



Niagara Board of Director's Meeting Agenda

March 27, 2019 9:15PM

1. Call to Order
2. Roll Call
3. Approval of the Revised Agenda
4. Approval of minutes for 2/27/2018 BOD meeting
5. Athletes
6. Athlete Wellness - Special Guest - Samantha Livingstone

Consent Agenda (Items 7, 8, 9, and 10)

7. Request additional \$1,000 for Athlete Wellness Initiative consulting
8. Travel expenses for Chair & up to 4 athletes to EZ Diversity Select Camp
9. EAST Coaching Clinic Reimbursement Request
10. Motion to amend Niagara Policies and Procedures (E. Stimson)
11. Approval of Proposed 2019 - 2020 Bid Calendar - Executive Board
12. Date and Site for Niagara's 2019 Fall House of Delegates (J. Stromski)
13. Reports Questions

Niagara LSC Board of Directors Meeting Minutes for
March 27, 2019

Position	Incumbent	Present	Absent
General Chair*	Jim Stromski	X	
Interim Admin Vice-Chair*	Colin Adams	X	
Senior Vice Chair*	Kim Corby	X	
Age Group Vice Chair*	Sara Smith	X	
Finance Vice Chair*	Peter Koenig	X	
Secretary	Colin Adams	X	
Treasurer	Adam Zaczkowski		X
Senior Coach Representative*	Seth Williams	X	
Junior Coach Representative*	Phil Baretela	X	
Junior Athlete Representative*	Molly Brennan	X	
Senior Athlete Representative*	Molly Hewett	X	
Safety Committee Chair	Leo Gibbons	X	
Technical Planning Chair	Will Chidsey		X
Member/Registration Coordinator	Eric Stimson	X	
General Chairman Appointment	Brooks Howard	X	
General Chairman Appointment	Shawn Parkhurst		X
Immediate Past General Chair	Eric Lind	X	
Diversity & Inclusion Chair	Mike Switalski	X	
Disability Chair	Courtney Christ		X
At Large Athlete	Alex LaPointe	X	
At Large Athlete	Maddie Panus		X

1. Call to Order – 9:15
2. Roll Call – see attendance list
3. Motion to approve the agenda with the elimination of the Proposed Bid Calendar
 - Motion to accept the meeting minutes as amended.
 - Seconded. All in favor. Motion carries
4. Approval of minutes for February BOD meeting
 - Discussion – Mike S. was present
 - Motion to accept the meeting minutes as amended.
 - Seconded. All in favor. Motion carries
5. Athletes
 - At Champs there were 3 nominations for Jr Athletes and voting was held via Survey Monkey. Suzanne Sokolski was voted on. She wasn't able to attend this meeting.
 - Eric asked to communicate the results to the LSC
 - Held an Instagram photo contest for the athletes for a draw string bag to the winner
6. Athlete Wellness - Special Guest - Samantha Livingstone
 - Samantha provided an overview the initiative and will provide the notes from the previous meeting minutes. These details were also shared via video.
 - Eric recommends that this is something that should be submitted for a Bright Idea project at Convention

Consent Agenda (Items 7, 8, 9, and 10)

7. Request additional \$1,000 for Athlete Wellness Initiative consulting – PULLED for discussion
 8. Travel expenses for myself and up to 4 athletes to the Eastern Zone Diversity Select Camp in Maryland from June 6-9, 2019 (M. Switalski)
 9. Approve EAST Coaching Clinic Reimbursement Request (C. Musshafen) Attached
 - 10 Motion to amend Niagara Policies and Procedures (E. Stimson) previously sent
 - Motion to accept consent agenda items 8, 9 and 10.
 - Seconded. All in favor. Motion carries
-
7. Request additional \$1,000 for Athlete Wellness Initiative consulting (J. Stromski)
 - Motion to approve
 - Seconded
 - Discussion – Eric S said that this money should come from the Discretionary fund and therefore was already budgeted. Eric L questioned the outcome of this initiative and Jim reiterated the background. Eric L stressed that this should be available to all levels of athletes in the LSC. Alex said that it is his job to reach out to the community to build a sustainable program.
 - Motion to authorized an additional \$1000 for the Wellness Initiative.
 - Seconded. All in favor. Motion carries

~~11. Approval of Proposed 2019 – 2020 Bid Calendar – Executive Board~~

12. Date and Site for Niagara's 2019 Fall House of Delegates (J. Stromski)

Propose MCC (Rochester) on Sunday, September 29th, 2019

- Motion to authorized an additional \$1000 for the Wellness Initiative.
- Seconded. All in favor. Motion carries

13. Reports Questions

- Mike S is still looking for more Athletes for the Diversity Select Camp

Reports of officers, committees and coordinators:

- o General Chair – Jim Stromski – Report attached
- o Admin Vice Chair – Brad Boyle – No Report
- o Senior Vice Chair – Kim Corby – No Report
- o Age Group Vice Chair – Sara Smith – No Report
- o Finance Vice Chair – Peter Koenig – No Report
- o Treasurer – Adam Zaczkowski – Report Attached
- o Sr. Coach Rep – Seth Williams – No Report
- o Jr. Coach Rep – Phil Baretel – No Report
- o Sr. Athlete Rep – Spencer Schultz – No Report
- o Jr. Athlete Rep – Molly Hewett – No Report
- o Safety Committee Chair – Leo Gibbons – Report Attached
- o Tech Planning Chair – Will Chidsey – No Report
- o Member/Registration – Eric Stimson –
 - o Eric has processed 7 or so flex membership conversions
 - o Registration are still steadily coming in
- o Officials Chair – Brooks Howard – No Report
- o Diversity Chair – Mike Switalski – No Report
- o Disability Chair – Courtney Christ
- o

Adjournment

- o Motion to adjourn; seconded; all in favor. Meeting adjourned at 9:45.



General Chair Report
Prepared by: Jim Stromski
3/27/19

Second draft of new By Laws is under review.

The Athlete Wellness program is progressing well. Will need to continue to work with Samantha Livingstone a bit longer so that our feet are firmly on the track.

2019 Phillips 66 Outstanding Service Award nominations. June Mundt has been designated as this year's award winner. She will be presented the award at the Spring HoD meeting.

A reminder to those approved to attend the Zone Workshops in Chicago this coming May should be making their travel arrangements. There is a promo code that can be used if flying United and it can be found here:

<https://www.usaswimming.org/articles-landing-page/2017/03/27/member-travel-portal>

Our Mission: Supporting strong clubs, building stronger swimmers by providing opportunities from novice to elite.

Our Vision: Inspiring swimming for generations.

Niagara Swimming, Inc.
Profit & Loss Budget vs. Actual
September 2018 through August 2019

	Sep '18 - Aug 19	Budget	\$ Over Budget	% of Budget
5320 • Coach Training	6,044.81	8,000.00	-1,955.19	75.56%
5325 • Coach Mentoring	0.00	1,000.00	-1,000.00	0.0%
5335 • Outreach	0.00	10,000.00	-10,000.00	0.0%
5340 • Athlete Travel Reimbursement				
5341 • Washington IMX	0.00	3,000.00	-3,000.00	0.0%
5342 • Adaptive	0.00	250.00	-250.00	0.0%
5343 • Speedo Sectionals	0.00	7,000.00	-7,000.00	0.0%
5344 • Futures	0.00	6,000.00	-6,000.00	0.0%
5345 • NSCA Juniors	0.00	3,900.00	-3,900.00	0.0%
5346 • ISCA Juniors	0.00	1,500.00	-1,500.00	0.0%
5347 • EZ SC Age Group Champs	0.00	2,000.00	-2,000.00	0.0%
5348 • EZ Open Water Champs	0.00	500.00	-500.00	0.0%
5349 • Eastern Zone Senior	0.00	1,500.00	-1,500.00	0.0%
5350 • Arena PSS	0.00	1,125.00	-1,125.00	0.0%
5351 • Junior Nationals - Summer	0.00	1,350.00	-1,350.00	0.0%
5352 • Junior Nationals - Winter	1,875.00	2,625.00	-750.00	71.43%
5353 • P66 Nationals	0.00	550.00	-550.00	0.0%
5354 • AT&T Winter Nationals	0.00	550.00	-550.00	0.0%
Total 5340 • Athlete Travel Reimb	1,875.00	31,850.00	-29,975.00	5.89%
Total 5300 • Club Strengthening	8,719.81	52,550.00	-43,830.19	16.59%
5400 • Eastern Zone Affiliation				
5410 • EZ Per Athlete Fee	0.00	1,500.00	-1,500.00	0.0%
Total 5400 • Eastern Zone Affiliation	0.00	1,500.00	-1,500.00	0.0%
5500 • Eastern Zone Age Group Champs				
5550 • Long Course				
5551 • Lodging	0.00	12,500.00	-12,500.00	0.0%
5552 • Selection Committee	0.00	250.00	-250.00	0.0%
5553 • Coaching	0.00	2,500.00	-2,500.00	0.0%
5554 • Food	0.00	3,500.00	-3,500.00	0.0%
5555 • Transportation	0.00	9,000.00	-9,000.00	0.0%
5556 • Clothing				
5557 • Apparel	58.20	5,000.00	-4,941.80	1.16%
5558 • Caps	0.00	2,000.00	-2,000.00	0.0%
Total 5556 • Clothing	58.20	7,000.00	-6,941.80	0.83%
5559 • Meet Entry Fees	0.00	2,500.00	-2,500.00	0.0%
5561 • Administrative	0.00	500.00	-500.00	0.0%
5562 • Misc	0.00	250.00	-250.00	0.0%
Total 5550 • Long Course	58.20	38,000.00	-37,941.80	0.15%
Total 5500 • Eastern Zone AG Champs	58.20	38,000.00	-37,941.80	0.15%
5650 • LSC Supported Meets				
5651 • LC Super Circuits	0.00	6,000.00	-6,000.00	0.0%
Total 5650 • LSC Supported Meets	0.00	6,000.00	-6,000.00	0.0%
5700 • Officials	1,632.32	6,000.00	-4,367.68	27.21%

Niagara Swimming, Inc.
Profit & Loss Budget vs. Actual
September 2018 through August 2019

	Sep '18 - Aug 19	Budget	\$ Over Budget	% of Budget
5701 · Officials - Recognition	0.00	1,000.00	-1,000.00	0.0%
5750 · Athlete Committee	1,720.48	2,500.00	-779.52	68.82%
5800 · Registration				
5801 · USA Swimming Registrations				
5803 · Athlete (Full Year)	248,916.00	301,538.00	-52,622.00	82.55%
5804 · Athlete (Seasonal)	30.00	3,503.00	-3,473.00	0.86%
5805 · Athlete (Outreach)	1,275.00	1,740.00	-465.00	73.28%
5806 · Athlete (Single Meet)	110.00	0.00	110.00	100.0%
5807 · Athlete (Flex)	3,410.00	20,520.00	-17,110.00	16.62%
5808 · Non Athlete	43,198.00	44,413.00	-1,215.00	97.26%
5810 · Club & Organization	5,250.00	5,286.00	-36.00	99.32%
Total 5801 · USA Swimming Registra	302,189.00	377,000.00	-74,811.00	80.16%
Total 5800 · Registration	302,189.00	377,000.00	-74,811.00	80.16%
5950 · Board Discretionary Fund	1,153.54	5,500.00	-4,346.46	20.97%
6600 · Payroll Expenses	0.00	10,000.00	-10,000.00	0.0%
Total Expense	344,450.43	545,680.00	-201,229.57	63.12%
Net Ordinary Income	62,707.23	-7,944.00	70,651.23	-789.37%
Other Income/Expense				
Other Income				
7001 · Returned 2017 2018 Grant Prog	596.00	0.00	596.00	100.0%
7002 · Returned 2017 2018 Reg Deposits	690.00	0.00	690.00	100.0%
Total Other Income	1,286.00	0.00	1,286.00	100.0%
Other Expense				
7101 · 2017 2018 Grant Prog Reissues	596.00	0.00	596.00	100.0%
Total Other Expense	596.00	0.00	596.00	100.0%
Net Other Income	690.00	0.00	690.00	100.0%
Net Income	63,397.23	-7,944.00	71,341.23	-798.05%

Niagara Swimming, Inc.
Profit & Loss Budget vs. Actual
September 2018 through August 2019

	Sep '18 - Aug 19	Budget	\$ Over Budget	% of Budget
Ordinary Income/Expense				
Income				
4030 • LEAP Funding	0.00	2,500.00	-2,500.00	0.0%
4040 • Investments				
4041 • Brokerage Account	0.00	13,663.50	-13,663.50	0.0%
4042 • Interest-Savings	2.20	17.50	-15.30	12.57%
Total 4040 • Investments	2.20	13,681.00	-13,678.80	0.02%
4070 • USA Swimming Registration	370,607.26	447,155.00	-76,547.74	82.88%
4080 • Meet Sanctions	2,225.00	5,000.00	-2,775.00	44.5%
4090 • Swim Meet Surcharges	34,323.20	43,750.00	-9,426.80	78.45%
4110 • Eastern Zone Team Athlete Fees				
4130 • Long Course				
4131 • Team Dues	0.00	25,300.00	-25,300.00	0.0%
4132 • Clothing and Cap Sales	0.00	350.00	-350.00	0.0%
Total 4130 • Long Course	0.00	25,650.00	-25,650.00	0.0%
Total 4110 • Eastern Zone Team	0.00	25,650.00	-25,650.00	0.0%
Total Income	407,157.66	537,736.00	-130,578.34	75.72%
Expense				
5100 • Administrative Expense				
5101 • Accounting				
5102 • Treasurer Stipend	3,500.00	6,000.00	-2,500.00	58.33%
5103 • Audit & Tax Prep	1,600.00	1,500.00	100.00	106.67%
5104 • Char 500	100.00	100.00	0.00	100.0%
Total 5101 • Accounting	5,200.00	7,600.00	-2,400.00	68.42%
5105 • Bank Service Fees	724.04	1,550.00	-825.96	46.71%
5115 • Convention	13,952.48	15,000.00	-1,047.52	93.02%
5130 • Equipment	40.99	600.00	-559.01	6.83%
5135 • Internet Services	531.73	780.00	-248.27	68.17%
5140 • Meetings				
5142 • EZ Spring Meeting	0.00	3,500.00	-3,500.00	0.0%
5143 • NI House of Delegates				
5144 • Fall Meeting	1,095.00	3,000.00	-1,905.00	36.5%
5145 • Spring Meeting	375.00	3,000.00	-2,625.00	12.5%
Total 5143 • NI House of Delegates	1,470.00	6,000.00	-4,530.00	24.5%
Total 5140 • Meetings	1,470.00	9,500.00	-8,030.00	15.47%
5150 • Postage	34.61	100.00	-65.39	34.61%
5160 • Registrar Stipend	5,250.00	6,000.00	-750.00	87.5%
5165 • Supplies	309.12	500.00	-190.88	61.82%
5175 • Travel	1,464.11	4,000.00	-2,535.89	36.6%
Total 5100 • Administrative Expense	28,977.08	45,630.00	-16,652.92	63.5%
5300 • Club Strengthening				
5310 • Club Clinic	0.00	500.00	-500.00	0.0%
5315 • Club Recognition Program	800.00	1,200.00	-400.00	66.67%

Date – 3/30/19

Subject – Monthly Safety Report / 2019.3

From – Leo Gibbons, Jr. / Operational Risk & Safe Sport Chairperson

To – Niagara BOD & Chairs



1. Reports of Occurrence – (4) (10 YTD) (2018 = 43) *
 - TTAC / F / 17 / Practice-Bleachers / Slip-Trip-Fall / Face-Mouth / Cut-Bruise (actual 2/27)
 - AYST / M / 16 / Competition-Finish / Struck Against / Shoulder / Dislocation
 - BAAC / F / 8 / Practice-Entering Water / Struck Against / Face-Nose / Bloody Nose
 - TTSC / M / 14 / Practice-Entering Water / Slip-Trip-Fall / Leg-Shin / Bruise
2. Safe Sport Club Coordinators –
 - We currently have 69 actives to date
3. Safe Sport Club Presentations –
 - GRSC is looking at scheduling a session in April *
4. Athlete Wellness Incentive –
 - Conference call on 3/5/19 with Samantha Livingstone we are making good progress
5. U.S. Center for Safe Sport Webinar –
 - Posted this info on Niagara Swimming on 2/25/19
 - I attended on Monday 3/18/19 *



**Niagara Swimming LSC + Livingstone High Performance, LLC.
Athlete Wellness Initiative | Notes + Next Steps RE February 7, 2019 Call**

Mission: Supporting strong clubs, building stronger swimmers by providing opportunities from novice to elite.

Vision: Inspiring swimming for generations.

Values:

Long-Term Goal of Athlete Wellness Initiative

*To equip the athletes of Niagara Swimming with the skill set they need to become brave, resilient, mindful athletes. To support the growth of **all** athletes by providing and/or bridging them to the appropriate resources to help them achieve high-performance, feel fulfilled and positively cope with challenges, i.e. self-doubt, wavering confidence, failure, performance pressure, transition to college, etc. To support coaches, parents and other stakeholders with the resources and tools they need to become an inspired, empowered, aware and equipped village.*

The Niagara Swimming Athlete Wellness Initiative includes the following:

- I. Growing awareness + education around mental health issues; normalizing struggle and asking for help
- II. Identifying resources to support coaches, athletes and parents; helping to identify warning signs and appropriate language RE mental health issues
- III. Providing opportunities for connection and collaboration within clubs and across Niagara Swimming
- IV. Hosting in-person events for trainings and workshops; curriculum pulled from pillars of high-performance
- V. Establishing a recognition program for clubs who demonstrate a commitment to AWI
- VI. Creating a virtual platform for coaches, athletes and parents that houses resources, connection to community and virtual trainings
- VII. Infusing Athlete Wellness into the culture of Niagara Swimming, i.e. presence on social media + at swim meets
- VIII. Creating a system for reflection and evaluation RE effectiveness of AWI

Next Steps // Questions for BOD Task Force

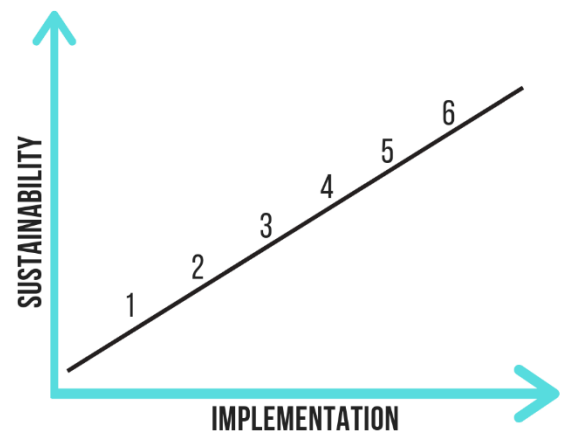
What resources are available for the development + implementation of the AWI now? What resources may become available in the future?

Pre-Rollout:

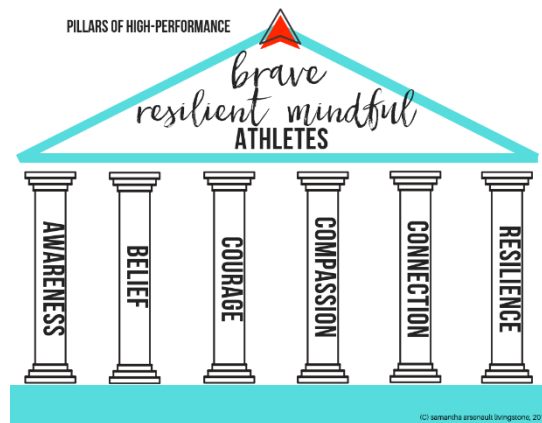
- Establish priorities from NSAWI that align with resources / funding
- Identify role of BOD members / where do you need help pulling together resources, generating content, mapping out workshops, social media mapping, etc?
- Decide on level of support provided – Does the LSC want to provide mental health practitioners and/or serve as a bridge to resources?
- Build out the HOWS for NSAWI

Rollout / Suggested Path for Implementation:

1. Introduce AWI to key stakeholders – BOD members, coaches, athlete reps, parents – via in-person event; story + introduction to high-performance pillars
2. Train LSC + Club Leaders
3. Create LSC-wide steering committee + club-based implementation teams
4. Develop / identify key trainers
5. Provide trainings to coaches, staff, athletes and parents
6. Embed NSAWI into mission + support policies



Here's an overview of the Pillars of High-Performance that form the foundation for the curriculum for the Athlete Wellness Initiative:





**Niagara Swimming LSC + Livingstone High Performance, LLC.
Athlete Wellness Initiative**

Initial Strategy Conference Call
Thursday, February 7, 2019 | 8 PM EST
Join URL: <https://zoom.us/j/431707514>

Niagara Swimming Mission + Vision

Our Mission: Supporting strong clubs, building stronger swimmers by providing opportunities from novice to elite.

Our Vision: Inspiring swimming for generations.

Attending Call:

Alex LaPoint (“athlete at large” representative) - 12 year member of the Niagara LSC community, 4 year collegiate swimmer, Bachelors in Health Science with a minor in Psychology from Nazareth College of Rochester, currently working towards a doctorate in physical therapy.

Jim Stromski (General Chair, Niagara Swimming) - Never a swimmer. Got into the sport because of my children. Club President and Treasurer, Niagara Officials Chair and now General Chair, N3 Referee, Starter, and S&T, N2 Chief Judge. IT professional by trade.

Leo Gibbons (Op Risk & Safe Sport Chair, Niagara LSC) - Swam in H/S, still swimming in USMS also serve as Niagara LMSC Officials Chair, Retired from General Motors, Occupational Health & Safety Inspector & Instructor for 30 years.

Maddie Panus (athlete representative)- I have been swimming competitively and a part of this LSC for 7 years. I am a senior in high school this year. I swam on my school team for 5 years, and am continuing my swim career at John Carroll University in the fall while majoring in biology.

Molly Hewett (Senior Athlete Representative)-I have swam in the LSC for 12 years. I swam for my high school team for six years. I am planning to continue my swim career in college. I am still undecided on which college but I plan on majoring in biology.

Needs. Gaps. Goals.

What are the core values of Niagara Swimming LSC?

Niagara's mission statement: Supporting strong clubs, building stronger swimmers by providing opportunities from novice to elite.

What role does the LSC play RE the AWI?

(JRS) From my perspective, the LSC should support the wellbeing of our athletes. The pre-teen and teen years are tough enough without the pressures of practices, competitions, and the desire to perform. I think that if we can better equip our athletes to deal with various stresses, not only are doing them a great services, but I believe that they will actually perform better in the water (meets mission statement).

(LCG) I am willing to help do whatever it takes to make this program a positive tool for all of our Athletes to use, and also to support any Athlete who asks for assistance.

Definition of Mental Wellness:

(JRS) Able to deal with stress, relationships, and 'life's chances' effectively.

(LCG) Stress, Anxiety and Mental Health are all issues our Athletes need to be able to identify and cope with not only now but as life goes forward

(MP) Recognizing that there is a healthy way to deal with challenges in your life, and being aware that there are people and things to help you.

What are the biggest challenges athletes are facing on pool deck (read: locker room, practice, meets, team outings etc.) RE mental wellness?

(LCG) Being ready to handle the the moment - peer pressure, parental expectations, and coaches all expect a great deal from Athletes - how do they stay focused?

(MP) Do athletes have a true motivation for the things they are doing (going to practice everyday) or are they doing it just to keep parents or other people happy?

What are the biggest challenges athletes are facing off the pool deck (away from team)?

(LCG) Acceptance as an individual - not falling into the patterns that some of their other friends and possibly even teammates may have already.

(AL) Self-imposed pressure to excel. Setting extremely high expectations for oneself and not having the skills/tools to manage defeat.

(MH) Stress from school or outside factors that can add to the pressure to do well. Overthinking their performance at meets or practice outside of the pool.

What are the biggest challenges coaches are facing on the pool deck?

(LCG) How not to push the Athlete to the “burnout stage”

(AL) Identifying the right time to push an athlete, and when to take a step back.

What are the outcome-based goals of this Athlete Wellness Initiative?

(JRS) Create a program that involves education/awareness, recognition, intervention, and treatment resources.

Success looks like... *How will we know it's 'working' - what will it look / feel like? How could we measure it?*

(JRS) This is tough as it may be hard to quantify. I would guess that, maybe, retention rates might go up, see a decrease in bullying incidents, and an increase in performance levels?

(LCG) Simply put we should see more energetic and compassionate Athletes who will be able to cope with the difficult task of just growing up and being what “they” want to be.

(AL) As a whole, the atmosphere on the pool deck will be supportive and collaborative. Athletes will be more confident in themselves and athletic performance will reflect their mental wellness.

//

Comments from Post-Call One Document, February 2019

Next Steps // Questions for BOD Task Force

What resources are available for the development + implementation of the AWI now? What resources may become available in the future?

Pre-Rollout:

- **Establish priorities from NSAWI that align with resources / funding**

AGL - I would list our priorities as follows: Growing awareness regarding athlete wellness, identifying resources to support athletes, coaches, and parents, creating a virtual realm to share resources and information, using social media to build open communication/culture within the athlete community, and hosting in-person events/trainings for coaches, parents, and athletes. Most of these items can be handled directly by the BOD, will be of minimal cost, and we already possess the necessary resources (with the exception of in-person events).

- **Identify role of BOD members / where do you need help pulling together resources, generating content, mapping out workshops, social media mapping, etc?**

LCG - As Safe Sport Chair I would like to try to merge the Safe Sport guidelines into this program. This could be accomplished as a joint presentation to individual Clubs which should be a requirement to achieve recognition status.

LCG - One resource currently available to Coaches would be asking me to do a Safe Sport Club Presentation to the Club Membership, I have done several already and some are currently being scheduled. Additionally I do posts on FB, Twitter, and Monthly email blasts to all Safe Sport Club Coordinators.

- **Decide on level of support provided – Does the LSC want to provide mental health practitioners and/or serve as a bridge to resources?**

MMP- I believe that this is something that has to be run past the BOD, but I think that serving as a bridge from swimmers to these resources should be our role. Doing research on what the best resources would be and then being confident in providing these contacts to the members of Niagara LSC is what I was thinking.

- **Build out the HOWS for NSAWI Objectives**



Niagara Swimming Club Strengthening Program

Coach Training Approval Request

Niagara Swimming has implemented a program to help the education and development of our coaches. The program provides financial assistance to help member clubs cover the cost of educating their coaches. During the year (Sept 1st – Aug 31st) a club is eligible for up to \$500 in matching funds per coach.

Eligibility Requirements:

- The club has completed at least USA Swimming's Club Recognition Program Level 1.
- The club has received approval from Niagara's Board of Directors.
- Approval was granted prior to attending the training.

Submit this form with a letter of request to the General Chair of Niagara Board of Directors. The letter will include a description of the training that the coach/coaches will attend and the dates of the training.

Club Name East Aurora Swim Team

Club Recognition Level 2

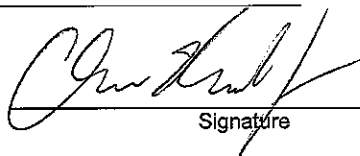
Training to be Attended Regional Coach Clinic- Rochester

Date(s) of Training 5/3/19-5/5/19

Coach's Name(s)

Chris Musshafen
Kala McCarrison
Olivia Bello
Anna Davidson
Kevin Murnock

Chris Musshafen
Name of Club Representative Submitting Request


Signature

3/20/19
Date

Jim Stromski
871 Strong Rd
Tully, NY 13159-3069
(315) 238-7124
generalchair@niagaraswim.org

Board Approval _____
Signature Date



**Niagara Swimming LSC + Livingstone High Performance, LLC.
Athlete Wellness Initiative | Notes + Next Steps RE March 5, 2019 Live Call**

Call Notes:

Pulled up Google doc on screen share for BOD task force members to comment, edit and approve the following:
All edits are included

Values of Niagara Swimming:

Safety. Community. Health/Well-being. Confidence. Achievement.

Long-Term Goal of Athlete Wellness Initiative:

To equip the athletes of Niagara Swimming with the skill set they need to become brave, resilient, mindful athletes. To support the growth of all athletes by connecting them to the appropriate resources to help them achieve high-performance, feel fulfilled and positively cope with challenges, i.e. self-doubt, wavering confidence, failure, performance pressure, transition to college, etc. To support coaches, officials, parents and other stakeholders with the resources and tools they need to become an inspired, empowered, aware and equipped village.

The Niagara Swimming Athlete Wellness Initiative includes the following:

- I. Growing awareness + education around mental health issues; normalizing struggle and asking for help
- II. Identifying resources to support coaches, athletes and parents; helping to identify warning signs and appropriate language RE mental health issues
- III. Providing opportunities for connection and collaboration within clubs and across Niagara Swimming
 - a. Hosting in-person events for trainings and workshops; curriculum pulled from pillars of high-performance
 - b. Creating a virtual platform for coaches, athletes and parents that houses resources, connection to community and virtual trainings
- V. Establishing a recognition program for clubs who demonstrate a commitment to AWI
- VII. Fostering community // Infusing (embedded into culture) Athlete Wellness into the culture of Niagara Swimming, i.e. presence on social media + at swim meets
- VIII. Creating a system for reflection and evaluation RE effectiveness of AWI
 - a. Survey monkey / qualitative data
 - b. Retention rates
 - c. Fulfillment
 - d. Response to setbacks

- e. National / Jr. National team
- f. Self-compassion survey
- g. MSPE / FAME
- h. Generalized Anxiety ??

Alex update on relationship with local Graduate School of Social Work

- Spring cohort to do outreach
- Willing to collaborate
- Task Force Priorities - all yeses

Named “Lead” members of task force to take ownership of next steps with AWI priorities

Task-Force Priorities	Lead	Paint-the-Picture: What does it look like when the AWI is fully implemented?	2019 SMART Goals <i>specific, measurable, achievable, relevant, time-bound</i>
Growing awareness regarding athlete wellness	Jim		
Identifying resources to support athletes, coaches, and parents	Alex		
Creating a virtual portal to share resources and information	Maddie		
Using social media to build open communication /culture within the athlete community	Molly & Molly		
Hosting in-person events/training for coaches, parents, and athletes	Leo	Open communication between Athletes and NI AWI, Clubs gain awareness into recognition and seeking professional mental health assistance. Recognition for Clubs that support AWI/SS	Quarterly session goals, AWI/SS Sessions run together to provide joint support. Semi Annual Program updates at HOD, Quarterly Program Memos sent out to all LSC Club Contacts.

Sam on Next Best Steps

- Leads to set up time to connect with Sam - email, phone, Zoom, Google doc - to paint picture of priorities and infuse Six-Pillars of High-Performance (educational foundation for AWI) where relevant
 - What does a fully implemented AWI look like RE to their priority
 - Identify SMART goals for 2019-2020
 - What supports / people / resources will be required to successfully hit goals
- Report back to larger task force group April 2nd

Sam to have conversations with USA Swimming

- Safe Sport
- Diversity and Inclusion
- Club Development

Updated Pillars

