



**Gulf Swimming, Inc.  
Gulf Swimming Board of Directors Meeting**

Reminder Next **Board of Directors** Meeting  
Wednesday July 10, 2013 7:30 PM

Reminder Next **House of Delegates** Meeting  
Wednesday May 15, 2013 8:00 PM

Herb Schwab, General Chairman, called the Gulf Swimming Board of Directors meeting to order at 7:30 PM in the DADS Club meeting room 1006 Voss Rd. Houston, TX. 77055.

The following board members were present:

Herb Schwab	Henry Clark	Tom Hasz	Charlie Fry
Jennie Shamburger	Ron Lusk	Annette Leach	Chris Day
Rick Tobin	Matt Wagner	Jay Cookingham	Rick Kehlenbach
Thomas Norman	Hanna Huston	Allison Beebe	Clay Douglass
Robert Kelly	Seth Huston	Gilbert Legaspi	Travis Sandifer
Rey Aguilar			

A quorum was present.

It was moved, seconded, and passed to approve the January 16, 2013 Board of Directors Meeting minutes as amended below.

**OFFICER REPORTS**

**GENERAL CHAIRMAN**

Herb Schwab

Minutes from last BOD:

Frank Busch is not teaching the foundations for coaching. He will meet the Gulf coaches on May 1, 2013

Gary Baker resigned as equipment coordinator. Clay Douglass replaced him

NCSA Summer Meet: Problem with the entry system (tiered) Will look at it for next year. Effective 9/1/13 . M/S/P

**ADMINISTRATIVE  
VICE CHAIRMAN**

Henry Clark

2012-2013 Short Course Fines: Emailing to clubs and posting on the web.

**SECRETARY**

Linda Brenneke

Not present, no report

**TREASURER**

Tom Hasz

\$71,000 Reimbursement for NCSA.  
Effective Sept. 1, USA Swimming requires Auto Payment from the LSC's  
See attached Sr. Travel Policy

**SENIOR VICE  
CHAIRMAN**

Charlie Fry

No Report

**AGE GROUP  
VICE CHAIRMAN**

Jennie Shamburger

Texas Select Camp : Will go back to the Fall dates.  
CFSC – will host it with no facility fees. See attached reports.

**TECHNICAL COMMITTEE  
CHAIRMAN**

Ron Lusk

April 3, 2013 TPC Mtg. see attached reports  
For 2013-2014 Move April Open 1 week later since it was originally scheduled on Easter weekend. Move Open Water to May 3 Host Clubs for the Meets: M/S/P

**ATHLETE REGISTRATION  
COORDINATOR**

Annette Leach

YTD 7,557 Year round athletes with 338 Outreach and 294 Individual Season  
50 Clubs registered  
Outreach Reimb:\$13,818.75 for 2356 events

**NON-ATHLETE REGISTRATION  
COORDINATOR**

Chris Day

Coaches: 333 total , 34 new Officials: 202, 52 new  
Others: 173, 48 new  
Total Non-Athletes: 695 (For 2012: 655)  
Clubs: 50 (47 in 2012)

**OFFICIALS CHAIRMAN**

Rick Tobin

Present no report

**SAFETY COORDINATOR**

Matt Wagner Present no report

**PAST GENERAL  
CHAIRMAN**

Jay Cookingham Present no report

**ATHLETE REPRESENTATIVES**

Thomas Norman Present no report

Hanna Huston Present no report

**COACH REPRESENTATIVE**

Allison Beebe Coach's Clinic in March: 99 coaches Topics: Dealing with the Board , Starting a Lessons Program Meeting with Frank Busch: 29 clubs / 53 teams replied to attend

**SANCTION COORDINATOR**

Linda Brenneke Not present no report

**NTV COORDINATOR**

Rick Kehlenbach Present no report

**ADAPTED SWIMMING  
COORDINATOR**

Matt Sale Present no report

**TOP 10 RECORDS  
COORDINATOR**

Rick Kehlenbach Present no report

**COMPUTER INFORMATION  
COORDINATOR**

Sharon Bourne Not present, no report

**MATERIAL AND EQUIPMENT  
COORDINATOR**

Clay Douglass Present no report

**CLUB DEVELOPMENT  
LIAISON**

Chris Day Present no report

**PUBLICITY COORDINATOR**

Robert Kelly Present no report

**DIVERSITY COORDINATOR**

Gilbert Legaspi

One Swimmer from the Gulf will attend the National Diversity Select Camp in Colorado Springs

**OPEN WATER COORDINATOR**

Seth Huston

LSC Open Water Challenge : 10 Swimmers from the Gulf

**CAMP COORDINATOR**

Nicole Rembach

Not present see attached to Age Group report

**SAFE SPORT COORDINATOR**

Travis Sandifer

Travis will attend the Safe Sport conference May 30-June 3  
Training for Athlete Protection Course added to Safe Sport

**OLD BUSINESS**

Nominating Committee Report submitted for the Elections in May House Meeting

**NEW BUSINESS**

Rey Aguilar is working on the clinician for the Gold Medal Banquet, Choice: Tyler Clary in the \$10,000 Range or Rebecca Soni \$10-\$12K plus travel expense

**ANNOUNCEMENTS**

A motion was made seconded and passed to adjourn at 8:24 PM.

Respectfully Submitted,

*Linda Brenneke*

Linda Brenneke  
Board of Directors, Secretary  
Gulf Swimming, Inc.

GULF SWIMMING  
SENIOR TRAVEL FUND POLICY  
2012-2013

**ELIGIBILITY:**

To be eligible for reimbursement of travel expenses, swimmers must satisfy the following requirements.

1. The swimmer requesting reimbursement must be currently registered with Gulf Swimming.
2. The swimmer must be a member of a club currently registered with Gulf Swimming, and
  - a. participate in the meet for which reimbursement is requested as a member of the Gulf Swimming registered team, or
  - b. participate in the meet as "Unattached" because the transfer period has not elapsed.
3. Other swimmers, as approved by the Board of Directors or House of Delegates of Gulf Swimming, may be eligible for reimbursement.
4. The swimmer must have participated in at least one Gulf sanctioned meet during the same swimming season of the meet for which reimbursement is requested.
5. Relay-only swimmers will be eligible for reimbursement for Nationals only. The maximum amount of reimbursement for relay-only swimmers will be set at twenty-five percent (25%) of the maximum amount of reimbursement for swimmers qualifying in one or more individual events. No reimbursement will be issued for relay-only swimmers at Junior Championships.
6. Swimmers registered prior to their 18<sup>th</sup> birthday, and holding consecutive annual Gulf Swimming registration, shall be eligible to receive the maximum amount of the reimbursement.
7. Collegiate swimmers, not registered in Gulf Swimming prior to their 18<sup>th</sup> birthday, must hold continuous Gulf Swimming registration for the following periods of time in order to receive the stated reimbursement amount:
  - a. During the first year after a swimmer registers with Gulf Swimming, the swimmer will not be eligible for the travel fund reimbursement.
  - b. During the second year after a swimmer registers in Gulf Swimming, the swimmer will be eligible for one-third of the maximum amount of the reimbursement, as determined by the House of Delegates.
  - c. During the third year after a swimmer registers in Gulf Swimming, the swimmer will be eligible for two-thirds of the maximum amount of the reimbursement, as determined by the House of Delegates.
  - d. Once a swimmer has been continuously registered for four or more years in Gulf Swimming, the swimmer is eligible for the maximum amount of the reimbursement, as long as continuous Gulf Swimming registration is maintained.

**GUIDELINES:**

1. Gulf Swimming registered swimmers satisfying the preceding eligibility requirements may receive reimbursement of travel expenses for the following meets:
  - a. Olympic Trials
  - b. Spring Championships and Phillips 66 National Championships
  - c. Junior National Championships
  - d. U.S. Open
  - e. Open Water Championships, National Paralympics Meets, and NCSA Junior Championships
  - f. National Camps (including Select Camps, Distance Camps, and Open Water Camps)
  - g. Other meets as approved by the Board of Directors or House of Delegates.
2. The amount of reimbursement for the above meets shall be determined using the Per Diem Policy on page 7-5). The per diem will be based upon the number of nights from one day prior to the swimmer's first event until the day after the swimmer's last event, with a minimum of four (4) days (3 nights).
3. Except as provided in items 4 and 5 below, if a swimmer participates in two or more of these meets (National Championship Meet, Junior National Championship Meet, or NCSA Junior Championship Meet) during a single season, he shall be reimbursed for only one of those meets.
4. If a swimmer participates in both the National Championship Meet and Junior Championship Meet during Long Course, and both meets are conducted in the same venue, he shall be reimbursed as follows:
  - a. The swimmer's reimbursement for each meet will be calculated separately, according to this policy.
  - b. Each meet is an independent event along with the expenses for each.
  - c. The swimmer will be eligible to receive 100% of the larger allowable amount plus 50% of the smaller allowable amount.

5. During Long Course seasons, when there are both a Trials Class meet and a National Championship, US Open, or Junior Championships, swimmers that attend the Trials Class meet and one of the other meets (National Championship, US Open, or Junior Championships) shall be eligible to receive 100% of the larger allowable amount of reimbursement plus 50% of the smaller allowable amount of reimbursement.
6. The amount of reimbursement for the above National Camps shall be limited to airfare expenses in excess of the amount reimbursed by USA Swimming and shall be limited to a maximum of \$150 per swimmer. These expenses must be documented by airfare receipts.
7. No reimbursement will be paid for meets in the Greater Houston Metropolitan area.
8. Any meet that is reimbursable by Gulf Swimming must be open to all members of Gulf Swimming and must only be restricted by minimum time standards. If the meet is restricted to certain club members (that is, an "Invitational Meet" or any type of meet where the entries are not accepted without discrimination), then the meet will not be reimbursable by Gulf Swimming.
9. Receipts for airfare and hotel expenses must be attached to the request.
10. If expenses are claimed by an athlete for an individual expense item (other than per diem) which exceeds expenses actually incurred by the athlete for that event, the entire reimbursement obligation shall be voided, and Gulf Swimming shall have no obligation to reimburse any expenses for that athlete for that event. For example, if two athletes share a hotel room, each athlete can only claim the portion of the cost of the hotel room actually paid by the athlete less any contribution by the other athlete. Similarly, all other reimbursements from clubs or otherwise must be reported to accurately reflect the actual out-of-pocket cost.
11. In lieu of receipts for meals, a per diem (Per Diem Policy, page 7-5) per night stayed at the event will be allowed.
12. The athlete's events must be listed on the reimbursement form, by Event Number and Date of each Event, for the reimbursement to be considered.
13. The request form must be signed by the athlete requesting reimbursement and his/her parent or guardian, if the athlete is under age 18.
14. Checks will be issued directly to the athlete requesting reimbursement, unless the athlete is under age 18. If the athlete is under age 18, then the check will be issued to the parent or guardian.
15. In order to be considered for the maximum amount of either the individual or relay-only reimbursement, this request must be delivered or postmarked no later than thirty-one (31) days after the last day of competition at the meet for which reimbursement is requested. If delivered or postmarked after thirty-one (31) days, and on or before sixty (60) days, the athlete will be eligible for fifty percent (50%) of the maximum amount of either the individual or relay-only reimbursement. If the reimbursement request is delivered or postmarked after sixty (60) days, the swimmer will not be eligible for any reimbursement.
16. The reimbursement request must be completely filled out or reimbursement will be withheld until the form is complete.

**Age Group Zones Report:** Zones head coach Lindsie Micko has set the coaching staff for the Age Group Zones meet 7/29-8/4/13 in Greenville SC. Coaches from KATY, CFSC, COOGS, WHAT, TWST and FCST will be attending.

Lindsie is currently working on bids for apparel items. I have contacted AWP for Zones tshirt designs. Swimmer application is online at [gulfswimming.org](http://gulfswimming.org). Swimmer apps due by June 23<sup>rd</sup>.

**Texas Select Camp:** Attached is report from Andy Korda (CFSC) who attended the Texas Select Camp this past weekend in San Antonio with Megan Sobecki (MAC) as the other Gulf coach attending. Swimmers were selected based on top IMX scores for the 2012-13 SC season in individual age groups 11,12,13 and 14. The Gulf Camp roster included:

11 yr olds: Mason Machicek (TWST) Vincent Huang (SSS) Karsten Fields (TWST) Katilynn Sims (MAC)

12 yr olds: David Clark (BTA) Eric Morejon (EAGLE) Jenny Yu (PEAK) Daria Erzakova (CFSC)

13 yr olds: Ryan Logan (BTA) Caleb Yen (RICE) Brittany Bui (FCST) Emily Henson (TWST)

14 yr olds: Matthew Martin (PACK) Cooper Wozencraft (DADS) Dorothy Halmy (TWST) Isabel Tank (TWST)

Reports from the camp were overwhelmingly positive – the Gulf swimmers had a great time and enjoyed the improved format and itinerary. Changes were made to the camp structure and organization based on inaugural camp feedback.

#### **Gulf Camp Report for Nicole Rembach:**

Gulf Swimming held two Catch the Spirit Camps the weekend of April 6-7th. On Saturday, we held a BB and Under camp for swimmers aged 9-14 from 10am-2pm and another camp on Sunday for A and Up swimmers aged 9-14 from 10am-2pm. Coach Jason Devine (DADS) was head coach of both camps and did an outstanding job of planning and organizing the coaching staff and the instructional stations. Many families also praised Nicole Rembach for her excellent organization of information and communication with the campers prior to the weekend camp.

Camp Staff: Jason Devine - DADS, John Dissinger-ESA, Mark Martinez-NOCH, Ailton Junior-WHAT, Rodney Rodgers-Hoston Cougars, Jennie Shamburger - TWST acting as admin coach, Markell Marler-FCST (Sunday only), Juan Caraveo-PEAK (Sunday only)

On Saturday, we had 36 swimmers and 6 coaches. On Sunday, we had 34 swimmers and 7 coaches. On both days swimmers spent 40 minute rotations on dry lands, nutrition, FR/BK, BR/FL, turns and starts/finishes). USA Swimming provided tshirts and give away items for all, and we used a "bingo" type number draw to give away the bigger prizes at the end. Everyone won an additional USA Swimming prize. The feedback on site and after the camp was overwhelmingly positive and I think the swimmers who attended would definitely participate in future Gulf Camps.

Thanks to Jason and Nicole and the coaches for taking time out of their busy schedules to host a camp with such meaningful impact on the swimmers

## 2013 Texas Select Camp Report

Before I begin with my review for the Texas Select Camp of 2013, I would like to thank each and every person in helping make this camp as wonderful as it was.

First, I want to say thank you to my coaching staff. BJ, Jeff, Doug, Meagan, Ana Carey, and Lorna, your hard work made this camp a success.

Next, I would like to thank Coach Scott Volinski and Coach Bill Thomas for the use of their North Side pool. Scott, I would like to thank you for taking time from your evening to speak to our athletes.

Lastly, thank you to Olympic Swimmer Cammille Adams and her sister Ashley Adams for volunteering their time and coming out to the camp and work with our athletes. They both did a great job!

Again, thank you to each and every one of you for a job well done!

This report is summarized in to four categories:

### 1. Swimming Workouts

I wanted the swimming workouts to be hard and challenging, but at the same time the athletes can complete the sets. The reason for this direction was twofold. One, its early in the long course season and some swimmers are most likely getting back into shape. Two, most of the swimmers have yet to swim any long course this season. By collaborating with the coaching staff on the workouts, we felt we achieved our goal of the hard and challenging and at the same time, the athletes were able to complete it.

Attached are all four workouts.

Workout #1 – Light aerobic, working the legs since they were sitting for 3 to 5 hours on the drive

Workout #2 – IM workout

Workout #3 – Distance and Mid-distance free

Workout #4 – Primary

### 2. Classroom Discussions:

#### 1. USA Swimming Camps & Goal Setting

Cammille Adams lead this subject and spoke about goal setting and how to use USA Swimming camps as a way to move up from National Camp, National Team, Olympic team. The swimmers were very attentive to Camille's information. She did a great job and is willing to come do it again next camp.

#### 2. Athlete protection

I ran the athlete protection. Swimmers had to watch videos that were from USA Swimming. They were given handouts and broken up into groups by gender. Within these groups, they had



to interact with one another and answer questions. The athletes were very mature and did a great job with this topic.

### 3. Nutrition

Coach Megan from MAC lead this subject. She did a great job and had the athletes interacting with her. The swimmers had many questions and asked great questions. This subject was going so well that we had to say "last question" just so we could move on.

### 4. Underwater dolphin kick

Cammile and I ran the underwater dolphin kick. I gave a quick overview of what we wanted. Cammile got in the water and demonstrated. Next we gave the swimmers about fifteen minutes to play with their underwater dolphin kick and coaches and Cammile watch and gave instruction.

## **3. Downtime / Fun time**

This was great! At last years camp, the biggest complaint had to do with swimmers being too tired and wore down. This year we gave them the opportunity to have two and half hours rest time at the hotel to relax and recover. That afternoon practice was great due to them having rest. BJ arranged for the athletes to have two hours at Main Event to play around and have fun. This again was awesome for the athletes and allowed them to have fun and build strong friendships.

## **4. Improvements to better the Texas Select Camp**

I would like to suggest changes to make the camp even better next year. The big change would be moving the camp back to November. This would allow swimmers to miss a meet in a season where there are a lot of meets compared to the long course season with so few meets. This would also allow coaches to have the opportunity to help organize the camp. This year it was hard for South Texas and

Gulf LSC to get coaches. Another change would be to make it a rule for the host LSC to set up the camp. The committee will be willing to help out, but the LSC would know that area better as well as logistics. We also need to come up with a rule for athletes per hotel room and make sure all LSC and parents know the rule ahead of attending the camp. Other minor things are: water bottles for the swimmers, white caps for the swimmers.

Thank you,

Andrew Korda

Texas Select Camp Chair

**Workout #544 - Friday, 19 April 2013**

**Generic**

**2 minutes rest between sets**

Yards	Time	Set Description	EGY	PACE
400	7:00 PM	1 x 400 on 6:00 fr mix 100fr 75fr 25 non fr 50fr 50non 25fr 75non	EN1	1:30
600	7:08 PM	6 x 100 on 1:35 IM des 1-3 4-6	EN2	1:35
150	7:20 PM	6 x 25 on :35 underwater travel 25 bk 25 fly	EN1	2:20
1,700	7:26 PM	1x{6 x 50 on :55 fr modified catch up { over kick { 6 x 200 on 2:50 free L&S { strong kick { 4 x 50 on :45 hold 200pace +3	EN1	1:50
150	7:54 PM	6 x 25 on :35 perfect free	EN1	2:20
	7:58 PM	3,000 Yards - Stress Value = 39		

**Workout #545 - Saturday, 20 April 2013**  
**Generic**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	PACE
500	7:30 AM	1 x 500 on 9:00 Fr im mix 100fr 100bk 100fr 100br 100fr	EN1	1:48
400	7:40 AM	4 x 100 on 2:00 IM order 25 k no board 25 dr 25 k no board 25sw	EN1	2:00
800	7:49 AM	1x{16 x 50 on :55 IM build perfect strokes 1-4 Fly #1 6 perfect fly #2 8 #3 10 #4 12 5-8 back same as above but cycles 9-12 Br same as fly 13-16 Fr 1st and last 15m FAST	EN1	1:50
2,000	8:05 AM	1x{1 x 100 on 1:45 IM {1 x 100 on 2:00 FR {2 x 100 on 1:45 IM {1 x 100 on 2:00 free {3 x 100 on 1:45 IM {1 x 100 on 2:00 free {4 x 100 on 1:45 IM {1 x 100 on 2:00 free {5 x 100 on 1:45 IM {1 x 100 on 2:00 free	EN1 EN1 EN1 EN1 EN2 EN1 EN2 EN1 EN2 EN1	1:45 2:00 1:45 2:00 1:45 2:00 1:45 2:00 1:45 2:00
300	8:43 AM	6 x 50 on 1:15 kick and chat 6 or 4	EN1	2:30
1,200	8:52 AM	6 x 200 on 3:30 FR IM's	EN1	1:45
400	9:14 AM	8 x 50 on 1:20 kick FAST	EN2	2:40
300	9:26 AM	6 x 50 on 1:00 EZ ch	EN1	2:00
	9:32 AM	5,900 Meters - Stress Value = 82		

**Workout #546 - Saturday, 20 April 2013**

**Generic**

**1 minute 30 seconds rest between sets**

Meters	Time	Set Description	EGY	PACE
800	3:00 PM	1 x 800 on 14:00 75fr 25 dr 100k ch	EN1	1:45
450	3:16 PM	6 x 75 on 1:20 IM des 1-3 +30 4-6	EN1	1:47
1,050	3:26 PM	6x{1 x 25 on :45 Vertical K FAST!!!! {1 x 150 on 3:00 Kick 50FAST 50EZ 50 FAST no board FAST = BACK EZ = Free	EN2	3:00
			EN2	2:00
3,200	3:50 PM	2x{1 x 200 on 3:15 Pull Fr Breathe 5 {4 x 100 on 1:30 Fr {4 x 50 on :50 200 Fr pace + 5 {2 x 100 on 1:35 Pull Fr Breathe 5 {2 x 200 on 2:50 Fr {4 x 50 on :50 Fr 200 pace + 3	EN1	1:38
			EN1	1:30
			EN3	1:40
			EN1	1:35
			EN1	1:25
			EN2	1:40
600	4:41 PM	4x{4 x 25 on :35 FR perfect stroke B 5 {1 x 50 on 1:30 Sprint Fr from START	EN1	2:20
			SP1	3:00
150	4:58 PM	6 x 25 on :40 EZ	EN1	2:40
	5:02 PM	6,250 Meters - Stress Value = 121		

**Workout #547 - Sunday, 21 April 2013**

**Generic**

**2 minutes rest between sets**

Meters	Time	Set Description	EGY	PACE
300	7:30 AM	1 x 300 on 5:00 75 fr 25 Rev Im order	EN1	1:40
300	7:37 AM	3 x 100 on 1:30 Fr	EN1	1:30
300	7:44 AM	12 x 25 on :40 ch groups of 3 25 up 25 fast 25 down	EN1	2:40
1,000	7:54 AM	2x{6 x 50 on 1:10 kick FAST prim {8 x 25 on :40 1-3 dr prim 4 swim repeat	EN2 EN1	2:20 2:40
2,900	8:21 AM	2x{2 x 200 on 2:55 free {4 x 50 on :55 prim 200 pace + 5 {2 x 75 on 1:20 free perfect stroke {4 x 100 on 1:45 prim {4 x 50 on :50 Fr 200 pace + 3 {4 x 25 on :40 perfect prim	EN1 EN2 EN1 EN1 EN2 EN1	1:28 1:50 1:47 1:45 1:40 2:40
600	9:14 AM	6 x 100 on 1:40 FR breathe 5	EN1	1:40
150	9:26 AM	6 x 25 on :40 ez	EN1	2:40
	9:30 AM	5,550 Meters - Stress Value = 76		

# Gulf Swimming Technical Planning Committee Meeting

April 3, 2013  
8:00 P.M. DADS Club

Technical Planning Committee Members present:

Henry Clark  
Gilbert Legaspi

Charlie Fry  
Thomas Norman

Seth Huston  
Jennie Shamburger

Others present:

Rey Aguilar, DADS  
Juan Caraveo, PEAK  
Lee Hutchens, SPA  
Lindsie Micko, FCST  
Paige Sikkema, NOCH

Erik Andrews, FCST  
Louis Davis, UNAT  
Andrew Korda, CFSC  
James Nelson, LSST  
Andrea Walin, TWST

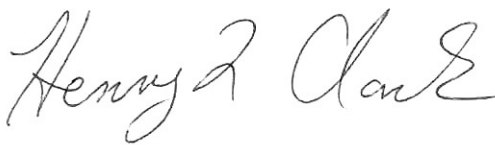
Tim Bauer, TWST  
Tim Hill, WHAT  
Jack Madden, CFSC  
Herb Schwab, GULF

On April 3, 2013 the attending TPC members and coaches, officials and club representatives:

- Discussed the meet bids for the 2013 – 2014 Short Course / Long Course schedule
- Awarded the meet bids – however, January Gulf Sponsored Distance meet and June Open meets had no awards
- Added club sponsored meets to the 2013 – 2014 meet schedule

Please find the bid award sheet and updated meet schedule attached.

Respectfully,



Gulf Swimming Admin Vice Chairman

**Gulf Swimming**  
**2013-2014 Short Course/Long Course**  
**Meet Bid Awards**

**Short Course**

<b>2013</b>		<b>Meet</b>	<b>Award</b>
<b>Oct</b>	<b>6</b>	<b>Open Water Swim Meet (1)</b>	RICE
	<b>12-13</b>	<b>Open Meet(4)</b>	FCST
			PACK
			ESA
<b>19-20</b>	<b>Senior Meet(1)</b>	LSST	
<b>Nov</b>	<b>9-10</b>	<b>Senior Meet(1)</b>	HCAP
	<b>16-17</b>	<b>Open Meet(4)</b>	PEAK
			SPA
			LSST
<b>Dec</b>	<b>6-8</b>	<b>Gulf Senior Champs</b>	AGS
		<b>Fall Champs(5)</b>	MAC
			HCAP
			PACK
			CFSC
	<b>14-15</b>	<b>Gulf Age Group Champs</b>	LSST
		<b>8 &amp; Under Champs(2)</b>	TWST
		NOCH	
		TTST	
<b>2014</b>		<b>Meet</b>	<b>Bids</b>
<b>Jan</b>	<b>4-5</b>	<b>Senior Meet(1)</b>	NOCH
		<b>Gulf Sponsored Distance Meet(1)</b>	<b>**Open**</b>
	<b>11-12</b>	<b>Open Meet(3)</b>	NOCH
<b>February</b>	<b>15-16</b>	<b>Short Course Champs III(2)</b>	LSST
			BTA
	<b>22-23</b>	<b>Short Course Champs I(6)</b>	TTST
			ESA
			MAC
<b>Mar</b>	<b>1-2</b>	<b>Short Course Champs II</b>	NOCH
			TWST <sup>+</sup>

<sup>+</sup> Meet hosted in two courses

**Long Course**

<b>2014</b>		<b>Meet</b>	<b>Host</b>
<b>April</b>	<b>19-20</b>	<b>Open Meets(3)</b>	AGS
			TWST
	<b>27</b>	<b>Gulf Open Water Champs(1)</b>	FCST
<b>May</b>	<b>16-18*</b>	<b>Open Meets(2)</b>	Rice
			SPA
<b>June</b>	<b>28-29</b>	<b>Open Meet(2)</b>	RICE
			<b>**Open**</b>
<b>July</b>	<b>12-13</b>	<b>B &amp; Under Champs(2)</b>	<b>**Open**</b>
			MAC
	<b>19-20</b>	<b>Gulf Summer Champs(2)</b>	NOCH
			FCST
			PEAK

\* Moved one week later

## Gulf 2013 - 2014 Short and Long Course Schedule

Wk	Dates	Gulf Meets	Groups	Gulf Hosts	Club Meets	Notes	
52	2013 September	31-1				Labor Day - Monday, Sept 2nd	
1		7-8				U.S. Aquatic Sports National Convention	
2		14-15					
3		21-22					
4		28-29					TSA Convention
5	October	5-6	Gulf Open Water Champs	1	RICE	CFSC IMX	Open Water Swimming Competition - Sunday
6		12-13	Gulf Open Meet	4	ESA,FCST,LSST,PACK		
7		19-20	Sr Meemet	1	HCAP	AGS 10&U Open	
8		26-27					BTA-CFSC-TWST 11-14 & Senior, TWST 10&U Halloween
9	November	2-3				RICE Pentathlon	
10		9-10	Senior	1	PEAK		
11		16-17	Gulf Open Meet	4	BTA,KATY,LSST,SPA		
12		23-24				HSC 14&U Jr/Elite	
13	December	30-1					Thanksgiving- Nov 28th
14		7-8	Gulf Sr Champs Fall Champs	1 5	AGS CFSC,HCAP,LSST,MAC,PACK		ATT SC Nationals Dec 5th-7th Knoxville
15		14-15	Gulf Champs 8 & Under Gulf Champs	1 2	TWST NOCH,TTST		ATT SC Jr Nationals 12th - 14th Greensboro
16		21-22					
17		28-29					Christmas - Dec 25
18	2014 January	4-5	Senior Gulf Sponsored Distance	1 1	NOCH ??	HSC 12&U, 8&U	
19		11-12	Gulf Open Meet	3	BTA,LSST,NOCH		
20		18-19				PEAK P/F, TWST P/F	
21		25-26				MAC 9-14 Open	UIL Districts
22	February	1-2					UIL Districts
23		8-9					UIL Regions
24		15-16	Short Course Champs II	2	ESA,TTST	HCAP 11&Over	
25		22-23	Short Course Champs I	6	MAC,NOCH,PACK,SPA,TWST		UIL State
26	March	1-2	Short Course Champs III	1	TWST		SC Sectionals
27		8-9					TAGS
28		15-16					
29		22-23					
30		29-30					
31	April	5-6					
32		12-13					
33		19-20	Gulf Open Meet	3	AGS,FCST,TWST		Easter - Sunday, April 20
34		26-27	Open Water Meet	1	RICE		Open Water Swimming Competition - Sunday
35	May	3-4				CFSC Open	
36		10-11				PEAK Open	
37		17-18	Gulf Open Meet	2	RICE,SPA		
38		24-25					Memorial Day - Monday, May 26th
39	June	31-1					
40		7-8					
41		14-15				TWST Age Group P/F	
42		21-22					
43		28-29	Gulf Open Meet	2	??,??	TWST Senior Invite	
44	July	5-6					4th July - Friday
45		12-13	B & Under Champs Meet	2	MAC,NOCH		
46		19-20	Gulf Summer Champs	2	FCST,PEAK		
47		26-27					LC Nationals / TAGS
48	August	2-3					LC Sectionals / Zones
49		9-10					LC Jr Nationals
50		16-17					
51		23-24					
52		30-31					