



The Chlorine Chronicles

Gulf Masters Swimming

Fall 2019

KICKING CANCER'S BUTT - "GULF MASTERS SWIMS AGAINST CANCER" AT DAD'S CLUB

IN THIS ISSUE

Calling All Members!! The Gulf Annual Meeting is on Wednesday, November 20th.

The Gulf LMSC will be holding its annual meeting on Wednesday, November 20th at the Brenda and John Duncan YMCA, 10655 Clay Road, Houston, TX 77041. Pizza will be served at 6:30 p.m., and the meeting will begin at 7:00 p.m.

All USMS-registered teams are entitled to be represented by voting members at all Gulf LMSC meetings. 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.

These are open meetings, and you do not have to be a voting representative to attend. All USMS members are welcome, and we welcome your feedback on what we could do to make your membership more meaningful and of better value to you. We especially encourage attendance at the annual meeting to help direct the LMSC priorities for the coming year.

We hope to get through necessary agenda items quickly. We will then open the floor to answer any questions about the LMSC's operations and hear from our members on how the Gulf Board and our local volunteers can enhance the masters swimming experience for fitness swimmers and competitors alike. Bring your ideas, comments, and complaints. We want to hear from you!

Please RSVP to gulfmastersswim@gmail.com so that we know how many are attending, 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 2020.



Food Questions Answered

Nutritionists Catherine Kruppa and Brittany Link tackle four common nutrition questions.

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USMS Celebrates 50 Years

USMS returns to its Texas roots with Spring Nationals coming to San Antonio in April 2020.

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USMS Registration for 2020

The USMS National Office is expected to go to a unified \$60 registration fee for all LMSCs in 2021. LMSCs were encouraged to “opt in” to the unified pricing in 2020, with multiple incentives offered to the LMSCs to do so.

The Gulf LMSC has held registration fees for our members steady at \$50 for the past five years by reducing the local fees that comes directly to the Gulf, as national fees have continued to rise. Over the past several years, this has resulted in our LMSC taking in less revenue (registration fees) than it has paid out in operating expenses. At the September 2019 meeting, the Gulf Board voted to “opt in” to the \$60 unified registration fee for 2020. This decision will significantly reduce the LMSC’s convention expenses, and will, therefore, allow us to utilize those savings to more directly benefit our membership.

USMS registration for 2020 opened on November 1, and you can complete your registration at usms.org. If you register prior to January 1, you will receive discount codes from USMS partners on items like swimwear, swim gear, and nutritional supplements.

If you have swim friends who are not yet members of USMS, they will be registered for the remainder of 2019 and all of 2020 for the \$60 registration fee and get up to 14 months of membership for the price of 12 months.

Nicole Christensen Is Honored at USMS Convention



Gulf LMSC webmaster, Nicole Christensen, was recognized at the USMS convention as a 2019 recipient of the USMS Dorothy Donnelly Service Award. The award is presented annually to USMS members whose volunteer service has contributed to the growth, improvement, or success of USMS locally, regionally, and/or nationally. Dot Donnelly was a member of USMS at its inception. She tirelessly served as coach, meet director, and ambassador for the organization, and served as the elected Secretary, maintaining the national office from her home for many years.

As webmaster, Nicole has totally revamped the Gulf LMSC website, and keeps it and the Gulf Facebook page current with timely and pertinent information. Additionally, she provides additional information to members through regular email blasts.

Nicole has regularly volunteered for additional Gulf projects, such as researching and purchasing a new laser measurement tool, and writing procedures for checkout and return of the laser. She has volunteered to review and write other policies and procedures as well.

Nicole is the meet director for the Sweetheart Meet and the Summer Sizzler Meet, keeping two annual competitions on a sparse Gulf meet schedule. She has bid for and conducted the South Central Zone LC Championships at Texas A&M for the past several years, each year improving the quality of the meet and increasing attendance.

A regular attendee at the USMS National Convention, Nicole was elected as the new South Central Zone Chair at this year’s convention. The South Central Zone is made up of the Gulf, North Texas, South Texas, West Texas, Oklahoma, and Arkansas LMSCs. Nicole will bring her expertise and enthusiasm to the oversight and future direction of the South Central Zone.

Congratulations to Nicole on a well-deserved award and her new position.

New Web Address for Gulf Masters Swimming / Gulf LMSC is on Facebook

Make sure to change your bookmarks and Club website links for Gulf Masters Swimming to gulfmastersswim.org. The website is regularly updated by webmaster Nicole Christensen and contains everything you need to know about masters swimming in the Gulf region.

Nicole also maintains our Facebook page, Gulf LMSC. There are lots of photos, meet information, and interesting links. Browse the site, recommend us to your friends, and like us on FB!

Common Nutrition Questions Answered

Catherine Kruppa, MS, RD, CSSD, LD

Brittany Link, MSW, RD, LD

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As dietitians, we hear many different food theories and myths. These can trick even the most nutrition savvy. This article will help you to discern what is fact from what is fiction.

Question 1: Should I do a juice cleanse to detox?

Our bodies are naturally designed to remove toxins, and do so regularly via our liver, kidneys, and spleen. Juice is typically very high in sugar. A single glass can have up to 30 grams of sugar. Your recommended sugar value in a day is 60 grams. So, doing a juice cleanse can really be a sugar overload for your body. If you do want to give your digestive system a break, it is better to do a pureed meal such as a smoothie or soup, which will have less sugar and will also give you fat, protein, and fiber. Juice cleanses seem to work because of the low caloric intake, and, therefore, you lose weight. But as soon as people stop them, they will gain the weight right back. Juice cleanses also do not teach people to eat in a healthy manner. I would much rather someone take a break from packaged foods for a week, and eat real, clean food. It will benefit your body much more.

Question 2: Do certain foods have negative calories?

Some people will argue that low calorie foods that take a lot of energy to chew will work as negative calories because they are burning more calories chewing them than the number of calories contained in the food. A good example I hear often is celery. While we do burn some calories chewing and digesting (this is called the thermic effect of food), in reality, the thermic effect of a food typically ranges from 10-20 percent of the calories in that specific food. So, unfortunately, you will never actually get to a negative balance.

Question 3: Will eating raw vegetables be more nutritious for me?

Raw diets have been a craze in the last decade, and many people argue that cooking a food lowers its nutritional value. While it can be true that if you overcook a food, it can lose nutritional value, there can actually be benefits to cooking some foods. For example, the antioxidant lycopene, found in tomatoes, is much easier to absorb when the tomatoes have been cooked, as their thick cellular walls are broken down in the cooking process. Another example are the carotenoids in bell peppers, which are also more bioavailable when cooked. Also, you may be able to consume more of a vegetable when it is cooked, leading to a higher intake of the vitamins and minerals in that specific food. For example, two cups of spinach when cooked down become a relatively small and manageable portion, where many find it hard to consume two cups of raw spinach. In this way, cooking spinach makes it easier to consume more of it.

Question 4: As a vegetarian, do I need to “combine foods” at the same meal to get a complete protein?

A complete protein has the nine essential amino acids that our bodies cannot make. Animal products, such as eggs, meat, and cheese, naturally contain all nine of these amino acids. Plant based proteins, on the other hand, are typically lower in one or more of the essential amino acids, and, when eaten alone, cannot be considered a complete protein. When combined appropriately, it is possible to get enough complete protein from plant sources. What causes confusion is the foods that are “combined” to make a complete protein do not need to be eaten together in the same meal. Rice and beans are the typical example used, because their amino acid profiles, when combined, create a complete protein. Therefore, many people believe they must be eaten in the same meal. In reality though, if you are eating a balanced vegetarian diet, the amino acids will balance out throughout the course of the day. So you do not need to worry about combining them at specific meals.

Hopefully these tips help you avoid some of the confusion surrounding specific diets and nutrition.

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.



Peak Performance Seminar

Nutrition Strategies for Race Day Peak Performance

November 20th 6:30 - 8:30 p.m. at RunOn! By Jackrabbit-River Oaks

If you enjoy nutritionist Catherine Kruppa's quarterly columns, you will definitely be interested in the nutrition seminar she will be conducting on November 20, 2019. This seminar is great for half-marathoners, marathoners, triathletes, ultra-endurance athletes, and the weekend warrior. We look forward to seeing you at Run On! Jackrabbit - River Oaks, 2012 West Gray Street, Houston, TX 77019. There is no cost to attend the seminar. RSVP at info@adviceforeating.com to register.



JOIN ADVICE FOR EATING &
STRAVA
**PEAK
PERFORMANCE
NUTRITION**

LOCATION: RUN ON! BY JACKRABBIT
2012 W GRAY ST. HOUSTON, TX 77019
DATE & TIME: 11/20/19. NUTRITION SESSION
FROM 6:30-8:00PM

Join STRAVA and Advice for Eating dietitians, Kristin Kabay, MS, RD, CSSD, and Starla Garcia, M.Ed, RD, for a session on nutrition strategies to reach your peak performance on race day. RSVP via info@adviceforeating.com



Join us for “Tanksgiving” at Dad’s Club

The Gulf LMSC and Bruce Rollins will again be hosting “Tanksgiving” on Thursday, November 28th. The swim will be held at the Dad’s Club, 1006 Voss Road, Houston, TX 77055. Gates will open at 8:45 a.m. and the swim will start at 9 a.m. For insurance purposes, all participants must be either USMS or Dad’s Club members. Cost for the swim is only \$10. Burn off some calories with your swim friends so that you can enjoy that extra slice of pumpkin pie guilt free! RSVP to Bruce at beek1@sbcglobal.net.



Dad's Club is the perfect spot to burn off some calories prior to Thanksgiving dinner.

USMS Fall Fitness Challenge

Tired of the same ole' Turkey Trots? Try the Fall Fitness Challenge, a 1-mile swim that takes place between November 15-30, which is the third event in the [SmartyPants Vitamins USMS Fitness Series](#).

Whether you're just getting into swimming, starting back into it after a long time away from the pool, pushing to see how fast you can go, or just wanting to donate to the [USMS Swimming Saves Lives Foundation](#), the Fall Fitness Challenge is the perfect event for you to finish the year strong. The Fall Fitness Challenge can be done in any manner desired: straight through, as a member of a relay, or even with fins.

When: Nov. 15-30

Where: Check [Club Finder](#) for a club in your area, find some friends to swim with, or swim on your own. This challenge can be completed in any pool across the world!

Please note that WMST will be hosting the event on Sunday, November 24th at Conroe ISD Natatorium beginning at 1 p.m. Please arrive 20 minutes early to check in and receive your lane assignment. Refreshments will be served.

You can register at: <https://www.usms.org/events/fitness-events/fitness-series/smarty-pants-vitamins-usms-fitness-series-sign-up-page>

Entry Fees: Sept. 1-Oct. 31: \$10 (\$15 for non-USMS members); Nov. 1-Nov. 30: \$12 (\$17 for non-USMS members)

Fundraising: Entry net proceeds will go to the USMS Swimming Saves Lives Foundation.



USMS Convention Report

Gulf Delegate, Kevin Lunsford

The 2019 USMS Annual Convention was held September 11-15 at the Hyatt Regency at the Arch, St. Louis, MO, as part of the larger United States Aquatic Sports (USAS) Convention. The Gulf LMSC delegation was well represented by Tom Boak (USMS Past President, USAS Treasurer), Carolyn Boak (Rules Committee), Kris Wingenroth (Legislative Committee), Stacey Eicks (Records and Tabulation Committee), Bruce Rollins (South Central Zone Chair), Nicole Christensen, Steve White, and Kevin Lunsford.

At the South Central Zone meeting, the 2020 SCY Zone Championship Meet was awarded to the University of Houston, and will be held April 3-5, 2020. The LCM Zone Championship Meet will be held at the Bill Walker Pool in the North East ISD Blossom Athletic Center, San Antonio, on July 24-26, 2020. Nicole Christensen, Gulf Webmaster, was elected as the new South Central Zone Chair.

A highlight of the convention, the keynote address, was given jointly by Olympian Josh Davis and Adult Learn to Swim graduate Pat Mathison. Josh and Pat spoke of their personal experiences with USMS, and exemplified the diverse membership of USMS, and the organization's appeal to various demographic groups, ability levels, and motivations to swim.

Six different workshops were offered. Two of the most interesting ones were "How to Run a Successful Adult Learn to Swim Program" and "How to Include Others – The Ways We Differ," highlighting means of inclusion for our diverse membership.

Gulf delegates attended a multitude of committee meetings and workshops. The House of Delegates voted in new National Officers (<https://www.usms.org/admin/org.php>), and adopted various rule changes and legislative actions.

Most importantly, all the delegates brought home information and knowledge that will improve the administration of our LMSC.



Gulf Convention Delegates, from left to right, Kevin Lunsford, Steve White, Nicole Christensen, Bruce Rollins, Kris Wingenroth, Carolyn Boak, Stacey Eicks, and Tom Boak

Presentation of the Inaugural Emmett Hines Award

It is only appropriate that the inaugural Emmett Hines award was awarded posthumously to Emmett Hines. Emmett's wife, Peggy Hines, attended the September 2019 Gulf LMSC meeting and was presented with the award. The recipient of the 2019 award will be announced at the upcoming annual meeting.



Gulf Chair, Kris Wingenroth (left) presents the Emmett Hines Award to Peggy Hines (right).

USMS Celebrates Its 50th Anniversary in San Antonio

Masters swimming officially began May 2, 1970, after Captain Ransom J. Arthur, M.D., a Navy doctor in San Diego, convinced John Spanuth, then president of the Coaches Association, to hold the first National Masters Swimming Championships in the Amarillo Aquatic Club pool. Arthur felt that if the incentive was appealing, it would give older swimmers (ex-competitors and beginners alike) a goal for keeping physically fit. Dr. Arthur's vision of adults improving their fitness through swimming has grown over the years into a nationwide organization of nearly 60,000 adult swimmers.

That first national swim meet had three age groups (25-34, 35-44, and 45 and over), eight events (50, 100, 200 and 400 yd. free and 100 back, breast, fly, and IM), only ten teams, and fewer than 100 swimmers competing.

It is fitting that USMS has chosen to return to Texas for its 50th anniversary with the 2020 USMS Spring National Championship in San Antonio. More than 2,000 swimmers are expected to compete in this historic meet. Preliminary meet information such as the order of events, qualifying times, hotel information, and area attractions are available at: <https://www.usms.org/events/national-championships/pool-national-championships/2020-pool-national-championships/2020-spring-national-championship>

This promises to be a big celebration that you'll want to be a part of. All swimmers can enter up to three events without meeting qualifying times. We anticipate a large contingent from the Gulf LMSC to attend. Come join your friends in the Alamo City!



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

6 x 50 kick, fast the last 15 yds./mtrs. of each 50 – 15 s.r.

4 x 100 choice, 10 fast strokes at the start of each 50 – 20 s.r.

2 sets of:

2 x 200 pull, negative split – 20 s.r.

100 easy

2 x 300 kick with fins, descend the 100s – 20 s.r.

100 easy

6 x 100 with 15 s.r. – odds: breathe 3/5 evens: descend, not to maximum effort

200 cooldown

TOTAL: 4,900 YARDS/METERS

“Gulf Masters Swims Against Cancer” Raises over \$8,200

The first annual Swim Across America “Gulf Masters Swims Against Cancer” pool event was held on Sunday, October 20th at the Dad’s Club. The volunteers and swimmers were treated to an unseasonably warm and sunny morning.

The morning kicked off with an inspiring talk by Rice Masters swimmer and MD Anderson researcher, Dr. John DeGroot. Dr. DeGroot shared his swimming history which traced back to the Dad’s Club as an age-group swimmer. He spoke about his cancer research and how that research has been aided by funds provided by Swim Across America. Dr. DeGroot also joined in the swimming activities.

The swim started with a warmup that traversed the 24 lanes of the Dad’s Club pool in a serpentine fashion. This was followed by the feature event of the day, a ten-minute kick for distance, “kicking cancer’s butt.” The kicking could be done with or without fins. Awards were given to the four fastest kickers (males with and without fins, females with and without fins). More importantly, thanks to a generous donation by Elaine Rollins for each length kicked, an additional \$500 was raised for cancer research. Swimmers then broke up into groups of similar speeds for a 45-minute workout of their choice. After drying off, swimmers spent time socializing, taking photos, receiving their fundraising awards, and enjoying the post-swim snacks of breakfast tacos, muffins, and fruit.

Thank you to the Gulf LMSC Board who committed \$500 to defray event costs and to the Dad’s Club for donating usage of the pool. Our swimmers and volunteers raised \$8,280 which will fund research at MD Anderson’s Departments of Pediatric Oncology and Neuro-Oncology.



Single-Leg Flutter Kick

Lorin Koszegi

The very start of the training season is now behind us! Kicking is a fundamental part of setting an endurance base and getting strong! USA Swimming recommends that during at least the first four weeks of the training season, 60-80% of the yardage must be dedicated to kicking. Experienced masters swimmers should know by now that a solid kick is needed to finish races strong.

I tell my triathletes all the time, "I'm not trying to make you a kicking racer." But you have to kick in workout to (1) avoid leg splay, and (2) correctly drive body rotation. Look at the cringeworthy images below. There is nearly 800 times more resistance in the water than in the air. So, pay attention and stop that parachuting!



In the set below, single-leg flutter kick brings an additional dimension. This sample set is based upon work done at Oakville Aquatic Club in Canada. OAK sends many swimmers to Canadian Nationals annually, and has strong emphasis on kicking as part of its training program year-round. If you have never attempted single-leg flutter kicking, it is well worth it! You will discover quickly which leg is weaker, and you will even feel in which direction that leg tends to incorrectly activate. Coaches and swimmers, don't let the tempo slow when transitioning to single-leg kicking, and don't let that initially awkward single-leg kick feedback into the body. I frequently see bobbing of the chest, slowing tempo, and exaggerated stride. Don't let those happen! Just a few seconds of single-leg is valuable initially, with a milestone goal of achieving a complete 25 or 50. Freestylers and backstrokers, think about this: low power or technique issues in one leg can result in poor rotation initiation in 50% of your strokes! And correct rotation initiation also is key to saving your shoulders.

So, here is an "OAK modified" kick set for your big kick day. Try executing single-leg kicking frequently throughout the season during your regular endurance kick sets.

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2x or 3x:

1 x 300 kick, done as:

75 both legs + 25 Single-leg, primarily weak leg + repeat

(If you're a newbie, and the above set is too challenging, you can alternate kicking 10-sec with both legs + 5-sec single-leg.)

1 x 100 kick w/ fins, done as Distance Per Kick (DPK)

This may be new to you, too. Think of this as an activation and power exercise. Typically, we find the hip flexors to be weak and not firing correctly. Count those kicks!

Extra rest

1 x 50 kick FOR TIME, no equipment.

Coming off the DPK above, make sure to get back to that small, quick kick!

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"Many triathletes are told to 'save their legs' during the swim portion of the race because kicking wastes energy. This could not be further from the truth." - Julia Galan, writing for IronMan

Lorin Koszegi coaches small groups and private lessons at the Dad's Club, and at SwimLabs/Sugarland. He also coaches privately.

2020 Gulf LMSC Swim Events, South Central Zone and National Championships

A more complete listing of all events in the South Central Zone, as well as Postal and International Championships, can be found on the Gulf website at:

<https://www.gulfmastersswim.org/GMS/meets.cfm>

- January 11** Jesse Coon Invitational (SCY), College Station, TX
- January 25** Woodlands Relay Meet (SCY), Shenandoah, TX
- February 15** Sweetheart Meet 2020 (SCY), Houston, TX - Meet registration is open.
https://www.clubassistant.com/club/meet_information.cfm?c=1250&smid=12518
- March 8** Rice March Madness Meet (SCY), Houston, TX
- April 3-5** South Central Zone Championship (SCY), Houston, TX - Meet registration is open.
https://www.clubassistant.com/club/meet_information.cfm?c=1250&smid=12590
- April 19** Swim Across America Open Water Charity Swim, Houston, TX
- April 23-26** USMS Spring National Championship (SCY), San Antonio, TX
- May 9** Twin Lakes Open Water Swim Carnival, Manvel, TX
- Jun 13** Long Distance Open Water Nationals, Livermore, CA
- June 27** Sprint Distance Open Water Nationals, Santa Barbara, CA
- June 28** Graham Johnston Invitational (LCM), Houston, TX - Meet registration is open.
https://www.clubassistant.com/club/meet_information.cfm?c=1250&smid=12519
- July 11** Woodlands Masters Meet (LCM), Shenandoah, TX
- July 18** Middle Distance Open Water Nationals, Lake Erie, OH
- July 24-26** South Central Zone Championship (LCM), San Antonio, TX
- July 25** Ultra-Marathon Distance Open Water Nationals, Newport, VT
- August 8** Two-Mile Cable Swim Open Water Nationals, Lake Placid, NY
- August 12-16** USMS Summer National Championship (LCM), Richmond, VA
- August 15** Marathon Distance Open Water Nationals, Hague, NY