

I would like to nominate Andreas Lorenz for the 2024 Emmett Hines Award. The award is presented to a Gulf LMSC coach or volunteer who best emulates the enthusiasm, expertise, and advocacy of Masters Swimming exemplified by Emmett Hines.

Andreas is well qualified for this award. He is an accomplished swimmer with a penchant for the longer distance events. Andreas has 30 individual National Top Ten Times, and in 2021 he was honored as a USMS All American in both pool and open water events.

Andreas took over as the Gulf's Open Water/Long Distance Chair in 2021 and has transformed the position. In January 2022, he initiated the Gulf's first One-Hour Swim at Dad's Club, now an established tradition, which will hold its fourth edition in January 2025. Andreas has also been an integral part of the success of the South Central Zone's Open Water Swim Series, which also began in 2022, as the Lake Longhorn OW Roundup's event co-director and as designer and maker of the unique and beautiful hand made awards for the Series champions. Andreas also held the Gulf's first open water swim clinic at Lake Longhorn in June 2022.

2023 found Andreas taking his coaching skills to the next level by becoming a USMS Levels 1 and 2 Certified Coach in February. During that same weekend, he also completed the Clinic Course for Coaches which instructs coaches on how to effectively run a swim clinic. Andreas has put the skills he learned to good use by holding his second open water clinic in September 2023. Andreas, along with Coaches Chair Patrick Harrington, initiated the Gulf's Coach on Deck program in September 2023. Together, Andreas and Patrick provided on-deck coaching at the First Time for Everything Meet, The TEST Fall Opener Meet, and the Sabine Weiser Invitational in 2023.

In 2024, Andreas again held the One-Hour Swim in January and was a Coach on Deck at the Sweetheart Swim Meet in February. Knowing that most Gulf swimmers do not have access to a long-course pool, he helped organize and coached at the Dad's Club long-course practice in June. Andreas also organized the Gulf's first 5K/10K Virtual National Championship swim at Swim Houston Aquatic Club, again offering long-course access for our swimmers to compete in the championship swims. With the assistance of John Dissinger, Andreas has also organized the Gulf's first 3000/6000 Virtual National Championship swim to be held Sunday, October 6th and the Kingwood Park High School pool.

I have no doubt that Andreas' passion for swimming and for giving back to the Gulf Masters swim community will continue in 2025 and for many years to come. I trust you will agree that Andreas would be a worthy recipient of the 2024 Emmett Hines Award.

Karlene Denby