



NJ Board of Directors – General Chair Report

12/18/2023

- Spoke with the Tristate coalition and withdrew for this season
 - Working on an awards ceremony for those athletes in NJ who have broken records over the past three years. We have not done anything in quite some time.
 - Met with Beth W from USA Swimming and went over membership trends. We discussed ways to build our officials base, retain age group swimmers and educate our younger coaches.
 - Official base increase is being done by Judy and her officials committee. Gretchen ran a clinic during one of my meets and it was packed. I know there were several other educational opportunities offered this fall. There will be more offered in winter and spring.
 - To retain Age Group swimmers- the Senior chair and age group chair have partnered up to build meets. Looking to run a meet at JAC the last weekend of January to get the age groupers excited. Meaghan, the Senior chair, took care of securing a camp for our 11-14 year olds.
 - Educating our younger coaches- I have attached a proposal from Fluid Mechanics. (We would also open it up to Age group swimmers by IMR scores.)
 - I have a proposal from Sporfie to install cameras at Rutgers for championship season. I propose NJ Swimming pay for the service for a year. Check out the attached offer. I also propose that we get rid of spectators from Championship meets.
 - Working on P&P with Eric (Admin VC).
 - Meeting dates:
 - 2/19 @7:30
 - 4/22 @7:30pm
 - HOD TBD
-



Sporfie
5090 N 40th St, Suite 450
Phoenix, Arizona 85018
United States

INVOICE

Invoice # 4502
Invoice Date Oct 23, 2023
Invoice Amount \$3,600.00 (USD)
PO # Rutgers University

PAYMENT DUE

BILLED TO
Nicole Cicalo-DeCaro
Bergen Barracudas Swim Team
550 Ramapo Valley Road
Mahwah, New Jersey 07430
United States

SUBSCRIPTION
Billing Period Oct 23, 2023 to Oct 23, 2024

DESCRIPTION	UNITS	UNIT PRICE	AMOUNT (USD)
LIVE+ Pro Live streaming, highlights and cloud recording for your facility cameras.	1	\$900.00	\$900.00
LIVE+ Pro additional camera stream	3	\$900.00	\$2,700.00
Full HD (1080p)	1	\$0.00	\$0.00
		Total	\$3,600.00

Amount Due (USD) **\$3,600.00**

NOTES

Sporfie Video Platform services including hardware equipment (cameras, server, switch) and installation at Rutgers University pool.

If you have any questions, please email us at contact@sporfie.com. THANK YOU!

TRANSFER DETAILS

BANK TRANSFER

BANK NAME

JPMorgan Chase

ACH ROUTING NUMBER

122100024

CITY, STATE

New York, New York

WIRE ROUTING NUMBER

021000021

ACCOUNT NUMBER

672171813

SWIFT BIC

CHASUS33



New Jersey Swimming LSC + Sporfie Partnership

This agreement outlines the details of New Jersey Swimming LSC's partnership with Sporfie. Sporfie and New Jersey Swimming LSC will work together to provide quality live streaming services, as well as offerings to all teams/clubs that are connected to or governed by New Jersey Swimming LSC. Through this partnership both parties agree that the primary focus is to create a win-win-win for athletes, swim programs, coaches, and the organizations who utilize the Sporfie platform.

New Jersey Swimming LSC will...

- o Live stream all meets using the Sporfie platform.
- o Announce the new partnership throughout their active lines of communication.
- o Help promote the exclusive offering from Sporfie (agreed upon by Sporfie and New Jersey Swimming LSC).

Sporfie will...

- o Create exclusive offer for New Jersey Swimming LSC affiliated organizations.
- o Provide ongoing support and training for New Jersey Swimming LSC and their affiliates.
- o Allocate 5% of all monies raised through New Jersey Swimming LSC affiliates payable to New Jersey Swimming LSC.
- o Provide individual support for New Jersey Swimming LSC affiliated teams that onboard with Sporfie.

By signing below, we agree to the details outlined above.

Print Name: _____

Title: _____

Signature: _____ Date: _____



Fluid Mechanics, Inc.
Serving Swimmers, Coaches, and Teams Worldwide
Since 1987

FLUID MECHANICS, INC.



SERVICES & PRODUCTS PROPOSAL

610.837.9999

www.fluidmechanics.net

swim@fluidmechanics.net

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ABOUT US

Fluid Mechanics, Inc. is an athletic consulting company that takes a unique visual approach to help swimmers and coaches develop, achieve and exceed their goals. The founder, John B. Waldman, is a former world ranked swimmer and renowned leader in competitive swimming instruction.

Having been mentored by the legendary, Dr. James E. Councilman, Waldman has the tools and knowledge to unlock the full potential of swimmers and coaches. Since 1987, Fluid Mechanics has built a network of highly trained experts dedicated to empowering swimmers, coaches and teams to go beyond their limits.

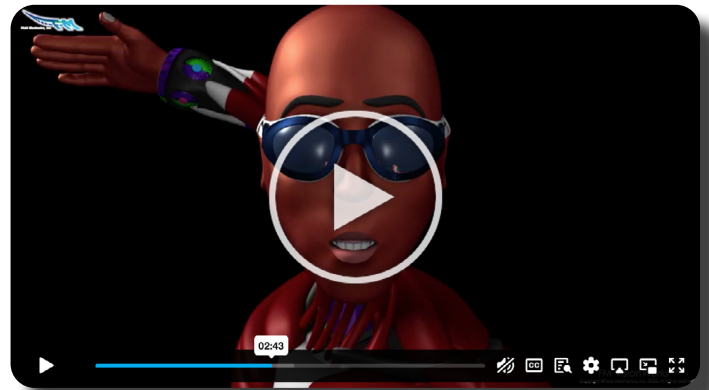
VISION

Our visual learning system, FM VisionWorks™, is the world's first program to use life-like avatars to teach the science of swimming. This groundbreaking training system combines the latest theories in competitive swimming, exercise science, and biomechanics. Through the visual demonstrations of our FM Avatars™, coaches and swimmers internalize advanced athletic concepts at-a-glance. Simply put, they just see it and then do it.

THE FM AVATARS™

WELCOME TO THE CAPTIVATING WORLD OF THE FM AVATARS™

The world has developed primarily into visual learners. Therefore, one of the most effective ways to deliver content is by graphically showing it to the viewers. At Fluid Mechanics, we've designed our FM Avatars™ specifically for that purpose. Our avatars effectively pull the audience in and capture their attention.



FM Avatars™ are high-quality, broadcast-level, 3D animations that quickly create a shared understanding. The science of sports can be made easier to grasp and more fascinating for everyone. Our avatars create a world where innovation easily crosses language barriers, clarifies the dynamics of sports, and delivers complex ideas in moments.



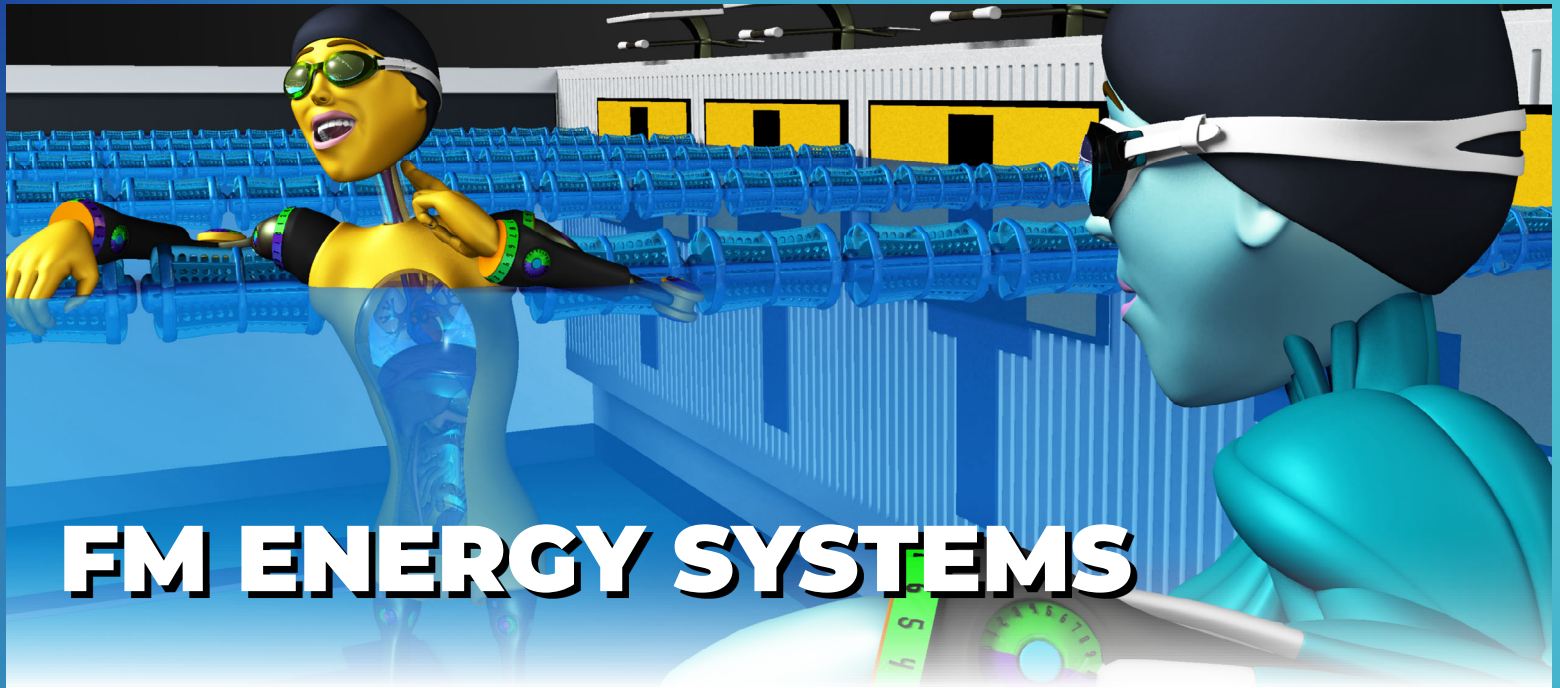
FM PROPOSAL TO NEW JERSEY SWIMMING

Fluid Mechanics (FM) proposes to host an event where we will provide education for coaches as well as parents and their swimmers about specialized topics that will have a huge impact on swimming performance. There will be a three-hour time block. The audience will be split into two separate groups. One group will be coaches, while the other group will consist of parents and swimmers.

We have availability to run this event any day during the week besides Sunday.

COACHES PROGRAM

An abbreviated version of our Energy Systems training will be taught by Fluid Mechanics. Our energy systems course helps provide the foundation of in-water training for swimmers, which contributes significantly to energy efficiency and performance. The coaches will have the opportunity to learn more about in-water training and understand how the body generates its energy. By knowing this, coaches will then understand more about balancing intensity, duration and rest throughout their team. This gives the coaches the opportunity to understand seasonality in swimming and how to prepare swimmers for their championship swim meets. We will need a TV provided by NJ Swimming, preferably at least 70 inches that we can connect to our iPad.



FM ENERGY SYSTEMS

EXPLORING ENERGY SYSTEMS

Fluid Mechanics Energy Systems will help coaches;

- Understand the 3 Energy Systems and how they contribute to a swimmer's performance.
- Learn the in-water training methods used to develop the energy systems.
- Understand how to use the FM Energy Systems Training Guide to design team in-water training seasonal calendars and practices.
- Identify intensity levels and how they relate to heart rates during training.

ENDURANCE SYSTEM

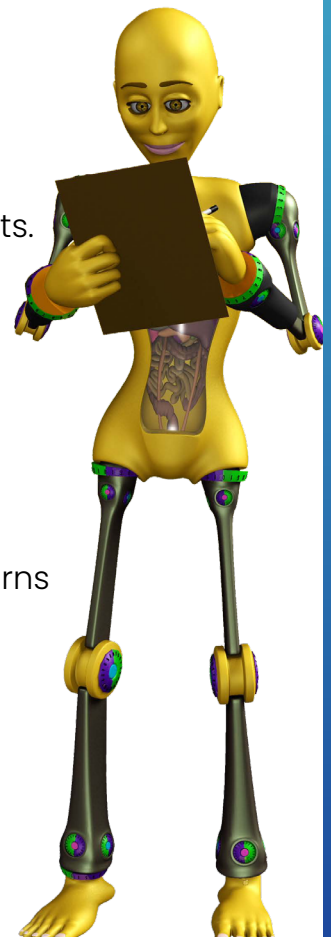
- Used for extended bouts of exercise such as middle or long distance events.

SPEED SYSTEM

- Used for short intense bouts of exercise such as sprints.

EXPLOSIVE SYSTEM

- Used for quick bursts of highly intense powerful motions such as starts, turns and short sprints.



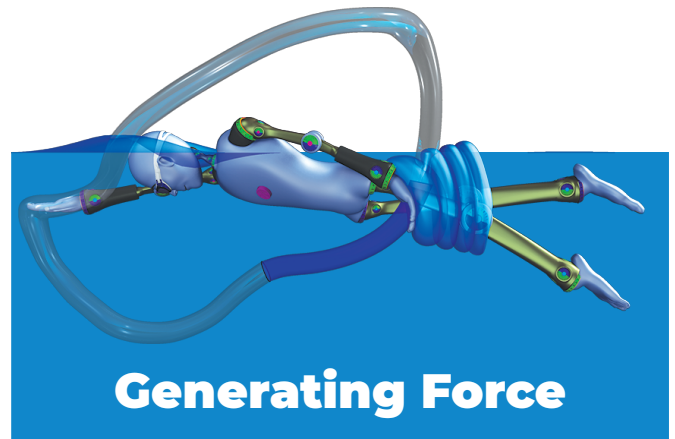
SWIMMERS & PARENTS PROGRAM

A 2.5 hour in & out of water special event with the topic being chosen by NJ Swimming.

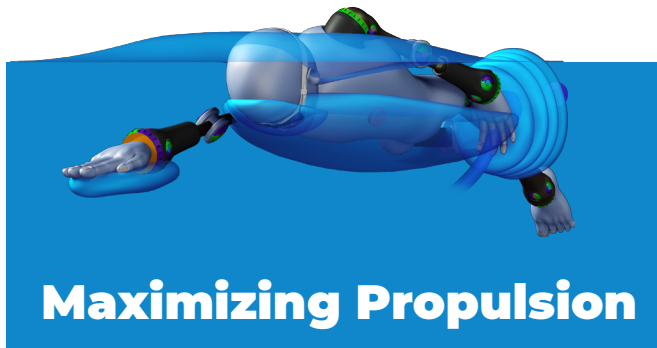
Topic Options – choose 1 topic from the list



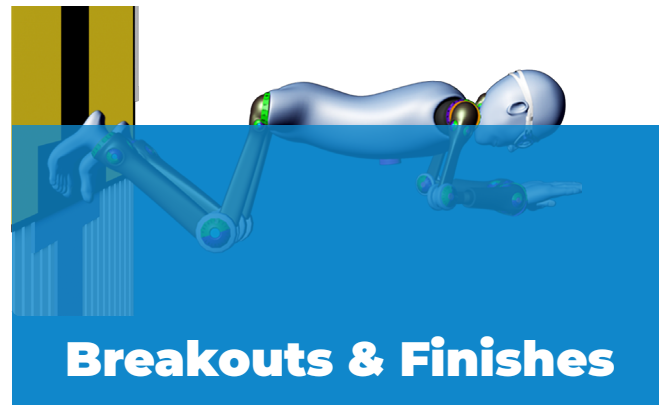
Swimmers understand the role of water and how to reduce water resistance, increase stability, harness propulsive forces and manipulate water to move with greater efficiency.



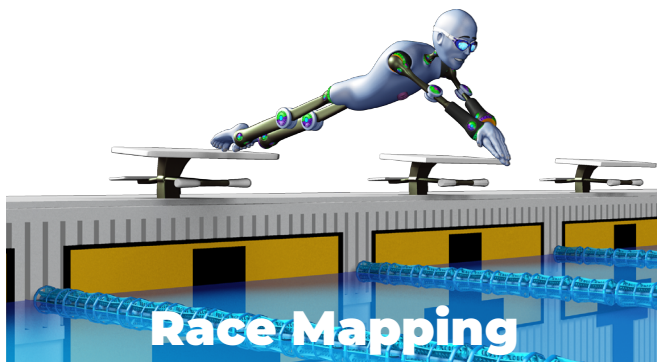
Swimmers understand which force to use and how to generate it so that they can increase power, efficiency and speed.



Swimmers learn how generating more propulsion helps you increase the effectiveness and speed through the water.



Swimmers learn techniques for harnessing forces to propel them forward in the breakout as well as how to position their body during the final stages of their race.



Swimmers learn about the five critical compartments of a race and key strategic areas where they can take advantage of their competition

SWIMMERS & PARENTS PROGRAM

For the special event topic chosen, parents and swimmers will learn about the topic out of the water first. We will bring a TV to help show visuals of the information being presented. The swimmers will then get in the water and have a chance to start applying what they have learned in a large group setting as well as smaller groups. Depending upon the size of the group, there will be a consultant that will lead the entire group, and additional consultants to provide support who may break into smaller groups to help assist the swimmers with the topic. At the end of the event we will be able to see how well the swimmers retained the information but also have them try out the technique at a faster pace.

Each swimmer will receive an invite to our FM Discovery Center after the event, which will digitally present the information covered as well as the book.

There will be a designated 30 minute allocated time during the event where we will talk to parents about the importance of working on multiple cornerstones of swimming to develop the swimmer the best. These cornerstones will include fuels, energy systems, strength & flexibility, technique and the mind.

There will also be handouts, follow up support services, program related items for sale, special offers available to attendees.

NJ SWIMMING DISCOUNTED PRICE = \$3000

ACCEPTANCE

Date: _____

Date: _____

ORGANIZATION REPRESENTATIVE

Printed Name: _____

AUTHORIZED REPRESENTATIVE OF FLUID MECHANICS, INC. :

By: _____

FLUID MECHANICS, INC.