

**GULF MASTERS SWIM COMMITTEE MEETING**  
**August 1, 2023 7:00 pm**

**APPROVED - 8/15/2023**

**Meeting held via Zoom**

Nicole welcomed all attendees. Attendance was taken and voting members were certified. All attendees are certified to vote. A quorum is present.

**Attendance**

Officers and Committee Chairs: Nicole Christensen (Chair, Communications-Webmaster, South Central Zone Chair), Stacey Eicks (Vice-Chair, Fitness Co-Chair), Kris Wingenroth (Secretary), Karlene Denby (Treasurer, Communications Chair/Newsletter, Fitness Co-Chair), Linda Visser (Membership Coordinator), Kyra Wakefield (Top Ten), Andreas Lorenz (Open Water/Long Distance Chair), Jill Gellatly (College Club Swimming Liaison), Anna Bass (Diversity & Inclusion),

Other Attendees: Alana Wilson (WMST representative)

Absent Officers and Committee Chairs: Kevin Lunsford (Sanctions), Herb Schwab (Officials), Claire Parker (Social Media), Patrick Harrington (Coach's Chair),

**Call to Order**

The meeting was called to order at 7:02 p.m.

**Approval of Minutes from Previous Meeting**

Minutes from the 5/3/23 meeting were approved by email vote on 5/10/2023 and have been posted to the Gulf LMSC website.

**Officers' Reports**

- **Chairman** – Nicole Christensen – no report
- **Vice Chairman** – Stacey Eicks - no report
- **Secretary** – Kris Wingenroth – no report
- **Treasurer** – Karlene Denby – There has been little activity since the last meeting. We have \$3071.46 in our checking account, \$74,235.80 total. \$13,000 of that is liquid with the remainder in CDs which are now earning interest. See attached reports for details.

**Committee Reports**

- **Diversity and Inclusion** – Anna Bass  
There are many administrative changes taking place in HISD and Anna's school has a new Principal. She will need approval from the new Principal to start an ALTS class. She hopes to be able to use the pool two weekday evenings and Saturday morning. Her goal is to have 10 participants in the class. Kris, who is now ALTS certified, volunteered to help with the class.
- **Membership Coordinator** – Linda Visser –We have now registered over 800 members. This is important because it allows us to retain our current level of three delegates to the USMS House of Delegates. A new team from Tomball has registered: TASC. They currently have only one member. See attached report for details.
- **Top 10 Recorder** – Kyra Wakefield – The 2023 SCY Top Ten Gulf results have been submitted. The WMST LCM Summer Splash results have been uploaded.
- **Newsletter** – Karlene Denby – The anticipated publication for the 2023 Gulf Newsletter is mid-August to early September.

## TOPICS

- a. Nutrition article
  - b. Swim workout
  - c. Coaching Certification and Grants
  - d. Stroke Development Clinic
  - e. Emmett Hines Award Nominations
  - f. Jesse Coon Award Recipient
  - g. Open Water Swim Series- events #2 & 3
  - h. Summer Nationals Results (August 2-5)
  - i. FINA World Results (August 2-11)
  - j. USMS Annual Meeting in Houston (September 8-10)
  - k. USMS 2023 Relay Conference
  - l. 2023 SCY Top Ten
  - m. Swim Across America
  - n. Upcoming Postal, Open Water, and Swim Events
- **Fitness**
    - Karlene Denby – no report
    - Stacey Eicks – no report.
  - **Webmaster/Emails** – Nicole Christensen –
    - **Website** – Bylaws, Minutes, Newsletters, etc. continue to be updated. If an item needs to be updated, added, or removed, please contact me asap at [ncr@creativewaters.net](mailto:ncr@creativewaters.net)
    - **Email** - The transition to MailRelay occurred at the end of April 2023. The service is free, but a business email had to be purchased to set up the account. The platform is shared with the Zone wide emails, separated into different groups, with the Zone buying their own business email. 10 total emails have been sent out with 4 specifically to Gulf members and the rest to the entire Zone. Open rates are between 50% and 60% and click rates are over 4.5%. For reference, the average open rate for sports emails is 24.57% and non-profit is 25.17% with click rates of 3.09% and 2.79% respectively.
  - **Sanctions** – Kevin Lunsford – (not present) no report
  - **Open Water/Long Distance** – Andreas Lorenz – no report
  - **Coaches** - Patrick Harrington (not present) – no report
  - **Officials** – Herb Schwab (not present) – no report
  - **Social Media** - Claire Parker (not present) – no report
  - **College Club Swimming** – Jill Gellatly – no report

## South Central Zone Report – Nicole Christensen (Zone Chair)

- a. 2023 Open Water Grand Prix Series finished on Sunday July 30<sup>th</sup>. People are already making plans for 2024 and I anticipate growth for the series next year as people spread the word to their friends.
- b. New Zone Open Water Chair to come onboard – Diana Brodeur from North Texas
  - i. The Grand Prix Series has five events for the 2024 season and is still trying to acquire more. Look for a public announcement of dates/venues/distances no later than the end of October. NOTE: all the venues are currently in the Gulf and North Texas. Attempts continue to be made to try and find a South Texas site.
  - ii. 2024 Open Water Information will be posted on the Open Water page as soon as it becomes available: <https://usmssouthcentralzone.org/open-water>
- c. All Zone annual meeting minutes links have been added to the Zone website Documents page. [www.usmssouthcentralzone.org/documents](http://www.usmssouthcentralzone.org/documents)

- d. All Zone Champs Meet Records have been updated on the Records page and include HyTek downloadable record files [www.usmssouthcentralzone.org/records](http://www.usmssouthcentralzone.org/records)
- e. The Zone website continues to be updated with events – information and results, award winners, and other relevant information from all zone LMSCs.
- f. The Zone Annual Meeting is open to ALL. Attendees to the zoom meeting do not have to be involved with the running of the Gulf board. It is at 6 PM on August 24<sup>th</sup> . Go to <https://sched.co/1OpOz> for information and to register. The meeting will include summaries on the two Zone Champs meets, discussion and voting on locations for 2024 Zone Champs meets, elections for the new zone chair, information on the 2024 Grand Prix Series, discussion about updates to the zone meet bid packet and more.
- g. A Zone Championships meet Committee is being formed. To volunteer, contact Nicole.

## Unfinished Business

None

## New Business

### **ACTION ITEMS:**

1. Revised documents concerning the grant application and the policies and procedures for awarding grants to the Coaching Certification and ALTS certification programs were presented. The documents were accepted with no suggested revisions.
2. The funding for the upcoming 2023 Coaches Trainings to be held in Houston was discussed. The Treasurer presented an overview of line items in our current budget that will likely not be fully used.  
**ACTION ITEM:** A motion was made to increase the Coaches Certification line item budget, not to exceed an additional \$6800. (Jill) Motion approved unanimously.
3. The Stroke Clinic for swimmers that will be held in conjunction with the Coaches Trainings was discussed. A maximum of 36 swimmers can attend the clinic at a cost of \$50 each.  
**ACTION ITEM:** A motion was made to fund 100% of the stroke clinic cost for Gulf members that actually attend the clinic. (Andreas, seconded by Jill) Motion approved unanimously.  
The Gulf members who register for the clinic will be reimbursed by check after their attendance has been verified.
4. Andreas suggested that the Gulf develop a program to have on-deck coaches for local meets. These coaches would be pre-assigned to attend the meet and help all swimmers, especially at the sprint lane during warm-ups. He suggested that the assigned coaches should be certified and provided a t-shirt. The idea was viewed favorably.
5. Nicole noted that we need one more delegate to the Annual Meeting being held Sept. 8-10, 2023, in Houston. Delegates may attend in person or virtually. Anyone interested should contact her immediately. Gulf members who are Automatic delegates are Nicole Christensen, Kris Wingenroth, Tom Boak, and Jill Gellatly. Gulf LMSC Delegates are Patrick Harrington and Alana Wilson. Currently all plan to attend in person.
6. Alana discussed her efforts to arrange for a swim workout at the Conroe Natatorium for the delegates at the Annual Meeting. The natatorium is about a 25 minute drive from the hotel. She has secured pool time and the Woodlands Masters have agreed to absorb the facility costs. The National Office has not been receptive. It was felt that if the Gulf agreed to cover the bus transportation costs, the USMS Executive Board might be more receptive to allowing a swim workout to be scheduled on Saturday morning. The idea of the Gulf absorbing the cost of bus transportation, if necessary, was received

favorably. Alana and Kris will explore the cost of bus transportation. Jill and Kris will discuss the proposal further with Dawson and Peter.

7. The USMS 2023 Relay will be Oct 20-22, 2023: The focus will be on Event Development. Information is at url: <https://www.usms.org/volunteer-central/lmscs/lmsc-leadership-summit/relay-2023> **IF YOU ARE INTERESTED IN ATTENDING, CONTACT NICOLE DIRECTLY AT [ncr@creativewaters.net](mailto:ncr@creativewaters.net)**

## **DATE FOR NEXT MEETING**

The date for the next meeting is: October 10, 6:00 pm via Zoom.

## **ADJOURNMENT**

The meeting was adjourned at 8:25 pm.

## **Email vote taken on 8-14-2023:**

It was realized after the meeting that Alana Wilson had not been officially elected as a delegate for the Annual Meeting, therefore an email vote was taken.

**Motion:** To approve Alana Wilson as a Gulf LMSC delegate for the 2023 Annual Meeting. (Kris, seconded by Karlene). Approved unanimously on 8-14-23.

## **UPCOMING EVENTS SCHEDULE:**

For details see the following:

[www.usmssouthcentralzone.org/zone-event-calendar](http://www.usmssouthcentralzone.org/zone-event-calendar) and  
[www.usms.org/events/national-championships](http://www.usms.org/events/national-championships)

### **Pool Competitions:**

|                   |  |
|-------------------|--|
| Aug 2 – 6, 2023   | USMS National Championships, Sarasota, FL                                      |
| Aug 2 – 11, 2023  | FINA World Masters Champs, Kyushu, Japan                                       |
| Aug 12, 2023      | TMSC Oklahoma Memorial Meet, Tulsa, OK   |
| Sept 23, 2023     | First Time for Everything Meet, Don Cook Natatorium, Sugarland, TX (tentative) |
| Nov 11-12, 2023   | Sabine Weiser Short Course Meters Meet, Conroe, TX                             |
| Jun 20 – 24, 2024 | 2024 USMS Spring Short Course Nationals, Indianapolis, IN                      |
| Aug 21 – 25, 2024 | 2024 USMS Summer Long Course Nationals, Mission Viejo, CA                      |
| Apr 24 – 27, 2025 | 2025 USMS Spring Short Course Nationals, San Antonio, TX                       |
| Aug 6 – 10, 2025  | 2025 USMS Summer Long Course Nationals, Federal Way, WA                        |

### **Open Water Swims:**

|                     |   |                                      |
|---------------------|---|--------------------------------------|
| Aug 12, 2023        | Middle Distance Nationals – Lake Oahe, SD             | Information Posted USMS              |
| Sept 16 – 17, 2023  | Long Distance Nationals and Sprint Distance Nationals | Lake Mission Viejo, CA               |
| September 24, 2023  | OZ Mile – Beaver Lake in Eureka Springs, AR           | open for registration                |
| September, 30, 2023 | Open Water Clinic, Lake Longhorn, League City, TX     |                                      |
| October 14, 2023    | Swim Across America Open Water (not USMS sanctioned)  | League City, TX<br>Registration Open |

### **2023 USMS Events**

|                      |  |                              |         |
|----------------------|--|------------------------------|---------|
| September 8-10, 2023 | USMS Annual Meeting                                    | Houston Marriott IAH Airport | Houston |
| October 20-23, 2023  | USMS Relay   | Houston Marriott IAH Airport | Houston |
| November 3 – 4, 2023 | - USMS Level 2 and Level 3 Coaches Certification Class |                              | Houston |

### **2024 USMS Events**

|                       |                       |  |         |
|-----------------------|-----------------------|--|---------|
| September 13-15, 2024 | - USMS Annual Meeting |  | virtual |
|-----------------------|-----------------------|--|---------|