

Sarah Welch - Northwest Zone Candidate for the At-Large Director



The Election Committee has deemed that Sarah Welch is a member in good standing of USMS. The candidate has indicated she is planning to attend the HOD Meeting for this election year and, if elected, is planning to attend all HOD Meetings during her tenure in office.

The candidate is running for reelection and is not required to provide a letter of nomination or letters of recommendation.

The candidate provided the following responses on the Candidate Questionnaire/Consent-to-Run Form:

Section Two: Candidate Qualifications

I am a member in good standing of USMS in this election year: Yes No

I am planning to attend the HOD Meeting for this election year: Yes No

I am Planning to attend all HOD Meetings during my tenure in office: Yes No

I have attended more than 1 HOD Meeting in the past five years: Yes No

I am a resident and a member of the Zone from which I seek election (Director Candidates only): Yes No N/A

Please list the USMS National HOD Meetings you have attended, including the dates of attendance:

- I attended all USMS/USAS National Conventions from 2003 in San Diego through Kansas City in 2015 as a delegate of the Pacific Northwest (PNA) LMSC. I attended all the HOD meetings convened during the 13 USMS Conventions which I attended.

Section Three: Questions

Why are you interested in this position and why do you believe you would be a good candidate?

Having served on the Board of Directors from 2014 to now, I have served USMS in a range of capacities from a task force evaluating our National Office location, to the selection committee for our new CEO to heading up USMS' first Diversity Task Force. I have contributed fully in all Board meetings, consulting with other BOD members thoroughly and making a contribution to Masters Swimming wherever I can. I have enjoyed the experience more than I'd envisioned when I first ran for the Board.

I will continue my focus on the 'big picture' and will contribute to the strategic direction for USMS as an At Large Director. I will re-double my efforts to improve how we communicate among all levels of the organization (from the club, to LMSC to the Board) and work to strengthen relations throughout the organization. I am convinced that by sharing interests and best practices, we can provide real value to our members. Looking forward to a second term in office I remain committed identifying and mentoring future leaders throughout the organization to make sure we remain a healthy and sustainable organization into the future.

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?

With our new CEO hired, the Board and the entire organization is poised to update our strategic plan. I look forward to this initiative and plan to contribute by bringing strategies for USMS to promote diversity at all levels of the organization—from the pool deck to the national organization.

We have amazing opportunities in front of us. The College Club initiative may lead us to exciting new alliances; the Adult Learn to Swim training is reaching into new relationships; the LMSC Development Committee's work on peer to peer training gives us a forum to share best practices and our relationships with the international swimming bodies promotes masters swimming across the world.

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:

Finance Committee member from 2003 to present:

- Committee Member under Tom Boak, Jeff Moxie, Ralph Davis, Homer Lane and Jeanne Ensign (present)
- Vice Chair of Finance Committee from 2006 to 2012 (under Jeff Moxie, Ralph Davis and Homer Lane)

Comp and Benefits Committee member from 2008 to present:

- Committee Member under Nadine Day and Ed Coates
- Chair of the Comp and Benefits Committee from 2012 to 2013
- Vice Chair of the Comp and Benefits Committee since 2014 under Chair Ed Coates.
- Liaison between Comp and Benefits and Finance Committee (informal role)

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

I worked as an executive for the City of Seattle for 30 years with a focus on finance, management, human resources administration, program development and program management. After a 7-year consulting stint, I completely retired giving me the time and energy to undertake a USMS BOD role.

I work as an advocate for preserving parks and open space in a rapidly growing city (Seattle). I volunteer as a forest steward for urban forest reclamation and as an advisory council member of our only city indoor tennis facility.

I have served 4 years as President for our Regional Club (Puget Sound Masters) and continue serve as its representative on the LSMC Board (PNA). I have served in a variety of

capacities at the LMSC level since PNA hosted Nationals in 2003. I continue to volunteer with Masters swimming at the club and LMSC levels.

Please list any other information you would like included.

USMS Member since 1992: Pacific Northwest Aquatics (PNA) now known as Puget Sound Masters

- National Top Ten
- World Record Holder: relay
- World Champion: 2008-Perth and 2012 Riccione. USMS Team Member in Kazan, 2015
- National Record Holder: individual and relay
- LMSC and NW Zone Record holder
- Coordinator: swimmer and coach clinics, PNA LMSC for 13 years
- Volunteer Coordinator: Short Course Nationals Federal Way 1997 and 2007
- President: Puget Sound Masters, a 1300+ member regional Club 2013 to 2015
- Board Member PNA LMSC 1997 to present
- Recipient: Dorothy Donnelly Service Award 2008

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

I look forward to the opportunity to continue to serve on the BOD for a second term of office. In my two years on the Board I have participated fully in the work on the Board, volunteering for several task forces and initiatives. If elected, I commit to working on behalf of members to think strategically and furthering the values of our organization.

I volunteer with USMS to give back to the sport that has given so much to me. I have served in a variety of roles with USMS at the national and local level. I am committed to working to make sure we are developing young talent for the future. And, I look forward to continuing the work of the Diversity Committee to recognize what our inclusive values can mean for masters swimming: in the water, in our programs and at all levels of our organization. Thank you for your support.