

Gulf Masters Swim Committee Meeting
Minutes
Wednesday, February 21, 2007

Attendees: Nancy Crecelius, Renee Protopapas, Emmett Hines, Derrick Mauk, Robert Kelly, Kris Wingenroth, Jill Gellatly, Scott Campbell, Tom Boak, Carolyn Boak, Eric Crecelius, Seth Huston, and Sheila Baskett.

The meeting was called to order at 7:05 pm.

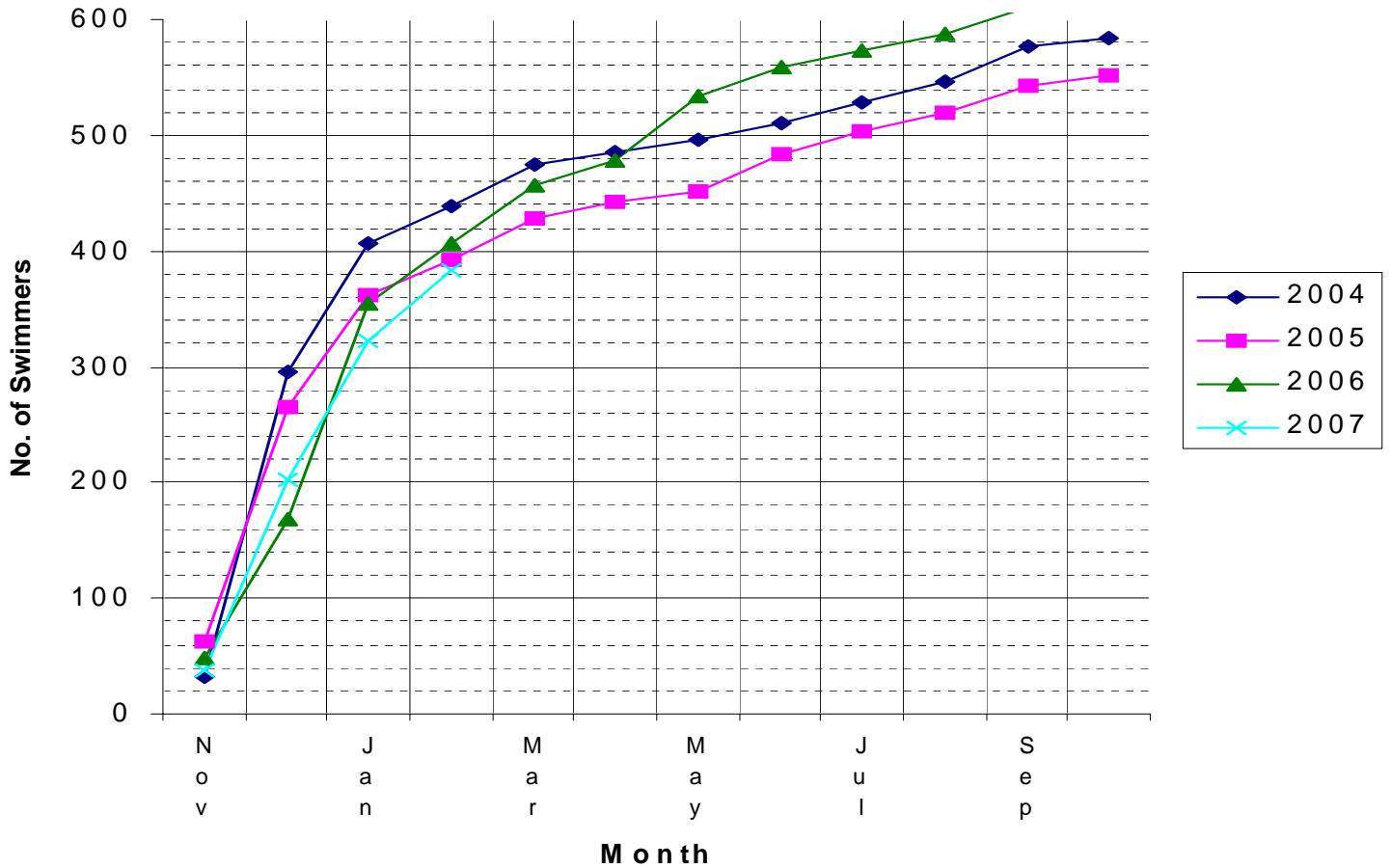
1. Meeting Minutes- Prior month's meetings were approved;
2. Officer Reports
 - a. President (Nancy)
 - i. Calendar – Saturday, November 3, 2007 has been set for the Jesse Coon Memorial Meet
 - ii. Marathon Expo – The marathon expo was successful and allot of fun. We spent approximately \$900 and handed out information to approximately 500 people. There were at least 100-130 people interested in a program in the Clear Lake area. Discussion centered on making the Expo an annual project; no final determination was made and the committee decided to see if they could attribute any spikes in leadership to the Expo. Finally, Carolyn Boak agreed to help brainstorm ideas for a new process where we send e-mails to first time registrants in the Gulf or standardizing a “Welcome Process”.
 - iii. Relay Meet – Nancy gave a report on the success of the relay meet which was larger than previous years. The earlier start and fewer longer relays was well-received by the participants. Ideas how to incorporate the fitness swimmers into a more active role in USMS was discussed (ie: “Conroe Team”).
 - b. Vice President / Sanctions (Kris)- Reported that the purchase of the Team Manager upgrades would be \$99 although it is not Hy-tek's preference to license LMSC's in general;
 - c. Treasurer (Mark) –Distributed 2006 financials for review; no new items
 - d. Secretary (Jill) – Gave a Zone meet update and asked for volunteers for the hospitality room; Carolyn Boak and Nancy Crecelius agreed to supply the hospitality room for the meet.
 - e. Registrar (Scott) – Distributed our annual membership data noting we were at 382 members as of the meeting date
 - f. Website (Sheila) – No new items; See below for website discussion
 - g. Communications (Emmett) – No Report

- h. Top Ten (Nancy) – Reported to group that Jill Gellatly is now the keeper of the Gulf pool measuring equipment. It requires a \$750 deposit. Nancy reported she is currently testing Mary Beth Windrath’s software for Top Ten Compilation and will report back. The Jessee Coon meet deposit was approved for refund. Nancy also asked for feedback concerning the number of errors that would allowable in Top Ten submissions before the deposit is not refunded
- 3. Senior Olympics- Robert Kelly agreed to be the “official observer” for the meet.
- 4. Tom Boak brought to the floor that University of Houston was hosting the Men’s and Women’s Division III Championships and that they are looking for times. Derrick Mauk agreed to coordinate the volunteer efforts for the Gulf Masters.
- 5. Website Content
 - a. The group spent approximately 30 minutes discussing the web site content and reviewed the results of the Internet survey.
 - b. Determined that multiple access should be granted to web site
- 6. Twin Lakes Open Water- Seth presented his plan to have a dual sanctioned open water swim on April 28th. It will include a ½ mile, 1 mile and 2 mile. An \$18 one-day membership will be required by non-USMS members.
- 7. The meeting adjourned at 9:00. Next month’s meeting agenda will include Convention delegates for Anaheim and procedures for ASCA grants.
- 8. The next meeting is Wednesday, April 25th.

Registrar's Report

GMSC Membership Count by Club								
to 20 February 2007								
Club	2004	2005	Variance		2006	Variance		2007
			Count	%		Count	%	
BAMS	4	4	0	0%	0	-4	-100%	
BCMS	0	2	2		0	-2	-100%	
BSM								10
BTAM	49	27	-22	-45%	18	-9	-33%	11
CFC	0	2	2		8	6	300%	1
COOG	0	1	1		0	-1	-100%	
CYCL	43	38	-5	-12%	24	-14	-37%	4
DADS	4	0	-4	-100%	0			
ETEX	13	8	-5	-38%	6	-2	-25%	1
FBMS	60	46	-14	-23%	45	-1	-2%	4
FCST	4	9	5	125%	26	17	189%	24
H2O	132	107	-25	-19%	92	-15	-14%	36
HOST	8	9	1	13%	6	-3	-33%	6
KAC	5	3	-2	-40%	0	-3	-100%	
KAMS	24	15	-9	-38%	10	-5	-33%	6
MACA	8	4	-4	-50%	5	1	25%	5
MACS	12	15	3	25%	0	-15	-100%	
MOB	11	9	-2	-18%	11	2	22%	9
NEHA								2
NWAV	0	0			18	18		3
PEYM	5	0	-5	-100%	0	0		
POY	4	4	0	0%	6	2	50%	1
RICE	2	36	34	1700%	54	18	50%	55
SCP	0	0			0			
SBAS	0	0			2	2		12
SFA	0	0			2	2		
SPAM	0	0			14	14		6
STFF	13	10	-3	-23%	11	1	10%	5
SWYM	4	14	10	250%	14	0	0%	10
TVA	0	3	3		0	-3	-100%	
UNAT	51	51	0	0%	62	11	22%	37
WHSC	11	6	-5	-45%	0	-6	-100%	
WHY								15
WMST	117	128	11	9%	186	58	45%	119
YCYM	0	0			2	2		
TOTAL	584	551	-33	-6%	622	69	13%	382

Registration of Gulf Swimmers by Month



Website Survey Results (13 responses)

General

- I think it is just fine.
- I'd like to see the Places to Swim section be updatable by the individual clubs (perhaps by the Official Correspondent identified in their club registration). Also for the calendar to be updatable by a select group (perhaps the executive committee).
- I really have no critical input to the website. It contains all the information I need to access. My first in importance is the schedule of meets then the link to places to swim for when I go out of town.
- Maybe a forum or email access to Masters who choose to provide addresses.
- I have had no problems using the website. The only thing I could think of would be to include a map of the location of all the Gulf Master's Clubs. Contact information for each club should be updated as often as possible.
- What I like most about GMS website: Clear layout of page i.e., simple choices along left side of page so it is easy and quick to navigate to what you are looking for: calendar of events, places to swim etc., forms Happy to find updated forms and announcements.

1. What are you most interested in seeing on the website? Please list by importance with 1 being most important.

- 1. Meet information and results. 2. Good articles on swimming 3. Articles on nutrition for swimmers 4. Articles on weight lifting for swimmers (stroke specific improvement with weights).
- Locations to swim & Available Masters Programs, 2. Applications for GMSC, 3. Events and Activities
- Calendar of events, places to swim, club websites
- I swim at other Master's Clubs when I travel - a good link to other Texas clubs would be helpful. I also swim when I travel out of state.
- Information on upcoming competitions - in North Texas too! 2. Film demonstrating stroke technique. 3. Articles on various aspects of swim training, and features on Masters swimmers within the LMSC.
- schedules 2. Results 3. Places to swim/descriptions of teams
- FAQ's section
- Info about upcoming events with links to register, etc., including nationals, etc.
- (1) training related information; (2) meet and other organized swimming event-related information (including information on local age-group or college meets/events and on officiating information such as how to obtain certification, etc; (3) team and swimmer/member information; (4) information on how we can be more involved.

- Calendar of events and entry forms for the events 2. Results of events 3. Workout archive 4. Swimming links 5. Articles of interest from the swimming world

2. How can we better serve you via the website?

- It's all good!
- Online Registration and Renewal
- The existing site works well
- Maybe a section for beginners with tips
- Keep it up to date
- Post the information from No. 1 above.
- I am an unattached swimmer since there is not a masters club close enough to my house. I rely on finding workouts from various websites such as usms.org and individual master's teams. It would be wonderful if the Gulf Masters could post workouts from coaches within the Gulf Masters.

3. What is your favorite swimming related website and what do you like most about it?

- Speedo- delineation by location/region, consistent layout
- <http://www.goswim.tv/home.php> - I like the drill of the week w/ the video clips and the various discussion boards
- ASA is good, simple, has the events and registration info, maps.
- swimmingworldmagazine.com, because I can read many articles on swim competitions, and features as well. My other favorite is theraceclub.net, Gary Hall Jr.'s site, because of the excellent discussion forum.
- Swiminfo.com – good newspaper style of swimming news.
- USMS has a very informative website with information about training and events that are interesting and helpful.
- Usms.org because it is very inclusive of all types of swimming information

4. What other websites should we link to? (For example, local triathlete clubs, other swimming or fitness related sites, etc.)

- 1. Gulf Swimming and 2. Triathlons (Power Pedal)
- Locations to swim & clubs, current competitions, activities
- Other Master's Texas clubs - for travelers
- <http://www.theraceclub.net>
- Swiminfo.com – good newspaper style of swimming news
- athlete-nutrition-related?

- Other fitness/swimming websites
- Houston Racing Triathlon Club, Runner-Triathlete News, Texas Triathlonator (trifind.com), Active.com, USA Triathlon and the regional website (smwtriathlon.org).
- This section of the website is well rounded.
- The following are just a few sites that I have found that have various stroke technique discussions.
 1. <http://www.breaststroke.info/>
 2. http://geocities.com/zen_swim/fly.html
 3. http://swimming.about.com/cs/drylandexercise/a/swim_weight.htm
 4. http://www.physsportsmed.com/issues/2003/0103/johnson_pa.htm
 5. http://www.active.com/story.cfm?story_id=8772&category=Swimming&num=1
 6. <http://www.cruciblefitness.com/etips/swimtechnique1.htm>
 7. <http://www.coach.ca/eng/>
 8. <http://www.sportsinjurybulletin.com/archive/swimming.php>
 9. <http://www.brianmac.demon.co.uk/swimming/swimstrength.htm>
 10. http://www.physsportsmed.com/issues/1996/11_96/koehler.htm
 11. http://www.findarticles.com/p/articles/mi_qa3871/is_200204/ai_n9038918
 12. http://news.bbc.co.uk/sportacademy/hi/sa/swimming/skills/newsid_2100000/2100041.stm
 13. <http://www.sftsunami.org/fitness/breaststroke.shtml>
 14. <http://www.zoomers.net/new-thekick.htm>
 15. <http://www.netfit.co.uk/swimming-web.htm>

5. Do you have any other comments or suggestions regarding the web site?

- Although I like the colors of the site, I prefer a white background. Having a color background makes choosing font colors and link colors more difficult. A white background with a set colored sidebar or top bar is more formal and professional looking as well.
- No, I think you all do a good job. I like the calendar section. It is very helpful.
- Brighten it up a little. The light green is getting old.
- I look forward to seeing the new, improved site.
- I have had no problems using the website. The only thing I could think of would be to include a map of the location of all the Gulf Master's Clubs. Also, contact information for each club should be updated as often as possible.