



SUNRISE OVER LAKE LONGHORN, THE NEW VENUE FOR SAA'S OPEN WATER CHARITY SWIM

# The Chlorine Chronicles Gulf Masters Swimming

## Summer 2021

IN THIS ISSUE

### The Virtual USMS Annual Meeting Will Be Held September 24-26

USMS will again be hosting the Annual Meeting virtually in 2021. The Board of Directors approved this change during their winter meeting. To ensure an improved virtual experience, the Executive Committee is actively reviewing the format of and feedback from last year's virtual Annual Meeting.

Committee meetings, Zone meetings, the Long Distance, Rules, and Legislation forums, and the Board of Directors meeting will all be held throughout the month of September. The meeting will culminate with the House of Delegates meetings on September 24-26.

The Gulf LMSC will be capably represented by Carolyn Boak, Nicole Christensen, Kris Wingenroth, Stacey Eicks, Herb Schwab, and first-time attendee Amy Powitsky.



### Seeking Nominations for the 2021 Emmett Hines Award

The deadline to submit nominations is  
September 30, 2021.

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### Mark Your Calendars - The Sabine Weiser November Classic Meet is Scheduled for November 13-14

The Woodlands Masters Swim Team (WMST) is pleased to announce that the 11<sup>th</sup> annual November Classic Meet is scheduled for Saturday, November 13 and Sunday, November 14 at the Conroe ISD Natatorium in Shenandoah, TX. This is currently the only meet scheduled for the remainder of 2021. More information will be shared with the membership as it becomes available.



Photo Credit: Minghong

### Do You Sweat When You Swim?

Nutritionist Catherine Kruppa explores the science and shares tips for proper hydration.

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## Submit Your Nominations for the 2021 Emmett Hines Award

Emmett Hines, a giant in the swimming world, passed away in November 2016. Emmett gave selflessly to Masters Swimming at the local, national, and international levels. Locally, he was the coach of Houston Swims and served as a volunteer in numerous positions within the Gulf LMSC over several decades. On the national level, he attended many USMS conventions, wrote articles for the national magazine, and served on the USMS Coaches Committee and the Coaches Certification subcommittee. Emmett's numerous contributions were recognized with the USMS Coach of the Year Award in 1993 and the USMS Dot Donnelly Service Award in 2014.

The Gulf LMSC leadership feels that it can best honor Emmett's legacy with an annual award that recognizes the Gulf LMSC individual who best emulates the enthusiasm, expertise, and advocacy of Masters Swimming exemplified by Emmett Hines in the areas of volunteerism and/or coaching.

Think about that special coach or volunteer who has made a significant impact on your swimming over the past year and consider nominating that person for the 2021 Emmett Hines Award.

Award criteria and submission information can be found at:

<https://www.clubassistant.com/c/81E5F81/file/Gulf%20LMSC%20Emmett%20Hines%20Award.pdf>

Nominations for 2021 must be submitted by September 30, 2021.



## Venue Change for SAA's Open Water Charity Swim on October 16<sup>th</sup>



Swim Across America is excited to announce a change of venue for their annual charity swim. The new location is at Lake Longhorn, a 48-acre lake located in League City, which is a popular open water swimming site. Lake Longhorn has generously waived rental fees, meaning that more funds will flow to the event's beneficiary. The event will be held on Saturday, October 16 and will offer ½ mile, 1 mile, and 5K distance options, making it suitable for all swimming abilities.

Swim Across America (SAA) is a 501(c)(3) non-profit organization. Since its inception, SAA had granted almost \$100 million to fund cancer research and clinical trials. All proceeds from the Houston swim will stay right in Houston, funding research at the MD Anderson Cancer Center.

If you'd like to swim, volunteer, or donate, you can find full information at: [https://www.swimacrossamerica.org/site/TR/OpenWater/Houston?pg=entry&fr\\_id=5752](https://www.swimacrossamerica.org/site/TR/OpenWater/Houston?pg=entry&fr_id=5752)

## Do You Sweat When You Swim? Staying Hydrated

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More than half of your body weight is made up of water. Therefore, staying hydrated is crucial to maintain and improve physical performance and to regulate your body temperature. The primary purpose of sweating is to regulate your body temperature, whether you are on dry land or surrounded by a body of water.

Over the years, a number of studies have investigated sweat responses in swimmers. A [study from 2010](#) compared the sweat rate of swimmers, runners and non-athletes after a 30-minute effort on a static bike. They found that swimmers' bodies sweat to a lesser extent because it is not as impactful to their body's thermoregulation in water. Interestingly, they do appear to sweat more than non-athletes whose daily routines do not expose them to elevated core temperatures on a regular basis. So, the research points to the idea that swimmers do sweat, just less than athletes doing equivalent land-based workouts.

There are two instances when a pool swimmer's sweat rate will increase. First, as you would expect, [we sweat more during intense exercise](#) than we do during moderate intensity exercise because metabolic heat production is higher. So, faster interval sessions and races are likely to result in higher levels of fluid loss than easier/steady-state workouts. Secondly, [research](#) has found hotter water temperatures, which can happen during Texas summers, result in significantly higher sweat rates than cooler temperatures. Of course, if we lose a lot of fluid and do not replace it, we risk becoming dehydrated and suffer a decline in performance. So, paying closer attention to hydration when training in warm water and tough workouts is a must.

### Hydration Strategies for Pool Swimming

#### 1. Start hydrated

- Starting a pool swim session optimally hydrated maximizes blood volume and helps your cardiovascular system power your exercise.
- Higher blood volume also means your body can successfully dissipate more heat energy (due to increased blood flow to the skin), which allows us to maintain our performance for longer.
- Hydration becomes increasingly important in warmer water, where we will lose more fluid.
- Do not just drink a lot of plain water before your training sessions as this can dilute the sodium in your blood.
- Consider adding an electrolyte drink (Gatorade, G2, NUUN, Tailwind) pre workout as sodium helps maintain fluid balance and cognitive function.
- Consume it about 90 minutes before your event/workout and aim to finish that drink about 45 minutes before you start swimming.

#### 2. During training

- During training, water or a light electrolyte mixture will likely be sufficient to remain hydrated if sessions are 1 hour or less in duration.
- Keep a bottle poolside and sip on it between sets if you feel you need to.

#### 3. Rehydration and recovery

- Usually, drinking and eating normally after a typical pool-based training session will be enough to replace your lost fluids and electrolytes.
- But it may be worth considering supplementing sweat losses with an electrolyte drink if your sweat losses are high (i.e. if the pool or environment is hot or sessions are very long/twice a day).

So, despite being immersed in water most of the time, swimmers definitely do sweat, albeit to a lesser extent than most land-dwelling athletes. Pool swimmers primarily need to be mindful of the effect that warmer water and high air temperatures can have on sweat rates during longer training sessions and over multiple days at swim meets. This chronic heat stress can place more emphasis on good hydration practices and electrolyte intake when out of the water.

*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 Members Bring Home the Hardware at the USMS SCY National Championships

The USMS SCY National Championships were held July 21-25 at the world-class Greensboro Aquatic Center in Greensboro, North Carolina. The meet attracted almost 900 swimmers from around the country.

With COVID safety protocols in place, the meet format limited the number of swimmers on deck and in the water during each session. Day one was devoted to the distance freestyle events (1650/1000). Day two offered the 500 free and 400 IM. During the remaining three days of the meet, the morning sessions were for swimmers age 60 and over, and the afternoon sessions featured the 18-24 through 55-59 age groups.

Nine Gulf swimmers competed, with every single swimmer bringing home one or more medals. They earned a total of 35 medals, including an impressive 13 golds.

**David Guthrie** (RICE) led the way in the 60-64 age group, with five national championship wins in the 50 breast (national record), 100 breast (national record), 200 breast, 100 IM, and 200 IM. David placed second in the 50 fly.

**Bruce Kone** (UNAT), also competing in the 60-64 age group, placed first in the 50 free, 50 back, and 50 fly. Bruce took home the silver medal in the 50 breast, 100 fly, and 100 IM.

**Andreas Lorenz** (DADS), also in the men's 60-64 age group, won first place in the 1650 free, as well as 2<sup>nd</sup> in the 500 free and 4<sup>th</sup> in the 400 IM.

Yet another men's 60-64 competitor, **Steve White** (WMST) placed 9<sup>th</sup> in the 200 IM. Steve also had top 25 finishes in the 100 breast (11<sup>th</sup>), 50 fly (15<sup>th</sup>), 100 fly (15<sup>th</sup>), 100 IM (19<sup>th</sup>), and 100 free (21<sup>st</sup>).

**Kathryn Zimmerman** (WMST) won the 500 free and 1000 free in the 18-24 age group. She placed second in the 200 free.

**James Connolly** (RICE) placed first in the 50 breast in the 50-54 age group. James added to his medal haul with 2<sup>nd</sup> place finishes in the 100 breast and 100 IM, 3<sup>rd</sup> in the 50 back, 6<sup>th</sup> in the 50 fly, and 9<sup>th</sup> in the 50 free.

**Emma Nicklas-Morris** (COOG) won the women's 18-24 200 IM and finished 2<sup>nd</sup> in the 100 fly.

**Daniel McCleary** (ETEX), competing in the 35-39 age group, placed 2<sup>nd</sup> in the 200 fly, and 3<sup>rd</sup> in the 100 fly.

**Greg Tharp** (WMST), in the 70-74 age group, placed 2<sup>nd</sup> in the 200 back, 3<sup>rd</sup> in the 100 fly, 4<sup>th</sup> in the 50 back, and 5<sup>th</sup> in the 100 back, 50 fly, and 100 IM.



*David Guthrie (RICE) powers his way to victory at the USMS SCY National Championships*

## Fifty-Six Gulf Masters Swimmers on National Top Ten List

The U.S. Masters Swimming National Top Ten List for 2021 SCY swims was finalized and published in August 2021. Gulf swimmers had record-breaking results with 191 individual top ten times, the most ever for the LMSC.

Special recognition goes to the 13 Gulf competitors who posted the fastest times in the nation in one or more individual events. They are: Tom Boak (WMST), James Connolly (RICE), Rodolfo Escalante (RICE), Gregory Germain (COOG), David Guthrie (RICE), Kurt Hirsekorn (UNAT), Bruce Kone (UNAT), Carleigh Kutac (DADS), Joann Leilich (WMST), Andreas Lorenz (DADS), Gary Schatz (WMST), Nicole Van Nood (DADS), and Linda Visser (COOG).

Congratulations to all of our National Top Ten swimmers listed below.

### Women

- 25-29: Margaret O'Brien (WMST), Victoria Tornelli (WMST)  
30-34: Alisha Anderson (DADS), Carleigh Kutac (DADS), Melissa Reed (WMST)  
35-39: Lindsay Price (COOG)  
40-44: Shelley Hirsekorn (UNAT), Jessica Platt (WMST), Christina Toth (WMST)  
45-49: Renee Rodgers (UNAT), Pam Stout (UNAT), Nicole Van Nood (DADS)  
50-54: Cheryl Hubbard (COOG), Kristin Nates (WMST), Linda Visser (COOG)  
55-59: Andrea Morton (WMST)  
60-64: Mary Anne Hines (WMST), Elva Moure de Godoy (WMST), Lisa White (WMST)  
65-69: Lynn Cadena (MACA), Kris Wingenroth (TFY)  
80-84: Joann Leilich (WMST)

### Men

- 30-34: William Duong (RICE), Rodolfo Escalante (RICE), Gregory Germain (COOG), Leonardo Leiva Rivera (RICE), Kyle Mendel (UNAT), Alexander Plaetzer (DADS), Mark Reeves (RICE)  
40-44: Kurt Hirsekorn (UNAT), Pablo Lohmann (UNAT), Jim Svoboda (CFSC)  
45-49: Jonathan Armstrong (WMST), Matthew Faulk (CFSC), Cody Jones (COOG), Joshua Kimmel (RICE), Rigo Leal (WMST), Takeshi Maeda (RICE), Antonio Mariscal-Romero (WMST)  
50-54: James Connolly (RICE), Takeshi Maeda (RICE), Davide McLellan (UNAT), Pat Norris (WMST)  
55-59: Jon Bergmann (MACA), Lars Farestvedt (WMST), Charles Hoffman (SCAT), Russell Hubbard (SWYM), Andreas Lorenz (DADS), Brian Miller (SWYM)  
60-64: David Guthrie (RICE), Bruce Kone (UNAT), Steve White (WMST)  
65-69: Gary Schatz (WMST), Bruce Williams (UNAT)  
70-74: Greg Tharp (WMST)  
75-79: Tom Boak (WMST), Andrew Lattu (WMST)

## 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 sets.***

400 warmup, choice

4 x 150 with fins, swim/kick/swim by 50s, desc. 1-4 – 20 sec. recovery (first 150 sets the interval for the other 150s)  
 8 x 50 choice – 15 sec. recovery odds: 25 steady/25 overkick drill evens: explode first 20 strokes, rest of 50 is easy  
 4 x 150 with fins, kick/swim/kick by 50s, hold fastest time from previous 150s – 30 sec. recovery  
 8 x 50 pull – 15 sec. recovery odds: breathe 3/5 by 25s evens: breathe 3/7 by 25s

16 x 100 choice, hold 90% effort – 40 sec. recovery (extra 60 sec. recovery after every 4 x 100)

100 easy

6 x 100 with paddles – first 50 hold paddles/second 50 wear paddles - 10 sec. recovery

200 cooldown

**Total: 4,900 yards/meters**

## USMS is Offering Multiple Competitive and Fitness Postal Events This Fall

### USMS 5K/10K ePostal National Championships

**Event Information:** Complete a timed swim of 5 kilometers and/or 10 kilometers in a 50-meter pool of your choice, then submit your times online. Some people swim for competition—to compare themselves to other swimmers doing the same event—some for the challenge, some for fitness, and others do it for fun. All who wish to participate are welcome. Your submitted time determines the final order of finish.

**Please note:** The 5K and 10K swims are separate events, and you need to swim each event separately to enter both. Split times from the 10K may not be used for entry into the 5K.

**Location:** All swims must be completed in a 50-meter pool ONLY—no other length of pool will be acceptable.

**2021 Swim Window:** Your 5K and/or 10K ePostals swims must be completed between May 15 and September 15, 2021.

**2021 Entry Deadlines—ONLINE ONLY:** All individual entries must be submitted by 11:59 p.m. HAT, September 22, 2021.

**Full Event Information and Registration is Available At:**

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1246&smid=13719&\\_ga=2.126163211.783596976.1630517934-1921991566.1630517934](https://www.clubassistant.com/club/meet_information.cfm?c=1246&smid=13719&_ga=2.126163211.783596976.1630517934-1921991566.1630517934)

### 2021 USMS 3000/6000 ePostal National Championship

Ready to go long this fall and compete with fellow Masters swimmers virtually? This is the perfect event for you! Swimmers are famously goal oriented. Commit to the challenge, train hard, and get ready for a great event.

We are revamping the ePostal National Championships. A notable change is that swimmers now need to [register](#) prior to swimming. You have the option to register for the 3000- or 6000-yard events. Or both!

Your swim(s) can be completed anytime between Sept. 15 – Nov. 15. After your swim(s), you will need to submit your results including your splits.

**Objective:** Swim 3000 or 6000 continuous yards or meters. Individuals may enter both events.

**Location:** Any 25-yard or 25-meter pool

- Yards pool swimmers: submit your splits and final times in yards.
- Meters pool swimmers must swim 3000 or 6000 meters and submit your final times and splits in meters. The results system automatically converts meter times to yard times integrating them with the 25-yard final results.

**Full Event Information and Registration is Available At:** <https://www.usms.org/events/national-championships/epostal-national-championships/2021-epostal-national-championships/2021-3000-6000-epostal-national-championship>

### 2021 Swim.com Fall Fitness Challenge

Sign up for the 2021 Fall Fitness Challenge! It is a 1-mile swim that takes place between October 1-15, and is the third event in the [Swim.com USMS Fitness Series](#).

Whether you're just getting into swimming, starting back into it after a COVID forced break from the pool, pushing to see how fast you can go, or just wanting to donate to [USMS Adult Learn-to-Swim grants](#) supported by the USA Swimming Foundation (prior to January 4, 2021, donations benefitted the [USMS COVID-19 Relief Program for clubs](#)), 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.

**Full Event Information and Registration is Available At:** <https://www.usms.org/events/fitness-events/fitness-series/fall-fitness-challenge>

### 2021 USMS September to Remember Challenge

Remember that time when you swam 10 hours? You will this month with the September to Remember challenge running all month long! Accumulate 10 hours of time in the pool or open water during the month of September. Dedicate the time this month between September 1-30 on the [Swim.com](#) app.

All current USMS members are welcome to participate in this challenge for FREE. The September to Remember Challenge can be done in any stroke and is based on accumulated time throughout the month.

**Full Event Information and Registration is Available At:** <https://www.usms.org/events/fitness-events/monthly-virtual-challenges/september-challenge>