



The Chlorine Chronicles

Gulf Masters Swimming

Spring 2017

JARROD MARRS POWERS THROUGH THE WATER AT THE FEBRUARY SWEETHEART MEET

IN THIS ISSUE

Check Out the Gulf LMSC Website and FB Page

Our webmaster, Nicole Christensen-Rembach, has done an outstanding job in rejuvenating both our Gulf LMSC website and Facebook page.

The website, gulfmastersswimming.org, has everything you need to know about swimming in our area. You can find the locations and contact information for every registered team in the Gulf. Interested in competition? You have access to upcoming events as well as past event results. On the administrative side, you can find the LMSC bylaws and policies, a list of the current officers and committee chairs, and minutes from past LMSC meetings. There is an archive of the past newsletters as well. There is also a link to information about our South Central Zone (Zone Info) with up-to-date Zone records for both individual and relay events.

You can find us on Facebook at Gulf LMSC. There, you find event announcements, photos, and other information of interest to Gulf swimmers.

The Gulf website, Facebook page, and newsletter would all benefit from input from you, our swimmers. Both Nicole and I would LOVE to receive suggestions for items you would like to see included in any of our communication media. Please also send us photos or interesting items about your fellow swimmers or your teams. Have a favorite workout? Send it to either Nicole or me for inclusion on the FB page or in an upcoming newsletter.

We welcome your suggestions so feel free to contact us at:
Karlene: kdenby@usms.org
Nicole: ncr@creativewaters.net

Spring Cleaning? Donate Your Old Medals!

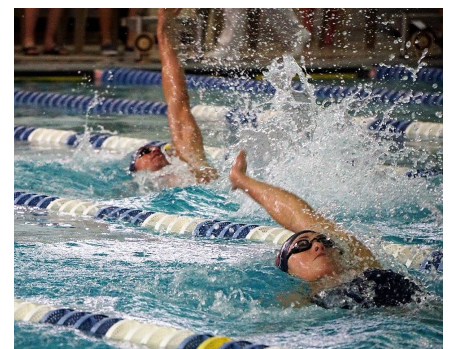
Not sure what to do with all those medals you won? Are they currently collecting dust somewhere at home? How about recycling them? Just gather them all up, bring them to your next swim meet, and give them to Bruce Rollins (the tall guy). He and his local Y teach "learn to swim" to 1st and 2nd graders from five different Charter 1 elementary schools. If they can learn how to swim a length or, in some cases, learn how to float, they earn a medal. You can help make these children smile, just like you did when you earned those medals in the first place. Help if you can. Bruce says he gives out over 500 medals each year...and is running out. Thank you in advance.



Nutrition 101

Nutritionist, Catherine Kruppa offers suggestions for pre- and post-workout nutrition to maximize performance.

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Meet Recaps

The Sweetheart Meet, Rice March Madness Meet, and South Central Zone SCY Championships are highlighted.

Sports Nutrition 101: Competitive Athletes to Weekend Warriors

Catherine Kruppa, M.S., R.D., C.S.S.D., L.D.
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Athletes are one of a few populations that are likely to fall prey to fads that claim to improve their performance. There are many fads that are popular right now. Let's take a look at the scientific research that has been proven to be the best way for elite athletes and weekend warriors to fuel their bodies for peak performance.

Carbohydrates (whole grains, fruits, vegetables, and low fat dairy products) are the main fuel for muscle activity and brain function. Even if you are trying to lose body fat, 50-60% of your diet should be comprised of carbohydrates. Fat burns in a carbohydrate fire, meaning you must have carbohydrates to burn fat efficiently. Carbohydrates are also stored in your liver and muscle as glycogen to be easily broken down for energy. Severely lowered liver and muscle glycogen levels during exercise induce early fatigue and decreased intensity of exercise, despite an almost unlimited potential energy from stored fat in the body. If you are a marathoner, this is called "hitting the wall." A cyclist may refer to it as "bonking."

Prior to exercise or competition you want to consume adequate low glycemic index carbohydrates, that are digested and absorbed quickly as your main energy source, along with a small amount of protein and fat. Aim for 0.5-2.0 grams of carbohydrates per pound 1-4 hours prior to exercise. Examples of pre-workout snacks include:

- Half a chicken, turkey or lean roast beef sandwich on whole-wheat bread
- Low-fat yogurt with a sliced banana
- Low-fat string cheese and 6 whole-grain crackers
- Hard-boiled eggs, yolks removed and replaced with hummus
- Skim milk blended with frozen fruit to make a smoothie

Many athletes do not consume enough food and carbohydrates prior to exercise, and it comes back to haunt them during exercise or later in the day.

If you are exercising consistently for 90 minutes or longer, you should consume 60 grams of carbohydrates per hour after the first hour. This helps to spare muscle glycogen for later use and helps to maintain blood glucose. I prefer my athletes consume 30 grams every 30 minutes to keep their blood sugar stable. Examples are: energy gels, sports drinks, energy chews, and energy bars. Each athlete needs to find the best combination of foods that provide them the most energy and settle well with their digestive system.

A part of training nutrition that is easily overlooked is recovery nutrition. We are tempted to eat whatever we want after burning hundreds to thousands of calories. However, eating the right thing will prepare your body for that important next workout or competition. You want to consume moderate to high glycemic index carbohydrates within 30 minutes post-exercise. Aim for 0.75 grams per pound of body weight of carbohydrates with some protein. One of the best recovery beverages is chocolate milk. It contains the correct ratio of carbohydrates and protein along with liquid to rehydrate you. Other post-workout meal ideas include:

- One or two poached eggs on whole-wheat toast with fruit
- Bean burrito: a whole-wheat tortilla filled with black beans, salsa, and reduced-fat cheese with a side of fruit
- Stir-fried chicken and vegetables (try pepper, zucchini and carrot) over brown rice
- Whole-wheat pasta tossed with chicken and vegetables
- Whole-grain cereal or oatmeal, with milk and fruit (such as a sliced banana or berries)

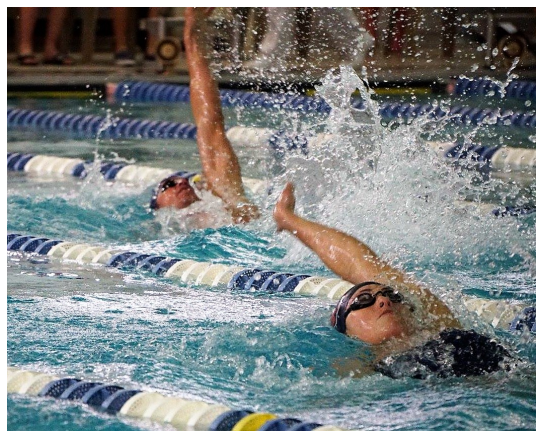
Use these guidelines to help you make your personal peak performance nutrition plan. Everyone who trains hard should aim to reach their best potential! In the July newsletter, I will cover the important roles that protein, fats, and hydration play in athletic performance.

Catherine Kruppa, M.S., R.D., C.S.S.D., L.D. earned her Bachelor of Science in Nutritional Sciences and Master of Science in Nutrition from Texas A. & M. University. She is a registered, licensed dietitian, and wellness coach, with Board Certification in Sports Nutrition. Catherine specializes in weight management, sports nutrition, diabetes, gastrointestinal disorders, endometriosis, heart disease, and pediatric nutrition



February and March Meet Recaps

Sweetheart Swim Meet - February 11, 2017



The Sweetheart Meet has become one of the must-do meets on the spring calendar. Held at the W.W. Emmons Natatorium in Houston, the 2017 meet had over 90 competitors. Meet Director, Nicole Christensen-Rembach, has years of meet management experience and the meet is always run quickly and efficiently. Nicole always picks a near-by restaurant for the post-meet social which ensures some great camaraderie in addition to some fast swimming.

Teams results:

COMBINED: 1. Houston Cougar Masters, 2. Memorial Athletic Club Aquatics, 3. South West YMCA Masters

MEN: 1. Rice Aquatic Masters, 2. South West YMCA Masters, 3. Houston Cougar Masters

WOMEN: 1. Houston Cougar Masters, 2. Memorial Athletic Club Aquatics, 3. River Oaks Country Club

Rice March Madness Meet - March 11, 2017

The 2017 edition of the long-running March Madness Meet was held under threatening skies. Fortunately, the rains held off for the over 120 meet entrants. As always, there were some fast times at the beautiful Rice outdoor natatorium. Host team, Rice Aquatic Masters, was victorious in the men's, women's and combined team scores. Houston Cougar Masters placed second and First Colony Masters Swimming was third in all three divisions.

South Central Zone SCY Championships - March 24-26, 2017

Our largest regional meet attracted almost 200 swimmers, representing 40 teams from all over Texas as well as from Arizona, Arkansas, California, Florida, Illinois, Louisiana, and Maryland. The 3-day competition at the Conroe ISD Natatorium in Shenandoah was hosted by The Woodlands Masters Swim Team. The University of Houston Masters won the combined team division, followed by San Antonio's Masters of South Texas in second place, and host team, Woodlands Masters in third place.

Upcoming Events

Summer Sizzler LCM Meet - Sunday, June 25th

Swim under the pines at the Dad's Club pool. Warm-up is at 8 a.m. The meet starts at 9 a.m. and will be over by 1 p.m. A post-meet social will be offered. Swimmers are encouraged to bring their own chairs and shade to the pool. The entry fee is only \$35 with an entry deadline of midnight on Friday, June 23rd. No paper entries or on-deck entries will be accepted.

For meet information and registration, go to: https://www.clubassistant.com/club/meet_information.cfm?c=1250&smid=8336

South Central Zone LCM Championships - Friday, July 21st to Sunday, July 23rd

The Texas A&M University Natatorium, home of 2013 SEC Championships, 2009 NCAA Championships and the 2005, 2007 & 2010 Big 12 Championships, will be the site of the 2017 South Central Zone LCM Championships. This is one of the fastest pools in the country. If you're only going to swim one meet in 2017, this should be the one. The family can enjoy touring the George H.W. Bush Presidential Library and the A&M campus while you go for personal bests in the pool. A social will be offered on Saturday evening.

For more information and registration, go to: https://www.clubassistant.com/club/meet_information.cfm?c=1250&smid=8666

Gulf Swim University Showcases Its 2017 Artwork

Over 80 members have registered for the 2017 semester at Gulf Swim University, a slight increase in participation over 2016. Artist **Kerry Suhr** has again designed the event logo which will be featured on t-shirts for each participant. The color of each t-shirt awarded will be determined by the number of miles completed between January 1st and April 30th. Award winners will be announced in the July newsletter.

Associates Degree (20 miles) - green t-shirt
 Bachelors Degree (40 miles) - royal blue t-shirt
 Double Major (80 miles) - navy blue t-shirt
 Masters Degree (120 miles) - red t-shirt
 Doctoral Degree (160 miles) - purple t-shirt



S W I M M A C U M L A U D E

Gulf's Summer Fitness Challenge - Swim a Triathlon



After you've earned your degree from Gulf Swim University, continue your swimming fitness by entering Gulf's next swimming challenge: Swim A Triathlon. And you don't even need to hop on your bike or lace up your running shoes.

You can enter the challenge by registering at GUChair@usms.org with Gulf Chair, Bruce Rollins. Bruce will track your mileage between May 1st and August 31st and you will be eligible for one of the following awards:

Swim 16.0 Miles = Sprint Distance Triathlon (0.5 mile swim/12.4 mile bike/3.1 mile run)
 Swim 31.93 Miles = Olympic Distance Triathlon (0.93 mile swim/24.8 mile bike/6.2 mile run)
 Swim 70.3 Miles = Half Ironman Triathlon (1.2 mile swim/56.0 mile bike/13.1 mile run)
 Swim 140.6 Miles = Full Ironman Triathlon (2.4 mile swim/112.0 mile bike/26.2 mile run)

This Quarter's Workout

Thanks to COOG coach, Greg Orphanides, for this quarter's workout. You can shorten or lengthen the workout by changing the number of times you swim the main set.

Warmup: 400 choice

12 x 50 - 15 sec. recovery

2 - as 25 overkick drill/25 easy

2 - kick

2 - as fast as possible last 15 yds./meters

and repeat

200 steady swim, choice

Two times through:

1 x 200 - 20 sec. recovery, explode last 50

1 x 200 - 30 sec. recovery, explode last 100

1 x 100 - 20 sec. recovery, explode last 25

1 x 100 - 30 sec. recovery, explode last 50

4 x 150 pull, holding fast interval - 5 sec. recovery

1 x 200 easy

4 x 100 - 10 sec. recovery, as 25 fist drill/75 easy

Cooldown: as much as needed

Total: 4,400 yards/meters + cooldown

We plan to have a team spotlight in each quarterly newsletter. The goals of the spotlight are two-fold: (1) to help Gulf teams grow and flourish, and (2) to provide information about area teams for solo swimmers who might like to swim with like-minded individuals in an organized group setting. If you would like to have your team featured in a future newsletter, contact kdenby@usms.org

Team Spotlight - Houston Area Masters Swimmers (HAMS)

This newsletter's team profile takes a slight departure from the norm. Houston Area Masters Swimmers (HAMS) has no home pool or regular workouts but they definitely have a focus meet each January: the Woodlands Relay Meet. And what makes them even more unique it that they only get together once each year, converging on the pool deck of the Conroe ISD Natatorium.

What eventually became HAMS, a perennial team favorite at the relay meet, first started about 18 years ago when Jonathan Armstrong began coordinating relays for the Cy-Fair Cyclones. Eventually the Cyclones team disbanded. But Jonathan continued to put together relays for the Woodlands meet with former Cyclones, swim friends, family, friends, and family of friends. By 2010, it was clear that the team was much more than former Cyclones and that it provided unattached swimmers or swimmers from very small teams the opportunity to have a great time at a classic meet. Woodlands Relay Meet director, Tom Boak, suggested the team name HAMS (Houston Area Masters Swimmers). It is an appropriate moniker as the team draws participants of diverse swimming backgrounds from the entire Houston area.

Pulling the team together is a massive undertaking, and Jonathan initiates team recruitment about two months before the meet. His email list of former HAMS swimmers numbers about 250, and he has to split his distribution list into four emails to avoid spam filters when sending the initial "save the date" notification. Jonathan uses humor, cajoling, and even the guilt card to get swimmers to join in on the fun.

The real work begins once swimmers commit to participating. Jonathan estimates that it takes about 10-15 hours to put all of the relays together. He states, "The hard parts are trying to please everyone and putting relays together with people I sometimes don't even know (every year I get 10-20 new people, half of which I don't know). It's like a logic puzzle. How do I maximize the number of relays everyone can swim while making sure they get to swim what they want, not swim what they can't, putting friends and family together, and spreading everyone out across the day? Being an engineer, I have come up with a system! Then there are the requests for changes, people who have to drop out, and others who want to join last minute. Then at the meet most swimmers don't know each other so it's a bit of a scramble to get everyone to the right place at the right time. But every year we seem to pull it off."

None of this work would be possible without the support and assistance of Jonathan's wife, Mindy. Time organizing relays is time away from family and in year's past has even required work during a family Disney World vacation. In addition to her support, Mindy collects money, coordinates relays on race day, and also swims in the meet. It is truly a team effort. Jonathan is also appreciative of the efforts of meet director Tom Boak and his wife Carolyn who give so much back to the Houston swim community through volunteer efforts and by hosting events such as the relay meet.

HAMS highlights over the years have been too numerous to list them all. But Jonathan cites some highlights as family relays, old friend relays, and former coach/swimmer relays. He says that three couples met as part of HAMS and eventually got married. A personal highlight for Jonathan was watching his 66 year old father compete in his first ever swim meet. HAMS is proud to have won the overall team title but always puts a special emphasis on the (non) beer relays each year. In 2017, HAMS captured both the under 40 and 40 plus (non) beer relays.



They can drink and swim! HAMS, including Jonathan Armstrong (second from left), celebrates winning the 2017 age 40+ (non)beer relay.

Competition Corner

SCM National Top Ten

The U.S. Masters Swimming National Top Ten List for 2016 SCM swims was finalized and published in March 2017. Gulf swimmers had outstanding results with 92 individual and 5 relay top ten times. Congratulations to all of our national top ten swimmers listed below.

Individual Events - Women

18-24: Christina Policastro (COOG) **25-29:** Marissa Clapp (RICE), Elizabeth Fields (COOG) **35-39:** Christine Haines (UNAT), Lisa Linerode (RICE), Rebecca Norton (COOG) **40-44:** Keele Steglich (SSSM) **45-49:** Cheryl Hubbard (COOG) **65-69:** Suzy Reiersen (RICE) **70-74:** Carolyn Boak (WMST), Martha McDade (WMST) **75-79:** Joann Leilich (WMST)

Individual Events – Men

18-24: Michael Kuhlmeier (SSSM), Tyler McFarland (CFSC) **25-29:** Rodolfo Escalante (RICE), Ryan Littlefield (RICE), Mark Reeves (WMST) **30-34:** Jing Yang (WMST) **35-39:** Tamas Kerekjarto (COOG), Jim Svoboda (PACK) **45-49:** James Connolly (RICE), John McCann (WMST) **55-59:** David Guthrie (RICE), Bruce Kone (RICE), Andreas Lorenz (UNAT) **65-69:** Randy Ernst (RICE), Bruce Rollins (UNAT), Greg Tharp (WMST) **70-74:** Thomas Boak (WMST), Rog Hardy (RICE) **80-84:** Bob Bailie (WMST), James Rosborough (COOG) **90-94:** Baker Shannon (WMST)

Relay Events

The following swimmers achieved relay national top ten times. **COOG:** Carly Antonucci, Jason DuBose, Elizabeth Fields, Alex Lonnacker, Rebecca Norton, Christina Policastro **RICE:** James Connolly, Rudolfo Escalante, Wing Lam, Ryan Littlefield **WMST:** Bob Bailie, Thomas Boak, Jessica Platt, Mark Reeves, Vicki Risinger, Bruce Rollins, Niels Wolfhagen, Jing Yang

All American

In order to earn All American status, a swimmer must either win a long distance national championship or have the fastest time in the nation in a pool event. Fourteen Gulf swimmers achieved this honor in individual events: Carolyn Boak (WMST), Marissa Clapp (RICE), Deb Coellner (WMST), Rudolfo Escalante (RICE), David Guthrie (RICE), Tamas Kerekjarto (COOG), Bruce Kone (RICE), Joann Leilich (WMST), Ryan Littlefield (RICE), Jarrod Marrs (COOG), Alex Pujol (RICE), Baker Shannon (WMST), William Wagner (RICE), and Kamila Wlostowska (RICE). Additionally, ten Gulf swimmers achieved Relay All-American status: RICE relay members Aimon Allouache, Andrew Corman, Rudolfo Escalante, Jonathan Hansen, Ryan Littlefield, and Alex Pujol; and MOB relay teammates Christy Brieby, Julie Coskey, Megan Mick, and Melissa Ralston.

All Star

All Star is the highest honor bestowed by U.S. Masters Swimming. In order to win this award, the swimmer must have the most # 1 ranked pool swims and top ten times in the nation for his/her age group. Two Gulf swimmers reached this pinnacle of success in 2016. Congratulations to Marissa Clapp (RICE) in the 25-29 age group and Joann Leilich (WMST) in the 75-79 age group for their outstanding season of swimming.

All World

Each April swimming's international governing body, FINA, publishes the world top ten list. As the United States is the sole country with yards competitions, only meters times are counted in the FINA rankings and compiled from swims during the 2016 calendar year. Four Gulf swimmers had world number one times in individual events. Congratulations to: Carolyn Boak (400 SCM free, 800 SCM free, 400 LCM free, 800 LCM free); David Guthrie (50 SCM breast, 100 SCM breast, 200 SCM breast, 50 LCM breast, 100 LCM breast, 200 LCM breast); Bruce Kone (50 SCM fly); and Joann Leilich (50 LCM breast).

Additionally, RICE team members Aimon Alouache, Rudolfo Escalante, Jonathan Hansen, and Ryan Littlefield had the world's fastest time in the men's 100-119 LCM 400 freestyle relay.