

Connecticut Swimming 2020 Annual Meeting of the House of Delegates

**Slate of Candidates and Biographies**

***To be presented to the House of Delegates on October 24, 2020***

David Heller, Chair of the Nominating Committee, is pleased to present the following slate of candidates for your consideration and election. It has been the goal of the Nominating Committee to involve the greatest number of participants within our LSC. **Candidates nominated from the floor must have given their consent in advance (in writing) to the person nominating them or be present (in-person or virtually) at the House of Delegates meeting in order to accept the nomination.** Thank you to each who has expressed a willingness to serve and for your participation in this important process.

Nominating Committee: David Heller (UN) Chair, Ed Becker, BULL; Ellen Johnston, WRAT; Meghan Lynch, GYWD; Kathleen Mendonca, SOCO; Matt Pohlman, UN; Jeff Sargent, WRAT, Athlete.

General Chair:	Rick Lewis, SHKS
Administrative Vice-Chair:	Jeff Sargent, WRAT
Secretary:	Lauren Lazar, GYWD
Finance Vice-Chair:	Ed Becker, BULL
Senior Committee Chair:	Rob Bouchey, NMEG
Program Development Vice-Chair:	Jen Lyman, SLAC
Coach-at-Large:	Nick Cavataro, GYWD
	Spencer Hartmann, OAK

**Biographies**

**Ed Becker, BULL**

Ed was chair of the CSI Officials Committee, served on the CSI board of directors and has represented CSI at the US Aquatic Sports Convention. He has officiated at meets ranging from U.S. National and Junior National Championships to his favorite club and championship meets in Connecticut. He is a recipient of the USA/Connecticut Swimming Phillips 66 Outstanding Service Award and the Maxwell Excellence Award. A USA Swimming certified coach, Ed is an instructor at the Milford Woodruff YMCA where he works with Masters, open water, triathletes and other swimmers on stroke efficiency. Ed spent the largest part of his career at People's Bank where he managed multi-million-dollar budgets. He is now a full-time college professor and earned three degrees, including an M.B.A., at the University of Connecticut where he swam for four years and served as a part-time coach as a grad student. Ed's YouTube channel has over 169k views. His most popular video with over 70k views is one of he took of his son as a Yale freshman swimming in the HYP meet.

**Rob Bouchey, NMEG**

I am the Head Coach and owner of Nutmeg Aquatics based in East Lyme, Connecticut. The 2020-2021 season marks my 20th year as a competitive swimming coach. I have coached in the Michigan LSC and here in the Connecticut LSC through this time. During my career I have been exposed to essentially all operations structures available to youth swimming organizations; those operated by a parent board of directors, YMCA institutionally operated programs, and private coach owned programs. I have been involved with programs from large to small representing many diverse communities. I am also currently the Aquatics Director for the East Lyme Public Schools offering me experience in facility management and operations. I am currently certified as an American Red Cross Lifeguard Instructor and am a Certified Pool Operator through the National Swimming Pool Foundation.

I have a great deal of experience hosting competitions ranging from small to vast, including Regional Championships in Connecticut and LSC Championship meets in Michigan. Having served as meet director for many meets, I am confident that I can guide the operations of our Senior Championships here in Connecticut. I have experience being certified as an Administrative Official and will look to renew this certification for the role of Senior Committee Chair if necessary and beneficial.

I have experience serving on the LSC Board of Directors for Michigan Swimming as Secretary, and as Board of Review Chair. I have served on the CSI Technical Planning Committee in two different periods. I have greatly enjoyed serving on this committee in Connecticut as it allows for creativity and input from a wide array of stakeholders in our LSC. I look forward to the opportunity to lead the Senior Committee for many of the same reasons: collaboration, creativity, and efficiency. I believe the committees of the CSI Board will serve an ever important role in guiding our LSC back to competition following the COVID related restrictions.

I am seeking election as the Chair of the Senior Committee to the Connecticut Swimming Board of Directors in an effort to further my engagement in the function and direction of competitive swimming in our state. I have positive, forward looking ideas and feel that I can be a productive contributor to the Board of Directors. I find service to our governing body to be important, and hold highly the importance of career coaches serving in roles that will guide our sport and ensure it's sustainability and value to our youth. I have been able to work with several of the members of the current board who traverse a series of committees and believe that I will be able to work with them in further advancement of our LSC as an additional representative of the coaching community in our governance structure. I believe that my experience working with teams ranging in size from 50-300, operated by parent boards, YMCA's, and under independent ownership allows me to view the sport and governance needs from many perspectives. Having coached in both Fairfield County and Southeastern CT allows me to think critically from experience representing different areas and their needs, which I find an important aspect of service to the LSC.

**Nick Cavataro, GYWD**

Nick Cavataro has been the Head Coach of the YWCA of Greenwich Dolphins since 1977. During his tenure the team has grown from 30 girls to 225 boys and girls. The Dolphins have had success within the LSC and nationally, with numerous Top 10 LSC State Age Group and Senior Championship finishes in both the LCM and SCY Championship Meets.

The team has been recognized nationally with four consecutive USA Swimming Bronze Medal team selections (2014, 2015, 2016, 2017) and three consecutive Silver Medal team honors (2018, 2019, 2020). Under Cavataro, in addition to dozen of USA Top 16 rankings, the Dolphins have had numerous USA Swimming US Open, Senior National, Junior National and Olympic Trial qualifiers and participants including Fran McDermid, Chantal Rawn, John Waters, Thomas Dillinger, Kate Hazlett, Alex Jahan and Meghan Lynch.

In addition to the Dolphins, since 1980 he has been the Head Men's and Women's Coach and Director of Aquatics at Iona College (NCAA Division I) in New Rochelle, NY, where he has been a four-time Coach of the Year in the Metro Atlantic Athletic Conference, (MAAC) and Metropolitan Collegiate Swim Conference (MCSC) with six championships and over a dozen top 6 team placings.

Cavataro is a past member of the Board of CT Swim in the capacity of Technical Planning co-chair and most recently was an at Large Delegate to the 2020 USA Swimming National Convention. Cavataro has been a coach participant at three USA Swimming National Select Camps in Colorado Springs.

Cavataro has had extensive experience working with swimmers, ages 5- 8, as the Swim Coach at Westchester Country Club in Rye, NY, where his summer teams have won eight Westchester League titles and another dozen top five finishes. Cavataro is a member of the American Swim Coaches Association (ASCA-Level 4) and the College Swim Coaches Association. He has participated in American and College Swim Coaches Associations Clinics, including as a panel participant.

A distance freestyle and butterfly swimmer and graduate of Iona Prep and Manhattan College, Cavataro was a three-time All-MCSC Collegiate selection. He is married to the Susan Follansbee Cavataro, an exercise physiologist. The Cavataro's have six children ages 21-34 and one grandchild and reside in Greenwich, CT.

**Lauren Lazar, GYWD**

Lauren Lazar has been an active participant and volunteer to the Greenwich YWCA Dolphins and Westchester Country Club Swim Team for approximately 9 years. She has spent endless hours helping at swim meets doing whatever was needed. She has also been a donor and active chairperson for several fundraising campaigns to support the GYWD Swim Team. She is the current swim chair for Westchester Country Club. Lauren obtained her B.S. from Tufts University and then continued on to graduate school. She got her D.M.D from Tufts University School of Dental Medicine and then specialized and obtained her degree in Orthodontics from New York University School of Dentistry. Lauren loves sports and played Varsity Tennis while at Tufts. She and her husband, Mike reside in Greenwich, CT. They have four children and the two girls are swimmers. Caroline (15 years), Penny (14 years old), Robert (12 years old) and Ryan (7 years old).

**Jeff Sargent, WRAT**

Over 48 years of involvement with the sport of swimming as an athlete, parent, coach, volunteer and official. Employed as the Chief Compliance Officer of a \$1.3 Billion Investment Advisory Firm.

**Family**

2 daughters, Elizabeth and Caroline. Both former CT Swimming members. Elizabeth continued on to swim at Seton Hall University. Graduated 05/2020. 4-year Varsity member. 3-year All Big East and 4-year All Big East Academic. Now registered with Connecticut Masters. Caroline currently a Junior at UMBC. 2-year Varsity member, 2-year All America East. 1-year All Conference Academic.

Married to Margaret (Margy) Sargent. Longtime CT Swimming official. CT Swim Certified Meet Referee, Deck Referee, Administrative Referee, Starter, and Stroke & Turn. USA Swimming Certified N3 Referee, N2 Starter, N2 Chief Judge, N3 Stroke & Turn

**Official**

CT Swim Certified Deck Referee, Starter and Stroke & Turn  
USA Swimming Certified N3 Starter, N3 Stroke & Turn, N2 Chief Judge  
USMS Certified Starter and Stroke & Turn

**Coach**

ASCA Level 3, Level 5 educated  
USMS Certified Coach Level 3  
Member ASCA, NISCA & NFHS  
Coached Age Group and Senior at BSY & Shelton Monroe Rapids  
Coached Masters at Wilton and Westport

**Volunteer**

Member of CT Swim Nominating Committee – 2016- 2020  
Chaperone for CT Swim Zone team - 2012  
General Chair of CT Masters Swimming – 2014 - 2019  
USAS Convention Delegate (Masters) – 2015 - 2019  
Member of USMS National Officials Committee – 2015 – 2016

**Athlete**

Competed (competes) in Connecticut as an age group/senior/masters swimmer.  
Selected as a member of the CT All Star team for both Long Course and Short Course  
NISCA All American (1), USMS All American (8)  
36 Individual USMS Top 10. 49 Relay USMS Top 10  
1 Individual FINA Masters World Top 10. 7 Relay FINA Masters World Top 10  
More than 50 Connecticut Masters Individual and Relay State Records  
1 Masters National Record – USMS  
1 Masters World Record – FINA