

Greater Richmond Aquatic League

Board of Directors Meeting

June 1, 2026 @ Battlefield Green

Next Board Meeting Monday, July 6th at 7pm (Location: The Federal Club, 13030 Palmers Way, Glen Allen, VA 23059)

The Greater Richmond Aquatic League (GRAL) is an organization of swimmers, coaches, and parents whose aim is to promote and participate in the sport of summer swimming. GRAL provides an opportunity for young people to compete against others of similar ability in an atmosphere of fair play, good sportsmanship, and safety.

Meeting called to order at 7:00pm

Roll Call:

Present: AshCreek, Ashland, Atlee, Battlefield Green, Bell Creek, Burkwood, Canterbury, Church Run, Colonies, Federal Club, Hanover, Hungary Creek, Mechanicsville, Milestone, Old Church, Pebble Creek, Raintree, Rockville Dolphin Club, Twin Hickory, Wellesley, Wembly, Wyndham

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- Absent: Chestnut Oaks, Dominion Club, Fox Hall, Goochland, Kings Charter, Tuckahoe Village West

President Report: Roy Sabo (Milestone) president@gralva.com

- May meeting minutes approved (Federal Club motioned, Pebble Creek second)
- Registration and Ribbons
 - Teams provided registration checks
 - (1) Teams who haven't provided registration check should reach out to Treasurer and President to arrange pick-up.
 - (2)
 - Ribbons distributed to teams present and whose coach did not pick them up at Coaches' meeting
 - In 2027, registration count deadline will be pushed to Friday before June Board meeting
 - DO NOT SHARE RIBBONS!!!

- Please update the team roles in SwimTopia ASAP (e.g., board rep, parent rep, Champs coordinator, head coach, assistant coaches, officials coordinator, etc.)
- Coach's Meeting Debrief
 - Spoke about meet preparation (meet entries, practicing starts, flyovers, etc.); during the meet (positive check-in, dive certification, entrey and relay changes); and after the meet (meet audit, ribbons, team awards and fun practice).
- Registration:
 - Recall that if an athlete is listed on your team's Swimtopia Account, your team is responsible for the registration fee, regardless of whether they are competing in GRAL
 - Starting now, please complete [Additional Swimmer Form](#) for newly registered athletes
 - (1) We are amending process to remove Word document and replace it with emailing relevant parties of new swimmer
 - (a) ralph@gralva.com, home and away parent reps, home and away computer reps, other team coach
 - (2) Only need forms for additional swimmers added on 6/1/2026 or after.
 - Additional Registration fees and any other discrepancies (\$11 per swimmer as listed in Swimtopia) will be due at Champs
- Len Everett Scholarship
 - Application Deadline: June 12
 - Letters of Recommendation Due: June 26
- Certificate of Insurance
 - Certificate of insurance is passed due
 - If your team has not yet done so, please email your team's certificate of insurance to president@gralva.com immediately
 - Ensure that GRAL is listed as additional insurer
- Reminders for Start of Season
 - Use your positive check-in to update events and relays; don't print until check-in is complete
 - Dive Certification Booklets: remind coaches to (i) create or update them, and (ii) bring them to check-in to mark swimmers with in-water or wall starts.
 - Exemptions
 - (1) Three types: employee (for swimmers switching teams for coaching/life guarding), special needs (ex. assistance, uniforms), and relay teams
 - (2) Teams can start applying for exemptions now
 - (3) Exemption application forms can be found on GRAL website (<https://www.gralva.com/forms>)
 - (a) Link emailed to all Referees, GRAL Board Representatives, and Officials Coordinators on 6/2/2026
 - Weather
 - (1) Lifeguard responsibility to indicate that deck must be cleared
 - (2) 4 people who make decisions for delay/cancelation: two team reps (home and away), pool manager, meet director
- New Board Members for 2027 Season

- Secretary, Treasurer, VP of Officials, VP of Champs (we need to co-VPs), VP of Equipment, VP of Technology
- Ask your team and parents if anyone is interested; you do not have to be a GRAL Board Rep to be considered for these positions

Secretary Report: vacant

Treasurer Report: Cindy Anderson (Raintree) treasurer@gralva.com

- Updates
 - Balance: \$15,809

VP of Officials Report: Tom Connolly (Pebble Creek) officials@gralva.com

- Please continue recruiting for officials and certified positions.
- Questions

VP of Training and Certification: Steve Harness (Bell Creek) training@gralva.com

- Email VP of Training and Certification if you have questions about Concussion Training
- Questions
 - Are all tests and trainings available? Yes
 - On Referee training, its incorrectly reported that entries are due 60 minutes before the meet.
 - Final entries are do no fewer than 30 minutes before meet

VP of Equipment Report: Moira Sweazey (Hanover) equipment@gralva.com

- Ribbons distributed to teams attending June Board Meeting
- Teams who haven't received ribbons should reach out to VP of Equipment and President to arrange pick-up.

VP of Technology Report: Mark Rakes (Colonies) technology@gralva.com

- Keep officials and officers up-to-date on SwimTopia
- Ensure your Head Coach shared role is up-to-date
- Updates
- Questions

VP of Champs Report: Heather Jensen (Church Run) champs@gralva.com

- We have our 2026 Champs logo
- Please assign your Champs coordinator now
- 2026 Champs Planning Schedule
 - 6/16: Champs follow-up meeting (virtual)
 - Mandatory for Champs Coordinators
- 2027 Champs Planning
 - Working with SwimRVA on potential dates

Computer Coordinator Report: Ralph Jones ralph@gralva.com

- Please send any 19-year-old swimmer exemptions

Old Business:

- None

New Business

- New USA Swimming Rule Changes (effective immediately)
 - (1) Butterfly and Freestyle: swimmer may resubmerge at the finish (once head passes the flags)
 - (2) K-Tape now permitted without Dr's note; no more than two digits (fingers and toes) may be taped together.
- Upcoming Board Meetings
 - (1) Monday, July 6th (Location The Federal Club)
 - (2) September Meeting Planning

Good of the league

- What do teams do if blocks are lose?
 - (1) Use a shim (ex. small piece of wood) wedged into block holes to keep it in place
 - (2) If parents are concerned, swimmer can choose to perform wall start or in-water start

Meeting adjourned

Respectfully submitted by Roy Sabo, President (acting as Secretary)