

VAST SWIM TEAM MEETING  
JANUARY 14, 2026  
@ TRUMAN REC CENTER  
@ 6:00 P.M

**BOARD MEMBERS' PRESENT**

Ruth Johnson, President  
Trice Hirr, President-Elect  
Bill Russ, Treasurer  
Gail Grossman, Secretary  
Michelle Bekoff, Member-at Large, was out of town

**44 PEOPLE PRESENT AT THE MEETING**

**WE HAD A GREAT TURNOUT AT THE MEETING THERE WERE 44 PEOPLE PRESENT AT THE MEETING. THANKS EVERYONE FOR COMING OUT AND BEING PART OF THE TEAM.**

**MEETING CALLED TO ORDER AT 6:00 P.M.**

Mark Ross Called the Meeting to Order  
Dave Scinolfi seconded the Motion

**MINUTES NOT ON THE WEBSITE**

Jeanne Hacket pointed out that minutes of our meetings are not on the website. The last minutes are from July. Ruth Johnson said that it was Jane Shen's responsibility to post the minutes to the website. She said that Gail Grossman was supposed to send the minutes to Jane Shen. Gail Grossman said that she always understood that Ruth Johnson would send the minutes to Jane Shen, once Ruth

approved of the minutes that Gail took. It was decided that Gail would send the minutes to the Board and if no one had any corrections, Gail will send the minutes to Jane Shen to be posted to the website.

### **BILL RUSS GAVE THE TREASURER'S REPORT**

We have \$ 4,215.04 in our bank account as of December 31, 2025.

### **2026 Budget**

We have a Budget of \$ 4,335 for 2026. The 2026 budget was approved.

### **DUES ARE DUE BY JANUARY 31, 2026**

Give or mail the \$ 55.00 Dues to Treasurer Bill Russ

### **VILLAGES SENIOR GAMES**

The Villages Senior Games will be held at the Villages High School in their 50-meter pool on Saturday and Sunday April 18, 2026, and April 19, 2026. The pool has a bulkhead in it so swimmers need to get used to the bulkhead when pushing off. FYI the water temperature at the High School Pool is cold.

### **CPR CLASSES**

VAST will not pay for a new a CPR class because only 5 people showed interest in the class when Ruth asked a group of 20 people at practice.

CERT Training is held on the 2<sup>nd</sup> Friday of the Month and swimmers can register at [www.certofthevillages.com](http://www.certofthevillages.com)

## **COACHES CORNER**

Todd Dickson introduced new people that have joined the team.

## **UNCOACHED POOL SESSIONS**

Todd is looking for people to volunteer at the uncoached pool sessions.

Todd would like volunteers for

1. Laurel Manor on Monday from 3:00 p.m. – 5:00 p.m. and
2. Mulberry 2<sup>nd</sup> session from 11:20 a.m. – 12:50 p.m.
3. Mulberry on Friday 9:00 a.m. – 11:00 a.m. (if possible but this practice is lightly attended)

There was an issue with the volleyball players coming in early. The Rec Department came in and told the volleyball players to stay out of the pool until VAST was finished. We want to manage the pool to keep non-VAST swimmers out for the 2<sup>nd</sup> session at Mulberry.

Todd is looking for more people to swim at Mulberry in the 2<sup>nd</sup> session. If we get more people to swim in that session the team could get a Coach or a person on deck for the 2<sup>nd</sup> Session.

Kathy Tittle suggested having a monthly sign up for volunteers to be on deck for the 2<sup>nd</sup> swim session.

Laurel Manor Swim Practice is on Monday from 3:00 p.m. to 4:50 p.m. 3-5 people show up at Laurel Manor for Monday practice. We are looking for volunteers to be on deck.

Ezell Rec Center on Friday is also uncoached but at this point we do not need an on-deck coach at Ezell.

Ezell is 11-1

## **CLINICS**

Per Trice she will start holding swim clinics once a month. Trice will let us know when the clinics will be.

We need volunteers to help with the clinics and to film swimmers with the underwater camera.

Clinics will probably be at Mulberry on Friday at 9:00 a.m. – 11:00 a.m. or at Ezell from 11:00 a.m. – 1:00 p.m.

## **SENIOR GAMES MEETS – BOB LYONS**

There are 5 Senior Games Meets that we can swim in  
Delray Beach  
Gulf Coast in Sarasota  
Lee County in Ft. Myers  
Polk County in March  
Capitol City in March

## **USMS SWIM MEETS**

VAST is LOOKING FOR SOMEONE TO RESEARCH AND ANNOUNCE THE UNITED STATES MASTERS SWIM MEETS. Please contact Ruth if you are willing to volunteer.

The Rowdy Gaines Swim Meet will be held on January 30 – February 1, 2026, in Orlando.

The USMS Short Course Nationals will be held in Greensboro, N.C. From April 30 – May 3, 2026.

The USMS Summer Nationals will be held in Sacramento, California from August 5-9, 2026.

### **KAREN PANKER COMMITTEE**

Karen has put together a committee seeking ways that VAST to improve participation for all of the members of our swim team. The Panker Committee has come up with 9 ideas. They are going to meet one more time and then present their ideas to the Board and Coaches and then present their ideas to the team.

### **PANCAKE BREAKFAST AND TEAM PHOTOS**

Ruth asked the team if we still should have the pancake breakfast the day before the Villages Senior Games Swim meet. Do we add some other food other than pancakes.

The team agreed that they want to keep the pancake breakfast but it will now be called the TEAM BREAKFAST and other foods such as eggs and other items will be added to the menu.

Since The Villages Senior Games are on Saturday and Sunday April 18-19, Ruth will look to get a room at either Mulberry Rec Center or Ezell Rec Center for the team breakfast on Friday, April 17, 2026. After that the team will take a Team Photo at the pool.

Last year we had 35 swimmers attend the Pancake Breakfast and Photo. We encourage EVERYONE to attend the Team Breakfast and Team Photo even if you are not competing in the Villages Senior Games.

## **VOLUNTEER COMMITTEES**

The Board and Coaches are asking everyone on the Swim Team to participate in helping out VAST.

Ruth pointed out that VAST is not a swim workout group but a Swim **TEAM**. We ask all members of VAST to be on a committee or to sign up to help with some aspect of the team.

Ruth has put a list together of what every single person can do to help out the TEAM.

### **We need people to help with:**

**The website**

**Social events**

**Spreadsheets**

**Uncoached time on deck**

**Clinics**

**Team Breakfast**

**Pick something you are interested in and volunteer**

**PER RUTH, ALL VAST MEMBERS ARE EXPECTED TO VOLUNTEER AND PARTICIPATE IN THE TEAM**

Ruth will send out a survey within a week or so, for VAST members to sign up to volunteer for an activity to help the team.

## **NIGHT GOLF FEBRUARY 11, 2026 AT MOYER REC CENTER**

### **THERE WILL BE NO TEAM MEETING ON FEBRUARY 11, 2026 BECAUSE OF NIGHT GOLF**

The Co-Chairs of Night Golf are:

Theresa King

Cathy Friel-Dombeck

There will be no Team Meeting on February 11, 2026, because of Night Golf. Night golf will be held at Moyer Rec Center, on the Escambia Golf Course. All VAST members are invited to come even if they don't play night golf. Night golf is a scramble, playing best ball with glow in the dark balls. There will be a shotgun start which means that everyone starts at the same time from a different tee. By doing it this way everyone starts together, and everyone ends at the same time.

Bring your own glow in the dark golf balls. Belle Glade and Glenview Country Clubs sell the best glow in the dark golf balls.

The committee has now opened night golf to spouses and friends so contact Theresa or Cathy if you wish to play night golf.

More than likely Theresa and Cathy will have a Food Truck starting at around 5:00 p.m. and then Night Golf will start around 7:00 p.m.

### **ADDITIONAL DISCUSSION**

Jeannie Hackett pointed out that none of the Women's Short Course Meter results are on the VAST website, only the men's results. This needs to be fixed.

In addition, the team store does not have any products in the team store.

**OLYMPIA POOL JUST OPENED UP AND VAST HAS 2 SESSIONS**

Any swimmer can swim in Session 1 or Session 2 at Olympia

Session 1 starts at 8:00 a.m. at Olympia

Session 2 starts at 9:20 a.m. at Olympia

Take electrolytes packets

Shaklee electrolyte packets

**MEETING ADJOURNED**

Tere DeMoss moved to adjourn the meeting

Brian Pertillar seconded the motion to adjourn

**THE MEETING WAS ADJOURNED AT 7:19 P.M.**

**HAPPY NEW YEAR EVERYONE!**