

# SUN CITY SWIM CLUB

## DRAFT GENERAL MEMBERSHIP MEETING MINUTES

Meeting Date: March 26, 2025  
Meeting Location: Lakeview Social Hall 1  
Meeting Purpose: Winter General Membership Meeting.

### 1. Call to Order and Roll Call: 10:31 AM President.

President: Rick Hanan – Present  
Vice President: Earl Peters - Present  
Treasurer: Bill Shaw - Present  
Secretary: Larry Vose - Present  
Lessons Representative: Kay Dahlberg - Present  
Starrs Representative: Caryn Bender – Absent  
Starrs Coach: Leslie Nock - Present  
Past-President: Dale Wisley - Absent

Additional Attendees as noted on attached Sign-In record.

Quorum Status: 68 Members. 14 Required. 28 Present. Quorum met.

Mike Janicki, Bell Center Leader in Attendance.

Set the Agenda: President – Agenda as posted.

2. April 5, 2025 Chris-Mac Invitational Fun Relays Briefing. Larry gave a briefing on the upcoming April 5<sup>th</sup> Meet and asked for feedback/suggestions. See the attached for the briefing documents. Marty will be the Master of Ceremonies. Starters Larry and Cynthia. Rick will be backup MC if needed. Reviewed set-up plans for the night before and the morning of, instructions for the various volunteers (previously emailed to each), the safety plan (e.g. no diving in the shallow end, etc.), the timeframe for the meet (e.g. registration, warmups, Coaches meeting, etc.), snack lunch prep and the next update to go out to all the Swim Clubs participating. Review of the “Fun Events” was presented. A note to all that this is a Fun Event and the relay compositions will be fluid. Confirmed with Mike pool temp desired at 82F and posting signs ahead of time. Procedures for guests discussed.

10:53 Mike Janicki departed the meeting.

3. Amendments/Approval of Minutes: Motion to accept minutes for January 22, 2025 as presented - Tom; Second – Janet; In favor – All; Opposed – None; Motion carries.
4. Treasurer’s Report: Bill reported the Club is solvent with a balance of \$5,946.00. There are sixty-eight (68) paid dues and we will expect to be able to continue to fund the various events throughout the year and subsidize the holiday party. Motion to accept the Treasurer’s Report – Amy; Second – Christie; In favor – All; Opposed – None; Motion carries.

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5. Report from Kay on Lessons: Lessons are going well. Two new people today and another expected next week. No beginners at this time. Twenty-six (26) lessons people signed up; regular attendance is 10-13 per week. Kay has taken over the Club Facebook page and she posts a video ahead of time for the lessons people to view what is planned for the weekly session. Kay's restructuring of lessons as discussed at the previous meetings is well organized and showing good results.
6. Report on STARRS and Coach's Report. Leslie covered for the STARRS report in addition to the Coach's report. The Swim Club breakfasts start up again on April 25. The STARRS have 44 members on the roster; 35 registered with STARRS on USMS which puts us at a medium-sized team (20<medium< 50). This did not affect us this past meet as the Club hosting has a lot of latitude to run the meet and Phoenix Swim Club chose not to have small/medium/large team categories. Eleven (11) swam at the previous meet, one (01) DQ, everyone swam well. Upcoming swim meets: Saddlebrook is hosting a LCM Meet May 17 & 18 in Oro Valley (last LCM Meet was the Heatstroker in 2022). One (01) swimmer is planning for the Summer Nationals in Washington and any swimmer planning for this meet it is recommended to prep with the upcoming LCM in May. All upcoming meets are listed in the USMS website. The Spring Nationals are in Texas.
7. Swim Yoga report from Karen. This yoga is designed for healing – not like the Yoga Club. It is designed to address where there may be disconnects between your brain and your muscles that result in tightness, injury, non-optimal behavior. Movements are designed to re-educate your brain and body to reconnect so you get your natural range of motion back and then build from there. Different from the other art forms of healing - not PT, Acupuncture, or chiro, they all have their purpose and benefits however this is focused on the mind-body connection to heal. Bill (nine (09) years) and Tom (three (03) years) discussed their experiences with this yoga. Bill presented that he discovers things in his body that he never knew existed, with no obvious explanation. At our advanced age it takes more effort to fix things, it is low impact and focuses on different muscles and tendons. Tom reported he likes the end where you rest ... and also that he integrates it with his other gym work. He applies it to his daily activities such as in the supermarket observing how other people move and using that to reflect on his own movement. Swim Yoga is now entering the tenth year, Mondays and Wednesday 2:30 to 4:00 PM.
8. Report from Mindy for the Sunshine Committee. Lorain Smith, a teammate for years passed away recently. Lorain and Laura were stalwarts on the Sunshine Committee and chalking driveways with messages of encouragement. Mindy, Laura and Tom are the current Sunshine Committee.
9. Report from Rick on the Chicken Potluck. Forty-Five (45) people signed up. Starts at 11:30, Golf at 11:45. Chicken eating will start between 12:45 and 1:00 PM. The Fall Pizza Feed is Friday, October 24. Judy Roy will take care of the water, ice and ice chests.

## SUN CITY SWIM CLUB DRAFT GENERAL MEMBERSHIP MEETING MINUTES

10. Update from Larry on Bylaw (Club Rules) revisions as required by RCSC. The RCSC Board met with all Clubs on March 25<sup>th</sup> to address the RCSC required template. Earl and Rick attended for the Club. The goal of the RCSC is that all of the clubs have a comprehensive set of rules that consider the issues that are common and/or problematic to the clubs. The RCSC wants the clubs to administer themselves, but to do so, they must have certain basics addressed in their club rules and then follow those same (their) rules. When problems are brought to the RCSC, the first response is “what do your rules say?”. The bottom line is are we doing what we say we are going to do, keep it simple, practical and effective for self-administration. If we are not doing something that our rules say we are ... then start doing it or take it out. We have until the end of the year to implement. Rick will put the draft reformatted rules on the website ([suncityswim.com](http://suncityswim.com)) for all to review ahead of the October meeting. The Board expects to present to the membership in the fall.

11. New Business/Items Not on The Agenda.

- Larry asked for feedback on our Swim Club Fun Day held March 8. Rick recognized Bill Shaw for his performance in the “Drive Time” event, pushing his car the entire length of the pool.
- Robin asked about fund raising and garage sales, etc. The issue was effectively tabled until we get past the upcoming swim meet. Rick added that he had been challenged by Steve Oaks to fund raise for a chiller for the Mountain View Pool. Rick mentioned he is about 20% positive that we may see a suitable lap pool when Mountain View is renovated – he will continue to work on it over the summer.
- Janet appreciated the cleanup of the Shed. Mindy expressed appreciation for the contributions of everyone that makes this group work and be a positive activity.

12. Adjournment. 11:29 PM Motion to adjourn – Judy; Second – Janet; In favor – All; Opposed – None; Motion carried – Meeting adjourned.

### ATTACHMENTS:

- A. Agenda
- B. Meeting Sign-In Sheet.
- C. Chris-Mac Invitational Swim Meet Briefing Documents.

**Sun City Swim Club**  
**General Membership Meeting Agenda**  
**3/26/2025. 10:30 AM at the Lakeview Rec Center**  
**Social Hall Number 1**

- 1.) Roll Call and Establish a Quorum
- 2.) Briefing from Larry on April 5 Chris-Mac Invitational Fun Relays\*
- 3.) Approval of Previous Membership Meeting dated 01/22/2025 Minutes
- 4.) Treasurers Report - Bill Shaw
- 5.) Report from Kay on Lessons
- 6.) Report from Caryn on STARRS
- 7.) Report from Leslie on USMS March 15/16 Meet and upcoming events.
- 8.) Report from Karen on Swim Yoga.
- 9.) Report from Mindy on Sunshine Committee
- 10.) Report from Rick on Chicken Potluck & Mini-Putt for Friday March 28th
- 11.) Update on By Law revisions as required by RCSC Larry
- 12.) Adjournment

\*NOTE: WE WOULD LIKE TO REGISTER AS MANY SWIM CLUB MEMBERS THAT WILL BE SWIMMING AT THE APRIL 5<sup>TH</sup> RELAYS AS WE CAN AT THIS MEETING – THIS WILL ALLOW US TO FOCUS ON REGISTERING THE VISITING SWIMMERS AT THE MEET ITSELF. PLEASE PLAN TO BRING \$5 (OR A CHECK), SIGN THE WAIVER FOR THE ACTIVITY AND RECEIVE YOUR COMPLIMENTARY MEET SWIM CAP.

# SUN CITY SWIM CLUB

## MEMBERSHIP MEETING SIGN-IN RECORD

DATE OF MEETING: 3/26/2025

ALL ATTENDEES ARE REQUIRED TO SIGN IN

	NAME	RCSC NUMBER
1	LARRY VOSE	159673
2	Judy Roy	156005
3	Tom Martin	116594
4	Lebbie Blue	102824
5	JOHN Dahlgren	140182
6	Christie Fulton	146533
7	Joanne Cramer-Pascale (JoJo)	165507
8	SUSAN Zavala	102473
9	Laura Welch	113199
10	Rebecca Knowlton	122637
11	Ray Pester	923034
12	George Orning	114329
13	Carrie Curfman	179717
14	Corbie Hays	173330
15	Ray Salubing	142834
16	Billy Jones	106535
17	Gant Wood	134764
18	Jack Vande Zande	156489
19	William Shaw	145627
20	Leslie Grimm	157818
21	Bin Muxer	163501
22	Karen McLean	133287
23	Amy Vidal	137098
24	Rich Idunice	146245
25	Earl Fildes	125082

## Swim Club General Meeting Attendance 3.26.2025

[illegible]



Pool Set-Up Day Before:  
Larry Vose, Lea Vose, Amy  
Vidos, Cynthia Hayes,  
Carrie Curfman, Rick Hanan

Shade Canopy – US  
Table, Chairs, Flag, PA - RCSC

Lunch Set-Up: Judy Roy,  
Mindy Case, Lee Hawkinson,  
Christie Fulton

Clean-Up: Susanne Zavala,  
George Orning, Larry Vose

STARTER

Event Coordinator:  
Larry Vose  
Assistant: Lea Vose  
MC: Marty Morris  
Starters: Larry,  
Cynthia, Rick

RELAY  
PROPS

Orange Vest:  
Mondo Barnett,  
Lea Vose

Photo: John Wood

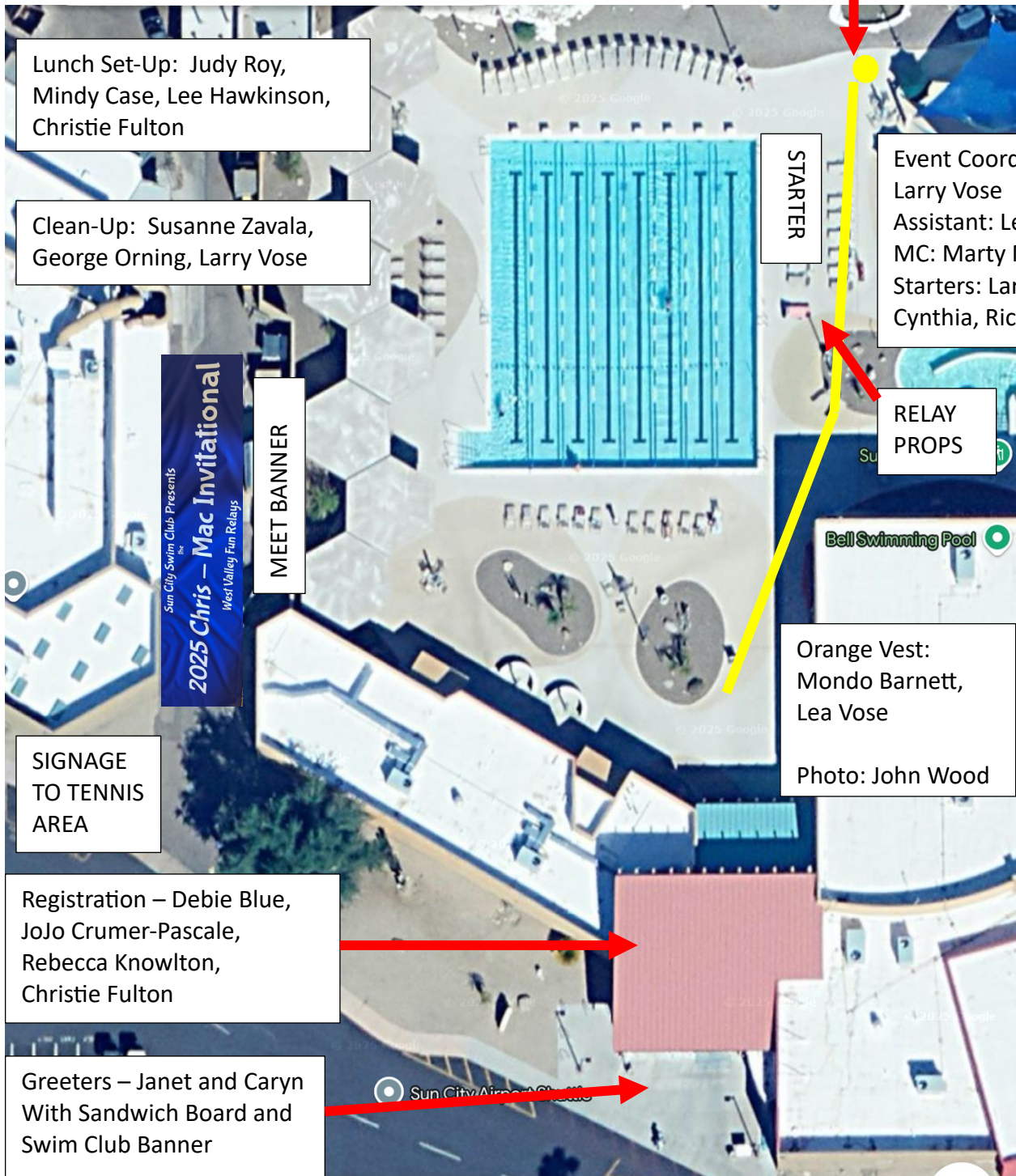
SIGNAGE  
TO TENNIS  
AREA

Registration – Debie Blue,  
JoJo Crumer-Pascale,  
Rebecca Knowlton,  
Christie Fulton

Greeters – Janet and Caryn  
With Sandwich Board and  
Swim Club Banner

Sun City Swim Club Presents  
**2025 Chris – Mac Invitational**  
West Valley Fun Relays

MEET BANNER



FUN SUN RELAYS APRIL 5, 2025, BELL CENTER POOL SUN CITY  
EVENT ORGANIZATION

Event Coordinator (1):	Larry Vose
Event Planning Committee (3):	Leslie Nock, Rick Hanan, Susanne Zavala, Larry Vose
Event Photographer (1):	John Wood
Set-Up Committee (4):	Larry Vose, Amy Vidos, Cynthia Hayes, Carrie Curfman
Greeters (2):	Janet Wood, Caryn Bender
Starrs Sign-In Table (2):	Debie Blue, Rebecca Knowlton, Jo-Jo Crumer-Pascale, Christie Fulton, Bill Mixer
Announcers (2):	Marty Morris, Rick Hanan
Starters (3):	Larry Vose: Events Cynthia Hayes: Events
Props Assistants (2):	Lea Vose, Mondo Barnett
Lunch Social Committee (4):	Judy Roy, Mindy Case, Caryn Bender, Christie Fulton, Lee Hawkinson
Clean-Up Committee (5):	Susanne Zavala, Leslie Grimm, George Orning, ALL Swim Club Members



# Fun Sun Relay Meet

## UPDATE NUMBER 5 ... and Final Until Arrival

Chris-Mac 2025 Invitational  
April 5, 2025, Bell Center Swim Pool, Sun City

To all Coaches and Teams:

Please find attached the Relay Heat Sheets. As this is a fun relay, we expect these to be a bit “fluid” as Coaches may run their swimmers as needed. We may adjust the heats and combine if there are a limited number of Team entries for any one heat.

Please have one representative from each Club to assist with their Club’s swimmers check-in. **At that time, waivers will need to be signed, the registration fee of \$5 paid. Please no bills over \$20 (the exact registration fee is requested) and the swimmers given their commemorative swim cap.** We will have people stationed along the way to assist with providing directions. For those that have not been to the Bell Center, a map is attached.

The planned timeline is:

7:30 AM	Registration is open (in the lobby of the Bell Rec Center)
8:00 – 8:45 AM	Warmups in lanes 3 – 8. Please remind swimmers to swim in a counterclockwise direction (stay to their right).
8:15 AM	Coaches Meeting with Event Coordinator.
8:30 – 8:45 AM	Practice Starts in Lanes 1 – 2. Please remind swimmers to swim the length of the pool and exit at the far (shallow) end.
8:55 AM	National Anthem.
9:00 AM	Meet Starts (Meet must be over at noon).

A couple of notes for the safety and general administration ...

**No diving from the shallow end of the pool.** Any relay legs that start from the shallow end will be starting in the water.

All the “Extra Fun” events will start in the water at the shallow end.

If you have swimmers that need assistance getting on the blocks, please provide a teammate who can help.

The Start End of the pool may not be as deep as some swimmers are used to. It is only SIX (6) FEET deep. The shallow end is FOUR (4) FEET shallow. Please see the attached diagram of the Bell Rec Center Pool.

Starts will follow the normal meet format. Call to blocks a series of shorts whistles. Call to step up to the starting position (blocks, alongside or in the water) one long whistle, followed by the command “Take Your Mark” and the start horn.

## Fun Sun Relay Meet

### UPDATE NUMBER 5 ... and Final Until Arrival

As this is a fun meet, we will be training starters, there will be no DQ's for false starts, illegal stroke or missed turns. We will leave it to the Coaches to bring an error to the swimmer's attention as a teachable moment.

When a swimmer finishes their swim, have them stay in their lane, hanging on the lane line until all teams have finished. Then have them exit promptly to lanes 1 or 8.

The Bell Rec Center has advised us that the hot tub and walking pool are for Sun City Residents only, please respect that. The area for the swim meet will be cordoned off with yellow tape. **Additionally, the Rec Center advises that only chairs provided by the Rec Center are allowed on the pool deck – no private chairs are allowed.**

A snack lunch is available at the Tennis Pavilion after the meet. Please see the attached map of the Bell Rec Center and the location of the Tennis Pavilion.

We will have Swim Club members in orange vests to readily identify people if assistance is need. Please direct any questions or concerns to our Event Committee:

Rick Hanan – Sun City Swim Club President (503) 730-4718  
Leslie Nock – Sun City STARRS Coach (301) 974-1562  
Larry Vose – Event Coordinator (907) 209-9796

We look forward to a safe and enjoyable day of spirited swimming and great comradery.

Rick Hanan  
President  
Sun City Swim Club

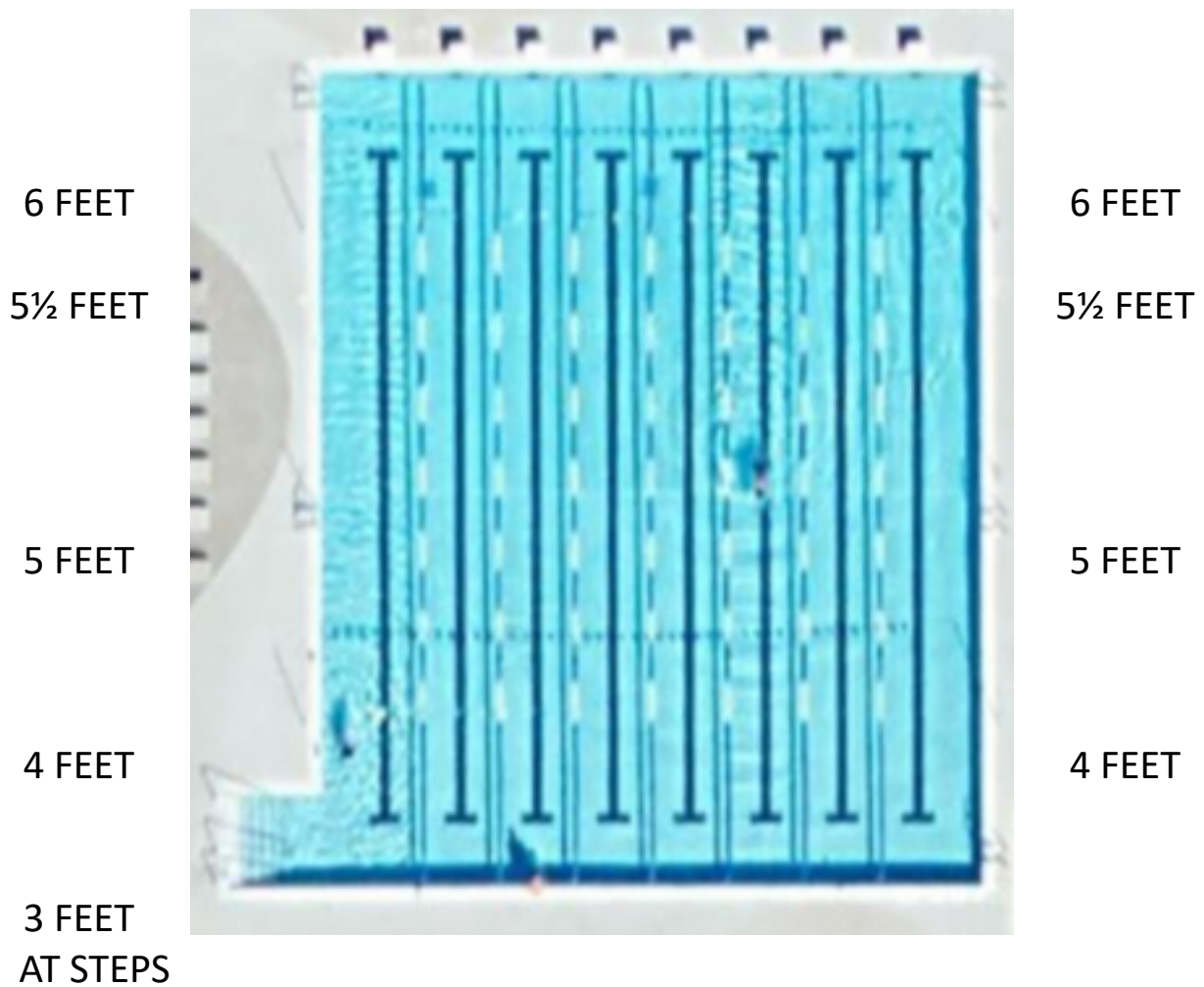
Attachments:

- (1) Bell Center Rec Pool Depths
- (2) Directions from the Bell Center Pool to the Tennis Pavilion (Lunch Area)
- (3) Directions to the Sun City Bell Rec Center (from west of Sun City)

Fun Sun Relay Meet  
UPDATE NUMBER 5 ... and Final Until Arrival

BELL REC CENTER POOL LAYOUT  
DEPTH GRADUATIONS

6 FEET AT THE START END



4 FEET AT THE SHALLOW END

POSTIONS APPROXIMATE – SWIMMERS CONFIRM FOR YOURSELF

## Fun Sun Relay Meet UPDATE NUMBER 5 ... and Final Until Arrival

Tennis Pavilion around the corner from the pool. To access, exit where you entered, turn right and go past alley and the Wood & Metal Clubs to the covered walkway. This leads to the mini-putt and the tennis courts. Turn right into the covered walkway and as you exit, the tennis pavilion will be on your left.

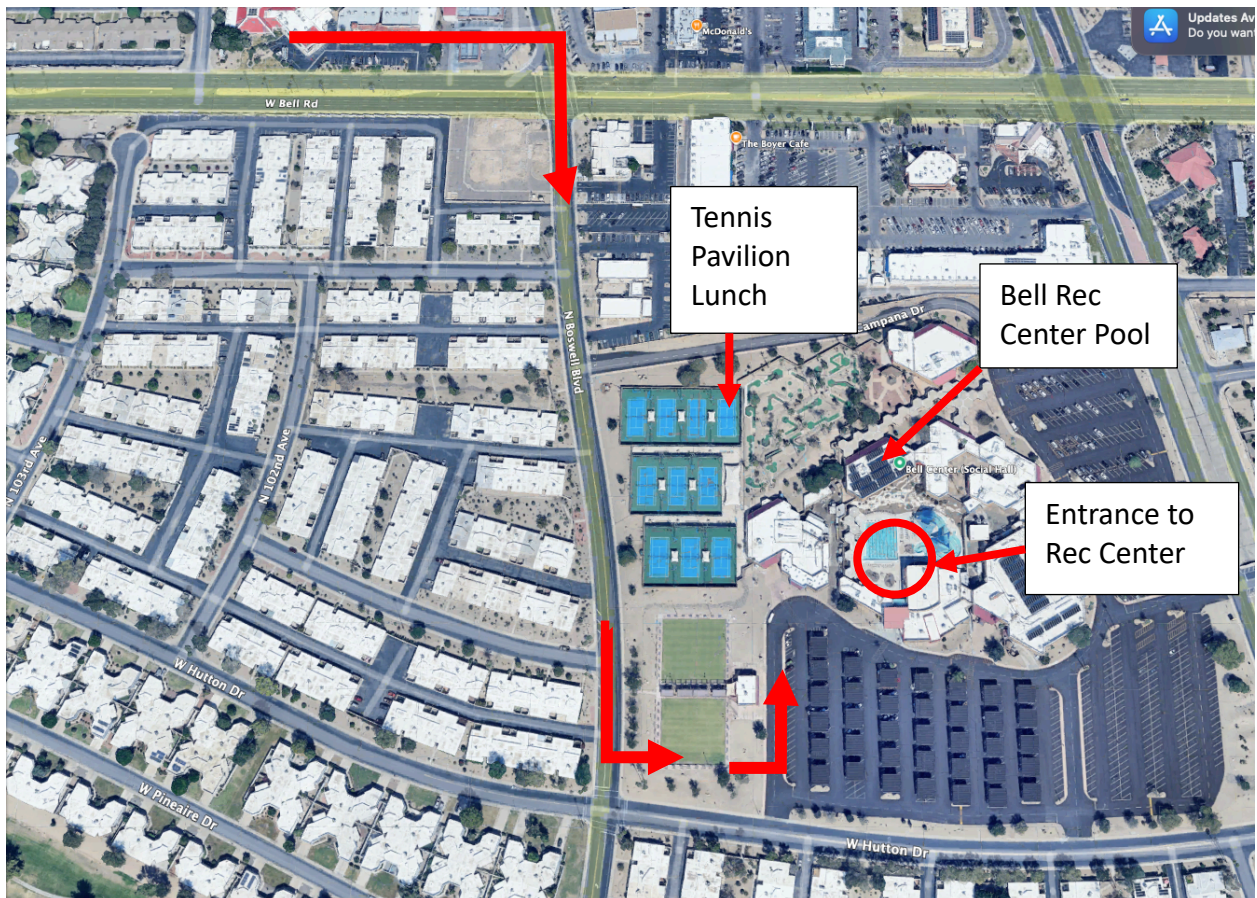




# Fun Sun Relay Meet UPDATE NUMBER 5 ... and Final Until Arrival

## DIRECTIONS TO THE SUN CITY BELL REC CENTER POOL

Heading east (arriving from west of Sun City) on Bell Road, turn right onto Boswell Boulevard. At the next four-way stop sign, turn left onto Hutton Drive. Turn left into the parking lot. The entrance to the Bell Rec Center and pool is shown on the map.



We will have greeters out front to welcome you and guide to the registration tables.