



NTLMSC: 2024 Spring Board Meeting

Sunday, April 21st at 1:00PM | Semones Family YMCA [Dallas, TX]

A. Roll Call

B. Reports of the Officers

- Chair
- Vice Chair
- Secretary
- Treasurer
- Membership
- Sanctions
- Top Ten Congratulations on your introduction to the MISHOF
- Coaches
- Fitness
- Open Water Swim de Mayo race update
- Communications/Social Media
- Webmaster

D. Reports of the Committees

- Competition Committee
- Clinic Committee

F. USMS South Central Zone Report

- 2024 South Central Zone Grand Prix
- Zone bids needed for 2025
- Jesse Coon Award nominations (Deadline: June 1st)

C. Unfinished Business

- Check-in on 2024 Projects
- Plan for LMSC Website

F. New business

- National Office Items
 - o 2024 Annual Meeting
 - National Coaches Convention and Relay
 - National Awards (Deadline: July 1st)

• NTLMSC Items

- NTLMSC Email Accounts
- Annual Meeting
 - Pick a date now
- Other NTLMSC New Business?

H. Resolutions and Order

I. Adjournment





NORTH TEXAS LOCAL MASTERS SWIM COMMITTEE Chair and Committee reports, April 2024

CHAIR REPORT (Jacky Merianos):

LMSC Highlights for Q1

- 831 NTLMSC members as of Friday (4/19)
- We are up and running on social media!
- 2 sanctioned SCY Meets Far Out 1000 and Sprinting into Spring
- 2 Swim Clinics one open water and one pool clinic
- 15 Masters took advantage of our First Meet Free Promotion
- North Texas swam 6,336 miles in Q1 via USMS' Go the Distance Challenge. We are currently ranked 3rd in the country, behind Pacific and South Pacific.
- Congratulations to North Texas Master and LMSC Board Member Tom Wolf on being named into the Masters International Swimming Hall of Fame

VICE CHAIR REPORT (Frank Cortese)

On behalf of Jacky: Frank has played a very big role in event hosting this quarter. Frank hosted his first-ever swim meet (Far Our 1000), collaborated with Arkansas Chair, Bonnie Adams, on a North Texas Open Water clinic, and is in the process of planning our LMSC's annual Swim De Mayo event. He humbly says he hasn't been busy, but I would say he has gone above and beyond. Thank you, Frank, for all of your work!

TREASURER REPORT (Mike Doyle)

Please review the attachment "treasurer report" for the following:

- 2024 Financial Highlights (to date)
- 2024 Q1 NTLMSC P & L Statement
- 2024 Q1 NTLMSC Balance Shet
- NTLMSC Ledger

SECRETARY REPORT (Lynn Morrison)

Nothing new to report

MEMBERSHIP REPORT (Cindy Myer)

Please review the attachment "membership report" for current NTLMSC Membership data.

SANCTIONS REPORT (Alison Moore)

Swim de Mayo has been sanctioned for May. Nothing further to report.

TOP TEN/RECORDS REPORT (Tom Wolf)

The Top Ten responsibility has been successfully transitioned from Elaine Disney to Tom Wolf. Elaine conducted a training session on the tools and all the necessary access to the Hy-Tek Meet Manager system and administrative access to the USMS web site was obtained.

The meet results for the TFAM Sprinting into Spring were submitted to Tom, loaded into HyTek Meet Manager, exported in HY3 format, and successfully uploaded to the USMS site. All split requests were successfully submitted as part of the meet results.

NOTE: I (Tom) received an email from Mary Beth Windrath, national Top Ten Chairwomen, indicating that while the TFAM split times were accepted in the system, they weren't set up correctly. All split requests need to have a unique event number. TFAM created a separate event number by adding the letter Z to the event that the split request was swum instead of a unique number for each.

There is an alternative approach to split submission that involves the Top Ten chairman going into the meet results once they've been loaded into USMS. Each swimmer requesting splits will have all eligible splits highlighted and the one corresponding to the split request can be selected and submitted, without having to create a unique event number. I recommend that we use the USMS system for split request submission. This will require that the signed split request forms will need to be submitted to me. If the NTLSMC committee agrees with this recommendation, I will document the process and make sure meet directors understand the process.

FITNESS CHAIR REPORT (Cindy Myer)

Please review the attachment "Go the Distance Report" for 2024 Q1 Go the Distance data.

COACHES CHAIR REPORT (Gilbert Junior)

David Herrold (At-Large Member) and Junior to connect this month on LMSC coaching initiatives for 2024.

OPEN WATER CHAIR REPORT (Scott Jarvis/Frank Cortese)

Swim De Mayo is 2 weeks away! Frank and Jacky to give a verbal report of where we're at with race planning.

COMMNICATIONS/SOCIAL MEDIA REPORT (Megan Alpha)

Stats Report:

- +We have 15 posts on our page highlighting masters -> upcoming events
- +We can build pages by highlighting teams and more fun content mixed in with our informational content
- +US Masters posts lots of tips and spotlights to help swimmers. This could be good content to replicate and mix with our content

Instagram-

- +707 accounts have been reached in the last 90 days
- +645 were non-followers
- +The top content was our Valentine's Day reel
- +We have built our following to 100 followers organically

FB

- +1,200 people reached in the last 90 days
- +32 new followers
- +32% of followers are between the age of 45-54 / 23% being 55-64
- +Top post was Swim De Mayo, and posts highlighting master swimmers

WEBMASTER REPORT (Vi Nguyen)

Bob Tierney reached out to Jacky and Vi and showed interest in taking on the role of webmaster.

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

In Q1, we had 2 SCY meets in North Texas: Far Out 1000 in February and Sprinting into Spring in March. Very positive feedback was received from our membership regarding both meets.

- Far Out 1000, hosted by North Texas club Tri-Now, had 35 master swimmers take on the 1000-yard freestyle. This was the first single-event meet our LMSC has hosted and was attended by master swimmers and triathletes alike.
- Sprinting into Spring, hosted by North Texas club Texas Ford Aquatics, had over 100 masters participate in the 2-day meet. A full lineup of events was provided across 2 days.

Looking forward to Q2 and Q3:

- TFAM to host a LCM meet in mid-July. Pegasus to host Summer Zones (LCM) in late July.
- We are hoping to have 2 SCY/SCM meets in the Fall, along with Jacky's SCM Relay meet. The committee is working on identifying meet hosts now.

CLINIC REPORT (Lynn Morrison, Cindy Myer & Jacky Merianos)

NTLMSC hosted a two-pronged clinic at North Lake College 10-noon on Saturday, April 13. Unfortunately, with short notice our number of reserved lanes went from 8 to 4 so we had to cap the number of registrants to no more than 16.

The first 30-40 minutes provided instruction on dry land drills with a special emphasis on shoulder health. We then had two swim groups, one focused on improving freestyle technique for the fitness swimmer and the other more focused on competition. Junior was able to provide each in that group with a tempo trainer and then took them through a series of sets to exemplify the benefits of such a tool. This was followed by swimmers using the resistance cord with belt around the waste to explore the optimal position of the catch and best way to "hold" and "move" water while sprinting. Also important to note that everyone was

introduced to new drills that that they can take back to their home pool and use in their next workout! NT LMSC coaches at the clinic were Junior Gilberto, Lynn Morrison, and Megan Alpha. Megan, our NT Social Media coordinator, also doubled as our videographer and put together a great reel that was posted on Instagram.

Next up: NT LMSC Long Course Workout happening on Saturday, June 15th.

2024 Financial Highlights April 16, 2024

Membership dues were \$2,562 for the quarter

Between donations, interest and rebates, we received another \$372 of revenue

Our major expenses for the quarter were

Swim meet \$275

We ended the quarter with \$72,096 of cash

Financials have been updated with the national office

The tax return was filed with the IRS.

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North Texas LMSC Profit & Loss

January through March 2024

	Marie Control		e .			
	gd Alder	Jan - Mar 24		J.	an - Mar	23
Ordinary Income/Expense Income	idistra a	A No.	X = 1.	7,8 B		
Donations received	F14 - 1944 741		45.00			135.00
Interest & Dividends	(In 11-ins		327.39			36.64
Membership Fees		. 2	2,562.00			3,234.00
Open Water Revenue			458.00			0.00
Other Income	APPROX.		0.00			101.87
Swim Meet Revenue	Service Adjusted to 10		0.00			19,190.00
Total Income	Cther Dagenklu	3	3,392.39			22,697.51
Expense Administrative Expense	Solat Officially	1 12 8 K g	- 4			
LMSC Meeting	os i Corrent Gist	73.6	64		2	17.31
Telephone, Telecomm	nunications	170.4		¥	(T)	59.80
Total Administrative Ex	penses		244.10	2 g 31		377.11
Coach and Club Develo	pment					
Rewards	Water gut 1:	0.0	00 .	76	89	95.95
	CHAMON!					
Total Coach and Club I	Development		0.00			895.95
Program & Activities	l lanus		2 1 H			
First Meet Free	MODILLOCA	120.0	00	99 n		0.00
Meet Sanction Fees		50.0	00	6 · ·		0.00
Swim Meet expenses	uid laise a					
Computer Software	J. SHINE V	250.00		v 2	2,358.98	
Food		0.00		. A.	182.90	
Meet Officials		275.00	40.0		2,900.00	
Merchant Fees		0.00	4.5		1,712.21	
Shirts		0.00	2 X	W.	745.06	
Supplies	John Str. of Line	0.00			1,691.66	
Swimming Pool Ren	ital	0.00			0.00	
Total Swim Meet expe	enses	525.0	00		9,5	90.81
Total Program & Activi	ties par Cache	0.03	695.00			9,590.81
Total Expense	Facility (S. ". "	* 1.8 s	939.10			10,863.87
Net Ordinary Income	white times a test		2,453.29			11,833.64
Net Income	inications		2,453.29			11,833.64
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North Texas LMSC Balance Sheet

As of March 31, 2024

A DESCRIPTION OF THE PROPERTY	
	Mar 31, 24
ASSETS	(f . #
Current Assets	
Checking/Savings Amegy Checking	12.650.45
Amegy Savings	32,459.20
Certificate of Deposit	26,986.85
Total Checking/Savings	72,096.50
Total Current Assets	72,096.50
Fixed Assets Furniture and Equipment	1,440.00
Total Fixed Assets	1,440.00
TOTAL ASSETS	73,536.50
LIABILITIES & EQUITY	
Liabilities	17,
Current Liabilities	
Other Current Liabilities Other Current Liabilities	628.75
Total Other Current Liabilities	628.75
Total Current Liabilities	628.75
Total Liabilities	628.75
Equity't Assets	
Fund Balance	76,519.03
Unrestricted Net Assets	-6,064.57
Net Income Vincome	2,453.29
Total Equity	72,907.75
TOTAL LIABILITIES & EQUITY Total Current	73,536.50
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PAL ASSETS	
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Total Amegy Checkin	g					5,928.61	12,650.45
Amegy Savings Deposit Transfer Deposit Deposit	01/24/2024 02/05/2024 02/24/2024 03/24/2024	EFT	No (Fo As	Interest Funds Tran Interest Interest	interest & Di Amegy Chec Interest & Di Interest & Di	53.45 2,000.00 40.20 39.71	30,325.84 30,379.29 32,379.29 32,419.49 32,459.20
Total Amegy Savings						2,133.36	32,459.20
Certificate of Depos Deposit Deposit Deposit	01/16/2024 02/15/2024 03/16/2024	DEP DEP DEP	Name	Deposit Deposit	Interest & Di Interest & Di Interest & Di	66.00 66.07 61.96	26,792.82 26,858.82 26,924.89 26,986.85
Total Certificate of De	eposit		acky Yen 'sgasus Aquatic	15		194.03	26,986.85
Checking Total Checking			ann Monison OPS i∍có Mastera Bo.	in and a second	. 87.		0.00 0.00
Accounts Receivabl Total Accounts Recei			2 HDG 1		and the second s		0.00 0.00
Membership Receiv Transfer	ables 01/15/2024		ck/Yen HNow Enduran≘.	Funds Tran	Amegy Chec	-5,671.00	5,671.00 0.00
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Undeposited Funds Total Undeposited Fu	ınds		, dia .	S			0.00 0.00
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Туре	Date	Num	Name	Memo	Split	Amount	Balance
Other Current Liabil Transfer Check	ities 01/01/2024 01/22/2024 02/02/2024 02/02/2024 02/02/2024 02/02/2024 02/02/2024 02/02/2024 02/02/2024	1865 1866 1867 1868 1869 1870 1871	Jacky Yen Pegasus Aquatic Lynn Morrison COPS Frisco Masters Bo O2 RIDG	4th quarter 4th quarter 4th quarter 4th quarter	Amegy Chec	-628.75 144.46 15.48 135.58 79.67 75.78 29.77 16.30	-497.04 -1,125.79 -981.33 -965.85 -830.27 -750.60 -674.82 -645.05 -628.75
Total Other Current L	iabilities		e t #	നാവുടി വ സ		-131.71	-628.75
Payroll Liabilities Total Payroll Liabilitie	S	•			1 1 100		0.00 0.00
Unearned Revenue Total Unearned Reve	nue		al T				0.00 0.00
Other Liabilities Total Other Liabilities			e de sie e		1 1 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	9	0.00
Fund Balance Total Fund Balance			Gen		(162) (174)		-76,519.03 -76,519.03
Opening Balance Ed Total Opening Balance			AS OF INC				0.00 0.00
Perm. Restricted Ne Total Perm. Restricte			Name.		8 W 5 II		0.00 0.00
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Unrestricted Net Ass Total Unrestricted Ne		ь э	nin literaison 193 icco Masters (f	s di	7. 		6,064.57 6,064.57
Capital Gains Total Capital Gains			RIDG				0.00 0.00
Donations received Deposit Deposit	02/15/2024 03/15/2024	DEP DEP	3 1 3 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	Deposit Deposit	Amegy Chec Amegy Chec	-5.00 -40.00	0.00 -5.00 -45.00
Total Donations recei	ved				E .	-45.00	-45.00
Interest & Dividends Deposit Deposit Deposit Deposit Deposit Deposit Deposit	01/16/2024 01/24/2024 02/15/2024 02/24/2024 03/16/2024 03/24/2024	DEP DEP	North Ger	Deposit Interest Deposit Interest Deposit Interest	Certificate of Amegy Savin Certificate of Amegy Savin Certificate of Amegy Savin	-66.00 -53.45 -66.07 -40.20 -61.96 -39.71	0.00 -66.00 -119.45 -185.52 -225.72 -287.68 -327.39
Total Interest & Divide	ends		e and transfer something of the			-327.39	-327.39
Membership Dues R Total Membership Du			None	as or A			0.00 0.00
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Open Water Revenu Deposit	03/06/2024	DEP	SHEET THE	Deposit	Amegy Chec	-458.00	0.00 -458.00
Total Open Water Re	venue					-458.00	-458.00

Туре	Date	Num	Name	Memo	Split	Amount	Balance
Other Income Total Other Income			8	ė l	2		0.00 0.00
Swim Clinic Revenue Total Swim Clinic Reve	nue	a a					0.00 0.00
Swim Meet Revenue Total Swim Meet Rever	nue				146 g		0.00 0.00
Administrative Expense Accounting Fees Total Accounting Fees			no Tog				0.00 0.00 0.00
Bank Service Charge Total Bank Service Cl			Total alimin				0.00 0.00
Club sanction fees Total Club sanction fe	es			- A			0.00 0.00
LMSC Meeting Check	02/27/2024	1872	Jacky Yen	Scott arrang	. Amegy Chéc	73.64	0.00 73.64
Total LMSC Meeting			Ger		* * * * * * * * * * * * * * * * * * * *	73.64	73.64
Postage, Mailing Ser Total Postage, Mailing			A5 (0.00 0.00
Printing and Copying Total Printing and Cop			Name .				0.00 0.00
Registrations Total Registrations			<u>8</u>		y v		0.00 0.00
Supplies Total Supplies							0.00 0.00
Telephone, Telecom Check	munications 01/22/2024	1865	Jacky Yen	2024 Zoom	Amegy Chec	170.46	0.00 170.46
Total Telephone, Tele	communicatio	ons		* ±' e		170.46	170.46
Travel Total Travel			the stress who are				0.00 0.00
Website expenses Total Website expens	es			e c e e			0.00
Administrative Expe Total Administrative E		ner		9,7 z			0.00 0.00
Total Administrative Ex	penses		resky venical in			244.10	244.10
Coach and Club Deve Coach Training Total Coach Training	lopment		Class :				0.00 0.00 0.00
Coaching for Clinic Total Coaching for Cli	nic		(Harris	# # # # # #	* 2 3 2 2		0.00 0.00
Rewards Total Rewards					5:		0.00 0.00
Swim Clinic Total Swim Clinic		*					0.00
Coach and Club Dev Total Coach and Club			iok/Yen			a	0.00
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Type Date	Num	Name	- Memo	Split	Amount	Balance
Contract Services Total Contract Services		0 1 1 50 00 100 A	**************************************		-	0.00 0.00
Convention Total Convention			2 1			0.00 0.00
Equip Rental and Maintenance Total Equip Rental and Maintenan	nce	15. 18. 18. 18. 18. 18. 18. 18. 18. 18. 18.				0.00 0.00
Legal Fees Total Legal Fees		45		3 W		0.00 0.00
National Convention Total National Convention		ASS		***		0.00 0.00
Open Water Expenses Total Open Water Expenses						0.00 0.00
Payroll Expenses Total Payroll Expenses		in a				0.00 0.00
Program & Activities Adult Learn To Swim Total Adult Learn To Swim	5.	None Gene As of F	5 E E E E E E E E E E E E E E E E E E E	1 N 1 N 1 N 1 N 1 N 1 N 1 N 1 N 1 N 1 N		0.00 0.00 0.00
First Meet Free Check 02/27/202	4 1873	Tri-Now Endurance		Amegy Chec	120.00	0.00 120.00
Total First Meet Free		1 1 1 1 1 1 1			120.00	120.00
Go the Distance Total Go the Distance				3 V		0.00 0.00
Meet Sanction Fees Deposit 03/15/202	4 DEP		Deposit	Amegy Chec	50.00	0.00 50.00
Total Meet Sanction Fees					50.00	50.00
Social Events Total Social Events		glacin e.		**		0.00 0.00
Swim Meet expenses Awards Total Awards		1200	a ^a l			0.00 0.00 0.00
Coaching Total Coaching						0.00 0.00
Computer Software Check 02/27/202	4 1872	Jacky Yen	Meet Manag	Amegy Chec	250.00	0.00 250.00
Total Computer Software		300		3.21	250.00	250.00
Food Total Food		Now Endurance				0.00 0.00
Meet Director Total Meet Director		Name of the				0.00 0.00
Meet Officials Check 02/27/202	4 1873	Tri-Now Endurance		Amegy Chec	275.00	0.00 275.00
Total Meet Officials				*0 × *1	275.00	275.00
Merchant Fees Total Merchant Fees			22 22 7			0.00 0.00
Shirts Total Shirts		1 1 2 000 2		* * * * *		0.00 0.00

4:17 PM 04/16/24 Accrual Basis

North Texas LMSC General Ledger As of March 31, 2024

Type Date Nu	m Name	Memo Spl	it Amount	Balance
Supplies Total Supplies			1	0.0
Swimming Pool Rental Total Swimming Pool Rental		100 mm		0.0 0.0
Volunteers Total Volunteers				0.0 0.0
Swim Meet expenses - Other Total Swim Meet expenses - Other	tota gela ui	# 1	₹1	0.0 0.0
Total Swim Meet expenses	ALL THE		525.00	525.0
Team Grants Total Team Grants			5 1 3 1 2 3	0.0 0.0
Travel and Meetings Total Travel and Meetings		in the first		0.0 0.0
Program & Activities - Other Total Program & Activities - Other	'you Endurance' North			0.0
otal Program & Activities	Gene.		695.00	695.0
sk My Accountant otal Ask My Accountant	As of t			0.0
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TAL			0.00	0.0

Gens,

Membership Statistics April 19, 2024

North Texas 2024

- 831 Members Registered
 - o 502 Men (60%)
 - o 329 Women (40%)

Count of USMS Number		WO G	iroup	
Club	# Reg	PAMS	YDAL	Grand Total
ABI	11			11
CWTWN	10			10
FAST	11			11
JMMS	24			24
LSM	108	168	12	288
MARS	12			12
NT	7			7
02	41			41
PAM20	7			7
PCAT	67			67
RIDG	55			55
STARM	8			8
TFAM	62			62
TNOW	1			1
UC26	227			227
Grand Total	651	168	12	831

North Texas 2023	North Texas Clubs
 1,093 Members Registered 658 Men (60%) 435 Women (40%) 	 16 registered clubs for 2024 17 registered clubs for 2023 30 self-identified coaches for 2024 55 self-identified coaches for 2023
National 2024	National 2023
 46,436 Members Registered 23,842 Men 22,594 Women 	 56,559 Members Registered 29,009 Men 27,550 Women
National Clubs	
 1,077 registered clubs for 2024 1,099 registered clubs for 2023 1,891 self-identified coaches for 2024 2,976 self-identified coaches for 2023 	

Go The Distance 1Q 2024 Summary (Data Pull 4/1/2024)

Count of Nam	ne	GTD I	Elig	
ClubAbbr	W/O Grp	No	Yes	Grand Total
CWTWN		1		1
FAST		1		1
LSM Total	PAMS	2	4	6
	YDAL	2	1	3
	LSM	12	21	33
MARS		1		1
02		2	2	4
PCAT		5	8	13
RIDG		2	2	4
TFAM		3	11	14
UC26		5	2	7
Grand Total		36	51	87

1Q Club Payo	ut Summar	у				
Clubs	Reg Count	Total Miles	# Club Reg	% of GTD	Pay/Mile	1Q24 Team Pay
LSM Total	26	2,630.06				
PAMS	4	405.38	162	2.5%	0.07	\$28.38
YDAL	1	57.92	12	8.3%	0.07	\$4.05
LSM	21	2,166.76	106	19.8%	0.07	\$151.67
O2	2	329.42	40	5.0%	0.07	\$23.06
PCAT	8	1,039.06	65	12.3%	0.07	\$72.73
RIDG	2	287.06	54	3.7%	0.07	\$20.09
TFAM	11	1,014.51	62	17.7%	0.07	\$71.02
UC26	2	89.72				
Grand Total	51	5,389.83				\$371.01

1Q Random Draw Winners	Club
Patricia Alonso	PAMS
Rick Lynch	LSM
Robert Czerwinski	LSM

USMS 1Q GTD Summary by LMSC

Rank	USMS	Count of Name	Sum of Total
1	Pacific	114	7,328.40
2	Southern Pacific	110	6,784.15
3	North Texas	87	6,336.09
4	New Jersey	66	5,052.56
5	Gulf	64	4,902.60
6	Indiana	82	4,761.26
7	Florida	48	3,905.51
8	Oregon	48	3,335.96
9	Allegheny Mountain	60	2,690.68
10	New England	37	2,669.86
11	Delaware Valley	35	2,656.10
12	Georgia	33	2,396.96
13	Virginia	33	2,293.64
14	Michigan	34	2,293.23
15	Southeastern	35	2,076.38
16	South Texas	30	1,999.04
17	Colorado	36	1,983.06
18	Illinois	40	1,927.48
19	Ohio	22	1,912.90
20	North Carolina	24	1,848.15
40	Arkansas	5	304.98
50	Oklahoma	1	42.73
	Grand Total	1389	92,136.35