



## **NT LMSC: 2024 Annual Board Meeting**

Saturday, November 16<sup>th</sup> 3:30PM at Texas Ford Aquatics

### **Order of Business**

- A. **Roll Call.** Board Members
- B. **Reading, correction and adoption of August Board meeting minutes.**
- C. **Reports of the Officers** – see attached document for reports
- D. **Reports of the Committees** – see attached document for reports
- E. **2024 NTLMSC Awards Presentation**
- F. **Unfinished Business**
  - 1. Grownup Swimming update
  - 2. Website/resources update
  - 3. NTLMSC records update
- G. **New business**
  - 1. National Office Updates (2024)
  - 2. 2025 Zone Championships
  - 3. Questions/Comments/Feedback for the NTLMSC Board?
- H. **Resolutions and Order**
- I. **Adjournment**



## **NORTH TEXAS LOCAL MASTERS SWIM COMMITTEE BOARD OF DIRECTORS: 2024 REPORTS**

### **CHAIR AND VICE CHAIR REPORT (Jacky Merianos)**

We're coming to the end of another successful year here in North Texas! Sending a big thank you to our hard working and dedicated North Texas LMSC Board of Directors for keeping the desires of our masters at their forefront and for working tirelessly to bring benefits, opportunities, and events to the members of our LMSC. Our LMSC would not have seen the success that we did without your time, energy and efforts.

We invite you to read about all that was accomplished this year in the reports below.

### **TREASURER REPORT (Mike Doyle)**

Financial Highlights of the 2024 year:

- We currently have \$61,293 of cash
- We received \$70.00 of donations for the year
- We have received \$1,129.15 of interest income
- Our largest expenses for the year were LMSC Clinics and Workouts (\$5,253), financial support for the Summer Zone Championships hosted at SMU (\$5,250) and reimbursements for national conventions/clinics (\$2,102.81),

Financial statements are available for review upon request. Must be a registered member of the North Texas LMSC.

### **SECRETARY REPORT (Lynn Morrison)**

Minutes and Financials from 2023 Annual Board Meeting were timely submitted to the national office (USMS). They can be viewed on [USMS.org](https://usms.org) and on the [Northtexasmasters.org](https://northtexasmasters.org). Additionally, all minutes from our 2024 Board meetings may be viewed on [northtexasmasters.org](https://northtexasmasters.org).

## MEMBERSHIP REPORT (Cindy Myer)

Please review **Appendix A** (attached) for a detailed report on NT LMSC Club and Individual Membership. Report includes 2024 and 2025 membership data through November 12<sup>th</sup>, 2024.

## SANCTIONS REPORT (Alison Moore)

NTXLMSC sanctioned six pool events and two open water events in 2024. Of the pool events 3 were SCY, 2 were LCM and 1 was SCM. Sanctions, once submitted generally take less than a day to be approved, even with adjustments needed.

## TOP TEN/RECORDS CHAIR (Tom Wolf)

All North Texas meet results were submitted to the national office for inclusion in results and rankings at the USMS website.

This year we switched the split request process to the meet results tool provided by USMS, which the Top Ten Chairman can access. Eligible splits are listed for all swimmers/events and swimmers' requests only require a click on the split to submit. Previously, the meet manager had to create unique events in the meet results for every split request.

The Top Ten and All-American listings have been published for 2023 SCM, 2024 SCY, and 2024 LCM. Here is a summary and detailed data.

	SCM	SCY	LCM
<b>2024 NTLMSC Top Ten Individual</b>	<i>in progress</i>	85	236
<b>2023 NTLMSC Top Ten Individual</b>	69	114	99
<b>2024 NTLMSC All-American</b>	<i>in progress</i>	5	26
<b>2023 NTLMSC All-American</b>	4	9	19
<b>2024 NTLMSC Top Ten Relay</b>	<i>in progress</i>	14	70
<b>2023 NTLMSC Top Ten Relay</b>	28	25	19
<b>2024 NTLMSC Relay All-American</b>	<i>in progress</i>	2	20
<b>2023 NTLMSC Relay All-American</b>	9	3	9

## **COACHES CHAIR REPORT (Gilberto Junior/Jacky Merianos)**

### **National Coaches Clinic**

This past October, our LMSC sponsored 3 North Texas coaches at the USMS National Coaches Clinic in Houston: Jana Kappel (ABI), Chris Amy (PCAT) and Keith McCain (JMMS). All three coaches will be sharing what they learned with our North Texas masters through an LMSC swim clinic in the Spring. Further details on the clinic to come in the new year.

### **LMSC Workouts and clinics**

We had 8 North Texas masters coaches graciously assists with our 2 LMSC coached workouts and Spring Clinic this year. A big thank you to the following coaches: Megan Alpha, Chris Amy, Jim Dolan, Chris Jones, Jacky Merianos, Ross Myers, Lynn Morrison and Karen Sakalys!

## **FITNESS CHAIR REPORT (Cindy Myer)**

### **Go the Distance Initiative**

In 2024, the individual GTD quarterly awards' format was changed from the Top 3 miles swam to a random draw of 3 participants meeting the eligibility requirements (must swim at least 10 miles per month within the quarter). Winners receive a \$50 gift card from Xtreme Swim. In addition, clubs with 25% of their registered members meeting the individual GTD eligibility requirement will receive .09 per mile instead of .07. No club has yet to reach the 25% threshold (a few are close).

Please view **Appendix B** for 2022-2023 Go the Distance Comparison Data (Q1 – Q3 only; we are still in Q4).

### **LCM Workout**

Third annual LCM workout was conducted by Coaches Karen Sakalys (PCAT), Ross Meyer (YDAL/PAMS) and Jim Dolan (Cooper Center) at the Lewisville Westside Aquatics Center on Saturday June 15.

Email "Time to Swim in the Big Pool" sent to the Membership (863 recipients) on June 5 resulted in 23 responses. There was a mix of coached, self-coached and unattached swimmers (we've seen increased participation from unattached these past 2 years). The LMSC provided lunch at Jake's following the workout (~90% attendance). Feedback was very positive -especially from the self-coached and unattached swimmers who were very appreciative for the opportunity to correct/improve their strokes with a coach. I highly recommend the LMSC consider offering the same workout opportunity during the fall and spring thus providing a "stroke check-in" with coaches throughout the year verses once a year via the LCM workout in June.

## **ThanksSwimming: Workout and Annual Meeting**

Based on the positive feedback we've received regarding our LMSC workouts and clinics, we decided to add a Fall workout to this year's lineup. Our board agrees this is a great way to gather our members for our annual meeting. Pending feedback, we hope to continue offering this workout/event in years to come.

## **COMMUNICATIONS REPORT (Jacky Merianos)**

We are still looking for a communications chair. If you or anyone you know is interested in the position, please email our Chair, Jacky Merianos: [jacky.merianos@northtexasmasters.org](mailto:jacky.merianos@northtexasmasters.org)

## **SOCIAL MEDIA CHAIR REPORT (Megan Alpha)**

North Texas did a large social media push the first half of the year (2024). We revived our Facebook page and launched an Instagram account. We saw success on both platforms through September. I (Megan) ran into an issue with my personal accounts, which shut down our North Texas Instagram page. We are in the process of creating a new account; we hope to be back up and running by 2025.

Next year we wish to incorporate more coaches and local teams on the page, featuring coach's workouts, masters Spotlight for local swimmers and more highlights from local events.

## **OPEN WATER CHAIR REPORT (Scott Jarvis/Frank Cortese)**

### **USMS South Central Zone Grand Prix**

Building on the success of 2023, the 2024 series included 6 races. Swim de Mayo (Lynn Creek Park, Grand Prairie) with 3 distances at 1.25K, 2.5K & 5K on May 5th and OWS Challenge (Cedar Hill State Park) with 3 distances at 750M, 1,500M & 2.4Mi on July 14th were the NTLMSC races. Unfortunately, Swim de Mayo had to be canceled due to flooding from spring rains. The OWS Challenge registrations were up with 30 USMS members participating. Sanctioning for the 2025 OWS Challenge has already been submitted. It's been decided to move the Swim de Mayo date later in the month to avoid challenges from spring weather in 2025.

### **OWS Clinic**

Tri-Now endurance (a USMS Club) conducted an OWS Clinic at Joe Pool Lake on Saturday, April 6th. "Special Guest" Coach Bonnie Adams (USMS Coach I The Joys of Swimming, Founder & CEO I Swim OZ, Founder & CEO) was brought in from Bentonville, Arkansas to conduct the clinic. Dryland and in the water skill practice followed a presentation by Coach Bonnie. A video was taken of each participant. The videos were used for a post clinic follow-up that suggested what skill each swimmer could work on to move their OWS forward. The weekend weather was windy and cold so turnout was low (8 participants).

## **Creating an Entry Point to USMS for North Texas Triathletes**

Becoming a USMS member, joining a USMS Club and participating in USMS Sanctioned swim meets are foreign subjects to most triathletes. I (Frank Cortese) made it my job to bring multisport athletes in North Texas to USMS. I produce a monthly free virtual clinic called "Lunch w/Coach". The title of the November 21st edition is "What's a USMS Swim Meet & How Can it Benefit a Triathlete". The "Special Guest" is NTLMSC Chair Jacky Merianos. We'll explain how preparation and competing in Far Out 1000 January 26th and Farther Out 1650 February 23rd at Oak Point (USMS Sanctioned Tri-Now meets) can enhance their off-season training and contribute to having their best tri season yet in 2025.

## **WEBMASTER REPORT (Bob Tierney)**

I (Bob Tierney) am BACK as Webmaster! I transitioned back into the role this past June. The North Texas website itself does not require much oversight with the exception of adding events to the calendar along with the updates for Go The Distance.

We are considering the possibility of moving to a new host provider as it will provide better support for my dynamic data (swim results, records, etc.), as well as allow others to participate with content (blogs, etc). The NTLMSC board approved this proposal at our Q3 Board meeting, and agreed to cover additional web costs. These costs should be minimal.

Jacky and I will be working closely together in the new year to add additional information and resources to our NTLMSC website.

## **COMPETITION COMMITTEE (Cindy Myer, Lynn Morrison & Jacky Merianos)**

This year we had 6 pool meets and 1 open water swim happen in North Texas. This is 2 more meets than last year. Thank you to all of our club teams for hosting these great events for our masters swimmers: Tri-Now Endurance, Texas Ford Aquatics Masters, Pegasus Aquatics Masters, Royal Oaks Masters and Dallas YMCA Masters!

We are hoping to bring even more meets to North Texas in 2025. The current events we have set in stone on our calendar so far are the following:

- Far Out 1000 (*Sun, January 26*)
- Farther Out 1650 (*Sun, February 23*)
- Swim de Mayo (*Sun, May 18*)
- Open Water Swim Challenge (*Sun, July 13*)

More events to be announced in early 2025!

## **CLINIC COMMITTEE (Cindy Myer, Lynn Morrison & Jacky Merianos)**

This year, our LMSC sponsored 3 clinics and 2 coached workouts for the members of our LMSC:

- Spring Pool Clinic (*April 14*)
- Open Water Swim Clinic (*April 6*)
- LCM Workout (*June 15*)
- Summer Pool Clinic with SMU Head Coach Ozzie Quevedo (*August 17*)
- ThanksSwimming Workout (*November 16*)

These events continue to grow in attendance and receive positive feedback. We look forward to hosting more workouts and clinics in the new year!

# **SAVE THE DATE!**

## **2025 South Central Zone Spring Championships**

Hosted by the Gulf LMSC  
April 4th - 6th  
WW Emmons Natatorium  
Houston, Texas

## **2025 South Central Zone Summer Championships**

Hosted by Masters of South Texas  
July 11th - July 13th  
Bill Walker Pool at  
North East ISD Blossom Athletic Center  
San Antonio, TX

## Membership 2024 vs. 2025 Summary

<b>North Texas Registered</b>		<b>2024</b>	<b>2025 *</b>
Total Registered		1,117	181
	Men	667	108
	Women	450	73
North Texas Clubs		16	12
Self-Identified Coaches		54	11
<b>South Central Zone Registered</b>		<b>2024</b>	<b>2025 *</b>
North Texas		1,117	181
Gulf		921	148
South Texas		1,114	222
Arkansas		177	28
Oklahoma		164	30
<b>National Members Registered</b>		<b>2024</b>	<b>2025 *</b>
Members Registered		58,139	10,236
	Men	29,473	5,251
	Women	28,666	4,985
National Clubs			
Registered clubs		1,134	1,007
Self-Identified Coaches		2,399	311

2025 \* as of 11-12-24



## Go the Distance 2023 v YTD 2024 Summary

### USMS GTD 2023 Top 10

LMSC	Count of Participants	2023 Total Miles
Pacific	135	31,950.04
Southern Pacific	96	25,718.03
<b>North Texas</b>	<b>95</b>	<b>23,474.66</b>
New Jersey	89	21,748.88
Indiana	101	19,870.47
Florida	56	18,403.20
<b>Gulf</b>	68	15,346.23
Oregon	51	14,391.32
New England	51	11,321.35
<b>South Texas</b>	46	11,110.83

### USMS GTD YTD (Nov 12) 2024

LMSC	Count of Participants	2024 Total Miles
Pacific	125	26,688.56
Southern Pacific	122	24,134.69
<b>North Texas</b>	<b>105</b>	<b>20,823.86</b>
New Jersey	74	17,154.53
Indiana	93	17,041.82
Florida	60	15,109.11
<b>Gulf</b>	70	14,240.53
Oregon	55	12,855.24
Georgia	41	9,243.67
New England	41	8,827.64

### South Central Zone GTD 2023

LMSC	Count of Participants	2023 Total Miles
North Texas	95	23,474.66
Gulf	68	15,346.23
South Texas	46	11,110.83
Arkansas	7	1,194.07
Oklahoma	3	215.11
<b>Grand Total</b>	<b>219</b>	<b>51,340.90</b>

### South Central Zone GTD YTD (Nov 12) 2024

LMSC	Count of Participants	2024 Total Miles
North Texas	105	20,823.86
Gulf	70	14,240.53
South Texas	33	7,221.81
Arkansas	5	1,012.82
Oklahoma	1	176.42
<b>Grand Total</b>	<b>214</b>	<b>43,475.44</b>

### North Texas LMSC Clubs GTD 2023

Club	Count of Participants	2023 Total Miles
LSM	37	10,321.32
PCAT	15	4,646.06
TFAM	22	4,635.62
O2	10	2,242.71
RIDG	4	876.64
UC26	6	752.31
FAST	1	0.00
<b>Grand Total</b>	<b>95</b>	<b>23,474.66</b>

### North Texas LMSC Clubs GTD YTD (Nov 12) 2024

Club	Count of Participants	2024 Total Miles
LSM	45	9,520.31
PCAT	15	3,616.49
TFAM	16	3,485.12
O2	7	1,121.09
PAMS	4	1,080.75
UC26	9	988.80
RIDG	5	921.81
CWTWN	1	49.64
ABI	1	38.49
MARS	1	1.36
FAST	1	0.00
<b>Grand Total</b>	<b>105</b>	<b>20,823.86</b>