



SPRING 2023 NEWSLETTER



Warm Weather Swimming is Here! **A Quick Note from your North Texas Masters Chair**

Hi North Texas!

Jacky Merianos here, Chair of your local masters swim committee (LMSC.) Like many of you, my love for masters swimming runs deep. I am a head coach, a club administrator, and an active swimmer. I wear all of these hats because I truly believe that life is better in the water. Through my roles I strive daily to enrich the lives of others through swimming.

Due to the help and hard work of our passionate board members and club teams, the North Texas LMSC is seeing one of our most eventful years since 2019. With a robust calendar of swim competitions (pool and open water) coaches socials, stroke clinics and award recognitions, we are keeping our mission in mind and working diligently to serve all 868 of our current members: fitness swimmers, competitors, triathletes, volunteers and coaches alike.

I encourage each of you to give our newsletter a good read. Familiarize yourself with the variety of events and happenings going on and take note of what you might be interested in participating in. We look forward to seeing you at one of our upcoming events!

*With Gratitude,
Jacky*



North Texas Makes a Big Splash with South Central Zone Championships

Three Fast and Fun Days of Racing for Swimmers in Lewisville

The South Central Zone Championship Meet at the Westside Aquatic Center March 31-April 2 was a chlorinated swimmer party with fast swims and friendly faces.

139 Masters swimmers from 10 North Texas teams and many other goggled competitors turned out for the three-day, short course competition. Many swimmers told us they tried events for the first time, and more than 50 individual and relay meet records were set!

Special Mention: Robert Kelsoe achieved his 99th, 100th, 101st, and 102nd Top 10 swims—a tremendous feat for this outstanding swimmer. Four of his Top 10 swims are relay wins that ranked #1 in the country. Congratulations, Robert!

Want to swim at a meet?

2023 USMS POOL EVENTS

Congratulations to all the North Texas swimmers who attended Spring Nationals in Irvine, California. Send your photos to communications@northtexasmasters.org and tell us about your experience!

Texas Ford Aquatics Chasing Cuts LCM Meet

Saturday, June 17 - Sunday, June 18 | Frisco, TX

2023 South Central Zone Long Course Championships

Hosted by Masters of South Texas

Friday, July 22 - Sunday, July 23 | San Antonio, TX

2023 Summer National Championships

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

Thinking about racing but not sure where to start?

We are here to help swimmers of all ages and abilities!

Email Jacky Merianos at vicechair@northtexasmasters.org

2023 USMS OPEN WATER EVENTS

The USMS South Central Grand Prix Open Water Series: now with THREE Race Locations— two in North Texas!

Lake Longhorn Open Water Roundup

FINISHED: Sunday, April 16th | Houston, TX

North Texas Masters Swim de Mayo

Sunday, May 21st | Grand Prairie, TX

Open Water Swim Challenge & Aquathlon 2023

Sunday, July 30th | Cedar Hill, TX

[Click here for information and registration](#)

See www.USMS.org for a list of the 2023 National Championship OWS

New to open water swimming? We can help!

Email Scott Jarvis at openwater@northtexasmasters.org

OTHER SWIM EVENTS

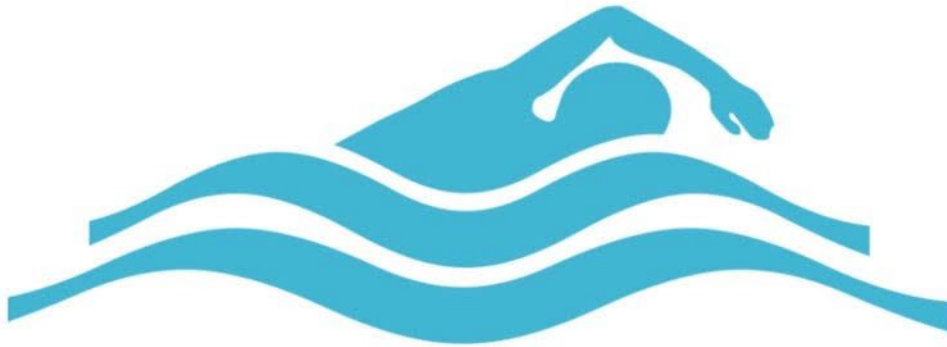
NTLMSC Long Course Workout

Saturday, June 10, 12p-1:30p | Lewisville WAC

North Texas Stroke Clinic For Coaches

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

Save the Date: Sunday, August 27, 2023 | More information coming soon



2023 NORTH TEXAS INAUGURAL OPEN WATER

SWIM DE MAYO

MAY 21, 2023 AT JOE POOL LAKE
GRAND PRAIRIE, TX



Register now for the North Texas Open Water Swim de Mayo!
Three distances, breakfast tacos, and a great day on the lake!

VOLUNTEERS NEEDED



We need your help!

25 volunteers are needed for the first ever North Texas Open Water Swim de Mayo in Grand Prairie on May 21.

Sign up here:

<https://www.signupgenius.com/go/8050f4cafa62ea7fc1-20232#/>

This is a great way to be part of an open water event while cheering on our fellow swimmers. If you know anyone who needs volunteer hours, etc., please share this opportunity with them.

NORTH TEXAS MASTERS SWIMMING 2023 AWARDS AND RECOGNITIONS

STANDOUT SWIMMER AWARD (North Texas LMSC)

The North Texas Board is excited to bring this quarterly recognition to our LMSC. Do you know 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 2023 Summer Season will be accepted through July 31, 2023; our next Standout Swimmer will be announced and celebrated in August.

Please submit nominations 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. Their efforts on and off deck 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 accept nominations through May 21, 2023. Please submit nominations to vicechair@northtexasmasters.org.

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 Masters swimmers and groups in the area. Stories, articles, pictures and questions are all welcome!

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