

GULF MASTERS SWIM COMMITTEE ANNUAL MEETING APPROVED 1-7-2025

Dec. 7. 2024 3:00 pm Meeting held at Nicole Christensen's home.

The Gulf Annual LMSC meeting serves as both a business meeting and a social event. Food and beverages were provided for all attendees. In addition to electing officers, informal conversations were held and questions were answered. All members of the LMSC were informed of the meeting and event and invited to attend.

Gulf Officers present: Nicole Christensen (Chair, Communications-Webmaster), Stacey Eicks (Vice-Chair, Fitness Co-Chair), Kris Wingenroth (Secretary)

Gulf Committee Chairs present: Linda Visser (Membership Coordinator, Top Ten), Patrick Harrington (Coach's Chair), Andreas Lorenz (Long Distance Chair), Kevin Lunsford (Sanctions)

Team Representatives present:

David Brackus (Rice), Kerry Suhr (SWYM), Sue Honeywell (FLEET), Brian Miller (SWYM), Mark Hahn (TFY), John Keen (COOG)

Not present: Karlene Denby (Treasurer, Communications Chair/Newsletter, Fitness Co-Chair), Alana Wilson (Social Media Chair), Herb Schwab (Officials), Jill Gellatly (College Club Swimming Liaison), Anna Bass (Diversity & Inclusion Chair)

The meeting was called to order at 3:55 pm.

Nicole welcomed attendees and introduced the Board members and Committee Chairs. A quorum is present.

The minutes from the 10/7/24 meeting were approved via email on 10/10/2024 and have been posted.

The election for officers was opened. No floor nominations were received. All current officers were re-elected, by acclamation, for a second term.

Chairman: Nicole Christensen (Dads Club Swim Team Masters)

Vice Chairman: Stacey Eicks (Woodlands Masters Swim Team)

Secretary: Kris Wingenroth (Trotter Family YMCA)

Treasurer: Karlene Denby (Houston Cougar Masters)

The meeting was adjourned at 4:00 pm.

(minutes continued)

The **Emmett Hines Award** was presented by Kris Wingenroth to Andreas Lorenz.

The **Jesse Coon Award** was previously presented to Nicole Christensen at the South Central Zone Summer Championship Meet.

USMS National Level Awards won by Gulf LMSC members in 2024:

USMS Ransom J. Arthur Award - Kris Wingenroth

USMS Dorothy Donnelly Service Award – Kevin Lunsford

USMS Diversity, Equity, and Inclusion Award – Anna Bass

USMS Fitness Award – Karlene Denby

USMS Ambassador appointee for 2024 – David Guthrie

Annual Reports:

The following annual reports by the officers and chairmen were submitted.

Chair - Nicole Christensen (no report)

Vice Chair – Stacey Eicks (no report)

Secretary – Kris Wingenroth: The Annual Meeting minutes will be sent to USMS as soon as all committee reports are collected. There are no changes in officers. Committee chairs will be updated as needed.

Treasurer – Karlene Denby: The Gulf LMSC ended the year in strong financial shape with a total of \$75,969.87 spread over our checking account (\$6,101.59), savings account (\$5,611.63), and three CDs (\$64,256.65).

High interest rates allowed the LMSC to earn over \$2,700 in interest in 2024. This amount will reduce significantly in 2025 as interest on CDs has already dropped significantly.

The LMSC ended the year with a net excess of \$5,637.90. When the board meets in early January to finalize the 2025 budget, it is hoped that the LMSC Board will discuss and implement various ways to utilize that surplus on initiatives to benefit our members.

The board usually meets 5-6 times each year. Beginning in 2024, I began sending our board members financial reports at the end of each month. That allows the board stay updated on the Gulf's income, expenditures, and financial position between meetings.

Sanction Chair – Kevin Lunsford: Seven pool events and three open water events were sanctioned for 2024. The pool events were: **1) Sweetheart Swim (2/10/24), 2) Rice March Madness (3/9/24), 3) South Central Zone, Spring Champs (4/14/24), 4) Long Course Summer Splash (6/29/24), 5) First Time for Everything Meet (9/21/24), 6) Texas Elite Fall Opener**

(9/29/24), 7) **Sabine Weiser November Classic (SCM)** (11/9-10/24). The open water events were: 1) **Lake Longhorn Open Water Roundup** (4/14/24), 2) **Shark Attack at Lake Longhorn-1** (6/2/24), 3) **Shark Attack at Lake Longhorn-2** (10/13/24) Two 2025 meets have already been sanctioned: the 2025 Sweetheart Meet (2/16/25) and the 2025 South Central Zone Spring Championships (4/4-6/25).

Membership Chair: Linda Visser: On October 31, 2024, the end of the membership year, the Gulf had 28 clubs registered and 920 swimmers (484 men, 436 women).

Top Ten Chair: Linda Visser: Results were uploaded to the USMS database for the seven pool meets that were sanctioned. Top Ten reports were submitted for SCY, SCM, and LCM. Twenty-five Gulf swimmers placed in the USMS Top Ten for short course yards. Thirteen Gulf members placed in the LCM Top Ten. Twenty swimmers and one relay placed in the USMS Short Course Meters Top Ten times (2023).

Coaches Chair – Patrick Harrington: A trial was started for a “**Coach on Deck**” program. Andreas Lorenz and Patrick attended two swim meets as the “Coach on Deck” and Kris Wingenroth attended one. Having the Gulf LMSC provide a coach for meet warm-ups was appreciated by the swimmers and the program was considered a success. However, without more coaches to participate in the program, the Gulf was not able to cover all the meets. The Gulf Board started a discussion about offering a stipend in order to generate more interest by coaches, but a decision was never made. Hopefully a discussion about how to support the program will continue in 2025. A **long-course practice** open to all Gulf members was held at Dads Club on a Sunday morning in June. It was well attended (21 members). Four coaches were there to work with the swimmers (Anna Bass, Patrick Harrington, David Guthrie, and Andreas Lorenz) and a pizza party was held after the practice. The event was appreciated by members that do not have access to long course pools. Participants indicated they would like the Gulf to continue with this opportunity in 2025. This will be suggested to the Gulf Board. A record 40 swimmers participated in the **Tanksgiving Day swim**. Patrick is beta testing a **text-based communication program** to be used to communicate with the coaches. It is hoped that using text messages to communicate with coaches will lead to more involvement which would enhance the effectiveness of the programs offered to our members. Patrick hopes to have some feedback on the text program in early 2025.

Open Water/Long Distance Chair – Andreas Lorenz:

In 2024 we offered the following events for our members:

1. **1-Hour Virtual Swim at Dad’s Club**. In January we held the 3rd iteration of this event. (5 participants)
2. **Open Water Beginners Clinic at Lake Longhorn**: This event was scheduled for April but had to be cancelled due to a lack of interest. There was only 1 participant entered.

3. Long Course Open Practice: In June: Dad's Club was the location for our Long Course Practice, open to all the Gulf membership. We had 23 participants.

4. 5000/10000 Virtual Swim at SHAC. In August Swim Houston Aquatics generously offered their pool for our first 5000/10000 Virtual Championship.

Featuring 7 swimmers, the Gulf LMSC represented mightily in the National ranking list. With 1 National Champion, 5 second place finishes and one 7th place.

Women's 5k

30-34 2- Emily Fleming 31 MACA 1:12:09.00

35-39 7- Emily Merkley 36 SHAC 1:26:50.62

Women's 10k

55-59 2- Cheryl Hubbard 57 NBM 3:02:27.01

Men's 5k

60-64 2- Andreas Lorenz 63 DADS 1:10:02.00

Men's 10K

50-54 1- John Dissinger 51 BTA 2:30:22.01

50-54 2- Aaron Schneider 54 SMS 2:34:46.01

60-64 2- Andreas Lorenz 63 DADS 2:29:29.19

5. 3000/6000-yard Virtual Championship: Thanks to Gulf swimmer and Kingwood Park Highschool coach John Dissinger we had a pool at no cost and could hold the first 3000/6000 yard Virtual Championship indoors. There were 8 participants.

Fitness Chair: Karlene Denby: There were two fitness events in 2024, the 10th anniversary of Gulf Swim University and a virtual Swim to San Antonio.

Gulf Swim University had 57 entrants. As this was our anniversary edition of the event, all participants received a special anniversary tee-shirt and a swim cap with the color denoting the degree level earned (degrees correlate to the number of miles completed from January 1 – April 30). Additionally, the entrants who have participated during all ten years received a USMS backpack. All entrants were invited to a post-event social at Star Pizza.

The **virtual Swim to San Antonio** ran from October 1st to December 31st and had 30 entrants. The goal of the event was to swim 56 miles. All swimmers will receive participation awards consisting of a mesh swim gear bag and a silicone USMS swim cap. The event social will be held in either January or early February 2025 at St. Arnold's Brewery.

Fitness Event Plans for 2025: An email has already been sent out announcing the 11th Gulf Swim University, again running from January 1 – April 30. The second fitness event will be a swim around the perimeter of Lake Tahoe (72 miles) and will run from September 1 – December 31, 2025.

Newsletter: Karlene Denby: 2024 marks the tenth year that the Gulf LMSC quarterly newsletter, the Chlorine Chronicles, has been published. 2024 had enough news that an

additional issue was offered to our members. The newsletter regularly provides our readers with a nutrition article, swim workout, upcoming local pool and open water events, National Top Ten results, USMS National Championship event results by Gulf swimmers, fitness event notification, and stories of interest. I am pleased to announce that Andreas Lorenz has volunteered to write occasional articles on swim product reviews. This will be a great addition to the newsletter. The newsletters are posted on the Gulf website under, “News”.

Social Media Chair – Alana Wilson: Alana is continuing to promote our local and zone championship meets and activities on our Gulf LMSC Facebook and Instagram pages. Announcements are made about Gulf activities on a regular basis.

Diversity and Inclusion Chair – Anna Bass: Anna was able to provide two volunteers to participate in a demonstration Adult Learn to Swim Lesson held at the USMS Relay meeting. Coaches from around the country watched this demonstration lesson. Anna also held an ALTS class with six participants in April. For 2025, Anna is interested in organizing a weekly ALTS class for the month of April, which is Adult Learn to Swim Month.

Officials Chair – Herb Schwab: no report

College Club Swimming Liaison – Jill Gellatly: Texas A & M College Club swimmers participated in two Gulf USMS meets. The Gulf paid the bridge fee for about 20 college club swimmers so that they did not have to pay an additional fee to participate. Everyone enjoyed having the “youngsters” at our meets and they seemed to be inspired by us “old folks”. Since USMS has now abolished the bridge fee and college club swimmers will be able to enter any masters meet as members of their College Club team, Jill feels that she no longer needs to serve as a College Club liaison.