

Woodlands Masters Swim Team Coaches



Cindy Andrews has been a masters swimmer since 1988, our coach since 1992, and also coaches the “Gators,” an age group team. Cindy started swimming competitively at age 8, was a state champion in High School, and swam for the SMU Mustangs for 2 years. Cindy has her Masters Degrees in Exercise Physiology and in Counseling. Cindy is married to Scott (also a Masters swimmer) and has 3 children, Hilary, Sarah, and Claire, all competitive athletes.



Carolyn Boak began her coaching career in 1963 with summer league teams, has been coaching Masters swimmers since 1983, and us since 2000. Carolyn started competitive swimming at age 13 and competed for five years, highlighted by swimming finals at Senior Nationals. Carolyn became a Masters swimmer in 1977 (with Los Altos Masters) and went on to set numerous national and world records and is the recipient of many USMS awards including their most prestigious, the Ransom Arthur Award, for all her many contributions to Masters swimming – including being the meet director for the largest USMS National SC Championships held to date; in 1987 at Stanford. Carolyn is married to Tom (also a Masters swimmer and coach – see below) and shares her time with us and her children, and grand children, back in California. Carolyn is currently serving as a member of the USMS Board of Directors.



Tom Boak is one of our founding members and has been coaching us since 2002. Tom crowned his youth career by being a Middle Atlantic Conference Champion in 1963 and then took up Masters swimming in 1977. Tom, as a breastroker, has been a national and world champion and record holder. Tom has been the meet director for national short and long course championships, is currently serving as Treasurer of USMS, has chaired the Championship, Rules, and Finance Committees, and served as President of USMS from 1985-1989. Tom is a recipient of the Meet Directors Award and of the Ransom Arthur Award. Tom is married to Carolyn (also a Masters swimmer and coach – see above) and is a long time Woodlands resident and “Home Town Hero.”



Steve Breeding has over 30 years experience as a coach and competitive swimmer. As an age group swimmer in Louisiana he achieved all-state swimmer for six years. Coaching in Louisiana, Steve led teams to three consecutive Ark-La-Tex Summer League Championships and coached several Louisiana All-Star teams. His coaching experience in Texas began in 1993 as the swim coach for Conroe High School. As the founding coach of a small age group team he produced TAGS qualifiers in its second season. He began coaching Masters Swimming in October 2000 at the South Montgomery County YMCA. Under his guidance the program has grown from two practices to 10 workouts a week. He has worked with swimmers from the beginner level to Olympic Trial Qualifier and is a member of ASCA, USMS and USS.



Michael Nordmann joins WMST with 10 years experience at the Clayton Shaw Park Swim Team in St. Louis, Missouri. A former AAU National Champion and current AAU National record-holder, Mike qualified for the USS Junior Nationals in the 200 freestyle, 100 and 200 backstroke and Senior Nationals in the 200 backstroke. While swimming for the University of Utah, Nordmann was All-Conference in the 200 backstroke all 4 years for the Utes. After a 12-year absence from the water, Mike returned to competitive swimming by racing at the 2007 Masters National Long Course Championships competing in several events and winning his age group in the 200 backstroke. Mike lives in The Woodlands with his wife Amy and four daughters Lucie, Lillie, Mary and Zoe.



Gale Strickland has been in Masters since 2000. She began swimming at the age of 8 and continued through college. During those years she qualified for Jr. Olympics, long course and short course AAU Nationals. Gale was a State High school champion 4 years, holding state records, and was a national high school record holder. In her senior year she qualified for the 1980 Olympic Trials. She swam four year for the SMU Mustangs. Gale was inducted into the High School Swimming Hall of Fame in Washington State. Majoring in Education she has teaching experience in all levels. Her years of coaching experience are with Dallas Dr. Pepper, summer league, and Gators group. She is married to Husband, Don and has two children Anna and Hayes also competitive athletes.



Greg Tharp is new to Masters coaching. However, he swam competitively throughout his childhood, was on 2 state champion teams in high school, and on four Big Eight championship teams with the University of Kansas. Besides swimming, Greg was an accomplished mountain biker. Greg is a clinical psychologist with a strong interest in sports psychology and would like to assist Masters swimmers in fully developing the mental aspects of their competitive or fitness swimming.

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Alternate coaches . . .



Dick Bower has been a swimming coach for 55 years; for age group and Masters. His High School age swimmers won 41 State meets, Jr. & Sr. Nationals, Pan American and World Championships and medalled in two Olympics, one went on to win the Olympics and set a World record. Dick's Masters team won every meet in the Southern Association for several years and produced national & world champions. As a Masters swimmer, Dick has ranked No. 1 in the World. He is the originator of the nationally and internationally used "Cruise Intervals," and has given many clinics at home and abroad. Dick was elected by his peers to the International Swimming Hall of Fame, Southern Masters Hall of Fame (as both a coach and a swimmer), Louisiana Senior Olympics Hall of Fame and has won "Coach of the Year" many times. His wife, Barbara, is also an accomplished Masters swimmer.



Nancy Crecelius started her swimming career at age 9 and competed age group, summer league, and all through high school. Nancy took up competitive swimming with USMS in 2000 and since become a "top ten" swimmer. Nancy, who started her coaching career in 2006, inspires a quest for excellence and perfection in her coaching style.