

MINUTES OF THE NORTH TEXAS
LOCAL MASTERS SWIM COMMITTEE

A meeting of the North Texas LMSC was held at Ozona's Restaurant on Saturday, June 26, 2010 at 11:30 a.m. Notice of the meeting was issued on June 12, 2010 which was in accordance with the timeline in the committee by-laws.

- I. Roll Call – The following individuals attended the meeting: Lynn Morrison (Chairman); Kim Shaw (Secretary/Treasurer); Mark Smith (Top Ten); and the following team representatives – Krissy MacCurdy, Jim Gibbs, Steve Morris, and Bill Crowley (PCAT); Jim Montgomery, Bobby Patten, Eney Jones, Janie Cole, Frank McIntyre and Kristy Hinkamp (DAM); Amber McCuddy and Steve Trinks (FAST) . The group comprised a quorum. Also present was Susan Ingraham (MOST) who was acting as a liaison for USMS.
- II. Minutes – The Secretary read the minutes of the previous meeting on April 17, 2010. The committee adopted the minutes as read.
- III. Report of Officers – Lynn Morrison reported on the results of Chuck Burr's open water swim in May. It was very successful; there were over 150 swimmers which exceeded expectations. Kim Shaw reported on the LMSC's bank balances. The attendees voted to accept the officer reports. Dave Young, Registrar, was unable to attend the meeting, but he submitted a report of Swim Fest 2010. The report is attached at the end of these minutes.
- IV. Report of Committees – There were no committee reports.
- V. Unfinished business – USMS Convention, September 15-19, 2010.
 - a. Lynn Morrison and Chuck Burr will serve as the voting delegates.
 - b. Looking for Hospitality Suite Coordinator ("HSC"); position will be compensated.
 - c. Need volunteers from clubs: DAM, FAST, IMSC, NTEX, RIDG, SWAM, TNYM. Coordinate with HSC. Dave Young offered the use of his van. Need food, coffee, snacks.
 - d. SMU pool has been reserved for morning workouts.
- VI. Elections – The next election of officers will be in the summer of 2011.
- VII. New business
 - a. First Meet Free policy at SMU meet – Goal is to encourage meet participation and USMS membership. One-day registration costs \$15. Need policy and procedures for enforcing policy.
 - b. Policy manual for LMSC. Need written guidelines for how LMSC operates; something that can be amended easier than By-laws.
 - c. Jim Montgomery discussed hosting an event at Hurricane Harbor in which attendees could swim in the wave pool before the park opens, most likely on a

- Sunday. Tickets would be good for the full day. Minimum 100 attendees. He also suggested offering clinics to non-members to attract new members.
- d. Short Course Meter meet – most likely November 20, 2010 (weekend before Thanksgiving.) It was suggested that men and women swim separately for the 50 meter events.
 - e. Tom Osterland will be the LMSC Officials Chair.

VIII. Resolutions and Order

- a. Encourage USMS membership by developing a policy whereby the LMSC reimburses clubs hosting a meet \$15 per swimmer if it is the swimmer's first meet. The policy would also encourage meet directors to waive the meet entry fee for swimmers participating in their first meet.
- b. The LMSC will host (pay for) a social event after the short course meters meet. Specifically, the LMSC will pay for food and one beverage per attendee.
- c. The LMSC will pay for up to two hotel rooms at the Hyatt to be used by the volunteers during the USMS convention.
- d. A budget of \$4,000.00 was approved for hosting the social. [Note: the agenda referenced the "Friday night social", but the event is on Thursday, September 16, 2010.

- IX Adjournment – the meeting was adjourned at 1:15 p.m. The next meeting was tentatively scheduled for Saturday, September 11, 2010; later changed to September 25, 2010.

Addendum: Dave Young's report of Swim Fest 2010, UCSD swim facility June 4-6.

Friday was coaches only discussions - some quick points from the meetings:

Each Masters team/club should have a focus of 5 disciplines:

Swimming Technique Training, Strength Training, Nutrition Training, Mental Training, and Recovery

Kerry O'Brien (Walnut Creek Masters) opined that every Masters team should develop core values and mission statement for the team.

Some of my favorite quotes:

"Life is worth swimming." Gary Hall Sr.

"As a coach never look the same on deck." "Sickie" Marcikic

"Everyone is executing something wrong in their stroke technique". Gary Hall, Sr.

"Breaststroke: the potato sack race of swimming." Gary Hall, Jr.

Challenge: each Masters team could partner with an elementary school - program being coordinated with Olympic athletes see www.worldfit.org for the details

Susan Ingraham (South Texas)

Set goals for team, set goals individually - long term build the schedule for the year

Put such things as: Video taping, Meets/triathlons/postal events/events for fitness swimmers (test events), Social, Clinics (open water, stroke, intro to Masters)

Saturday - pool work with clinic attendees - worked through different stations
Tempo Trainer- control stroke rate, use with Golf drill to measure
Swimmers snorkel
Underwater video stroke analysis, Dry land training
Specific work on all four strokes - lots of drills

Sunday - Open Water Clinic - some take- away points:
In the battle it is wasted energy to hit back, get upset
Position in open water is critical, example is geese flying - v- shaped
Example of open water video - US open 10K video
After sighting, force the head back into a head down position to bring the body back in to
position balanced
Using your kick - big muscles expend too much energy

Essentials of Open Water Training:
Aerobic training has to be in place
Be right about your equipment
Know the course (currents, depths, underwater obstacles, temperature, taste)
Visualize the course and sighting aids
Pre-race nutrition
Have a race tactic/plan: Build your swim, think sides initially to navigate and to avoid the
conflagration
Shallow water entry: high knee hurdle, dolphin entry
Drafting - v shape, don't swim alone if possible
Be comfortable with contact
Employ crossover to survey surroundings
Sunday afternoon was spent in practical application in La Jolla cove