



# NT LMSC: 2023 Annual Board Meeting

Sunday, December 3<sup>rd</sup> 1:00PM | Zoom

## Minutes

- A. **Roll Call.** Board Members, Voting Team Reps, Others (see last page)
- B. **Reading, correction and adoption of minutes.** Jacky moved, alison moore seconded - accepted
- C. **Reports of the Officers** – see attached document for reports
- D. **Reports of the Committees** – see attached document for reports . WAY TO simplify entering GTD numbers
- E. **Unfinished Business – seconded by Jacky, motion carried.**
  - 1. Remove Susan Hengstenberg as a signee on NT bank account.
  - 2. Finalize description of At-Large members and incorporated into Bylaws. Secretary, Lynn Morrison, makes motions for additional language (in red) to bylaws to ARTICLE 6-OFFICERS. Seconded by Jacky. Motion passes.
    - a. ELECTED OFFICERS - The elected officers are Chair, Vice Chair, Membership Chair, Secretary, Treasurer, and two at-large members. The Membership Chair and the Treasurer shall be separate individuals. The two at-large members shall be from different teams. **Each workout group will be considered a “team”, as will all unattached members be considered one team.**
    - b. **Member at Large** – The Members at Large shall attend all board meetings and act as an intermediary party between the Board and the rest of the membership. They will also be encouraged to participate and share their knowledge in all NT activities and decisions. Additional duties and responsibilities, such as participation in special projects, will be assigned as needed by the Board.
- F. **Elections**
  - 1. Chair: Jacky Merianos
  - 2. Vice Chair: Frank Cortese
  - 3. Secretary: Lynn Morrison
  - 4. Treasurer: Michael Doyle
  - 5. Membership: Cindy Myer
  - 6. Members at Large: Britney Kartchner and David Herrold

## G. New business

1. Proposed 2024 LMSC promotions, activities and projects (see attached) – each item was reviewed with attendees and all items received a majority of positive feedback. Board will vote on implementing each of these items during the first meeting of 2024.

In addition, the following two actions were also recommended: 1)construct a communication package for how to participate in GTD and to distribute to membership and 2) Build a GTD info page on incentives and how to sign up.

H. Resolutions and Order.

I. Adjournment: 3:15pm

## Roll Call

### BOARD MEMBERS

Name	Club	
Jacky Merianos	LSM/YDAL	Chair
Lynn Morrison	LSM	Secretary
Mike Doyle	LSM	Treasurer
Cindy Myer	O2	Membership
Alison Moore	LSM	Sanctions
Elaine Disney	LSM	Top Ten
Gilberto Junior	O2Excused absence	Coaches
Vi Nguyen	O2	Webmaster
Scott Jarvis	TFAM	Open Water

### CLUB REPSA14:C44

Name	Club
Karen Sakalys	PCAT
Barbra Roselli	PCAT
Tom Barton	LSM
Robert Kelsoe	LSM
Scott Heimke	LSM
Brittany Kartchner	O2
Alex Shozda	PAMS
Marylyn Toledo	PAMS
Tori Whitehead	PAMS
Chuck Burr	RIDGLEA
???	TFAM
???	TFAM

### MEMBERSHIP

Name	Club
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Amy Kinney	UC25
Bobby Patten	PAMS
Carolyn Fusinato	UC26
Chris Amy	COPS
Chris Powers	LSM (YDAL)
David Herrold	PAMS
Frank Cortese	TRINOW
Geoffrey Buschur	UC26
Ginnie Holmes	O2
Jay Leigh	LSM
Kate Morgan	UC26
Kathleen Kemp	PAMS
Marshall Campbell	LSM
Megan Alpha	LSM (YDAL)
Misha Vyazmensky	LSM (YDAL)
Rick Norton	TFAM
Robertus van der Wege	LSM
Trin Campbell	LSM

# NORTH TEXAS LOCAL MASTERS SWIM COMMITTEE BOARD OF DIRECTORS: 2023 REPORTS

## CHAIR REPORT (Jacky Merianos)

The North Texas LMSC has had its most successful year since 2019! Sending a big thank you to our hard working and dedicated 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.



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

## TREASURER REPORT (Mike Doyle)

Financial Highlights of the 2023 year:

- We have \$61,533.39 of cash

- We received \$255 of donations for the year
- We have received \$511.85 of interest income
- We invested \$2,061 in our open water event
- We invested \$5,453 in Spring Zone swim meet
- Our biggest expenses for the year were reimbursement of national conventions of (\$2,724), Go the Distance (\$2,055), and Coach Certifications (\$1,825).

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 2022 Annual Board Meeting were timely submitted to the national office (USMS). They can be viewed on USMS.org and on the Northexasmasters.org
- The NT LMSC Board voted on a few changes to our NT LMSC Bylaws in Q1 of 2023. Our Bylaws have been updated and were posted in a timely manner onto our LMSC website.

### **MEMBERSHIP REPORT (Cindy Myer)**

Please review **Appendix A** (attached) for a detailed report NT LMSC Club and Individual Membership. Report includes 2023 and 2024 membership data through December 1<sup>st</sup>, 2023.

### **SANCTIONS REPORT (Alison Moore)**

NTXLMSC sanctioned four pool events and two open water events in 2023. Sanctions, once submitted generally take less than a day to be approved, even with adjustments needed.

### **TOP TEN/RECORDS CHAIR (Elaine Disney)**

All North Texas SCY and LSM meet results for the 2023 year have been collected and submitted to the national office. The national office has released the Top 10 and All-American Rankings for 2023 SCY and LCM. SCM is still in progress, with the competition year closing on 12/31/2023

#### **NT LMSC 2023 Short Course Yards Top 10**

- 114 Individual
- 25 Relay

#### **NT LMSC 2023 Short Course Yards All-American**

- 9 Individual
- 3 Relay

#### **NT LMSC 2023 Long Course Meters Top 10**

- 99 Individual
- 19 Relay

#### **NT LMSC 2023 Long Course Meters All-American**

- 9 Individual
- 9 Relay

## COACHES CHAIR REPORT (Gilbert Junior)

### Coaches Certifications

In 2023 we had 16 North Texas coaches further their education with a USMS coach certification. In total:

- 12 coaches complete their Level 1 coach certification
- 10 coaches complete their Level 2 coach certification
- 4 coaches complete their Level 3 coach certification

North Texas hosted a Level 2 coach certification in Dallas, TX this past February. Additionally, Houston hosted a Level 2 and Level 3 coach certification this past November. This is where the majority of our coaches were certified.

### Clinic for Coaches

In October 2022, we sent two North Texas Coaches to the USMS National Coaches Clinic. This summer, these two coaches (Karen Sakalys and Ross Myers) hosted a clinic for our NT coaches, covering all of the material they learned at the National Clinic. This clinic was free to all NT LMSC Coaches. We had 8 coaches attend.

### Coaches Socials

We attempted a Spring and Fall Coaches social this year. Neither had high attendance. We are continuing to work with our local coaches and are accepting feedback on how we can better engage, support and celebrate our local coaches.

## FITNESS CHAIR REPORT (Cindy Myer)

**Go the Distance Initiative:** To get our members involved in USMS' Go the Distance Challenge, North Texas offers yearly incentives for individual swimmers and club teams. In 2023, the NT LMSC has award gift cards to swimmers who have swum the furthest each quarter (top 3), and gifts each club team 0.07 cents for every mile swum. As of the end of Q3 (September 30<sup>th</sup> 2023), we had 91 NT LMSC masters signed up, with 58 masters participating every month.

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

**LCM Clinic and Workout:** For the 2<sup>nd</sup> year in a row, NT LMSC held a LCM clinic and workout at Westside Aquatics in Lewisville on June 10, providing our swimmers with the opportunity to swim long course. Approximately 18 swimmers from O2 and LSM and, for the first time, 3 Unattached swimmers attended. Coaches Chair Coach Junior recruited coaches from PCAT Coach Karen Sakalays and NORDY Coach Ross Meyer. Our Open Water Chair Scott Jarvis (TFAM) facilitated a distance/open water workout. The facility has already been reserved for the 2024 clinic on [Saturday, June 8](#).

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

The role of communications chair was filled briefly, though is currently vacant. We are hoping to fill this role ASAP. When we do, the first project of the new chair will be to revamp our LMSC newsletter and to improve our Social Media presence.

## **OPEN WATER CHAIR REPORT (Scott Jarvis)**

On Sunday, May 19, 2023, more than 60 swimmers entered the open water to swim in the inaugural North Texas "Swim de Mayo" held at Lynn Creek Park in Grand Prairie. Three distances were offered for the event, 1.25k, 2.5k and 5k. This event was the second in what has become known as the South Central Zone Open Water Grand Prix series. Most of the swimmers were from the North Texas LMSC, but we did have several swimmers from other LMSC's within the Zone. Our application for the 2024 event has been submitted to the City of Grand Prairie with a proposed date of May 5, 2024, making it a Swim de Mayo on Cinco de Mayo.

In addition to Swim de Mayo, North Texas collaborated with local triathlon club (now USMS club) Tri-Now to add a masters swim wave to their already established Open Water Swim Challenge. We had 28 master swimmers participate in total.

North Texas was a part of the 2023 South Central Zone Open Water Grand Prix Series. We plan to be apart of the 2024 series as well.

## **WEBMASTER REPORT (Vi Nguyen)**

Two big projects of the year included a new LMSC logo and a NT LMSC website re-design. Our new website design is complete, though our communication team needs to go in and add all LMSC information and details. This will be a project for January/February 2024.

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

Our biggest project of the year was the 2023 South Central Zone SCY Championship. We decided to fund and execute this meet as an LMSC. On March 31<sup>st</sup> – April 2<sup>nd</sup>, we hosted over 240 master swimmers at the Lewisville ISD Westside Aquatic Center for a fun weekend of racing and masters camaraderie.

Inspired by our Zone meet, the committee decided to assemble a "DIY Swim Meet" kit, which includes everything a local team needs to host a swim meet: Meet Manager software, "How to Run a Swim Meet" checklist, printer, access to officials and meet admins, admin met supplies, etc. We are looking to connect with local clubs that can offer facility space for a meet, but might not have experience running a swim meet. With our support and supplies, our hope is to get more clubs comfortable running meets for our LMSC. More meets = more opportunities for our masters to compete!



**LMSC PROJET PROPOSALS**

**2024**



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## 2024 NT LMSC PROJECT PROPOSALS: FINANCIAL SUMMARY

The North Texas LMSC currently has \$61,533.39 in cash. We are projected to bring in \$14,700 in revenue next year in membership dues.

Estimated total cost of all the projects listed below would range from about \$20,000 - \$26,000 depending on the final circumstances, participants, and financial needs that have been stated in each proposal.



# NORTH TEXAS LMSC 2024 PROJET PROPOSALS

## PROJET SUMMARY

Project Title:	<b>NTLMSC to Cover Club Registration Fees (2024)</b>
Proposed By:	Jacky Merianos (Chair)
Target Group:	All clubs in our LMSC
Project Objective:	To provide basic, yet effective support to all of our local clubs by covering their USMS registration fee.

## PROJET DESCRIPTION

### **Provide a brief description of your proposed project:**

The NTLMC will reimburse all registered North Texas masters clubs and workout groups their \$70 annual registration fee. Clubs must have a minimum of 5 members to receive this reimbursement.

### **How will this project benefit the members of the North Texas LMSC:**

While a small gesture, this initiative is a simple yet effective way for us to connect with our clubs and to show them we are here to support them. A positive relationship with our

club teams and workout groups will trickle down to our club team's members, further fostering community within our LMSC (beyond a masters club).

**What is the duration of this project? (i.e. – one day event, 3-month fitness challenge, etc.)**

One calendar year (2024)

**Is this an event you wish the NTXLMSC to sponsor annually?**

Hopefully, yes.

## **FINANCIALS**

**How much funding are you requesting for this project for the 2024 year?**

Approximately \$1,750. That will cover the registration of 25 club teams/workout groups.

In 2023, we had 17 clubs and 1 workout group.

**Please provide a preliminary budget for your project:**

Estimated Club teams for the 2024 year: 22

Cost per club: \$70

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**TOTAL: \$1,540**

Max Club teams for the 2024 year (ESTIMATE): 25

Cost per club: \$70

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**TOTAL: \$1,750**



# NORTH TEXAS LMSC 2024 PROJET PROPOSALS

## PROJET SUMMARY

Project Title:	<b>NTLMSC to Cover Board of Directors Yearly Membership Fees (2024)</b>
Proposed By:	Jacky Merianos (Chair)
Target Group:	Our Board of Directors
Project Objective:	To provide our Board of Directors, our LMSCs most dedicated volunteers, with a small token of appreciation.

## PROJET DESCRIPTION

### **Provide a brief description of your proposed project:**

The NTLMC will reimburse all NTLMSC Board Members there \$70 annual membership fee. This is to happen at the beginning of every calendar year (January). Any new board member will be eligible for reimbursement on April 1<sup>st</sup>, following 90 days of service to the NT LMSC Board.

### **How will this project benefit the members of the North Texas LMSC:**

All of our Board of Directors are 100% volunteer. They do not get paid and/or compensated for the work they do for our LMSC. This project proposal came from other

LMSCs in the country – they have used this as a way to recognize and thank their board members for their service every year.

While this does not directly impact our members, it does provide recognition to those constantly working behind the scenes. This can also be an incentive to get more individuals to volunteer on our board of directors.

**What is the duration of this project? (i.e. – one day event, 3-month fitness challenge, etc.)**

One calendar year (2024)

**Is this an event you wish the NTXLMSC to sponsor annually?**

Hopefully, yes.

## **FINANCIALS**

**How much funding are you requesting for this project for the 2024 year?**

Approximately \$840.

**Please provide a preliminary budget for your project:**

10 Board members x \$70 membership reimbursement = \$840.



# NORTH TEXAS LMSC 2024 PROJET PROPOSALS

## PROJET SUMMARY

Project Title:	<b>First North Texas Masters Meet Free</b>
Proposed By:	Competition Committee
Target Group:	All of NT LMSC
Project Objective:	Encourage more swimmers to enter their first meet

## PROJET DESCRIPTION

**Provide a brief description of your proposed project:**

Any NT LMSC member may enter their first NT LMSC swim meet if this is the first time they have entered a sanctioned USMS swim meet.

**How will this project benefit the members of the North Texas LMSC:**

Encouraging members to try a NT sanctioned pool swim meet

**What is the duration of this project? (i.e. – one day event, 3-month fitness challenge, etc.)**

All of 2024

**Is this an event you wish the NTXLMSC to sponsor annually?**

Yes

## **FINANCIALS**

**How much funding are you requesting for this project for the 2024 year?**

\$2,000

**Please provide a preliminary budget for your project:**

Estimated 50 new swimmers at estimated \$40 per entry fee



# NORTH TEXAS LMSC 2024 PROJET PROPOSALS

## PROJET SUMMARY

Project Title:	<b>NTLMSC Event Host Grant</b>
Proposed By:	Competition Committee
Target Group:	<ul style="list-style-type: none"> <li>Club Hosts (Swim Meet and Open Water)</li> <li>Competitive NTLMSC masters</li> </ul>
Project Objective:	<p>Provide financial assistance to our local swim meet and open water event hosts to ensure they have successful and profitable events.</p> <p>All NTLMSC Club teams may apply for an event host grant to help cover costs of a USMS sanctioned Swim Meet and/or Open Wate Swim Race. Club team must fill out an application form and submit a preliminary event budget for review.</p>

## PROJET DESCRIPTION

### **Provide a brief description of your proposed project:**

The NTLMC competition committee would like to start an **NTLMSC Event Host Grant** to support our local event club hosts. This grant program is intended to provide NTLMSC hosts with financial support to cover all costs associated with their USMS sanctioned swim meet and/or Open Water race.

Club hosts must submit an application and event budget for review prior to their event. The LMSC Competition Committee will review the request and will allocate funding accordingly.



**How will this project benefit the members of the North Texas LMSC:**

We hope that our additional support for event host will result in more masters events in our LMSC – Masters meets and Open Water Swims. The more support an event host has, the more willing they will be to host events. The more events that are hosted, the more opportunities our 1,000+ member have to compete locally.

**What is the duration of this project? (i.e. – one day event, 3-month fitness challenge, etc.)**

This grant will be available to NTLMSC meet hosts indefinitely, though we plan to approve our grant “funding pot” on a calendar year basis. We are currently looking at the 2024 year.

**Is this an event you wish the NTXLMSC to sponsor annually?**

Yes

## **FINANCIALS**

**How much funding are you requesting for this project for the 2024 year?**

\$5,000

**Please provide a preliminary budget for your project:**

We don't have a line-item budget, as all of our requested grant finding is to go into a grant fund. If approved, we will put together an application for event hosts to fill out and will begin taking grant requests from there. Awarded grant amounts will be given based on need and will be voted on by the NTLMSC Competition Committee. The NTLMSC Competition committee will not award over \$5,000 in grants for the 2024 year.



# NORTH TEXAS LMSC 2024 PROJET PROPOSALS

## PROJET SUMMARY

Project Title:	<b>LMSC Quarterly Clinics/Workouts</b>
Proposed By:	Lynn Morrison
Target Group:	All of NT LMSC
Project Objective:	Enjoy a coached workout with others in our LMSC AND precede it with a “clinic”

## PROJET DESCRIPTION

**Provide a brief description of your proposed project:**

Put together three LMSC wide workouts and precede each with a clinic i.e., strength/ dryland training, Stroke, Nutrition, stretching, breath work, yoga

**How will this project benefit the members of the North Texas LMSC:**

Offer opportunity to improve physical fitness and technique/training related to swimming

**What is the duration of this project? (i.e. – one day event, 3-month fitness challenge, etc.)**

Three events per year

**Is this an event you wish the NTXLMSC to sponsor annually?**

Yes

## **FINANCIALS**

**How much funding are you requesting for this project for the 2024 year?**

\$3,000

**Please provide a preliminary budget for your project:**

Cover cost of pool rental, coaches and clinic leader. Estimated cost of \$1,000 per clinic.



# NORTH TEXAS LMSC 2024 PROJÉT PROPOSALS

## PROJET SUMMARY

Project Title:	<b>Socials after meets and LMSC wide workouts</b>
Proposed By:	Lynn Morrison
Target Group:	USMS membership
Project Objective:	To promote fellowship and camaraderie of our membership by offering free food after LMSC meets/workouts

## PROJET DESCRIPTION

**Provide a brief description of your proposed project:**

Encourage attendance to a social event after meets and workouts by the LMSC purchasing appetizers or meals depending on how many attend.

**How will this project benefit the members of the North Texas LMSC:**

Giving back to the membership and helping people get to better know other swimmers in our LMSC

**What is the duration of this project? (i.e. – one day event, 3-month fitness challenge, etc.)**

All of 2024

**Is this an event you wish the NTXLMSC to sponsor annually?**

Yes

## **FINANCIALS**

**How much funding are you requesting for this project for the 2024 year?**

\$2,000

**Please provide a preliminary budget for your project:**

Roughly \$500/Quarter



# NORTH TEXAS LMSC 2024 PROJET PROPOSALS

## PROJET SUMMARY

Project Title:	<b>2024 Go the Distance (Individual &amp; Club) **REVISED PROGRAM PROPOSAL**</b>
Proposed By:	Cindy Myer
Target Group:	ALL membership (Fitness Swimmers and Clubs)
Project Objective:	Encouraging more people to enter “Go the Distance”. Rewarding and acknowledging those who participate.

## PROJET DESCRIPTION

**Provide a brief description of your proposed project**

Individual – Quarterly Awards - Random Drawing \$25 Xtreme Swim gift card

- Random drawing for each club, work out group and Unattached for \$25 Xtreme Swim gift card based on meeting the eligibility requirement: the swimmer must swim a minimum of 10 miles in each month of the quarter

Previous winners will not qualify (i.e., each swimmer can only “win” once per year)

Individual – Year End – Top 3 Total Miles

- First Prize \$150 Xtreme gift card
- Second Prize \$100 Xtreme gift card
- Third Prize \$50 Xtreme gift card
- No change to the current program of when the 'official' Q mileage would be pulled and recorded. Mileage pulled April 1, July 1, October 1 and January 1 of the following year.

Club – Quarterly Award

- Clubs participating will receive .07/mile per qualified swimmer. *\*\*\*Example. If a swimmer swims 100 miles, the club will receive \$7.00 for that swimmer\*\*\** These payments will be tabulated and mailed out quarterly.
- Swimmers with less than 10 miles/month per Q will not count towards the club total.
- **NEW: Club Kicker:** If a club can reach 25% of their registered membership (as of each Q) participating in GTD, the club payout would be .09/mile per qualified swimmer

New: Club Year End Award

- **\$150 Y/E Award for Clubs maintaining 25% GTD participation based on their number of registered swimmers for each Q of 2024.**

Point of reference: The 3 largest clubs and their current GTD participation %: TFAM 72 members @ 19%, LSM 120 members (less NORDY) 18%, PCAT 92 members 13%.

**How will this project benefit the members of the North Texas LMSC:**

Give back to members and generate excitement in GTD

**What is the duration of this project? (i.e. – one day event, 3-month fitness challenge, etc.)**

Throughout 2024 – Quarterly measurement + Y/E measurement

**Is this an event you wish the NTXLMSC to sponsor annually?**

Yes

## FINANCIALS

**How much funding are you requesting for this project for the 2024 year?**

\$3,900

**Please provide a preliminary budget for your project:**

Individual: \$1,400 (Q \$1,100 + Y/E \$300)

Club: \$2,502 (Q \$1,752 + Y/E \$750)





# NORTH TEXAS LMSC 2024 PROJET PROPOSALS

## Coaches Chair Proposal for North Texas Masters Swimming Board of Directors

Dear North Texas Masters Swimming Board Members,

I am delighted to introduce a series of proposals focused on improving the involvement, experience, and acknowledgment of our Masters coaches within the Local Masters Swim Committee (LMSC). The outlined initiatives aim to cultivate a more robust coaching community and enhance the overall quality of our programs. Through these proposals, I am advocating for measures that will elevate the participation of Masters coaches, enrich their experience, and duly recognize their valuable contributions within our LMSC. The primary goal is to create a coaching environment that is more supportive, inclusive, and conducive to raising the standard of our programs.

### 1. Beginning of the Year Coaches Survey

- **Why:** Gather valuable insights and preferences.
- **How:** Distribute a survey at the start of each year.
- **Outcomes:** Tailored support for coaches and improved communication.

### 2. Quarterly Coaches Zoom Meeting

- **Why:** Facilitate regular communication and training.
- **How:** Allocate funding for quarterly Zoom meetings.
- **Outcomes:** Increased coach engagement, professional development, and a stronger coaching networking

### 3. Masters Coach Development Program - MCDP

- **Why:** To invest in the continuous growth of our coaches AND professional development.
- **How:** Shift funding responsibility to individual clubs, establish workshops, webinars, and mentorship programs.
- **Outcomes:** Enhanced coaching skills and increased satisfaction, elevated program standards, and increased opportunities for involvement.

### 4. Coach Recognition Awards - CRA

- **Why:** Acknowledge outstanding contributions.
- **How:** Introduce annual awards for categories like "North Texas Master Coach of the Year."
- **Outcomes:** Boost morale, motivation, and retention.

## 5. Coaches' Forum

- **Why:** Facilitate knowledge sharing and networking.
- **How:** Host regular forums for coaches to discuss best practices.
- **Outcomes:** Improved collaboration and a stronger coaching community.

## 6. Slack Channel for Coaches

- **Why:** Establish a real-time platform for communication.
- **How:** Create a Slack channel for coaches to connect.
- **Outcomes:** Enhanced collaboration and information sharing

## 7. Diversity and Inclusion Initiatives

- **Why:** Promote diversity among our coaching staff.
- **How:** Implement outreach programs and scholarships.
- **Outcomes:** A more representative and inclusive coaching team.

## 8. Coaches' Feedback System

- **Why:** Enhance communication between coaches and the board.
- **How:** Establish a confidential feedback system.
- **Outcomes:** Improved coaching experiences and program quality.

## 9. North Texas Tee-shirts for Coaches

- **Why:** Foster a sense of identity and pride.
- **How:** Seek sponsorship or negotiate for cost-effective options.
- **Outcomes:** Unified coaching identity and team spirit.

## 10. End of the Year Annual Meeting Incentives

- **Why:** Encourage attendance and participation.
- **How:** Allocate funding for \$100 incentives to head coaches and club reps to attend annual meetings.
- **Outcomes:** High attendance, improved networking, and collaboration.

## Winning Strategies

1. **Demonstrate Return on Investment (ROI):** Showcase the long-term benefits of each proposal on the overall success of our LMSC. Illustrate how the return on investment will highlight the lasting advantages of each proposal, thereby enhancing the overall success of our Local Masters Swim Committee (LMSC).
2. **Align with LMSC Goals:** Emphasize how these initiatives align with the strategic objectives of the LMSC.
3. **Engage Coaches in Proposal Development:** Highlight that these proposals are a result of collaboration and input from our coaching community.
4. **Cost-Efficiency:** Emphasize efforts to seek cost-effective solutions and potential sponsorships.
5. **Measurable Outcomes:** Clearly articulate the expected outcomes and success metrics for each proposal.

6. **Data-Driven Approach:** Present statistics on coaching satisfaction and program success to justify the proposals [[5] (<https://www.swimmingworldmagazine.com/news/usms-elects-officers-announces-award-winners-at-2023-annual-meeting/>)].
7. **Align with USMS Standards:** Emphasize that these initiatives align with broader US Masters Swimming goals [[2] (<https://www.usms.org/admin/minutes/>)].
8. **Highlight Success Stories:** Share success stories from coaches in our LMSCs that have participated on the implementation.
9. **Financial Impact Analysis:** Provide a thorough analysis of the financial implications, emphasizing long term benefits.

I am confident that implementing these proposals will not only enrich the experience of our coaches but also contribute to the overall success of North Texas Masters Swimming.

Let's strive for excellence together. I look forward to discussing these proposals at the upcoming board meeting.

In good faith,

**Gilberto Junior**  
*NTLMSC Coaches Chair*



# NORTH TEXAS LMSC 2024 PROJET PROPOSALS

## PROJET SUMMARY

Project Title:	<b>2024 NTLMSC Annual Meeting, Social and Awards Event</b>
Proposed By:	Jacky Merianos (Chair)
Target Group:	All members of our LMSC
Project Objective:	<p>A half-day event to gather the members of our LMSC for a day of learning, celebration and camaraderie.</p> <p>Free to all members of the NTLMSC</p>

## PROJET DESCRIPTION

**Provide a brief description of your proposed project:**

### **2024 NTLMSC Annual Meeting, Social and Awards Event**

- Kick the day off with a stroke clinic and/or swim workout run by NT coaches
- Gather at a local restaurant for lunch
- At the restaurant:
  - Present awards for the year
  - Run the annual meeting
  - Have fun games/social activities going on...maybe a small gift for everyone (cap? Bag tag?)

**How will this project benefit the members of the North Texas LMSC:**

Our members deserve this! A morning of swimming, learning, camaraderie and celebration. Our annual meeting should be about more than just business - it should be a way to bring our members together and celebrate all we accomplished in the past year.

This is intended to be a free event for all LMSC members.

**What is the duration of this project? (i.e. – one day event, 3-month fitness challenge, etc.)**

Half Day event in Oct, Nov or Dec of 2024

**Is this an event you wish the NTXLMSC to sponsor annually?**

Hopefully, yes.

**FINANCIALS**

**How much funding are you requesting for this project for the 2024 year?**

Approximately \$2,700

**Please provide a preliminary budget for your project:**

**ESTIMATED COST FOR 50 PARTICIPANTS**

**EXPENSES**

<b>DESCRIPTION</b>	<b>COST</b>	<b>NOTES</b>
facility rental for 2 hours	\$800.00	Estimate of \$400/hr
Coaches to coach clinic	\$400.00	4 coaches @ \$100 each
Food	\$1,000.00	(\$20 per person, based on 50 people
Awards, raffles, etc.	\$500.00	
<b>TOTAL</b>	<b>\$2,700.00</b>	