



RICE MASTERS MEN PREP FOR THE NON-BEER RELAY AT THE WOODLANDS RELAY MEET

The Chlorine Chronicles

Gulf Masters Swimming

Spring 2018

IN THIS ISSUE

South Central Zone LC Championships July 6-8, at Texas A&M University

The premier event of Gulf's Long Course season, and currently the only upcoming meet on the Gulf calendar, is the South Central Zone LC Championship Meet being conducted July 6-8 at Texas A&M University in College Station, TX. Texas A&M Natatorium, a world-class facility, has hosted SEC, Big 12, NCAA, and USA Swimming Junior Championship events. This is the pool in which to swim your best times.

Meet Director, Nicole Christensen Rembach, is offering several additional features this year, improving on an already great meet experience.

New for 2018

- Early Bird Pricing - Enter by May 15 for only \$50, a \$20 savings over late entry fee pricing.
- Additional Awards - In addition to Zone Championship medals for 1st through 3rd place in all individual and relay events, individual high point awards per age group/gender will now be offered. For 2018, there will be a trophy awarded to the team with the most points per swimmer as well as the usual combined team high point trophy.
- Turn Your Swim Meet Into An Extended July 4th Holiday - Nicole has contacted the Messina Hof Winery and The Villa. She reports that Messina Hof Winery offers tours, wine tastings, and special events and that The Villa is a lovely Bed and Breakfast getaway.

Full meet information, as well as information about meet apparel, meet parking, hotel reservations, Messina Hof Winery, and The Villa, can be found at:

<https://www.clubassistant.com/c/81E5F81/file/Swim%20Meets/2018%20LC%20Zones%20Announcement%20Final3b.pdf>

Meet registration is open. To register, go to:

https://www.clubassistant.com/club/meet_information.cfm?c=1250&smid=9715



Swim Across America

Swim Across America, the premier swim charity for cancer research, is coming to Houston in Spring 2019.

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Fitness and ePostal Events

Check out the full listing of fitness and ePostal events coming up this summer.

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Swim Across America Will Be Coming to Houston in 2019!!!

On February 22, Bruce Rollins, Kris Wingenroth, and Karlene Denby were the Gulf LMSC representatives at the initial planning meeting for Swim Across America's 2019 benefit swim in Houston. We are excited to announce that the Houston swim is a go for spring 2019, with the tentative venue of Lake Houston.

Swim Across American (SAA), the official charity for swimmers, exists to raise money for their network of doctors and researchers who are the pioneers developing new cures and treatments for cancer. Michael Phelps and over 100 Olympians support SSA.

SAA was chartered in 1987 as a 501(c)(3) nonprofit organization, with a focus on raising money and awareness for cancer research, prevention, and treatment. SAA's debut swim in 1987 was held in Nantucket, MA. 2017 marked the 31st year of SAA benefit swims. During that time, they've grown from that single event to the 18 open water benefit swims across the country, 100 annual pool swims, and have raised over \$75 million.

The Houston swim will be a massive undertaking and will require a large number of volunteers and participants. We are encouraging our LMSC membership to get involved in this benefit event.

Six reasons why you will want to volunteer, participate, or donate and help make the SAA Houston swim a success.

- 1) **Cancer is a disease that affects us all.** There is probably not a single member of the Gulf LMSC who has not been personally impacted by this dreaded disease. Their family members, close friends, and possibly even the swimmers themselves have been diagnosed with cancer. SAA grants have been on the cutting edge of cancer treatment and cures, such as immunotherapy. SSA Houston is your opportunity to make a difference in the fight against cancer.
- 2) **The money raised at the Houston swim stays in Houston.** SAA beneficiaries are located in the communities of their open water swims. The Houston beneficiaries are doctors at MD Anderson Cancer Center. The doctors receiving the SAA grants will be attending the swim and will be part of the experience. They will have the opportunity to meet the participants, donors, and volunteers and will share how the SAA grant will help them in their fight against cancer. The connection of a local SAA swim to a local beneficiary is part of what makes SAA so special.
- 3) **Beneficiaries and research projects are both carefully screened.** SAA's scientific advisory committee is comprised of renowned cancer MDs and PhDs with decades of experience in clinical trials and cancer research. They help SAA select projects and researchers who are on the forefront of new cures and treatments to cure cancer. SAA's grant focus is not a specific type of cancer. Rather, SAA provides seed grants to the projects that present the best opportunities to have a breakthrough in the fight against cancer.
- 4) **Transparency and Accountability.** The beneficiary agreement requires that 100% of SAA grants be applied to approved projects and not to other things such as overhead and buildings. Additionally, the beneficiary must submit an annual report that both provides an accounting of how the funds have been spent and the progress that has been made on the research.
- 5) **The swim itself will be an experience to remember.** This is not your typical open water swim. Race day will include major swag in your race packet, an emcee, DJ/Band, and food.
- 6) **Swim with Olympians.** SAA is not a competition. The scorecard is not how fast you swim but, rather, how much money can be raised for cancer research. All ages and abilities are welcome and aids such as fins, wetsuits, and safe buoys are allowed. Various distance options will be offered to accommodate all ability levels. But do not be surprised if you are rubbing elbows with an Olympian. Over 100 Olympians support SAA and several will be in attendance at the Houston event.

We will be providing the membership with updates as they become available. We strongly encourage each and every one of you to get involved in this endeavor as either a volunteer, participant, or donor. You can go to swimcrossamerica.org for more information about this fine organization. Together we can make a difference!



Reaching Your Ideal Weight

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Whether you are training for a swim meet or triathlon or just trying to stay fit, are you doing everything you can nutritionally to help your body run most efficiently?

80% of weight loss comes from nutrition and only 20% comes from exercise. For example, if you are 150 pounds and swim moderately for 30 minutes you burn approximately 300 calories. After you finish your swim, you stop to get a bagel with cream cheese which equals 510 calories! Or you do 300 calories of cardiovascular exercise and head to Starbuck's on your way home and get a tall nonfat latte and a low fat muffin for 436 calories! This shows us that it is much easier to eat our calories than it is to burn them off.

Average Americans will gain ten pounds per decade. In one study, even male runners who ran 40 miles or more per week still gained 3.3 pounds per decade. This may not seem like a lot, but even the mere 3.3 pounds does add up.

The first step in reaching your ideal weight is to know how many calories you burn on a daily basis at rest, also known as your resting metabolic rate. You can find out an estimate of this number by going to www.caloriesperhour.com. However, this is just an estimate and can be hundreds of calories off for you individually. To learn how many calories you burn at rest, you can come to Advice For Eating or another facility close to you to get YOUR resting metabolic rate tested using the MedGem. Knowing an athlete's personal metabolic rate allows the dietician to tailor your nutrition plan to fit your needs, whether that is for weight loss, weight gain, or to have your best workouts. It helps the dietitian keep an athlete fueled properly so that they do not feel deprived or lack energy, but also help them to meet their goals in an efficient manner.

Once you know your daily calorie burn, you need to monitor your calorie intake. One pound of body fat is equivalent to 3500 calories. This means you need to take in 500 calories fewer calories than you burn per day if your goal is to lose weight. The best way to monitor your calorie intake is by keeping a diet record. You can keep a written food journal or use an app such as My Fitness Pal.

Another way to create a calorie deficit is to increase your calorie burn. The more calories that you burn, the easier it is to reach that 500 calorie deficit. You may also estimate how many calories you burn during various exercises by going to www.caloriesperhour.com. I prefer using a heart rate monitor to obtain that number as it is more accurate for you individually, but this can be difficult in the water.

Lastly, if you are still not sure what that peak performance weight is for you I recommend getting your body fat tested in the BodPod. This will tell you how much of your weight is fat versus muscle, giving you a much better idea of where you should be. You can have this tested at Memorial Hermann Ironman Sports Institute Human Performance Center or at a facility near you. It is relatively inexpensive.

Putting these things together can help you to reach your ideal weight and your peak 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



Gulf Swimmers Headed to Indianapolis for USMS Spring Nationals



2018 SPRING NATIONALS



Thirteen Gulf swimmers are competing at the USMS Spring National Championships being held at the newly renovated IUPUI Natatorium in Indianapolis. This will be the largest USMS National Championship in the organization's 49 year history with 2,378 competitors ready to hit the pool for the 4-day competition, scheduled May 10-13. Good luck to Oscar Bermudez (COOG), Deb Coellner (UNAT), Denison Coellner (UNAT), John DeGroot (RICE), Karlene Denby (COOG), David Guthrie (RICE), John Keen (COOG), Bruce Kone (RICE), Don Mahaffey (COOG), Dominic Mastracchio (RICE), Daniel McCleary (AMBU), Linda Visser (COOG), and Jay Yarid (RICE).

Unveiling the 2018 Gulf Swim University Artwork by Kerry Suhr

The semester is over for 2018 Gulf Swim University. Participants can look forward to receiving a t-shirt emblazoned with an outstanding logo designed by artist **Kerry Suhr**. 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 Summer 2018 newsletter.

Associates Degree (20-39 miles) - green t-shirt
 Bachelors Degree (40-79 miles) - royal blue t-shirt
 Double Major (80-119 miles) - navy blue t-shirt
 Masters Degree (120-159 miles) - red t-shirt
 Doctoral Degree (160 miles) - purple t-shirt



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 warmup

4 x 100 – 15 seconds recovery.

On each 50 within the 100: kick 15 yds./mtrs fast, the rest of the 50 is easy swim

9 x 100 free, stroke, or IM on a descending interval (e.g. 1 on 2:00, 1 on 1:55, 1 on 1:50) and repeat twice

8 x 50 drill – 15 seconds recovery (your choice of drill)

2 sets of:

3 x 200 pull, negative split – 15-20 seconds recovery

8 x 75 fast!!! – 35-40 seconds recovery

100 easy

200 cooldown

TOTAL: 4,900 YARDS/METERS

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 - Fleet Masters Swimming/Cy-Fair Swim Club (CFSC)

This Fleet Masters Swimming is one of many programs at the Cy-Fair Swim Club (CFSC). CFSC is primarily a competitive USA Swimming team that also includes a lesson program (Fleet First) and a masters program (Fleet Masters).

While Fleet has had different programs for masters swimming throughout the team's history, the current program began as a passion project of the late Coach Allen Salinas in 2010. Coach Allen was a charismatic and ardent lover of the sport of swimming who wanted to share the sport with youths and adults alike. Unfortunately, Coach Allen's time with the masters program was short-lived. In September 2010, he was hit and killed by a car on an early morning run just after his 30th birthday.

As much as a tribute to Allen as anything else, Coaches Amy Hays and John Fedena began running eight practices a week with a membership of 20-30 swimmers. The program grew over the next year or so. When Coach Fedena left Fleet for a coaching position at MAC in North Carolina, Coach Amy found herself trying to juggle the demands of the masters program as well as being full-time mom to three boys. Amy's passion for swimming, along with the desire to keep the masters program alive, spurred her to recruit the assistance of some great coaches to keep the program going.

Over the ensuing years, the membership has grown and additional practices and coaches have been added. Coaches Amy Hays, Elise Selz, Brad Stauffer, Ambar Fernandez, Dana Jacob, Bob Perkins, Rick Boucher and Tanya Collier have each brought their own style and variety to Fleet Masters practices. The coaching staff is loaded with talent, having both ASCA and USMS coaching certifications and almost 100 cumulative years of coaching experience with club, elite, and masters programs.

Fleet Masters has over 110 USMS registered member for 2018. The club's location in suburban Cypress lends itself to a predominantly fitness swimmer and triathlete membership. The team has many former competitive swimmers, with a few still opting to compete. However, most of the former competitors are choosing swimming as an avenue to stay healthy rather than to compete at this point.

Cy-Fair Swim Club is located at 14654 Spring Cypress Road, Cypress, TX 77429. The facility has an outdoor 25 meter (22 lane) x 50 meter (10 lane) pool. There are 15 masters workouts per week as follows: 5:15-6:15 a.m. (M-F), 11:45 a.m.-1 p.m. (M-F), 7:45-8:45 p.m. (M-Th), and Saturday (time varies).

Coach Amy has given the team an unofficial motto: "Fleet Masters - Where the Big Kids Swim." Team members share the commonality of a love for swimming. They encourage one another to reach individual goals which are as varied as the members themselves. Whether the goal is simply to get your heart rate up and be in the sunshine, to learn better swimming technique, or to increase speed and endurance for your next competitive event, there is a place for you at Fleet Masters. While most socializing is done in the water and on the pool deck, the team does organize and enjoy the occasional social event.

For more information about Fleet Masters, you can contact Coach Amy Hays at achays@entouch.net or 281-376-2372 or visit the club website: <https://www.teamunify.com/Contact.jsp?team=gumsfms>



Coach Amy Hays (center, with white cap and goggles) and Fleet Masters swimmers.

Upcoming Fitness and ePostal Events From USMS

As Gulf Swim University winds down, here are three more swim opportunities offered by USMS for long distance and fitness enthusiasts.

Summer Fitness Challenge – 2,000 Meter Swim

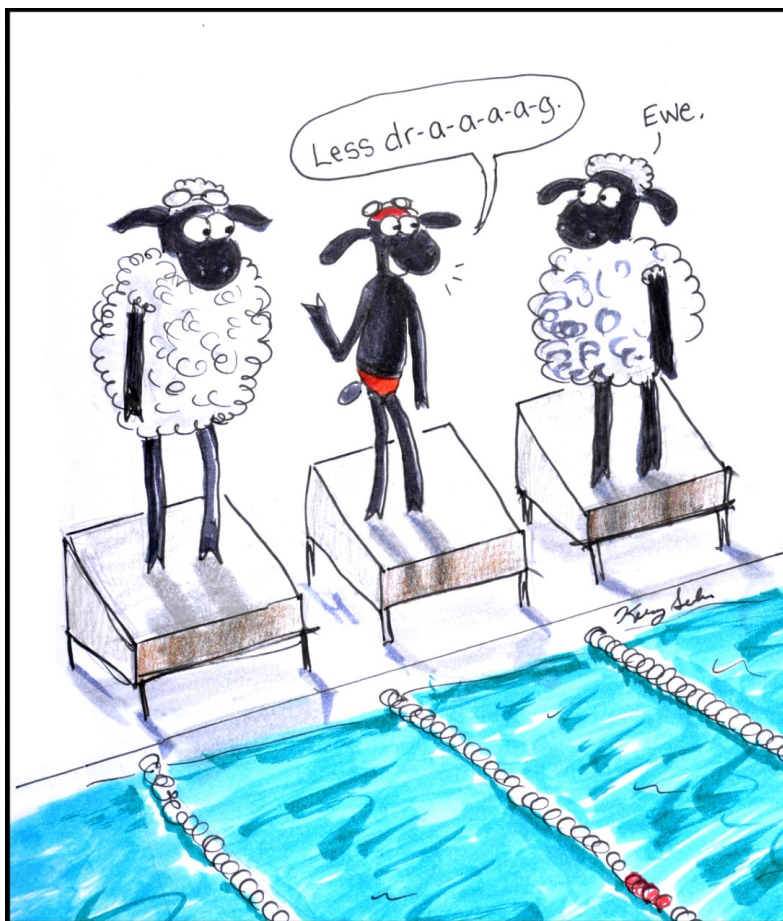
Need to get in shape for the summer? Try the Summer Fitness Challenge, a 2K swim that takes place between July 15-31, which is the second event in the [SmartyPants Vitamins USMS Fitness Series](#).

This event is designed for anyone who is looking to get in shape for their summer vacation. Whether you're just getting into swimming or back into it after a long time away from the pool, swimming a 2K is an excellent fitness goal. The Summer Fitness Challenge can be done in any manner desired: straight through, as a member of a relay, or even with fins.

Entries for the event open on May 1. The fee is only \$10 through June 30 and increases to \$12 during the period of July 1 – July 31. Registrants will receive exclusive discounts from USMS partners, sample packs from SmartyPants Vitamins, and a cool event swim cap. Net proceeds from the event will go to the USMS Swimming Saves Lives Foundation.

USMS 5K and 10K ePostal National Championships

Hosted by the Chicago Smelts, the events must be completed in a 50-meter pool between May 15 and September 15. This is your opportunity to see how you rank against other long-distance swimmers nationwide. Preliminary information can be found at <https://www.usms.org/longdist/ldnats18/> with more detailed information and event registration to follow in mid-May.



Kerry Suhr

Competition Corner

SCM National Top Ten

The U.S. Masters Swimming National Top Ten List for 2017 SCM swims was finalized and published in March 2018. Gulf swimmers had outstanding results with 102 individual and 3 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:** Carly Antonucci (COOG), Carleigh Kutac (DADS) **30-34:** Marissa Clapp (RICE) **35-39:** Lisa Linerode (COOG) **45-49:** Linda Visser (COOG) **50-54:** Jill Gellatly (COOG) **65-69:** Suzy Reiersen (RICE) **70-74:** Martha McDade (WMST) **75-79:** Joann Leilich (WMST)

Individual Events – Men

18-24: Kyle Hendricks (PACK) **25-29:** Mark Reeves (WMST) **35-39:** Oscar Bermudez (COOG), Andy Gardner (UNAT) **40-44:** Dominic Mastracchio (RICE) **45-49:** James Connolly (RICE) **50-54:** Stuart Muirhead (SWYM) **55-59:** David Guthrie (RICE), Bruce Kone (RICE) **65-69:** Greg Tharp (WMST) **70-74:** 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. **RICE:** James Connolly, David Guthrie, Bruce Kone, Dominic Mastracchio
WMST: Doug Allen, Ilsa Kerscher, Joann Leilich, Greg Tharp

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. Ten Gulf swimmers achieved this honor in individual events: Andy Gardner (UNAT), Jill Gellatly (COOG), David Guthrie (RICE), Kyle Hendricks (PACK), Bruce Kone (RICE), Joann Leilich (WMST), Jarrod Marrs (COOG), Jim Svoboda (PACK), Nicole Van Nood (RICE), and Linda Visser (COOG). Additionally, 13 Gulf swimmers achieved Relay All-American status: RICE relay members Aimon Allouache, James Connolly, John DeGroot, Rudolfo Escalante, David Guthrie, Bruce Kone, Wing Lam, Ryan Littlefield, and Dominic Mastracchio; and PACK relay teammates Kyle Hendricks, Jake Miller, Travis Subda, and Jim Svoboda.

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. Three Gulf swimmers reached this pinnacle of success in 2017. Congratulations to Kyle Hendricks (PACK) in the 18-24 age group, David Guthrie (RICE) in the 55-59 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 2017 calendar year. Three Gulf swimmers had world number one times in individual events. Congratulations to: Jill Gellatly (400 LCM free, 800 LCM free, 1500 LCM free); David Guthrie (50 SCM breast, 100 SCM breast, 200 SCM breast, 50 LCM breast, 100 LCM breast, 200 LCM breast); and Joann Leilich (200 SCM breast, 200 LCM breast).

Additionally, RICE team members James Connolly, David Guthrie, Bruce Kone, and Dominic Mastracchio had the world's fastest time in the men's 200-239 SCM 200 medley relay.