



BACKSTROKERS READY FOR THE START AT SOUTH CENTRAL ZONE CHAMPIONSHIPS

The Chlorine Chronicles

Gulf Masters Swimming

Summer 2018

IN THIS ISSUE

Meet Recap

South Central Zone LCM Championships Friday, July 6 to Sunday, July 8

The 2018 South Central Zone LCM Championships, held at Texas A&M University, attracted 249 swimmers, ranging in age from 19 to 93 and representing twelve states (Arkansas, California, Florida, Illinois, Massachusetts, Nevada, New Jersey, New Mexico, North Carolina, South Carolina, Texas, and Virginia) and three foreign countries (Mexico, The Netherlands, and Ukraine). There was over a 25% increase in participation over 2017.

The competition produced many record-breaking swims with 70 Zone records in relay and individual events. Additionally, five USMS records and two World records were set. Congratulations to the Rice 240-279 400 medley relay team of Jay Yarid, David Guthrie, Bruce Williams, and John Fields on their new world record of 4:40.29.

The overall winning team was Master of South Texas from San Antonio. Gulf teams in the top ten were Woodland Masters (3rd), Rice Masters (5th), Houston Cougar Masters (8th), and Masters of Brazos (10th). In addition to the overall team awards, a Quality Team Award was presented to the team with the most average points per swimmer. The top three teams in the Quality Team Award were Austin Swim Club, Houston Cougar Masters, and Texas Ford Aquatics Masters.

Individual age-group High Point Awards were won by the following Gulf swimmers: F25-29 Carleigh Kutac (DADS), F45-49 Linda Visser (COOG), F50-54 Cheryl Hubbard (COOG), M45-49 Ed Puckett (SCAT), M75-79 Craig Wood (AMBU), and M90-94 Baker Shannon (WMST).

No championship meet is complete without a social and the gathering at Cavalry Court on Saturday night did not disappoint with live music, good food and drinks, and great camaraderie.

Be sure to put this meet on your calendar for 2019!



Date/Location Set For SAA

The inaugural Swim Across America charity swim will be at Lake Houston on May 4, 2019

Page 2



Eat Right While Traveling

Nutritionist Catherine Kruppa offers tips to maintain good eating habits while on the road.

Page 3

Date and Location Set for Swim Across America Houston

Swim Across American (SAA) unites the swimming community by hosting benefit swims, having raised more than \$75,000,000 to fund life-saving cancer research and clinical trials.

On June 14, Swim Across America representatives Megan Melgard and Mary McCullagh, along with Gulf LMSC representative Karlene Denby, conducted a site visit of Alexander Deussen Park on Lake Houston. The trio was delighted to find an ideal venue for the SAA-Houston event. Lake Houston is only 15 miles northeast of downtown Houston. The location features a large covered pavilion, lakeside boardwalk for spectators, and ample parking. As the primary municipal water supply for Houston, the water quality is good.

So, mark your calendars. Swim Across America – Houston is scheduled for Saturday, May 4, 2019.

The water usage permit has already been obtained from the City of Houston. All paperwork is ready for submission to the Harris County Commissioners Court for usage of Deussen Park. While some positions remain unfilled, commitments have been made by several members of the Houston community to fill key volunteer positions. Conference calls are already being conducted to ensure the success of the inaugural event.

The SAA-Houston webpage (<http://www.swimacrossamerica.org/Houston>) will go live on August 1. While event registration will not open until after January 1, pertinent information about the event for participants, volunteers, and donors can be found on the website.

Volunteers will be essential to run a safe, efficient, and enjoyable event. While this is not an all-inclusive list, here are some of the volunteer positions available. If you'd like to volunteer, contact Karlene Denby at kdenby@usms.org

- Event set up and breakdown
- Event registration
- In-water volunteers (boaters, kayakers, paddleboarders)
- Body marking
- Timing Support
- Community Outreach (disseminating event information at swim meets, triathlons, workouts, etc.)
- Team Captains (recruiting and organizing swimmers for the event)
- Pool Swim Leaders
- Social Media

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 swimacrossamerica.org for more information about this fine organization. Together we can make a difference!



Lake Houston will be the site for the inaugural Swim Across America benefit swim on May 4, 2019.

On The Road Again

Catherine Kruppa, M.S., R.D., C.S.S.D., L.D. catherinekruppa@adviceforeating.com/www.adviceforeating.com

Whether you are traveling for vacation or to a meet, nutrition is an important component to consider. Not following proper nutrition on the road is equivalent to a car running on bad fuel. Make sure to take your good nutrition habits with you when you travel to help you feel your best, to prevent weight gain, and to help you meet your peak performance. Here are a few tips to help you while traveling.

- **License to Overeat** – Many of us think that travel gives us a license to overeat. This can be detrimental if you are racing. Stick to your typical eating routines, as best that you can, when you are on the road. This may take some planning. For instance, will your typical breakfast be available at the hotel? Do you need to bring it with you? Or do you need to go to the store once you arrive? If you are traveling for pleasure, overeating can leave you feeling sluggish and you will not enjoy your vacation as much. Most likely, you will not enjoy the number on the scale when you return home.
- **Pack your Staples** – When you travel you have less control over what and when you will eat, particularly on travel days. Therefore, do not leave home empty handed. Pack healthy snacks in your backpack or carry-on. That way, if your travel plans go askew, your eating does not have to. When we think of snacks we typically think of high carbohydrate foods such as crackers, granola bars, and fruit. Remember to include protein with your snack to help maintain your blood sugar and to keep you full longer. Easy to pack proteins, such as string cheese and hard-boiled eggs, will stay fresh for a few hours in a cooler or wrapped in foil. Beef jerky, peanut butter, and individual packs of nuts are more portable proteins. Energy bars such as KIND nuts and spices bars, Clif bars, and Quest bars can supply both protein and carbohydrates.
- **Stock up** – Instead of stressing where your next meal or snack will be, pack a cooler if you are driving. Fill the cooler with fresh fruit, cheese, bread, hummus, carrot sticks, deli turkey, and 1% or skim milk. Compliment these items with energy bars, trail mix, popcorn, peanut butter, and other condiments. If you are flying, bring the dry items in your checked luggage and hit the store once you get to your destination.
- **Fluid Consumption** – The dry air aboard an airplane causes you to lose approximately 10-16 oz. of fluid per hour of flight. The little cup they give you on the plane is not going to cut it if you want to stay hydrated. To avoid getting your water bottle confiscated, pack an empty water bottle and fill it at the water fountain once you get through security. Drink your bottle along with any fluids offered on the plane and refill your bottle when you get to baggage claim. Consuming these fluids may cause you to use the bathroom more often in flight, but it is healthy to get up and stretch your legs. Remember, on the days you travel by plane, you will require more fluid during the day to stay hydrated. If traveling by car, go ahead and hydrate while in the car and stop if needed for bathroom breaks.
- **Pre-Meet Breakfast** – Remember to eat what you have eaten during training so that your gut is used to it. Check out the hotel to see if they have a continental breakfast that contains the foods that you typically eat and determine whether it will be open when you need to eat. They typically contain hot and dry cereal, whole grain bagels, and fruit. You can also pack oatmeal packets, energy bars or peanut butter sandwiches if you have trained on those foods. Never eat something new on meet day!!!! You have trained too hard to have the food disagree with your GI tract.
- **Race Nutrition** – Just like you will pack your bathing suit, pack your fuel as well. Do not count on finding it at your destination. Sports drink powder, energy bars, gels, Clif Shot Bloks, peanut butter sandwiches, as well as your recovery beverage. Always bring a little extra in case something gets lost or ruined during travel.

Whether you are traveling for competition or for pleasure, these tips will help keep your nutrition from derailing your training or meet.

In summary, to perform at your best, you should be well hydrated, your glycogen stores should be well fueled with carbohydrates, and you should use protein and fat as back-up fuels.

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.



Upcoming Events

Southern Masters Swimming Long Course Championships - Saturday and Sunday, August 11-12

Swimmers in Louisiana know how to make swimming fun. This two-day event is at the LSU Natatorium in Baton Rouge, a state of the art indoor facility with separate warm up/down pool. The \$50 entry fee includes a t-shirt, goodie bag, and catered social event at the Tin Roof Brewery after Saturday's events. Take advantage of a special \$99 room rate at The Watermark Hotel, a Marriott Autograph Collection Member, luxury hotel in downtown Baton Rouge. Come enjoy a great weekend of swimming and true southern hospitality! Full meet information can be found at:

https://www.usms.org/files/sanction/2018081118BRLAL/other_document/EventOtherDocument-2018070505314248882.pdf

“First Time for Everything” SCY Meet - Saturday, September 22

First Colony Masters is hosting the "First Time for Everything" SCY meet on Saturday, September 22 at Lamar Consolidated ISD Natatorium, 1020 Horace Mann Avenue, Rosenberg, TX 77471. The meet will begin at 3 p.m., with warmups at 2:30 p.m. This is a revival of a meet last held over seven years ago, and it's exciting to have the event back on the Gulf meet schedule. The emphasis is on fun, and it's a perfect event for first-time competitors. The meet will offer 25, 50, 100, and 200 yards events in all of the four competitive strokes plus the 100, 200, 400 IM events, the 500 free, and a fun relay. Unsure of starts and turns? You can start in the water, and there are no turns in a 25 yard swim. Swimmers are encouraged to try events they have never or seldom swim, hence the name. A tee shirt is included in the entry fee for early registrants, and the post-meet social is being catered by Grazia. More information and event registration will be available on both the USMS and Gulf Masters Swimming websites in the next few weeks.

Lake Travis Relay - Saturday, October 20

Looking to swim beyond the confines of a pool? The Lake Travis Relay is an approximately 12-mile open water relay race. Lake Travis is the 5th lake in the chain of Highland Lakes that traverse the hill country just west of Austin. The race has been dubbed one of Austin's top 10 recreational events, one of the top 50 open water races in the U.S.A., and one of the top 100 open water races in the world. This event is put on by the American Swimming Association and is not certified or sanctioned by USMS. For event information, go to: <https://laketravisrelay.weebly.com/about.html>

Highland Lakes Challenge - Wednesday, October 31-Sunday, November 4

Swim five lakes in five days. The world's first swimming stage race is held in the Highland Lakes, nestled in the beautiful Texas Hill Country, just Southwest of Austin. Enjoy varied terrain and conditions, as each day presents a different challenge. Savor the hospitality of small lake towns and, if you desire, zip into Austin to enjoy the music and other happenings. This event is put on by the American Swimming Association and is not certified or sanctioned by USMS. For event information, go to: <https://highlandlakeschallenge.weebly.com/about.html>

November Classic SCM Meet - Saturday and Sunday, November 10-11

Even with outdoor temperatures exceeding 100 degrees, it's not too early to start planning to attend the 8th Annual November Classic SCM meet hosted by The Woodlands Masters Swim Team at the Conroe ISD Natatorium on November 10-11, 2018.

As the only short course meters meet in the Gulf area, the event features a great venue, superb meet organization, and heated competition. You can set your fall racing goals by checking out the meet records at: <https://wmst.net/results-and-gallery/records/93-november-classic-individual-records>

You can find meet information at: <https://www.usms.org/events/events/2018-november-classic?ID=7604>

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

8 x 50 on 1:10, as 25 steady swim/25 fast kick – 15 s.r.

400 pull, breathe 3/5/3/7 by 25s or 50s

100 easy

2 sets of:

3 x 150 pull on, desc. 1-3 – set interval off 1st 150 (time plus 15 seconds)

50 easy

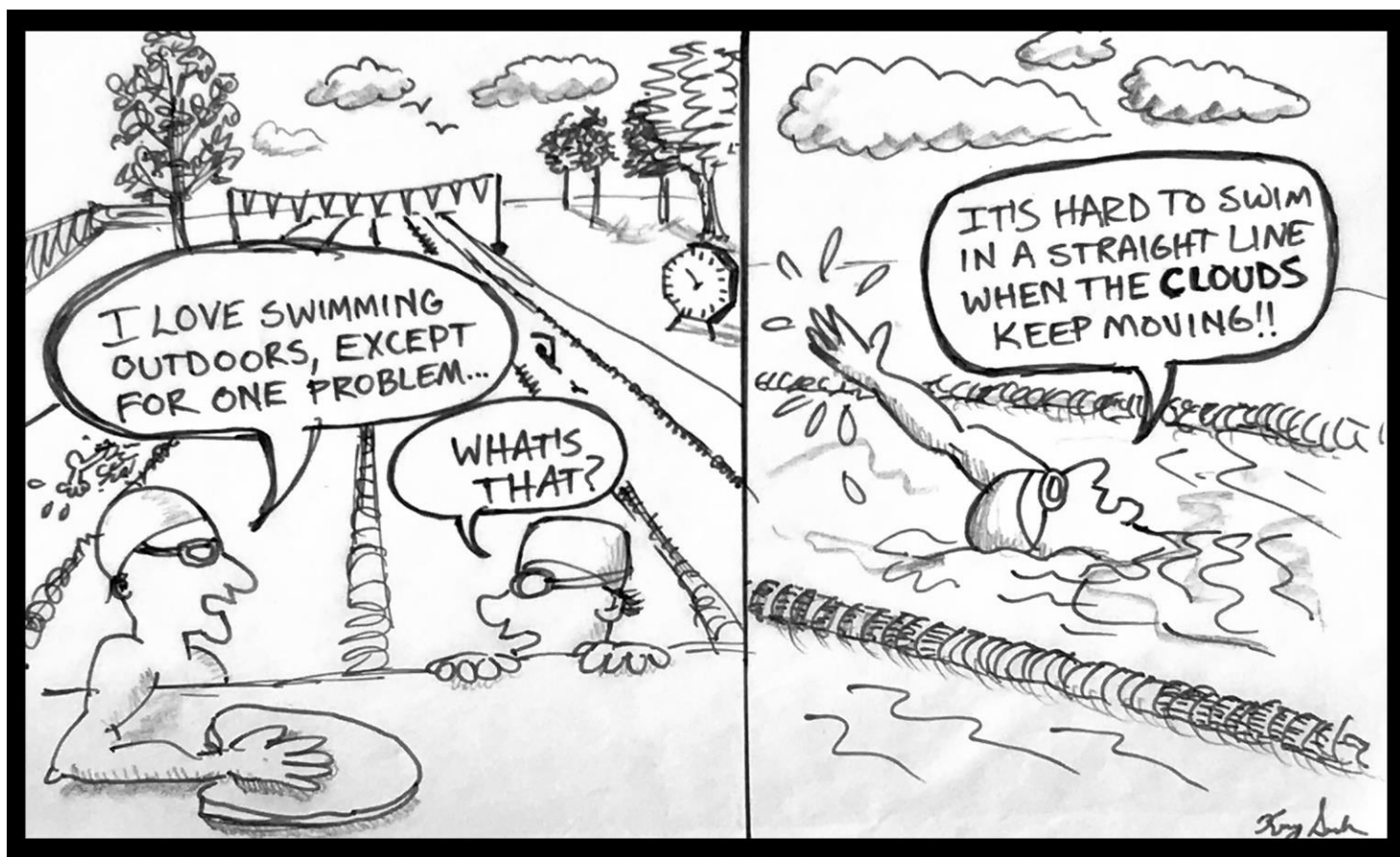
8 x 50 free, hold threshold pace – 20 s.r.

100 easy

4 x 100 free, hold same pace as 50's – 30 s.r.

100 easy

100-200 cooldown



Cartoon by artist, Kerry Suhr

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 - First Colony Masters

First Colony Masters (FCST) has been in existence since the mid-1980s. Since 2004 it has been an auxiliary program of the First Colony USAS team. The team currently has 60 registered members, ranging in age from 20 to 80, and is comprised of fitness swimmers, competitive swimmers, and triathletes. FCST places a high emphasis on quality instruction with three ALTS certified instructors and three USMS certified coaches on staff.

Under the capable guidance of Head Coach Bonnie Finnigan, First Colony Masters truly offers swimming for all ability levels of adult swimmers. There is an Adult Learn to Swim program conducted by USMS ALTS certified instructors. Members who are able to complete 25 yards of both freestyle and backstroke, but are not quite ready for the challenges of full swim workouts, can progress to the novice masters program. Finally, FCST has twelve coached masters workouts per week which are held at the First Colony Aquatic Center and the Colony Grant Pool.

Workout times and locations are as follows:

Monday/Wednesday/Friday	5:15-6:30 a.m.	First Colony Aquatic Center
Monday through Friday	11:00 a.m.-12:15 p.m.	First Colony Aquatic Center
Monday/Tuesday/Thursday	6:45-8:00 p.m.	First Colony Aquatic Center
Saturday	6:45-8:00 a.m.	Colony Grant Pool

The club has a good website and Facebook page. In addition to the expected and necessary information, the website contains team records, member spotlights, and articles of interest.

The team also has an active social component, both in and out of the pool. Most holidays feature themed practices, and there are annual practice events such as the 100-interval challenge, the postal hour swim, and the postal 5K. Participation is encouraged in Gulf Swim University and other LMSC challenges. Outside of the pool, there are social events such as breakfast after Saturday practices and pot luck dinners. For open water enthusiasts, swims and socials at 288 Lake are held.

Whether are just learning to swim or are a seasoned swimmer, First Colony Masters can fulfill your needs.

For more information, you can contact Head Coach Bonnie Finnigan at masters@swimfcst.com, Learn to Swim Director Jill Quinn at lessons@swimfcst.com, or go to: https://www.teamunify.com/TabGeneric.jsp?_tabid_ =106768&team=gsfcst



First Colony Masters swimmers enjoy a visit from Olympic Gold Medalist Simone Manuel

Jesse Coon Volunteer Spirit Award

In 2006, the South Central Zone created a Volunteer Spirit Award in honor of one of masters swimming's greatest ambassadors, Jesse Coon. Jesse was a retired physics professor from Texas A&M University and an outstanding swimmer. He was the first person in the 90-94 age group to complete the 200 butterfly and 400 individual medley. Jesse set national and world records and had numerous top ten listings. But he is best remembered for his graciousness, contagious enthusiasm, and love of the sport. Each year since 2006, the Jesse Coon Award has been given to the South Central Zone swimmer/volunteer who best exemplifies the qualities that made Jesse Coon a beloved figure in the masters swimming community.

Here is the speech that was given by Gulf Chair, Bruce Rollins, at the South Central Zone Championship meet in presenting the Jesse Coon Award:

"This year's recipient is an accomplished swimmer who is definitely in it for the long haul. To date, this swimmer has amassed over 130 Top 10 nationally ranked individual event swims, plus over 12 Top 10 relay nationally ranked finishes. This recipient's coaches can always count on this swimmer to generate many points in any meet for their team.

More importantly, this swimmer learned several years ago that there was a YMCA group in Houston that needed medals to give to first and second graders from several Title One elementary schools who were teaching their students how to swim. This kind and very generous swimmer called this group and asked their leader how many medals they needed. Bottom line is that he donated over 300 medals (5 bags full). Imagine the look on these children's faces when they earned a medal by swimming across the pool or learning how to float. Especially, when it might be one from either a FINA Championship or a USMS National Meet or even a Canadian National Championship Meet. These are medals from a very special and very generous swimmer.

In summary, you may have not yet guessed who this very decorated swimmer might be. If you have ever met him, you know what an inspiration he is. We should all strive to be like him...I know I do...as he is the oldest swimmer at today's meet. He is 93 years young. He swims for The Woodlands Master Swim Team. He is none other than Baker Shannon.

Congratulations on being this year's Jesse Coon Memorial Award recipient. Thank you for being you!"



Baker Shannon, 2018 Jesse Coon Award recipient

Upcoming Gulf and USMS Fitness Events

Gulf LMSC Swim For Time – 600 Yards – August 25 through September 29

Objective: To swim a distance in practice not done in competition.

- 1) No fee involved.
- 2) Register with Fitness Chair, Robin Tompkins (rtompkins2@comcast.net)
- 3) Send in your time after completion, along with your age group and gender.
- 4) See where you stack up!

It's also not too late to participate in these USMS fitness/ePostal events.

USMS 5K and 10K ePostal National Championships – May 15 through September 15

Objective: To swim 5K or 10K for time (must be in a 50-meter pool).

- 1) Cost is \$12 for each event. The 5K and 10K swims are separate events, and you need to swim twice to enter both. Split times from the 10K may not be used for entry into the 5K.
- 2) Registration can be found at: https://www.clubassistant.com/club/meet_information.cfm?c=1246&smid=10596
- 3) Final results will available on-line. See how you rank against other long-distance swimmers nationwide.
- 4) Swimmers who enter both the 5K and 10K will receive a sticker for their car. It is similar to the 26.2 stickers you see everywhere, but are much cooler. How many runners could complete 15K of swimming?

USMS 3000 and 6000 ePostal National Championships – September 15 through November 15

Objective: To swim 3000 or 6000 yards/meters for time (must be in a 25 yard or 25 meter pool).

- 1) The 3000 and 6000 swims are separate events, and you need to swim twice to enter both. Split times from the 6000 may not be used for entry into the 3000.
- 2) Swims done in 25 meter pools will be automatically converted to yards during event entry.
- 3) Preliminary event information can be found at: <https://www.usms.org/longdist/ldnats18/>
- 4) Final results will available on-line. See how you rank against other long-distance swimmers nationwide.

Nationwide USMS 2018 Spring Nationals

Thirteen Gulf swimmers competed in the largest National Championship in USMS history as they took to the pool May 10-13. The four-day competition was held at the newly renovated IUPUI Natatorium in Indianapolis and attracted almost 2,400 swimmers from across the United States, as well as three foreign countries.

Gulf swimmers earned three first-place national championship wins, another 12 top-three finishes, and an additional 14 top-ten finishes.

Linda Visser (COOG) excelled in the women's 45-49 age-group, winning 2 events (200 breast, 400 IM), as well as placing 2nd in the 200 IM, 3rd in the 100 breast, and 4th in the 100 fly. **Daniel McCleary** (AMBU) won the 200 fly in the men's 30-34 age group. Daniel also placed 4th in the 100 fly and 6th in the 50 fly.

Top-three finishes were earned by **Deb Coellner** (UNAT), **John DeGroot** (RICE), **David Guthrie** (RICE), and **Jay Yarid** (RICE).

Garnering top-ten finishes were **Oscar Bermudez** (COOG), **Karlene Denby** (COOG), **Dominic Mastracchio** (RICE), and the RICE relay team of **Jay Yarid**, **David Guthrie**, **Dominic Mastracchio**, and **John DeGroot**.

Congratulations to all of our Gulf swimmers!



COOG swimmers John Keen, Karlene Denby, Don Mahaffey, Linda Visser, and Oscar Bermudez celebrate at Claddagh's Irish Pub after a day of racing.

2018 Gulf Swim University Graduates Swim Over 9,000 Miles!

The 2018 Gulf Swim University's 95 graduates completed 9,179 miles during the first four months of the year. University Registrar, Robin Tompkins, conferred 19 Associate degrees, 30 Bachelor degrees, 23 Double Major degrees, 14 Masters degrees, and 9 PhD degrees. Degree level was determined by the number of miles completed between January 1 and April 30.

PhD Degree: 160 or more miles (purple t-shirt): Doug Allen (WMST), Steve Clancy (MACA), Caitlin Clark (UNAT), Karlene Denby (COOG), Emily Finanger (UNAT), Peter Gerngross (FCST), Lauren Grous (COOG), Daniel McCleary (AMBU), Allison Urvan (UNAT)

Masters Degree: 120-159 miles (red t-shirt): Jennifer Balevic (UNAT), Tim Chung (RICE), Jeff Helton (UNAT), Cheryl Hubbard (COOG), Russell Hubbard (SWYM), Seth Huston (RICE), Leonie Karkoviata (SWYM), Mark Knox (UNAT), Debbie Loux (MACA), Deborah Nichols (SWYM), Keith Nichols (SWYM), Bruce Rollins (WMST), Robin Tompkins (SWYM), Craig Wood (AMBU)

Double Major Degree: 80-119 miles (navy t-shirt): Lauren Bailey (RICE), Robert Barela (MACA), Barbara Belt (SSSM), Craig Fox (DADS), David Garza (RICE), Kyle Hendricks (PACK), Mary Anne Janish (SWYM), John Keen (COOG), Lisa Linerode (COOG), David McLellan (UNAT), Mason Mills (FCST), Stuart Muirhead (SWYM), Jill Quinn (FCST), David Ruff (MOB), Leslie Schueckler (MOB), Chris Scruggs (RICE), Jim Svoboda (CFSC), Lydia Tiede (COOG), Christina Toth (WMST), Nicole Van Nood (RICE), Linda Visser (COOG), David Welsh (UNAT), Bruce Williams (RICE)

Bachelors Degree: 40-79 miles (light blue t-shirt): Rebecca Andrews (SSSM), Anna Bass (UH2O), Julie Brotzen (AMBU), Lynn Cadena (MACA), Kelly Capshaw (MACA), Nancy Crecelius (WMST), Hilda Gonzales (SWYM), Carlye Graydon (MACA), Victor Kaiser (COOG), Mark Kelly (UH2O), Jenny Krummel (SWYM), Colette Lanier (RICE), Judy Levison (RICE), Martha McDade (UNAT), Brian Miller (SWYM), Kelly Miller (MTM), Joanne Murphey (SSSM), Lynn Nguyen (COOG), Deborah Nunnallee (WMST), Jan Rush (MACA), Raul Sambrano Bojorquez (MOB), Elise Selz (CFSC), Melinda Sirman (CFSC), Joe Steiner (COOG), Diane Stone (FCST), Jeffrey Tarr (SPAM), Al Thomas (RICE), Cynthia Thomas (RICE), Ryan Wood (AMBU), Paul Zollner (FSCT)

Associates Degree: 20-39 miles (green t-shirt): Vera Armstrong (UH2O), Paul Benz (RICE), Paul Dieffenthaler (WMST), William Duong (SCAT), Jimmy Durham (SWYM), Ana Escalante (MACA), Bonnie Finnigan (FCST), Katie Garcia (RICE), Shelley Hirsekorn (UNAT), Laurie Hulsman (UNAT), Gerald Lewis (RICE), Robert Li (RICE), Trevan McArthur (COOG), Edmund Puckett (SCAT), Amanda Rode (UNAT), Mary Ruppe (RICE), Kelly Sells (UNAT), Julie Stevenson (WMST), Synda Wilson (WMST)

Congratulations, graduates!



Gulf Swim University artwork by Kerry Suhr