

passionate people and I want to do my best to encourage and guide them to provide the best experience possible for our coaches and athletes. Through USMS and the different programs the Coaches, Fitness, and Sports Science and Medicine committees provide, thousands of lives have been changed for the better. I want to be a part of that.

What do you consider to be the major issues facing USMS now and in the future? As a person holding an elected position within USMS, how would you address these issues?

Communication between the Volunteers and Staff of USMS; I do not feel like they have the same vision in mind. For example, during a Coaches Certification course, they repeatedly emphasized that our mission was to grow membership. At the leadership summit, the goal was to make sure we are providing the most we can for our current members; growing membership was not a priority.

I would make sure that the mission and vision of USMS are clear and kept in mind at committee meetings when they edit, or create programs administered by USMS Staff.

I also foresee the quality of coaches decreasing. Passion is a must when it comes to coaching masters swimmers. The future of USMS is in the hands of those on deck who are passionate. I think creating more coaches is great, but I think we should be trying to make better coaches. Great coaches are also great people. Programs with self-improvement and preventing burnout as priorities will keep great coaches in our sport, and continue to attract new and experienced swimmers to our community.

I believe a solution to this is creating an environment where asking questions of more experienced coaches is encouraged. USMS already has a great forum platform in place. Perhaps enrolling in a mentorship program can become a requirement to becoming Level 3 or 4 certified.

Please list USMS committees on which you have served. Include the dates you were on the committees and the names of the committee chairs under whom you served:

Legislation Committee, Fall 2013 – Present, Meg Smath

Please list any other experience that relates to your qualifications for the position.

Founder and Head Coach of the Wahoos of Wellington Masters (WOW-FG). Sept 2012 – May 2nd, 2015.

Head Age Group Coach for the Wahoos of Wellington Swim Team. September 2012 – May 2nd, 2015.

19 years of experience as a swimmer.

7 years of experience as a coach.

Head Coach for the FGC at the 2015 All Star Dual Meet. In charge of 122 swimmers and 6 coaches.

Zones Coach for the FGC 2011 – 2014.

Level 3 Certified and Recognized USMS Coach. 4 is the goal!

Please list any other information you would like included.

I was one of the Kerry O'Brien Coaches Award recipients in 2014.

B.A. in Psychology and Interdisciplinary Studies

B.A. in Sociology

Minor in Business

Certificate in Women's Studies

Graduated Magna Cum Laude and a member of 4 different honors societies

Please write a short summary statement that will be posted on the display board with your photograph at the HOD Meeting

Good Morning! Welcome to Kansas City! My name is Richard Garza and I am running for VP of Community Services. I have been involved in the sport of swimming for almost 20 years and basically breathe swimming. I have board experience working as the FGC LMSC Vice-Chair and Co-Vice Chair of the Legislation Committee. My goal in life is to help people improve their well-being, and I currently do this through swimming. I wish to have the opportunity to help more people on a national level, please help me help you! Feel free to approach me and ask any questions you'd like, I'm an open book! Have a great weekend!

4/16/15

Nomination Letter

To the USMS Elections committee,

I, Nadine Day, nominate Richard Garza for the position of USMS Vice President of Community Service.

A handwritten signature in black ink, appearing to read "Nadine KM Day". The signature is stylized and cursive.

Nadine KM Day

April 30, 2015

Members of the USMS House of Delegates,

It is not often I get to write a letter of recommendation about a person that I have worked with in so many capacities over the past five years; initially as a coworker coaching for the same club, then subordinate when he added a Masters workout group to his location, then as a peer when he branched out and started a brand new Masters club and ultimately working together on our LMSC Board. Richard Garza impressed me when I first met him as an age group coach. From that point on I realized his talents are unending, as was his motivation and determination to do the right thing to promote adult swimming! Richard will make a fantastic VP of Community Services for USMS.

Always welcoming new challenges, Richard, who is an accomplished age group coach with FLA Aquatics, added a Masters Workout group at a remote location in 2011. In 2013 he moved on to create a brand new Master's Club, Wahoos of Wellington (WOW) which quickly became the fastest growing club in the LMSC growing to over 100 registered swimmers in 2014. He accomplished this all before the age of 26.

My observation of Richard is he is a "student of the business" of coaching adults, constantly striving to learn as much as he can to be the best coach to his swimmers. His workouts address all levels of the sport from the Novice to Fitness to the Elite Competitive swimmer & Triathlete. For a man so young to understand the Adult swimmer so quickly is phenomenal. I have always introduced him as the "Future of Masters Swimming". I knew early on what he could bring to our sport. His maturity and knowledge of the Adult Swimming market go well beyond his years.

Upon being elected as the Florida Gold Coast LMSC Vice-Chair in 2013, his first task was to update the LMSC By-Laws, which were much talked about over the years and desperately in need of modernization. He methodically approached this project by forming a task group. Utilizing skills he has learned from being on the USMS Legislative Committee, he laid out the updates in a clear and concise format that made it very easy for the LMSC to understand and vote on!

To meet Richard, you quickly will understand his compassion for the adult swimmer and USMS. He is a man of substance, unending energy and forward thinking! As candidate for VP of Community Services his willingness to seek out guidance and ultimately his fairness in addressing issues set him apart from all others. **Richard Garza is the right person for the position of VP of Community Services.**

Sincerely,



Marty Hendrick
Head Coach, Swim Fort Lauderdale
Florida Gold Coast LMSC Chair
USMS Level 4 Certified Coach

This letter may be published by USMS. 

April 29, 2015
Lisa Dahl
LDahl@usms.org

TO: Election Chair Cheryl Gettelfinger
US Masters Swimming
Elections Committee

Dear Cheryl,

I am writing to recommend Richard Garza as a USMS Board Candidate for the position of Vice President of Community Services. I have known Richard as a fellow coach, a leader in his LMSC, and as a leader in USMS at convention.

Richard is just the type of leader we need for USMS. Richard does not shy away from the inner workings of USMS, he will embrace the chance to get involved at the national level with hard work and enthusiasm. He came to his first convention three years ago and has demonstrated his leadership abilities by seeking out the Legislation Committee for his area of focus, serving on the committee and assuming the Co-Vice Chair role by his third convention. Richard is a coach for masters swimmers and for USA swimming. As a coach he demonstrates the ability to reach out to others, learn from them and listen and then coach them at the next opportunity. He does this for his swimmers and also for his peers in Masters Swimming.

Richard would make an excellent Vice President of Community Services. The Vice President for Community Services focuses on coaches, fitness education and sports medicines and science. Richard is uniquely suited to these areas having been a lifelong swimmer and coach, with personally committed to adult fitness and he has dedicated his career to the sport of swimming.

Recently I had a chance to watch Richard in his role as a leader among his peers at the LSMC Leadership Summit in Arizona and what I observed is a young man whom has strong leadership qualities and potential. His quiet demeanor with his observant skills with a service attitude where refreshing.

I highly recommend Richard as a prospective Vice President for Community Services. Please see me if you have any questions.

Lisa Dahl
Immediate Past President PNA
President Puget Sound Masters

I agree that this reference is posted