



HOUSTON COUGAR MASTERS SWIMMERS AT USMS SUMMER NATIONALS IN MINNESOTA

# The Chlorine Chronicles

## Gulf Masters Swimming

Fall 2017

IN THIS ISSUE

## 2017 Annual Meeting Announcement Wednesday, November 29th

The Gulf LMSC will be holding its annual meeting on Wednesday, November 29<sup>th</sup> at the Dad's Club meeting room. Pizza will be served at 6:30 p.m. and the meeting will begin at 7:00 p.m. The address for Dad's Club is 1006 Voss Road, Houston, TX 77055 and the map link is: <https://goo.gl/maps/AfGdwmuYmN52>

Each team and workout group is entitled to be represented with voting members at all Gulf LMSC meetings. It is especially important that team representatives attend the annual meeting to help direct the LMSC priorities for the coming year. Teams with up to 49 members are entitled to one voting representative, 50 to 99 members are entitled to have two voting representatives, and teams with 100+ members are entitled to three voting representatives. All USMS members are welcome to attend and give us feedback on what we could do to make your membership more meaningful and of better value to you.

Meeting topics include, but are not limited to (1) the 2018 Gulf LMSC meet schedule, (2) fitness challenge events sponsored by both the USMS national office and the Gulf LMSC, (3) proposed open water swim events, (4) the 2018 Gulf LMSC annual budget, and (5) proposed changes to the Gulf LMSC by-laws.

Please designate your team representative(s) and RSVP to Gulf Chair, Bruce Rollins at [GUChair@USMS.org](mailto:GUChair@USMS.org) so that we know what teams will be represented and how much pizza to order.

Thanks in advance for attending the meeting and helping to shape our program for 2018.



**Gulf Swimmers Excel at Nationals**  
Twelve Gulf swimmers competed at the USMS Summer National Championships held at the University of Minnesota.

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**Mental Health after Harvey**  
Clinical Psychologist Greg Tharp, Ph.D. provides advice to help you or your loved ones in the aftermath of Hurricane Harvey.

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## Exercise Your Will Power

Catherine Kruppa, MS, RD, CSSD, LD

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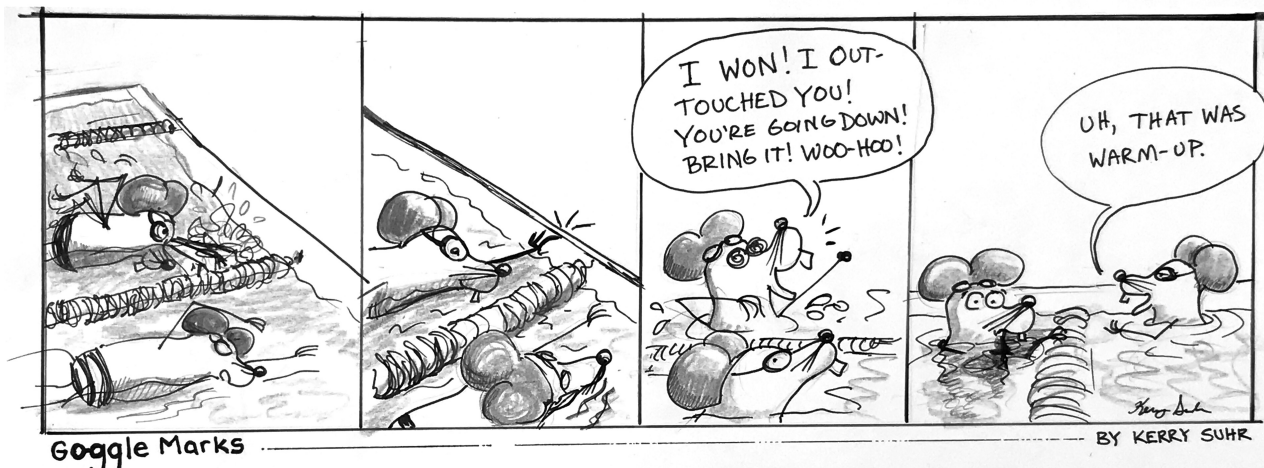
Researchers have found that you can transform your self control just as you do your quads or biceps. With practice you can strengthen your self-control muscle to help you stick with a healthy diet or exercise program.

Here are some exercises for your will power:

1. **Boost your brain power.** Exercise your brain through meditation. Every time you meditate, you use two important parts of your brain: the prefrontal cortex, which helps you make smart choices, and the anterior cingulate cortex, which helps you be aware of when you do not. The more active these systems, the more powerful they become! This makes it easier to make the right choice in the future. Start by meditating for just one minute every day. Sit quietly with your eyes closed and count your breaths. When you reach 10, begin again. Whenever your mind wanders from your breath, start again at one. Work up to five minutes a day. Meditation is a great stress reliever as well and helps you to avoid stress eating.
2. **Be a skeptical dreamer.** People who imagine succeeding and then reflect on the obstacles facing them are more inspired to reach a goal than those who do solely one or the other. Set your goals and then ask yourself these questions. Do you think your goals are realistic? What might get in the way? What might be a strategy to avoid the obstacle?
3. **What If?** Always have a plan B to help you cope with situations that may send you off track. This shifts the decision-making moment from the danger zone to a point in time when you are in touch with what you want to achieve. Make sure to plan ahead and have your "what if" strategy written down before you are in the moment.
4. **Make healthy decisions easier.** Practice reframing the choices you give yourself. When the brain identifies a reward, it shifts into a state of intense focus and drive. You can use that drive to your advantage simply by changing the reward in any given situation. Make the choice "Do I want to be one step closer to my goal?". When temptation hits, identify a positive reward that will help you sidestep it. For instance, change the focus of a party to friendship instead of food.
5. **Be your own best friend.** If you learn to treat yourself with kindness when you experience a setback, it will be easier to get back on track after a moment of weakness.



**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.**



*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](mailto:kdenby@usms.org)*

## Team Spotlight - South Shore Sails Masters (SSSM)

Masters team options are abundant for those lucky enough to either live or work inside the loop. But once you venture beyond Beltway 8, those options can get scarce. However, for those swimmers on the southeast side of town, South Shore Sails Masters (SSSM) is a hidden gem in the Clear Lake/NASA/League City area.

The team is located at The Fitness Center at South Shore Harbour in League City, an incredible multi-recreational facility with over 130,000 square feet of indoor and outdoor amenities. The club has a scenic cardio area, pilates studio and yoga room, group cycling studio, weight training area, group exercise room, outdoor track, six outdoor and two indoor tennis courts, three children's areas, a bistro, lounge area with wi-fi, dry sauna and steam rooms, and the Bella Vita Day Spa. Most importantly for swimmers, there are two pools: an indoor, three-lane, 25 yard pool and an outdoor, six-lane, 25 meter pool.



SSSM workouts are conducted in the outdoor pool. There are five workouts per week. Workouts are offered on Monday, Wednesday, and Friday mornings 5:15-6:30 a.m. and Monday and Thursday evenings 7:45-9:00 p.m. While swimmers do not have to join the fitness center in order to swim in SSSM workouts, there is a discount on monthly coaching fees for fitness center members.

All workouts are coached, with either head coach Dennis Bentson or assistant coach Court Edmondson on deck. During the warmer summer months, workouts are primarily aerobic with emphasis on technique and efficiency in the water. Cooler weather months see swims with an increasing emphasis on technique, power and speed.

The team has a diverse membership ranging in age from early 20s to mid 60s and is comprised of fitness swimmers, competitive swimmers, open water swimmers, and triathletes. Swimmers are grouped in lanes by ability with intervals specific for each lane.



The masters program has been in existence for approximately seven years and under the guidance of Dennis Bentson for the past four years. Dennis has many years of both competitive swimming and coaching experience. His enthusiasm for the program and his swimmers is evident. He proudly counts among his members an accomplished open water swimmer, Half Ironman World Championship qualifiers, Ironman finishers, and even a world-class windsurfer. But Dennis is especially proud of those aspiring triathletes who could barely complete a length of the pool and are now comfortably finishing the open water swim legs of triathlons.

Social activities are informal and include post-workout breakfasts several times each month. The big, upcoming focus event for the SSSM team will be the Southern Masters SCM Championships in New Orleans in December. In addition to the team enjoying all that the Big Easy has to offer, Dennis is excited to show off his home town and the pool where he grew up swimming, the University of New Orleans Natatorium.

Interested swimmers are offered a free week of workouts to try out the program.

Go to [www.southshorefitness.com/index.php/sports/swimming](http://www.southshorefitness.com/index.php/sports/swimming) or email [dennisbentson@gmail.com](mailto:dennisbentson@gmail.com) for more information.

## USMS Summer National Championships - August 2-6



Twelve Gulf swimmers were among more than 1,000 other competitors at the 2017 USMS Summer Nationals. The five-day LCM event was held at the University of Minnesota Aquatic Center in Minneapolis on August 2-6.

Gulf swimmers finished with one world record, nine first-place national championship swims, another 14 top-three finishes, and an additional 16 top-ten finishes.

**Jill Gellatly** (COOG) excelled in the 50-54 age-group, winning five events (200 free, 400 free, 800 free, 200 back, 200 IM) as well as placing 2nd in the 100 free. **David Guthrie** (RICE) broke his own world record in the 50 breast. In addition to the 50 breast, David took gold in the 100 breast, 200 breast, and 200 IM and 5th place in the 50 free.

Top-three finishes were earned by **Sue Bloomfield** (WMST), **Rog Hardy** (RICE), **Bruce Kone** (RICE), **Dominic Mastracchio** (RICE), **Greg Tharp** (WMST), and **Linda Visser** (COOG).

Garnering top-ten finishes were **Aliza Geretz** (COOG), **John Keen** (COOG), and the COOG relay team of **Jill Gellatly**, **John Keen**, **Don Mahaffey**, and **Linda Visser**.

Congratulations to all of our Gulf swimmers!

*Tessa Kole (SWYM) competed in her first National Championship meet, placing 11th in the 50 free and 12th in the 50 back.*

## This Quarter's Workout

Thanks to Coach Greg Orphanides (COOG) for this quarter's workout. You can change the total distance of this workout by increasing or decreasing the number of times you swim the main set.

400 warmup

3 x 400 pull, negative split (15 seconds recovery)

12 x 50 – 10 seconds recovery

Odds: kick

Evens: fist drill

200 free, breathe 3/5/3/7 by 50's

Main Set – Repeat 4 times

You can choose to do this set as freestyle, stroke, or IM.

4 x 100 – 15 seconds recovery

#1: 25 fast / 75 steady

#2: alternate 25 overkick drill / 25 steady swim

#3: 50 build / 50 steady

#4: 75 steady / 25 fast

200 cooldown

**Total: 4,200 yards/meters**

## Post Hurricane Harvey Mental Health

Greg Tharp, Ph.D., Clinical Psychologist



Many in the masters swimming community have suffered greatly and continue to suffer in the aftermath of Hurricane Harvey. Disasters do more than take some lives and damage or destroy property. They can destroy peace of mind as well. Far too frequently, disasters also leave psychological scars. The frenzied, adrenaline fueled days and weeks after the disaster often involve sleep loss, physical exhaustion, and excessive worry. This is a setup for several serious mental health consequences.

The most commonly seen problem post-disaster is depression. Signs to look for in yourself, your friends, and your relatives include sadness, irritability, or both alternately. People falling into depression verbalize helplessness, hopelessness, and sometimes worthlessness. Depressed people display changes in sleep patterns and appetite. They tend to isolate themselves. Do not ignore signs and symptoms of depression. Depression is dangerous and can kill people. Fortunately, depression is not difficult to treat and responds rather rapidly to treatment. Grab your depressed loved one by the hand and take them to see a mental health professional and make sure they follow up until the depression resolves.

Another common mental health problem seen post-disaster is anxiety. We all worry, but when it paralyzes us, ruins our sleep, or steals our joy, it needs to be treated. Pacing, hand wringing, fretting, and overuse of alcohol or drugs are common symptoms. Anxiety is treatable and the outcomes are pretty good. Afflicted individuals should be strongly encouraged to seek treatment.

Finally, disasters of the magnitude of Harvey frequently lead to the occurrence of post traumatic delayed stress syndrome. Although it shares many symptoms with anxiety disorders, it can be much more disabling and is much more difficult to treat. It needs to be promptly treated as it is very dangerous. Agitation, excessive alcohol and/or drug use, frequent reliving of the traumatic events, disturbed sleep, nightmares and fears of going "crazy" are frequently seen.

To have the best chance to avoid experiencing depression, anxiety problems, or post traumatic delayed stress, you or your loved one can take active measures. Guard your sleep very carefully and make a concerted effort to get enough sleep. Eat high quality foods and avoid alcohol or other drugs. Stay with or rebuild your aerobic exercise program. This is a critical component of maintaining your mental health. Talk to someone about your losses. Friends, family, acquaintances, and clergy are often great listeners. If symptoms persist, do not delay seeking professional help. Licensed professional counselors, psychologists, and psychiatrists are all quite capable of treating these problems.

***Greg Tharp is a swimmer and coach with The Woodlands Masters Swim Team. Greg received his Ph.D. in Clinical Psychology from the University of North Dakota and performed his internship at Baylor College of Medicine in Houston. Greg is currently in private practice in Conroe. Greg is seeing some patients without insurance coverage or financial means during the post-Harvey recovery time.***

## Impressions of Her First Competition

### A Retrospective of Aliza's Experience at USMS Summer Nationals

In the Gulf Summer newsletter, you were introduced to Aliza Geretz who was entered to compete in her first-ever masters meet. And she picked a major event, the USMS Summer National Championships held at the University of Minnesota. As promised, I've followed up with Aliza to get her impressions of her first meet experience.

As expected, Aliza was a bit nervous about the competition. Therefore, she took advantage of the very first session that the pool was available for warm-up. Aliza was able to get in a full hour swim as the pool was not busy at all. She also familiarized herself with the natatorium building, including the spectator seating and the locker room.

Even though she was used to training in a 50 meter pool, Aliza said the competition pool felt very different than her home pool at the Houston Jewish Community Center. Unlike the JCC, the pool was indoors, the water was much cooler, and, for some reason, it felt a LOT longer. Perhaps the biggest difference was swimming in a world-class venue which Aliza said made her feel like a professional!

Aliza's teammate, Linda Visser, was her on-deck "coach" and she was amazing. Linda told her everything she needed to know, especially what NOT to do so that she wouldn't DQ. All of the beeps and buzzes at the start of each race were very confusing at first. Linda got her comfortable with the logistics and the starter's commands.



*Aliza proudly wears her 6<sup>th</sup> place medal*



*Aliza and her teammate/mentor Linda Visser*

In consultation with Linda, Aliza made the decision to forego diving from the blocks and, instead, started in the water. She noted a few other competitors who also started in the water and did open turns. It was comforting for her to see that she wasn't the only one who was not super competitive and to realize that USMS, even at the national championship, is for all ability levels.

Aliza was very worried about warming up in the relatively small diving well with lots of other competitors. That concern turned out to be unfounded and she had no problems navigating her warmups and cooldowns.

Aliza was entered in two freestyle events. Her first event was on a weekday and her fan club was small. It consisted of husband Ben, daughter Dina, and, to her surprise, a long-time local friend, Arthur Goldstein. After her race, Arthur gave Aliza and Dina a tour of the campus.

Aliza's second race, the 200 free, was on Sunday and her full fan club was in attendance. In addition to Ben and Dina, Aliza's father, brother, sister, and niece were there to cheer her on. To Aliza's surprise and delight, she finished in sixth place and brought home a medal.

As far as her impressions of her first meet? Aliza stated that it was a great all-around experience. She noted that everyone, including her teammates, fellow competitors, and the countless volunteers, was so friendly and welcoming. Aliza also hopes that relating her positive experience will encourage others of similar ability to enter their first USMS competition. As Aliza puts it, "If I can do it, anyone can!"

So, what's next? Aliza says, "Now that I have a medal under my belt, I need to figure out my next goal!" I have the feeling that we'll be seeing Aliza at future Gulf swim meets.

## 2017 USMS Convention Report

Gulf LMSC had planned to have a full contingent of eleven delegates at the USMS Convention held September 13-17 at the Hyatt Regency Dallas. However many delegates were either unable to attend or only attended a portion of the convention because they were dealing with the aftereffects of Hurricane Harvey on their homes.

First-time delegate Stacey Eicks (WMST) was in attendance for the entire convention and brought back a wealth of information which will help in her responsibilities as Gulf Top Ten Recorder, USMS volunteer, and President of Woodlands Masters Swim Team. She is happy to share her experience with our members.

### Wednesday, September 13

Stacey participated in the USMS Levels 1 & 2 coaching certification course taught by Bill Brenner and Mel Goldstein. After successfully completing the course and exam, Stacey is now a certified level 1 & 2 coach. She was honored to meet and be trained by Bill and Mel and enjoyed their differing styles. Later in the day, Stacey attended the U.S. Aquatic Sports welcome reception. She visited several vendor exhibits relating to meet and team management and also learned about the Swimming Saves Lives Foundation.



*Stacey Eicks – Gulf LMSC Top Ten Recorder*

### Thursday, September 14

The day was started with a group swim workout and post-practice breakfast at which Stacey was able to meet many other USMS delegates. A must for any first-time attendee is the Convention Navigation presentation which Stacey found most helpful. It was an extremely busy day with two House of Delegate sessions and three committee meetings for Investment, Finance, and Records & Tabulation. The New Delegates Lunch was informative. During the luncheon, she got to meet some cool USMS Board of Director members, and the technology consultant USMS has engaged for the USMS 3.0 implementation. More information was gleaned from reading the minutes from the Governance Committee and a personal meeting with the committee chair. The day was capped off with the South Central Zone meeting

### Friday, September 15

Another full day started with a group dryland workout. Stacey attended a House of Delegates session and the following five committee meetings/workshops: (1) Rules Committee, (2) Sports Medicine Committee, (3) "Tech Crunch for the Swim World" workshop, (4) "Mentoring vs. Coaching" workshop, and (5) "Are Your Volunteers in Jeopardy" workshop. The afternoon House of Delegates session included a remembrance of those USMS members that had passed away in the previous year and many delegates were moved by Emmett's photo. The Recognition & Awards Committee put on a clever "Jeopardy" workshop to educate the audience about all the great USMS swag that can be ordered from the USMS Volunteer Recognition Store and other homemade thank you gifts for volunteers. The workshop on "Adding Oomph to Your Meet!" suggested adding non-conforming events (like 25's) to our meets, designating a few heats as "music heats" where the winners get a small prize (bag tag, gift card, cap, goggles, etc.), and raffling off unique donated items. The day ended with the International Masters Swimming Hall of Fame induction ceremony. The ceremony reminded Stacey that the aquatics community, comprised of athletes, coaches, volunteers, and contributors, has produced so many gifted and wonderful people.

### Saturday, September 16

Stacey had another opportunity to interact with her fellow USMS delegates with an early morning swim workout at SMU. She attended two more House of Delegates sessions. The last House of Delegates session was the most interactive and generated much spirited debate with rule changes and the 2018 budget on the agenda. A highlight of the day was meeting with the National Office staff and USMS CEO, Dawson Hughes. The day's presentations allowed for a better understanding of USMS's 3.0 rollout plan, the upcoming software changes and the technology transformation that USMS is about to undertake to better serve their members. The final evening of the convention featured the Aquatics Award Banquet at which the delegates from all of the aquatic disciplines gather. USMS is part of the larger aquatics community which was also represented by USA Swimming, USA Diving, USA Water Polo, and USA Synchronized Swimming.

### Important Information for Gulf Swimmers from Convention

#### South Central Zone Meeting

- Bruce Rollins (Gulf) was elected as Zone Chair.
- Nicole Christensen Rembach (Gulf) was elected as Zone Vice Chair.
- 2018 Short Course Zone Championships will be hosted by Longhorn Aquatics at The University of Texas-Austin.
- 2018 Long Course Zone Championships will again be held at Texas A&M University in College Station.
- Bids for 2019 Zone Championships were received and will be evaluated in January 2018.

This article continues on page 8.

## 2017 USMS Convention Report (continued from page 7)

### House of Delegates Rule Changes

- World and USMS records – eliminate acceptance of world and USMS records using manual and/or semiautomatic primary timing systems.
- 25 yard and 25 meter events continue to be non-confirming events.
- Open Water events – swimmers may contact a course feature or craft as long as no forward progress is made while in contact. Race directors have the option to prohibit contact if announced in advance in the event information.

### USMS 2017 Status, Initiatives, and 2018 Budget

- Over two-thirds of USMS members do not swim in competitive events.
- 88% of the 733 clubs surveyed believe that there is room for growth within their club.
- 66% of the surveyed clubs **do not** require their swimmers to be USMS members.
- USMS had the highest number of renewing members ever in 2017.
- USMS has over 1,500 clubs and workout groups.
- New college club swimming program was launched in August 2017.
- USMS Fitness Series will launch in 2018.
- The Winter Fitness Challenge will be held in February 2018.
- The USMS 3.0 plan will modernize the technology and provide a quality experience when logging on to usms.org.
- The 2018 USMS Budget of \$3.9 million was approved by the House of Delegates.
- USMS delegates were challenged to provide ideas to improve the experience and membership value of the 70% of USMS members who only swim for health and fitness.

Detailed information about the 2017 USMS Convention can be found at [usms.org](http://usms.org) by clicking For Volunteers>Convention>2017 Convention Results & Meeting Minutes.

Despite putting the SWYM group through a killer workout on his celebration day, the team was still kind enough to give Gulf Chair, Bruce Rollins, a personalized birthday cake. Nice hat, Bruce!





## Results of Last Quarter's Fitness Challenge 400 Pull for Time

Fifteen Gulf registered swimmers took on the 400 pull challenge. Participation numbers were down, probably in large part due to Hurricane Harvey and its aftermath, and were limited to four teams, SWYM, COOG, UH<sub>2</sub>O, and TFY. We would encourage more Gulf coaches to promote team participation in future fitness challenges.

Full results are below and are not broken into age groups as that information was not provided.



*Photo from USMS Website*

### Competitive Female Swimmers – Buoy, No Paddles

Karlene Denby (COOG) 5:53

Cheryl Hubbard (COOG) 6:15

### Competitive Female Swimmers – Buoy, With Paddles

Robin Tompkins (SWYM) 5:30

### Competitive Male Swimmers – Buoy, No Paddles

Russell Hubbard (SWYM) 4:51

Bob Perkins (SWYM) 4:55

Stuart Muirhead (SWYM) 4:58

Ryan Rongone (SWYM) 5:10

Brian Miller (SWYM) 5:13

Tim Welsh (SWYM) 5:37

### Fitness Female Swimmers – Buoy, No Paddles

Sian Thompson (SWYM) 6:15

Kerry Suhr (SWYM) 6:30

Suzette Caldwell (TFY) 7:34

Deb Nichols (SWYM) 8:02

### Fitness Male Swimmers – Buoy, No Paddles

Tim Mattingly (SWYM) 6:24

Russell Wise (UH<sub>2</sub>O) 6:52

## This Quarter's Fitness Event - 400 Kick for Time

We will hold the 400 kick challenge for the last quarter of 2017. It's easy to enter. Simply e-mail your time or coaches can email all team members' times to Fitness Chair, Robin Tompkins at [rtompkins2@comcast.net](mailto:rtompkins2@comcast.net) and let Robin know if you kicked "naked" or used fins. We're asking all coaches to make this a team effort and see how many of your swimmers you can encourage to take on the challenge. In addition to tracking the swimmers, we will be tracking two different categories for teams: (1) highest number of entrants by each team, and (2) highest percentage of participants by each team (based on USMS 2017 total team registration). **The deadline to submit entries is December 31, 2017.**

## Upcoming Events

### November Classic SCM Meet - Saturday and Sunday, November 11-12

The final event of the 2017 racing season is the 7th Annual November Classic SCM meet hosted by The Woodlands Masters Swim Team at the Conroe ISD Natatorium on November 11-12, 2017.

The event is classic in every sense of the word with a great venue, superb meet organization, and heated competition. You can set your end-of-year racing goals by checking out the meet records at: <http://wmst.net/index.php/results-and-gallery/records/181-november-classic-individual-records>

On-line registration is already open. You can find meet information and registration at: [https://www.clubassistant.com/club/meet\\_information.cfm?c=1733&smid=9306](https://www.clubassistant.com/club/meet_information.cfm?c=1733&smid=9306)



*Conroe ISD Natatorium, Site of the November Classic SCM Meet, November 11-12*

## Save These Dates in 2018

- |                    |  |
|--------------------|--|
| <b>January</b>     | Jesse Coon Invitational, TruFit Athletic Club (formerly Aerofit), Bryan, TX (January 20)<br>Woodlands Relay Meet, Conroe ISD Natatorium, Shenandoah, TX (January 27) |
| <b>February</b>    | Sweetheart Meet, W.W. Emmons Natatorium, Houston, TX (February 10)   |
| <b>March</b>       | Rice March Madness Meet, Rice Natatorium, Houston, TX (TBA)  |
| <b>April</b>       | South Central Zone Championship, UT Natatorium, Austin, TX (April 6-8)   |
| <b>May</b>         | USMS Spring National Championship, IU Natatorium, Indianapolis, IN (May 10-13)   |
| <b>June</b>        | Summer Sizzler Meet, Dad's Club, Houston, TX (June 10)   |
| <b>July</b>        | South Central Zone LC Championship, Texas A&M Natatorium, College Station, TX (July 6-8)   |
| <b>July/August</b> | UANA Pan American Masters Championship, YMCA Aquatic Center, Orlando, FL (July 28-August 3)  |

## Twenty Seven Gulf Masters Swimmers on National Top Ten List

The U.S. Masters Swimming National Top Ten List for 2017 SCY swims was finalized and published in August 2017. Gulf swimmers had outstanding results with 3 relay and 75 individual top ten times.

Special recognition goes to the five Gulf competitors who posted the fastest times in the nation in one or more events. They are: David Guthrie (RICE), Bruce Kone (RICE), Joann Leilich (WMST), Jarrod Marrs (COOG), and Nicole Van Nood (RICE) .

Congratulations to all of our national top ten swimmers listed below.

### Women

#### 25-29

Marissa Clapp (RICE)  
Carleigh Kutac (DADS)  
Kamila Wlostowska (RICE)

#### 30-34

Andrea Palmai (ROCC)

#### 40-44

Laura Koch Davis (WMST)

#### 45-49

Jill Gellatly (COOG)  
Nicole Van Nood (RICE)

#### 55-59

Susan Matherne (RICE)

#### 65-69

Deb Coellner (WMST)

#### 75-79

Joann Leilich (WMST)

#### 80-84

Carol Mungavin (RICE)

### Men

#### 18-24

Kyle Hendricks (PACK)

#### 25-29

Rudolfo Escalante (RICE)

#### 35-39

Andy Gardner (UNAT)  
Jim Svoboda (PACK)

#### 40-44

Jarrod Marrs (COOG)

#### 45-49

James Connolly (RICE)  
John De Groot (RICE)

#### 50-54

Ross Davis (WMST)

#### 55-59

David Guthrie (RICE)  
Bruce Kone (RICE)

#### 65-69

Bruce Rollins (UNAT)  
Greg Tharp (WMST)

#### 70-74

Rog Hardy (RICE)

### Relay

#### 18+

DADS (Stephen Hall, Carleigh Kutac, Alex Pujol, Alisha Rembach)