



DECEMBER NEWSLETTER

NORTH TEXAS EVENTS AND HAPPENINGS

2023 COMPETITION LINEUP

First Chance Long Course Invitational

Friday, January 20th | Little Rock, AR

Arkansas Masters SCM Invitational

Saturday and Sunday, January 21st and 22nd | Little Rock, AR

Sweetheart Swim

Saturday, February 11 | Houston, TX

North Texas Spring Fling Invitational

Saturday, March 4th | Garland, TX

Rice Aquatics Masters March Madness Swim Meet

Sunday, March 5th | Houston, TX

2023 South Central Zone Short Course Championships

Hosted by your North Texas LMSC

Friday, March 31st - Sunday, April 2nd | Lewisville, TX

2023 Spring National Championships

Thursday, April 27th - Sunday, April 30th | Irvine, CA

2023 South Central Zone Long Course Championships

Hosted by Masters of South Texas

Friday, July 22 to Sunday, July 23, 2023 | San Antonio, TX

2023 Summer National Championships

Wednesday, August 2nd - Sunday, August 6th | Sarasota, FL

MEETINGS AND EVENTS

South Central Zone Championships: Planning Meeting

Sunday, January 15th at 1PM [Zoom]

Further meeting details to be emailed out in mid-January

North Texas Coaches Clinic

*brought to you by North Texas Coaches Karen Sakalys and Ross Myers
Winter 2023*

North Texas LMSC Spring Board Meeting

March 2023

Interested in hosting a meet but overwhelmed by the process? Please contact our Competition Committee for assistance; we are here to help!

You can email Jacky Merianos at vicechair@northtexasmasters.org.

NORTH TEXAS' OUTSTANDING COACH OF THE YEAR: VI NGUYEN

Congratulations to Coach **Vi Nguyen of O2 Performance Aquatics** on being voted as North Texas' next Outstanding Coach of 2022!

While most of the world sleeps, Vi is busy at work. He kicks off every weekday at 5AM with his master swimmers, always ready to coach, motivate and transform. Rarely sedentary, Vi spends the entirety of his mornings walking up and down the pool deck providing personalized feedback to all of his master swimmers.

You'll never catch Vi with his phone on deck, but you may catch him with his iPad. A fan of technology, Vi utilizes video analysis to work with his swimmers in real time. Whether you are a novice swimmer learning to do butterfly or a seasoned swimmer looking to shave .50 off of a 50, Vi takes the time to videotape your stroke and offer drills and suggestions for improvement. Once feedback is provided, Vi follows through to make sure all swimmers are utilizing new techniques properly in their workouts.

For many of Vi's swimmers, 5AM is their favorite hour of the day. His ability to connect with every master on a personal level leaves them all empowered and excited to swim.



Thank you Vi for all that you do for O2 Performance Aquatics and your masters swimmers. North Texas is honored to recognize you as one of our Outstanding Coaches of 2022.

Interested in swimming with Coach Vi? Visit [O2 Performance Aquatics Masters'](#) website for further information on their masters program.

USMS IS COMING TO DALLAS

USMS is coming to **Dallas, TX** on February 17th, 18th and 19th to host 5 certification classes and clinics. Over the course of the weekend, they will be offering:

- [Level 2 Coaches Certification](#)
- [Adult Learn-To-Swim Certification](#)
- [Clinic Course for USMS Coaches](#)
- [Stroke Development Clinic for Master Swimmers](#)

Further details and registration information for each event can be found at the links above.

- [In-Person Official Certification](#)

Further details and registration information on the Official certification to be emailed out in January.

North Texas will be offering all NT participants the opportunity for a 50% certification reimbursement for the **Level 2 Coaches Certification** and the **Adult Learn to Swim Certification**. Masters must complete the course they are registered for, as well as agree to provide at least one hour of NT LMSC volunteer work (i.e. assisting at NT clinics, swim meets and/or other NT events) before the end of 2023. Please email our Vice Chair for further information:

vicechair@northtexasmasters.org.

Reminder: USMS' Level 1 Coaches Certification is now an online course. [Click here](#) for more information.



GO THE DISTANCE: Q3 REPORT

The Q3 Go the Distance results are in! Leading the pack for our LMSC this quarter were:

- Sharyl Griffith (PCAT): 413.67 miles
- Heather Frees (LSM): 267.59 miles
- Angela Wu (PCAT): 261.49 miles

**miles swum from July 1st, 2022 - September 30th, 2022.*

Year to date as of September 30th, North Texas Masters have logged over 16,000 miles in the USMS Go the Distance Challenge Six of our masters have individually put in more than 500-miles in the water:

- Sharyl Griffith (PCAT): 1,214 miles
- Heather Frees (LSM): 724 miles
- Angelia Wu (PCAT): 639 miles
- Patricia Campbell (LSM): 566 miles
- Marshall Campbell (LSM): 563 miles
- Darlene Jones (PCAT): 516 miles

**miles swum from January 1st, 2022 - September 30th, 2022.*

Good luck to all of our masters entering the home stretch of this year's GTD challenge. We are excited for Q4 and look forward to seeing how North Texas ends the year.





HAPPY HOLIDAYS FROM YOUR NORTH TEXAS LMSC

Wishing all of our North Texas Masters, coaches and volunteers a joyous holiday season. We are looking forward to another exciting year with you all in the pool!

NORTH TEXAS MASTERS SWIMMING: 2022 AWARDS AND RECOGNITIONS

Congratulations again to all of our award recipients of 2022. Thank you for all that you do for your masters team and the North Texas LMSC.

STANDOUT SWIMMERS

Dianna Brodeur (LSM)
Lynn Barnhart (O2)

OUTSTANDING COACH

Karen Sakalys (PCAT)
Vi Nguyen (O2)

Nominations for 2023 are now open!

STANDOUT SWIMMER AWARD (North Texas LMSC)

The North Texas Board is excited to bring this quarterly recognition to our LMSC. Do you know of a master who deserves to be highlighted and recognized for their efforts in the water? Email us and let us know in 200 -500 words why they should be our next **Standout Swimmer** recipient.

Submissions for the *2022-2023 Fall/Winter Season* will be taken through January 21st, 2023; our next Standout Swimmer will be announced and celebrated in February.

Submissions may be submitted to vicechair@northtexasmasters.org.

OUTSTANDING COACH AWARD (North Texas LMSC)

Masters Swimming would not exist today without the hard work and continued commitment of our club coaches. It is their efforts both on and off deck that keep us swimming in safe and fun environments. Does your masters coach go above and beyond to serve their master swimmers and club? Let us know in 200 -500 words why they should be North Texas' next **Outstanding Coach** recipient. Our first Outstanding Coach of 2023 will be announced and celebrated in June. We will be taken nominations through May 21st, 2023.

Submissions may be submitted to vicechair@northtexasmasters.org.

JESSE COON AWARD (South Central Zone)

Jesse Coon was a man devoted to the sport of swimming, especially masters swimming. He encouraged swimmers at every level and promoted the sport to all around him. Past winners represent the heart of Masters Swimming and have been chosen because of their care and concern for others involved in the sport. In 2006, the Gulf Masters Swim Committee created an award to be given annually to a person that exemplified the spirit that Jesse Coon portrayed, namely a person with longevity in USMS that joyfully encouraged fellow swimmers in their aquatic pursuits. The award was then expanded to the South Central Zone with honorees chosen annually from one of the LMSCs in the Zone.

[For further information on the Jessie Coon award and nomination criteria and procedure, please click here.](#)

JOIN OUR ONLINE COMMUNITY!



We want to hear from you! Join our Facebook community to stay up to date on all things North Texas and to connect with likeminded masters in the area. Stories, articles, pictures and questions are all welcome!

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