

# GULF MASTERS SWIM COMMITTEE MEETING

APPROVED 7-29-24

July 19, 2024 Zoom meeting 6:00 pm

**Gulf Officers present:** Nicole Christensen (Chair, Communications-Webmaster), Karlene Denby (Treasurer, Communications Chair/Newsletter, Fitness Co-Chair), Kris Wingenroth (Secretary), Linda Visser (Membership Coordinator, Top Ten)

**Gulf Committee Chairs present:** Patrick Harrington (Coach's Chair), Andreas Lorenz (Long Distance Chair), Anna Bass (Diversity & Inclusion Chair)

**Team Representatives present:** None

**Not present:** Stacey Eicks (Vice-Chair, Fitness Co-Chair), Kevin Lunsford (Sanctions), Herb Schwab (Officials), Jill Gellatly (College Club Swimming Liaison), Alana Wilson (Social Media Chair)

The meeting was called to order at 6:02 pm.

Nicole welcomed attendees. All members present are certified to vote.

The minutes from the 5/14/2024 meeting were approved via email on 5/21/2024 and have been posted.

## 1. OFFICER & CHAIR REPORTS:

### a. Chairman – Nicole Christensen –

- **The Grand Prix Open Water Challenge** - The Grand Prix Open Water Challenge has one more event this season. The finale, Shark Attack 2, will be on Oct 13<sup>th</sup> at Lake Longhorn. Results have been posted for the previous events and the leaderboard updated on the [Zone website](#). Additional awards have been added this year (for second and third place). These will be given in the six scoring categories.
- **USMS and the LMSC Development Committee** - USMS and the LMSC Development Committee are urging volunteers to start signing up for and interacting with the Community Forums. A **User Guide** is available to help members navigate and sign up for the forums that they are interested in.
- A free **long course practice** for all Gulf registered members was held at Dads Club on Sunday June 23rd from 11 to 12:30. Four of our certified Gulf coaches (who happen to have had their coaching certifications paid for by the Gulf LMSC) ran the workout. The coaches were Anna Bass, Andreas Lorenz, Patrick Harrington, and David Guthrie. We had 21 swimmers attend from a variety of backgrounds. Lots of positive feedback was received.
- Nicole announced that she will be running for the South Central At-Large Director position for the Board of Directors. At this time, she is running unopposed. The voting will take place at the USMS Annual Meeting.
- Nicole recognized Kris Wingenroth, who has won the USMS Ransom J. Arthur Award, the most prestigious award given by USMS for a Volunteer.

### b. Vice Chairman – Stacey Eicks – no report-not present

### c. Secretary – Kris Wingenroth – no report

### d. Treasurer – Karlene Denby – The Gulf's current total assets are \$75,932.16. We have \$12,797.15 in cash and \$63,135.01 in CDs.

### e. Membership Coordinator and Top Ten – Linda Visser -

**Membership:** As of 7/17/24, we have 818 members and 27 teams, slightly ahead of last year.

**Top Ten:** the results for the SCY zones meet have been submitted.

### f. Sanctions – Kevin Lunsford- not present – no new events have been sanctioned and none are in the works.

- g. **College Club** – Jill Gellatly – no report – not present
- h. **Fitness** – Karlene Denby –
  - Karlene has planned a new fitness event; a virtual swim to San Antonio, the location of Spring Nationals in 2025. One swimming mile will equal four walking miles so the swimming distance will be about 56 miles. It will run from October 1 to the end of the year. To complete the swim, participants will need to average 18.7 miles per month.
  - Immediately following the Swim to San Antonio event, the Gulf Swim University will begin on January 1<sup>st</sup>.
  - Karlene suggested we might consider offering a New Year’s Swim in addition to the Thanksgiving Day swim.
- i. **Coaches/Club** – Patrick Harrington – no report
- j. **Open Water/Long Distance** – Andreas Lorenz – no report.
- k. **Diversity and Inclusion** – Anna Bass – see the discussion in New Business.
- l. **Newsletter** – Karlene Denby – A special edition of the newsletter has been produced and will be posted soon.
- m. **Website and Emails** – Nicole Christensen –
  - **Website:** Nicole is working on creating a google analytics account so that we can have traffic data for our site.
  - **Emails:** Since the last meeting on May 13<sup>th</sup>, four emails have gone out (two to Gulf only members and two to the entire Zone). The open rate on emails ranges from 75% to 89%.
- n. **Social media** – Alana Wilson – no report – not present
- o. **Officials** – Herb Schwab – no report- not present

## 2. OLD BUSINESS:

1. **Coach-on-Deck discussion:** no updates.
2. **LMSC name change discussion:** (*Secretary’s note*) After Nicole and Kris had discussions with the National Office (Dawson), they decided not to pursue the idea of a LMSC name change at this time. The National Office does not feel that the time and expense of making a LMSC name change is warranted by the few incidences of people and clubs registering in the wrong LMSC. It was suggested that the Gulf should periodically review the club map to look for clubs incorrectly registered.

## 3. NEW BUSINESS:

1. **USMS Annual Meeting:** The Gulf is entitled to three voting delegates for the Sept. 13-15, Annual Meeting which will be virtual. Jill Gellatly and Kris Wingenroth are automatic delegates because they are USMS Board members. The Gulf is entitled to three additional voting delegates. Four members showed interest in attending, some “if necessary”. After discussion of who was most interested, it was moved and seconded (Kris, Andreas) that Nicole Christensen, Anna Bass, and Patrick Herrington be the Gulf LMSC designated delegates. Motion passed unanimously. Anyone else interested is encouraged to watch the proceedings via YouTube.
2. **Try Masters Swimming:** The dates for this year’s USMS Try Masters Swimming program is Aug. 1-31. This is designed to tie in to interest generated by the Olympics. Swimmers can begin to search for participating clubs on July 25<sup>th</sup>. To promote this event the Gulf will make social media posts. A suggestion was made that we could create flyers to give to swim shops. It was pointed out that August is not an ideal month for this initiative since August is the month that many USA coaches take their vacations and many of our USMS coaches are USA coaches. Some masters teams do not hold workouts during portions of the month. It was also noted that teams that do not offer “Try Masters Swimming” programs will immediately lose their Gold Team status.
3. **National Coaches Clinic:** As approved at the last meeting, ten stipends of \$250 each are available for Gulf coaches that attend the NCC. The application will be ready to post soon. Notifications will be sent to coaches via email, text, and through social media. Patrick Harrington and Anna Bass expressed interest in attending the clinic. Information can be found at: [Gulf Masters Swimming - Home](#)

4. **Future practices for Gulf registered members:** The Gulf long course practice was a big success. In order to diversify the locations of such events, the board members brainstormed about other pools that might be available. Coach Gilbert at SHAC has invited the Gulf to host events at his pool. The SHAC facility has a pool with 3 long course lanes and 6 short course lanes and also has a teaching pool. Additional volunteer coaches are needed in order to expand this program.
  5. **ALTS Programs 2024/25:** Using the QR code on the art car parked at St. Arnolds Brewery, twenty-nine people signed up and took free adult swim lessons. Anna is waiting for clearance from her principal to set up ALTs classes when school starts. She is considering whether Saturday mornings would be a good time. She would like to pass out information about USMS when the students graduate from her class. The group brainstormed on locations of other pools that might be good locations for ALTS classes. The ideal pool would have a shallow end so that students can stand up. Typically, it takes 3 to 4 lessons for a student to work on technique and after that, they are able to work on endurance. Anna needs caps and goggles for her class participants. She likes to use the Sporty version of the Vanquisher goggles (about \$9) and would like some “soul” caps for women with braids or long hair. Karlene told her to do as before, order what she needs through her preferred vendor and send Karlene, the Treasurer, the invoice so that she can be reimbursed.
  6. **2024/25 Event Schedule:** It is time to be setting our meet calendar for the upcoming seasons. We currently have the First Time for Everything Meet on Sept 21, Sabine Weiser meet on Nov 9-10 (short course meters), Sweetheart Swim on Feb 16 and March Madness tentatively March 8 or 9. The Graham Johnston Long course meet will be held this summer. Please contact Nicole with information of any other events that you may know of.
  7. **Grown Up Swimming:** This program has been acquired by USMS and is often described as “summer league” for adults. Houston has a small league that USMS hopes to grow. Grown Up Swimming (GUS) is not meant to be a feeder program to USMS. It was acquired as part of USMS’s mission to “Empower adults to improve their lives through swimming”. Like College Club Swimming, it is a separate entity with separate books. The Gulf has no official responsibilities toward this program but would like to support it by helping grow awareness of it. More information can be found at: [Grown-Up Swimming | U.S. Masters Swimming \(usms.org\)](https://www.usms.org/grown-up-swimming). USMS members who sign up for GUS get a \$5 discount.
4. **DATE FOR NEXT MEETING:** The next meeting will be Monday, October 7th. The meeting may be held in-person at a location to be announced.
  5. **THE MEETING WAS ADJOURNED** at 8:00 pm.

## UPCOMING EVENTS SCHEDULE:

### 2024 Pool Competitions:

Jul 26 – 28, 2024	South Central Zone Summer Champs (long course) SMU Dallas, TX
Aug 21 – 25, 2024	2024 USMS Summer Long Course Nationals, Mission Viejo, CA
Sept. 21, 2024	First Time for Everything Meet (short course), Sugar Land, TX
Nov. 9 – 10, 2024	Sabine Weiser Meet (short course meters), Conroe ISD Natatorium, Conroe, TX

### Open Water Swims:

Oct. 13, 2024	Shark Attack #2 – Grand Prix #5 – Lake Longhorn in League City, TX
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### 2024 USMS Events

Sep 13-15, 2022	USMS Annual Meeting (Virtual)
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Oct 18-20, 2024 USMS Relay and USMS National Coaches Clinic, Houston Marriott IAH Airport

**2025 Competitions:**

Feb. 16, 2025 Sweetheart Swim (short course), Spring Branch Natatorium, Houston, TX

Mar. 8 or 9, 2025 March Madness Meet (short course), Rice University, Houston, TX

Apr 24 – 27, 2025 2025 USMS Spring Short Course Nationals, San Antonio, TX

June 2025 Graham Johnston Invitational, Dad's Club, Houston, TX

July 24 – Aug 4, 2025 2025 Senior Games (specific swim days unknown at this time) Des Moines, IA

Aug 6 – 10, 2025 2025 USMS Summer Long Course Nationals, Federal Way, WA