



RICE MASTERS SWIMMERS AT THE GULF LMSC SPONSORED THANKSGIVING DAY WORKOUT

The Chlorine Chronicles

Gulf Masters Swimming

Winter 2018

IN THIS ISSUE

Gulf LMSC Looks Back on 2017 and Forward to 2018

The Gulf LMSC took on several initiatives during 2017 to serve our membership. Here are some of the year's highlights.

- The LMSC paid for pool rental at Conoco-Phillips Fitness Center and provided USMS Certified coaches for two swim clinics. There were 10 swimmers at each clinic. The nominal fee charged for clinic attendance was donated to USMS's Swimming Saves Lives Foundation.
- Gulf Swim University was sponsored by the LMSC for the third consecutive year. Over 100 swimmers participated in the 2017 fitness event and received t-shirt awards.
- The first Gulf LMSC Thanksgiving Day workout was a success with over 45 swimmers making room for that extra dessert by starting their day with a one hour workout at the Dad's Club pool. The Gulf LMSC organized the event and paid for the pool rental.
- The Gulf LMSC offered to pay the 2018 USMS registration fee for swimmers financially impacted by Hurricane Harvey. Several members took advantage of the assistance offered.
- The Gulf LMSC provided assistance to the 2017 Long Course South Central Zone Championship, allowing the event to break even.

The LMSC will continue to provide events of interest to the membership in 2018. The plans for the coming year include but are not limited to:

- In conjunction with USMS, the LMSC will be offering more fitness events. These events will be organized by Gulf Fitness Chair, Robin Tompkins. The membership will be advised of the fitness events for each quarter through the newsletter, website, Facebook page, and email blasts.
- The LMSC plans to offer clinics and events, such as the Thanksgiving workout, during 2018. Dad's Club is a possible venue for these events.
- The Gulf LMSC has committed to holding one open water swim event in 2018. The open water venue will most likely be either Lake 288 or Twin Lakes.



Get Your Fitness On!

The USMS Winter Fitness Challenge is just one of four fitness events available to Gulf swimmers in the first quarter of 2018

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This Quarter's Swim Workout

Another challenging workout from COOG Coach Greg Orphanides will help you toward your goals.

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Fitness Opportunities Abound for Gulf Swimmers

It's the start of a new year. Give your fitness a jump-start by participating in one of the four fitness challenges available during the first quarter of 2018.

Gulf Swim University

Classes are already underway at Gulf Swim University. Registrants who swim 20 miles (5 miles per month) between January 1 and the end of April 2018 will earn an Associate's degree, 40 miles (10 miles per month) will attain a Bachelor's degree, and 80 miles (20 miles per month) earns a double major degree. Those who log in 120 miles (30 miles per month) earn a Master's degree and for 160 miles (40 miles per month) the graduate will be awarded a Swimming PhD. You can log your mileage on USMS's "Go the Distance" or track your mileage on your own. With either option, you need to register with Fitness Chair, Robin Tompkins, at rtompkins2@comcast.net and be sure to let her know your t-shirt size.

USMS Winter Fitness Challenge - 30 Minute Swim

The [SmartyPants Vitamins USMS Fitness Series](#) starts with the Winter Fitness Challenge, which runs from Feb. 15-28, and is perfect for anyone who's setting a New Year's resolution of getting into better shape. The event is a 30-minute swim, done in any manner desired.

If you're just getting into swimming, or back to it after a long time away from the pool, swimming for 30 minutes is a solid fitness goal.

More information can be found at: <http://www.usms.org/content/wfc>

There are four opportunities to complete the 30-Minute Fitness Challenge in the Houston area. You do not have to be a member of these teams to participate. The dates and times are below. Please email for more specific information.

February 17 at 8:15 a.m. - Duncan Family YMCA (SWYM), Contact: Robin Tompkins (rtompkins2@comcast.net)
February 17 at 1:00 p.m. - CISD Natatorium (WMST), Contact: Stacey Eicks (wmst@wmst.net)
February 24 at 7:45 a.m. - Memorial Area Athletic Club (MACA), Contact : Kathy Veen (macaquatics@comcast.net)
February 24 at 1:00 p.m. - Fleet Masters/Cy-Fair Swim Club (CFSC), Contact Amy Hays (achays@entouch.net)



2018 USMS ePostal One Hour National Championship

This event can be done any time between January 1 and February 28, 2018.

Objective: To swim as far as possible in one hour in any pool you choose that is 25 yards or longer. Event results are sent in electronically so you can compare yourself to other swimmers doing the same event. Some people do the 1-Hour ePostal event for competition, while others do it for fitness. All who wish to participate are welcome. For more information and to register for the event, go to:

https://www.clubassistant.com/club/meet_information.cfm?c=1308&smid=9629

2018 Virtual Swimtathlon League

The 2018 Virtual Swimtathlon League is a year-long, virtual pentathlon event where participants swim and submit times in stages. Five events are included in each pentathlon stage (Fly, Back, Breast, Free, and Individual Medley), and cumulative times are used for league standings and results. The first quarter is 50 yards/meters of each stroke and 100 IM. The league also offers a freestyle only option with 500/1000/1650 free (or 400/800/1500 meters). For more information and event registration go to: <http://www.usms.org/comp/event.php?MeetID=20180101VSL18Y>

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 - Fort Bend Masters Swimming (FBMS)

Fort Bend Masters Swimming (FBMS) is a story of a dedicated group of swimmers facing challenges, adapting, and ultimately thriving.

Originally named First Colony Masters, the team was formed in the late 1980s/early 1990s and called the First Colony Aquatic Center their home. While the team grew under coach Jane Harper to over 80 members, it fought for water time with the local age group programs and high school teams. The team changed their name to Fort Bend Masters in 2001 to better reflect the demographics of its membership. Around the same time, they moved to the Fort Bend YMCA.

Challenges arose in the 2000s. Coach Harper relocated to Florida for work in 2004, and the team lost access to the YMCA facility that same year. The team dispersed for an extended period of time until a new pool became available. The team came full circle with the reopening of the renovated First Colony Aquatic Center. In December of 2007, the team reorganized and began from square one with four swimmers. They have since built the program to about 50 swimmers as of 2017.

Fort Bend Masters practices at the First Colony Aquatic Center Monday, Wednesday, and Friday 5-6 a.m. and on Saturday 6:30-8 a.m. There is also one evening workout each week at the Settlers Park pool.

The team has a variety of experienced coaches. Head coach, Zing Allsopp, was an assistant coach under Jane Harper and took the reins when the team reorganized in 2007. She is an ASCA Life Plus member, has completed several ASCA training opportunities, and also teaches water aerobics and a swim program for homeschoolers. Her passion and focus are stroke mechanics and technique. Zing is ably assisted by Melissa Hoffman, an avid long-distance swimmer, Ironman finisher, and USMS levels 1, 2, 3 certified coach; Nicole Gille, a former college swimmer and national championship competitor; and Amanda Silberman, a former high school competitor and the club's treasurer.

Like most Masters groups, the membership is diverse with a makeup of former competitive swimmers, a large number of triathletes, novice swimmers looking to improve their skills or finish their first triathlon, and a growing group of swimmers who travel to exotic locations for open water swims. They have traveled to Barbados, Turks and Caicos, and Saint Croix and call their swim adventures "Goggles and Giggles."

The team has several social opportunities. Starbucks is the go-to meeting place after every Saturday workout. They also have informal on-deck socials such as hot chocolate on deck after morning practice. Some of them meet on non-swimming days for dryland workouts or to run "hills" in an empty parking garage. The team members also have a strong philanthropic bent, giving both time and resources to various area charities.

If you live in the Fort Bend area and are looking for good workouts, stroke improvement, and a diverse, social group of swimmers, I'd strongly recommend taking advantage of FBMS's complimentary one week swim trial. More information can be found at their website www.fbmswim.org or on their Facebook page, Fort Bend Masters Swimming. To contact Coach Zing Allsopp, you can call or text 281-389-3258 or email at thinknswim@gmail.com.



Upcoming Events

Saturday, February 10th - Sweetheart Swim, Houston, TX.

This well-run SCY meet offers 17 individual events plus relays. The location is the WW Emmons Natatorium, 10404 Tiger Trail, Houston, TX 77043. Swimmers can enter up to six individual events. The entry fee is only \$40, and online entries will be accepted until Friday, February 9th at noon. Meet info is available at: https://www.clubassistant.com/club/meet_information.cfm?c=1250&smid=9516



Sunday, March 4th - March Madness Meet, Rice University, Houston, TX.

This year the meet will be held on a Sunday afternoon. Meet entry is only \$35 and includes a cool meet t-shirt. Entry can be done online or by mail. Entries must be received by Tuesday, February 27th. Late entries and deck entries will be accepted until 1:20 p.m. on Sunday, March 4th for an additional \$20 late fee. Meet information and registration can be found at: https://www.clubassistant.com/club/meet_information.cfm?c=2065&smid=9850

Fri.-Sun., April 6th-8th - South Central Zone SC Championships, Austin, TX.

The 2018 USMS South Central Zone Short Course Championship meet is hosted by Longhorn Aquatics at the Lee and Joe Jamail Texas Swimming Center. The pool is considered one of the fastest pools in the world due to its depth, gutter system, high filtration rate, and lane width. The last masters championship meet held at this venue was in 2013. So, this is a rare opportunity to swim at UT's world-class natatorium. Online registration closes on Friday, March 30th. For full meet information and registration, go to: https://www.clubassistant.com/club/meet_information.cfm?c=2023&smid=9798



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.

400 free warmup

8 x 50, as 25 steady swim/25 fast kick (10 seconds recovery)
400 pull, breathe 3/5/3/7 by 25's

2 sets of:

3 x 150 pull, desc. 1-3 (interval is set at first 150 pull + 15 seconds recovery)

50 easy

8 x 50 free, hold threshold pace (15-20 seconds recovery)

100 easy

3 x 100 free, hold same pace as threshold 50's (25-30 seconds recovery)

100 easy

200 cooldown

Total: 4,200 yards/meters

400 Kick for Time Results

During the 4th quarter of 2017, 42 Gulf swimmers took on the 400 kick for time challenge. Kicking with fins was the preferred option, by over a 2:1 ratio. FCST had the most participants (21) while SWYM had the largest percentage (42%) of their 2017 membership participate. COOG, MACA, and WMST were also represented. Full results are below.

WITH FINIS

Women

- 30-34: (1) Katie Milligan 5:00, (2) Kelly Capshaw 5:20
 35-39: (1) Stacey Baker 4:38**
 45-49: (1) Carlye Graydon 4:30**, (2) Linda Visser 4:35, (3) Robin Tompkins 4:45, (4) Bonnie Finnigan 6:07, (5) Lisa Kolluri 6:08, (6) Jennifer Carlin-Roth 7:25
 50-54: (1) Giulia Hattan 5:28**, (2) Melinda Schuler 5:42, (3) Nathalie Dulac 5:47, (4) Cheryl Hubbard 5:54, (5) Diane Stone 6:02, (6) Mary Strong 6:07
 55-59: (1) Deborah Nichols 6:46, (2) Peggy Hart 7:58
 65-69: (1) Janet Mattingly 7:00
 75-79: (1) Judy Gordon 8:19**

Men

- 18-24: (1) Juan Tapia 4:37**
 45-49: (1) Mason Mills 5:38
 50-54: (1) Stuart Muirhead 4:54**, (2) Karl Schuler, Jr. 6:00, (3) John Keen 6:16
 55-59: (1) Doug Allen 6:04, Chris Landek 6:30
 60-64: (1) Craig Fox 6:00
 70-74: (1) Tim Mattingly 6:40
 75-79: (1) Max E. Zollner 8:10, (2) Jimmy Durham 11:44, (3) Karl Schuler, Sr. 13:02

"NAKED" (NO FINIS)

Women

- 45-49: (1) Jill Quinn 7:45, (2) Lisa Ganguly 8:05
 50-54: (1) Tina Tilghman 8:28**

Men

- 40-44: (1) Mike Offner 7:17**, (2) Alfonso Jaime 8:31
 45-49: (1) Paul Zollner 6:56**
 50-54: (1) Brian Miller 6:50**, (2) Tim Welsh 7:16, (3) Russell Hubbard 8:46
 55-59: (1) Mike Engelking 7:42
 70-74: (1) George Goff 8:12**

** New LMSC Record

Congratulations to everyone who participated.

Exercise Your Will Power

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Researchers have found that you can transform your self control just as you do your quadriceps 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



Gulf Masters Swimmers Earn Spots on National Top Ten List

The U.S. Masters Swimming National Top Ten List for 2017 LCM swims was finalized and published in December 2017. Gulf swimmers had outstanding results with 113 individual and 16 relay top ten times.

Special recognition goes to the four Gulf competitors who posted the fastest times in the nation in one or more individual events. They are: Jill Gellatly (COOG), David Guthrie (RICE), Kyle Hendricks (PACK), and Joann Leilich (WMST). Congratulations also go to the RICE (Aimon Allouache, John DeGroot, Rodolfo Escalante, Wing Lam, Ryan Littlefield) and PACK (Kyle Hendricks, Jake Miller, Travis Subda, Jim Svoboda) relay teams that posted the nation's fastest times in relay events. Congratulations to all of our individual and relay national top ten swimmers listed below.

Men

18-24

Kyle Hendricks (PACK)
Jake Miller (PACK)
Zachary Tieke (WMST)

25-29

Aimon Allouache (RICE)
Jonathan Edwards (DADS)
Rodolfo Escalante (RICE)
Stephen Hall (DADS)
Wing Lam (RICE)
Ryan Littlefield (RICE)
Mark Reeves (WMST)
Travis Subda (PACK)

30-34

Kevin Banks (TFMS)
Jing Yang (WMST)

35-39

Oscar Bermudez (COOG)
Andy Gardner (UNAT)
Kurt Hirsekorn (UNAT)
Jim Svoboda (PACK)

40-44

Dominic Mastracchio (RICE)

45-49

James Connolly (RICE)
John DeGroot (RICE)
Michael Zhan (LTTHO)

50-54

Carlos Jimenez (RICE)

55-59

Doug Allen (WMST)
David Guthrie (RICE)
Bruce Kone (RICE)

60-64

Bradley Ohnstad (RICE)
Niels Wolfhagen (WMST)

65-69

Greg Tharp (WMST)

70-74

Tom Boak (WMST)
Rog Hardy (RICE)

80-84

Bob Bailie (WMST)
Waldo Leggett (MACA)

90-94

Baker Shannon (WMST)

Women

18-24

Camryn Mulligan (WMST)

25-29

Carleigh Kutac (DADS)
Alisha Rembach (DADS)

30-34

Katie Kotarek (UH2O)

35-39

Shelly Hirsekorn (UNAT)
Gabriela Suarez (UH2O)
Christina Toth (WMST)

40-44

Kathryn Sementelli (UH2O)

45-49

Linda Visser (COOG)

50-54

Vera Armstrong (UH2O)
Jill Gellatly (COOG)

55-59

Stacey Eicks (WMST)
Susan Matherne (RICE)
Alison Meyers (UH2O)

60-64

Mary Anne Hines (WMST)

65-69

Sue Bloomfield (WMST)
Heidi Ernst (RICE)
Suzy Reiersen (RICE)

75-79

Joann Leilich (WMST)

80-84

Carol Mungavin (RICE)