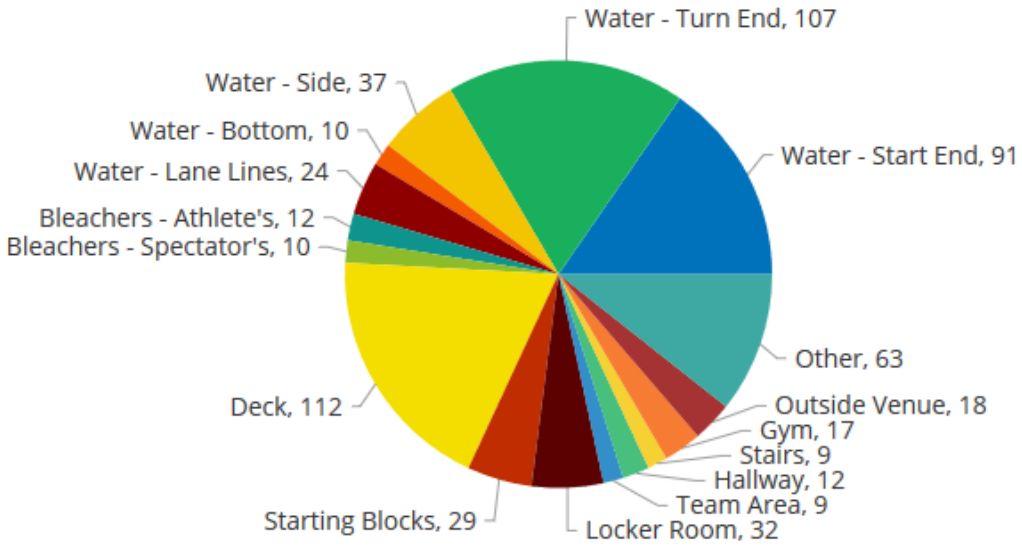
WHEN ACCIDENTS HAPPEN



592 responses in 592 results

WHERE ACCIDENTS HAPPEN

Where Accident Occurred



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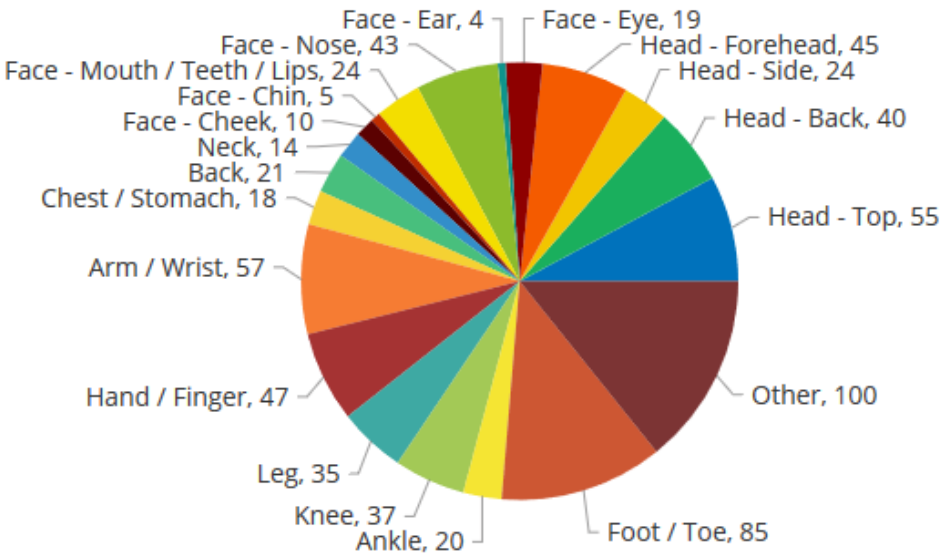
AFFECTED BODY PART

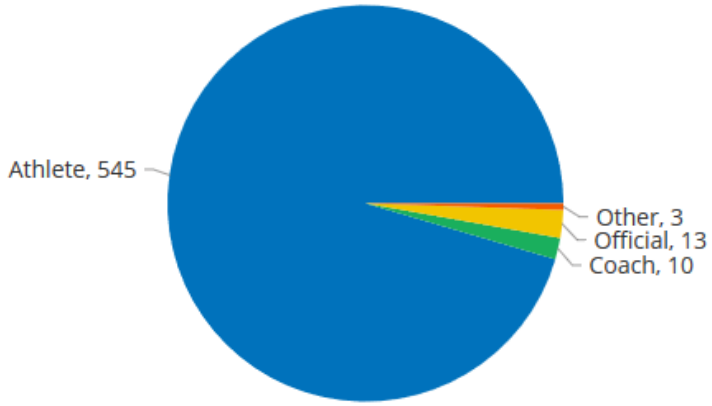
Body Part Injured



703 responses in 592 results

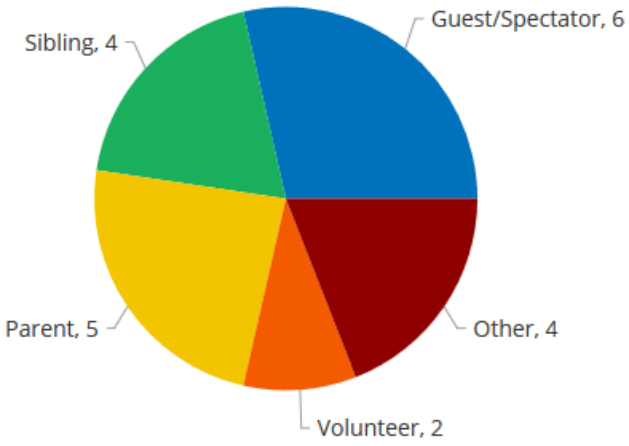
MEMBER/NON-MEMBER TYPE

Membership Type



571 responses in 592 results

Non-Member Type



21 responses in 591 results

Niagara Swimming Diversity and Inclusion Chair Report
To the Niagara Swimming House of Delegates 2017 Spring Meeting

1. 2017 Eastern Zone Diversity Select Camp and Regional Summit-
    a. Camp
        i. 42 swimmers- 3 from Niagara Swimming (Cameron Carr of SYCH, Samuel Rivera of IRON, Benson Dinh of Marlins Swimming)
        ii. 5 camp coaches
        iii. 1 camp manager
        iv. 5-2 hour practices
        v. Presentations TBD
        vi. Special Guest- Giles Smith, USA Swimming National Team Member
    b. Summit
        i. 17 presentations
        ii. 11 LSC Diversity and Inclusion Chairs- including Mike Switalski, Niagara Swimming Diversity and Inclusion Chair
        iii. 10 coaches- 1 from Niagara Swimming (Sara Smith of Marlins Swimming)
        iv. 1 summit manager
    c. Additional information
        i. June 15-18
        ii. University at Buffalo
        iii. Field trip to Niagara Falls on June 17
        iv. Camp and Summit Director is Mike Switalski, Niagara Swimming Diversity and Inclusion Chair
2. 2017 USA Swimming Foundation Grants
    a. 71 Grants awarded from over 200 applications
    b. Buffalo City Swim Racers only team from Niagara Swimming awarded a grant
3. 2017 SwimBiz Marketing Conference- April 9-11
    a. Marci and Ryan Callan (FAST) presented on Creating Ways to Encourage Growth in a Non-Olympic Year- one of the focal points was on diversity
    b. Buffalo City Swim Racers recognized for Best in Multicultural Marketing
4. LEAP
    a. Major changes coming to LEAP that will include additional requirements in the area of Diversity and Inclusion
5. Diversity and Inclusion National Committee Quadrennial Goals
    a. Education Funding
        i. Grant writing/education
        ii. Website/social media presence
            1. Donate button
            2. USA Swimming Staff collaboration/partnership
        iii. New Membership
            1. Template successful programs
            2. Targeting multi-cultural organizations diversity & LGBT
            3. Reduced membership gap swimmer
            4. Accessibility

iv. Education Infusing D&I into LSC Programs
    1. D&I Award/Stamp of Approval
        a. LEAP
        b. Training/Mentorship/Education
        c. Templates "Swimmers & Coaches"
        d. Social Media/website tools & information
v. Education Activation LSC D&I Chairs/Coordinators
    1. D&I Chair Engagement strategy
    2. Voting member required on LSC BOD
    3. Mentorship/Training/Education

6. 2017 USAS National Convention
    a. D&I Chair Engagement Strategies
    b. "Template" for successful programming
    c. Grantwriting, Partnerships and Collaborations presented by Mike Switalski (Buffalo City Swim Racers), Alicia McConnell (United States Olympic Committee), Tom Luchsinger (Diversity and Inclusion Athlete Rep), Naomy Grand'Pierre (Diversity and Inclusion Athlete Rep)
7. Eastern Zone Diversity and Inclusion
    a. Interested in increased membership reporting
    b. Moving to educate LSC D&I Chairs about growth and collaboration with other LSC Committees.

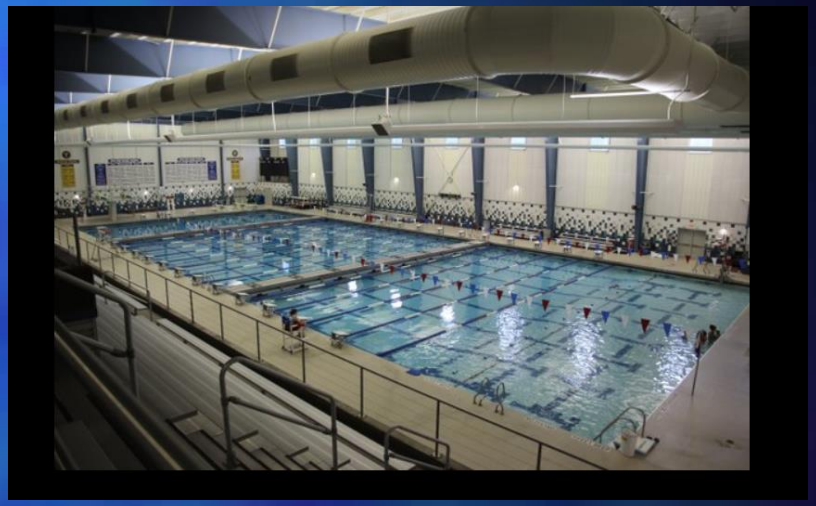
2018 Niagara LSC Short Course Championships

Fairport Area Swim Team

Doug Evans, Meet Director

Facility

- Webster Aquatic Center
  - One 10-lane course or two 8-lane courses (each with separate scoreboards)
  - Warm-up/down space in either configuration
  - Ample deck space and spectator seating
  - Adjacent free parking
  - Updated lighting throughout



Experience

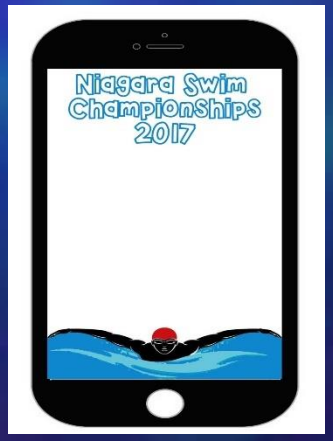
- Staff
  - 7 Meet Directors, 5 Referees, 2 Starters, 9 Stroke & Turn officials, 6 Administrative Officials
    - 7 officials either N2 or N3 national certified
  - 140+ families to provide volunteers
- Meets
  - Annually host 7 invitational and closed meets in addition to three Niagara-level meets
  - Respected host of Eastern Zone SC Championship
- Expertise
  - Proven track record over 10+ years of effective meet management
  - Experience in handling all types of unexpected meet occurrences

Hotels

- Webster and surrounding area hotels
  - Family-friendly rates
  - Pre-arranged late check-out for coaches
  - Hampton Inn Webster
  - Holiday Inn Express Webster
  - Marriott family hotels
- Coordination assistance from Travel Team USA and Monroe County Sports Commission

Ideas for 2018 LSC Meet

- Entries through OME
  - Greatly reduces reconciliation issues
- Coaches and officials social Saturday night
  - Multiple establishments bidding to host
- Selfie-Station for swimmers with event-specific props
- Custom Snapchat filter

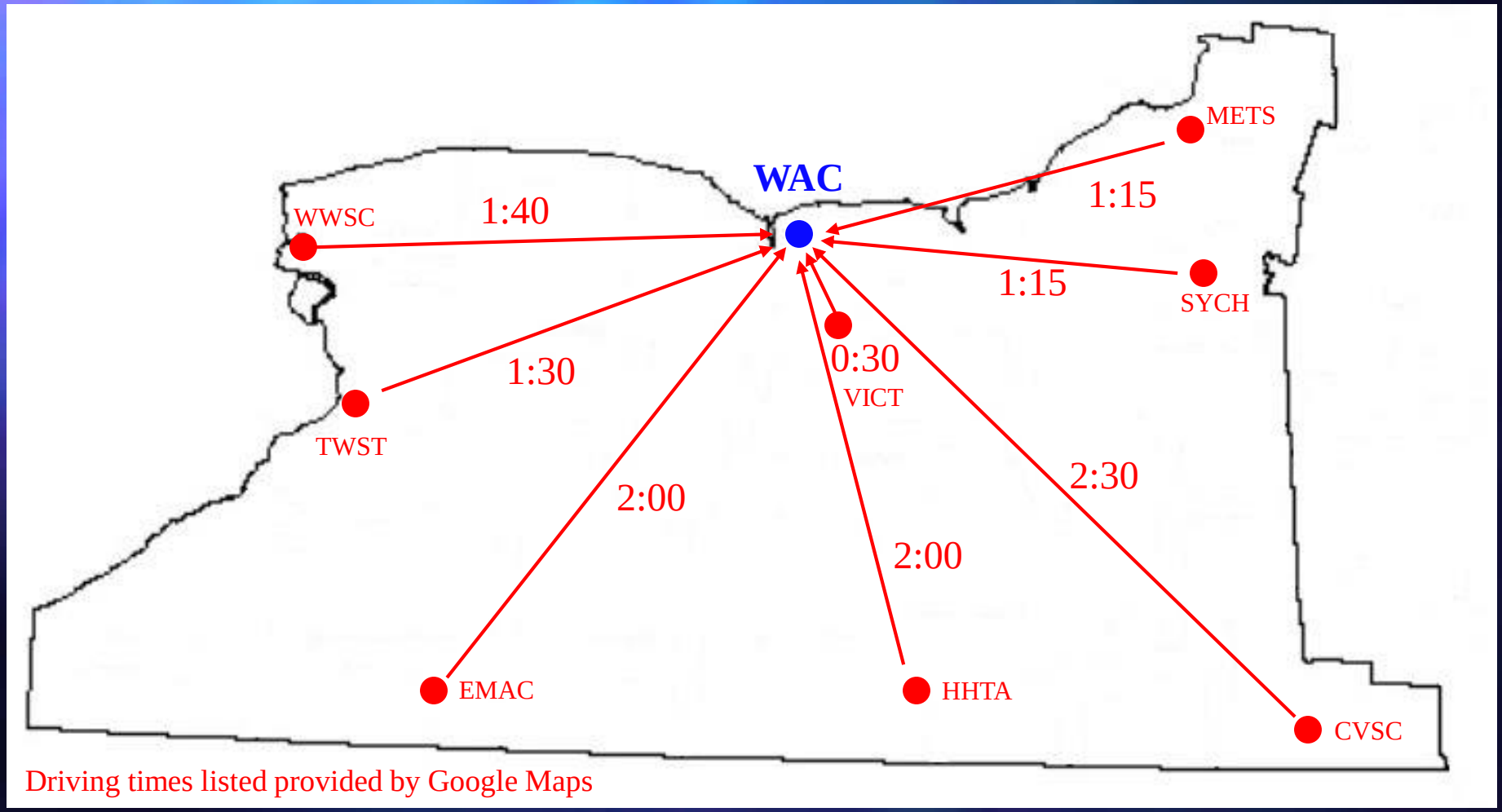


Stoneyard Brewing Company

BUFFALO WILD WINGS
WINGS. BEER. SPORTS.

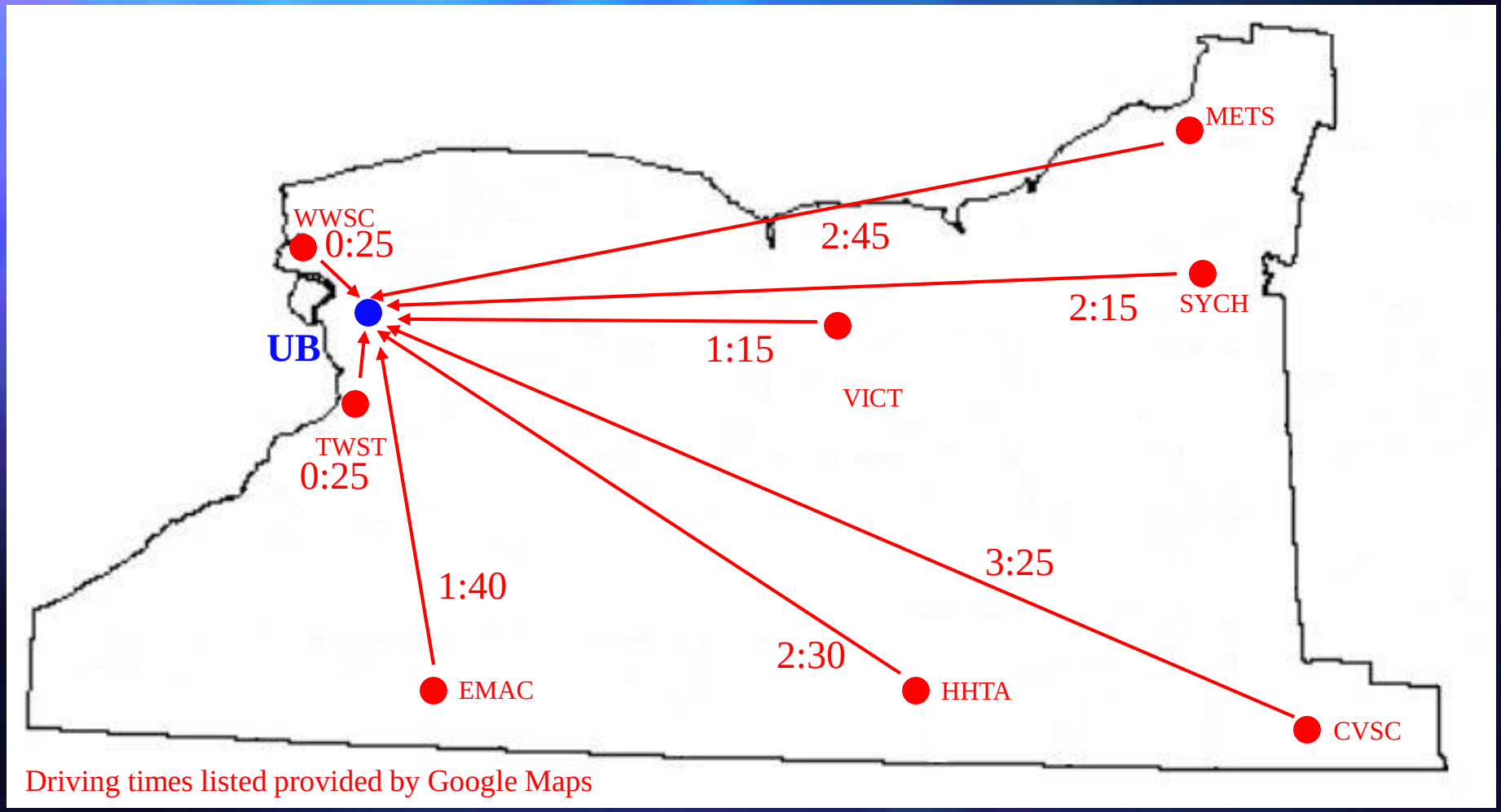
FOOD & DRINK
PUB 235
WEBSTER NY

Facility Location - WAC



Driving times listed provided by Google Maps

Facility Location - UB



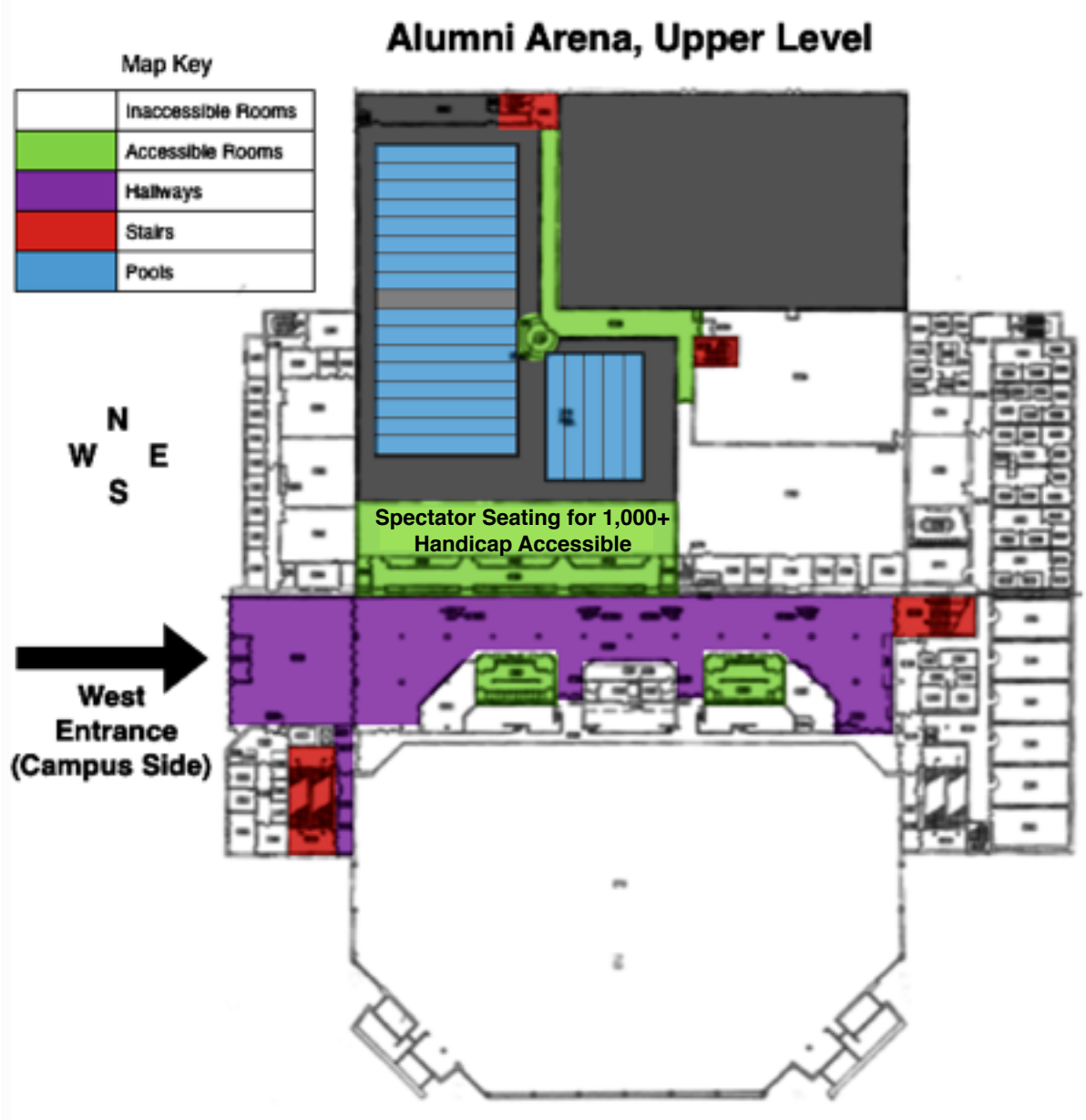
Driving times listed provided by Google Maps

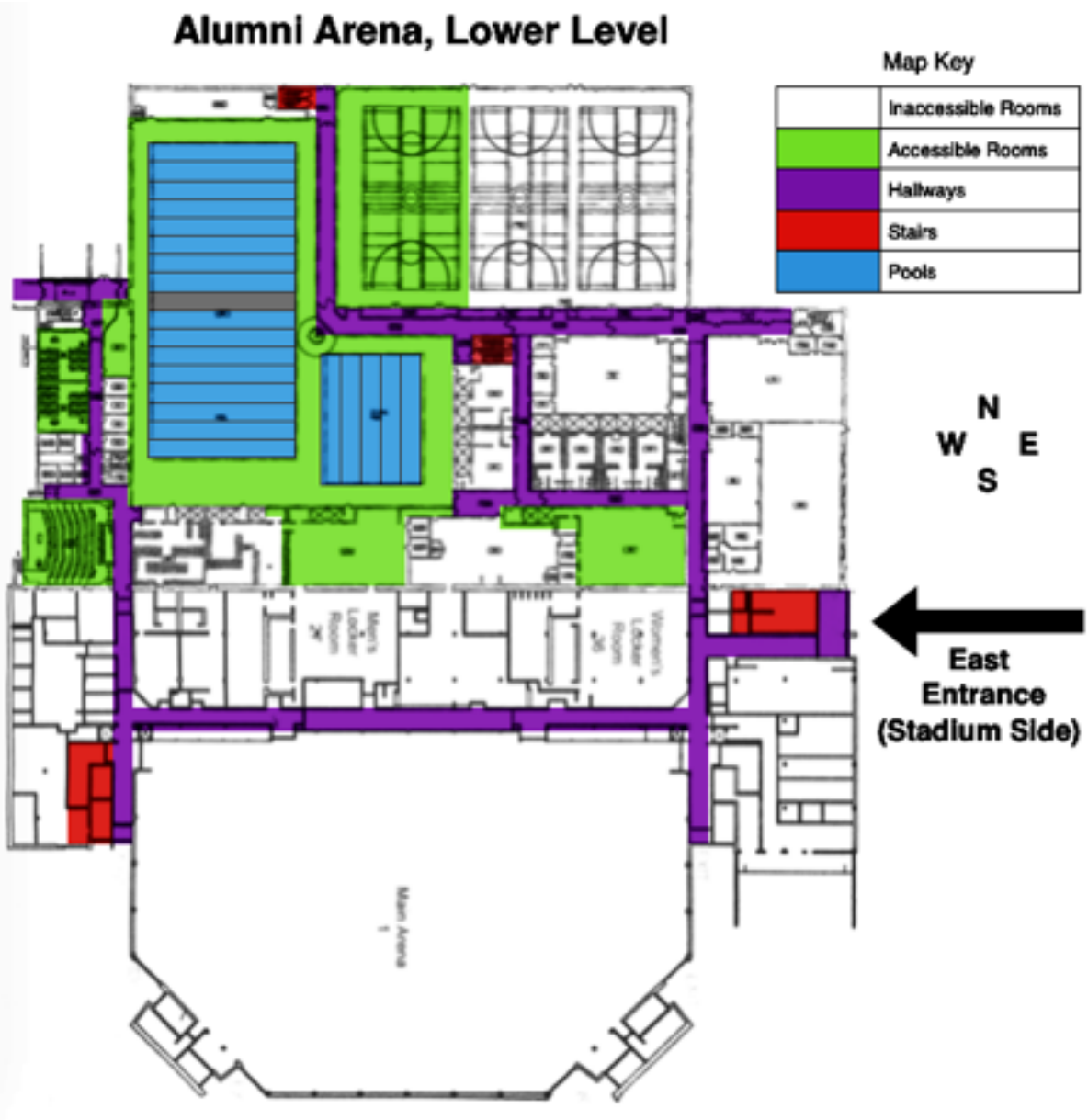
Facilities

The Alumni Arena houses two indoor pools. The 1st is a 25yd x 50m competition pool with a moveable bulkhead, and the 2nd is a separate competition diving well that can be set-up as a 5-lane warm-up/cooldown pool to be used between swimmers' events.

The bulkhead in the competition pool can be used to separate it into two 8-lane competition pools without losing access to consistent warm-up/cooldown access. Doing this could allow for 11-12 year olds to swim their prelims sessions in the mornings and get more rest before the finals sessions each day.

Having two pools in the mid-day session could also allow for 10 and under swimmers to compete in one pool while a time trial session takes place in the other. Doing this would allow for swimmers with only 1 or 2 champ's qualifying times to have more competitive opportunities without adding to the meet's timeline.





The Alumni Arena has successfully hosted the New York State YMCA Championships Meet within the past year, and will do so again in the Spring of 2018, with no issue of deck or spectator seating space. That YMCA meet had over 1,200 swimmers in attendance.

In an effort to provide even more deck space and offer athletes a more comfortable space to stretch out and relax between events, we have included in our bid partial access to the Alumni Arena's Triple Gym (reflected in the lower level layout).

We will establish audio, and try to establish visual, information in the Gymnasium for athletes to know what event and heat is in the water at all times.

Meet Volunteers

80 families currently have swimmers who train with Buffalo Area Aquatic Club. We've been training our members to run well managed swim meets. We've run six meets in under a year, and our membership's capacity to operate those meets has grown stronger with each one. Our closed meets at Alumni Arena mimic the set-up and operation processes of high level prelims/finals meets so that we can familiarize our membership with running meets of that level.

Buffalo Area Aquatic Club will be able to supply volunteers for all positions necessary to run a 4 day prelims/finals meet smoothly and to a standard that provides swimmers the best opportunities for great competition. We will provide timers, at least, for all Finals Sessions (including Thursday evening). As LSC Champs meets in the past have done, we may ask that teams provide timers for preliminary sessions throughout the meet.

BAAC Hosted Meets

Buffalo Area Aquatic Club began hosting meets in April of 2016. Beyond offering our own swimmers opportunities to compete on a regular basis, our team's goal has been to train our membership on how to host meets with the intention of hosting a large scale prelims/finals meet. Below is a list of the meets we've hosted, and the meets we intend to host ahead of the 2018 Niagara SC LSC Championships.

04/24/16	2016 LC BAAC in Action Meet	CLOSED	Alumni Arena
07/16/16	2016 LC BAAC Chance Meet	CLOSED	Alumni Arena
10/09/16	2016 SC BAAC to Basics Meet	CLOSED	Alumni Arena
11/13/16	2016 SC BAAC at it Again Meet	CLOSED	Buffalo State
02/12/17	2017 SC BAAC Chance Meet	OPEN	Buffalo State
	* 5 teams attended this meet with over 120 swimmers total in the meet. The meet ran very smoothly.		
04/22/17	2017 LC BAAC Intrasquad Series, #1	CLOSED	Alumni Arena
06/03/17	2017 LC BAAC Intrasquad Series, #2	CLOSED	Alumni Arena
07/04/17	2017 LC BAAC Intrasquad Series, #3	CLOSED	Alumni Arena
08/05/17	2017 LC BAAC Intrasquad Champs	CLOSED	Alumni Arena
10/TBD/17	2017 SC BAAC to Basics Meet	CLOSED	Alumni Arena
11/TBD/17	2017 SC BAAC at it Again Meet	OPEN	Buffalo State
02/TBD/18	2017 SC BAAC Chance Meet	OPEN	Buffalo State
03/08/18	**2017 SC Niagara LSC Champs**	**LSC**	**Alumni Arena**

Lodging/ Food/ Shopping

The University at Buffalo's North Campus hosts Division I athletic events throughout the school-year, and has a culture and environment built around it to supply travelers a great experience while they're in town.

Within 3 miles of the Alumni Arena there are at least 15 hotels at varying costs to fit anyone's budget for a travel meet. There is a large variety of restaurants and shopping venues close by, as well.

For those who prepare their own food for swim meets, there are many grocery stores such as Wegman's, Top's, Aldi's, and Walmart close to the Alumni Arena and its surrounding hotels.

Our Goal

Our goal in bidding to host this meet is to provide a great competitive experience to the swimmers of this LSC. The Alumni Arena's aquatic facility can allow for a meet's design to be more inclusive of the athletes by way of offering more bonus events or time trials sessions for swimmers without sacrificing the competitive level of the meet.

I have full confidence in our team's ability to host a great meet for the athletes of this LSC.

2018 NIAGARA LSC JUNIOR/SENIOR POWERPOINT
WEBSTER AQUATIC CENTER

JUNIOR MEET 3 SESSIONS

SENIOR MEET 3 SESSIONS

TEAM POWER POINT SCORING

FACILITY
2 EIGHT LANE COURSES OR
1 TEN LANE COURSE
2 TEN LANE SCOREBOARDS

- TECHNICAL PLANNING COMMITTEE TEAM MEET DESIGN
- GREAT TEAM ATMOSPHERE
- LSC CENTRAL LOCATION
- AMPLE PARKING WITH FRONT ENTRANCE DROP OFF
- CREATIVE AWARDS – BELL RINGERS, GIFT CERTIFICATES

HOTELS

- FAMILY FRIENDLY WEBSTER AREA HOTELS
- PREARRANGED LATE CHECK OUT FOR COACHES
- BREAKFAST INCLUDED AT MOST LOCATIONS

EXPERIENCED AND SEASONED MEET MANAGEMENT STAFF

- ATHLETE CENTERED ADDED FEATURES
- POSSIBLE LONG COURSE SWIM FOR TIME ON MONDAY

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Bio for Jim Stromski, Candidate for General Chair of the Niagara LSC

Swimming Experience:

President, Liverpool Jets Swim Club (2008)

Treasurer, Liverpool Jets Swim Club (2008 – 2011)

Certified USA Swimming Official for 11 years, currently hold N3 Stroke and Turn, Starter, and Deck Referee certifications as well as N2 Chief Judge

NYS certified Scholastic Swimming Official for 8 years

Meet Referee for Niagara Classic, Niagara LSC SC Championship, Eastern Zone Age Group SC Championship

Officials Chair, Niagara LSC (May 2011 – August 2016)

At Large member of the Niagara Board of Directors (2011 – Present)

Education:

BS in Information Management & Technology, Syracuse University, 2005

Personal:

Married to the former Joy Kortvelesy for 30 years as of this May

Two children, Chris and Renee, who are both swammers now

Systems Engineer with Cayuga Centers, Auburn, NY

Although I was never a competitive swimmer, I fell in love with the sport as my children grew up in it. Since becoming involved with USA Swimming, I have volunteered countless hours of my time in many different ways all with the end goal of providing the athlete with the best experience possible. During my 5 years as Niagara's Officials Chair, my objective was to elevate officiating in the LSC to better serve the athletes and coaches. Some of the accomplishments during my tenure were:

- Standardize and published the expectations of becoming certified as an Official and what was expected in order to recertify
- Fully implemented the use of the Officials Tracking System
- Established the first ever budget for Officials training
- Developed and implemented policies and procedures to provide training experiences for Niagara's Officials

If elected as General Chair, I would bring the guiding principles of officiating to the position: What is best for the athlete and what is fair? I would also bring a passion for the sport and utilize my organizational, leadership, and team building skills to enable the Board of Directors to better serve the athletes, coaches, and clubs of the Niagara LSC. I believe that the General Chair's role should be a remover of obstacles for other members of the Board. I believe that, with effort and creative thinking, we can provide the tools and opportunities needed to prepare our athletes to perform at the highest level they can. Thank you for your consideration.

My name is Sarah Gartner and I would like to be the junior athlete representative to become more involved in the Niagara LSC and help it continue to be successful. Also, I would like to help increase attendance at the HOD meeting to increases swimmers voice in decisions regarding the Niagara LSC. I would be a good candidate for this position because I have been successful in my 6 years of competitive swimming by attending the Niagara Championship Meet for 3 consecutive years and was chosen to be a part of the 2017 Short Course Zone Team. Also, I have been swimming for my high school varsity team since 8th grade and was voted captain for the upcoming season. In previous years, I received the all-league award 2 times and got the student athlete award. Swimming has been a major part of my life and taught me many lessons hard work and discipline, it has also given me many friendships across many different Niagara teams. I am very committed to the sport of swimming and want to be a part of helping the LSC continue its success and further the growth of the sport in our area. By being the junior athlete representative it would allow me to learn more about the sport of swimming and support the Niagara district. I appreciate your consideration of me for this position.