



THE RICE MEN'S 240-279 RELAY TEAM HAD THE NATION'S FASTEST TIMES

# The Chlorine Chronicles

## Gulf Masters Swimming

### Winter 2022

IN THIS ISSUE

## 2022 Gulf Swim University Is In Full Swing. Join Us!!

Over 45 Gulf swimmers have already signed up for the 8<sup>th</sup> annual Gulf Swim University, more than a 35% increase in participation from 2021. We'd love for even more of our members to join us for this FREE event.

The Gulf Fitness Chair has plans in the works to improve this year's Gulf Swim University. There will be a swimmers' social at the conclusion of the event. Rather than the usual t-shirt, there will be new participation awards in 2022. The top teams will be awarded based on both total number of team participants and percentage of team participation to team membership, thus giving both large and small teams the opportunity to win.

This event is completely free to you as a Gulf/USMS registered swimmer and is easy to enter, as follows:

- Let Gulf Fitness Chair, Karlene Denby, know you're participating by emailing her at [txswimmer53@hotmail.com](mailto:txswimmer53@hotmail.com)
- Enter the FREE Go the Distance Event (<https://www.usms.org/events/fitness-events/go-the-distance>) and easily track your swimming distances (daily, weekly or monthly).
- Get to the pool regularly, have fun, and get FIT. This fitness event may be just what you need to get to the pool consistently over the next four months.

There are five levels of challenge. The event runs from **January 1, 2022 to April 30, 2022:**

- \* Swim 20-39 miles and earn an Associate's Degree
- \* Swim 40-79 miles to earn a Bachelor's Degree
- \* Swim 80-119 miles to qualify for a Double Major
- \* Swim 120-159 miles for a Master's Degree
- \* Swim 160 miles for a PhD



## Eating for a Healthy Ticker

Heart healthy eating advice from nutritionist, Catherine Kruppa. (Art credit: Eugenio Hansen)

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## Competition Options Abound

There are plenty of opportunities to get your competitive juices flowing with three local meets leading up to Spring Nationals in San Antonio.

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## Eating for a Healthy Ticker

Catherine Kruppa, MS, RD, CSSD, LD

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Cardiovascular disease and related conditions, including stroke and heart attacks, cause 40 percent of American deaths. This is more than all cancers combined.

Regular exercise and a healthy diet are two of the most effective things you can do to reduce your risk of cardiovascular disease. Here are a few things you can add to your diet that contain key nutrients to keep your heart beating strong.

1. Consume a minimum of three servings of whole grains per day. This includes 100% whole wheat bread, brown rice, whole wheat pasta, cereals with five grams of fiber or more, and oatmeal to increase your fiber intake. Fiber binds to cholesterol and takes it out of the body. Columbia University researchers discovered that LDL levels dropped more than five percent for those who added three grams of soluble fiber to their diet for six weeks. Aim for 25-30 grams of fiber daily. Most Americans get about half of that. Other sources of both soluble and insoluble fiber include beans, fruits, and vegetables.
2. Eat three servings of fish per week. Fatty fish like salmon, trout and mackerel should be in every person's diet. It's one of the best sources of omega-3 fatty acids. Omega 3s not only reduce LDL (bad) cholesterol, but they have also been shown to increase HDL (good) cholesterol. They also keep arteries flexible, help regulate blood pressure and reduce triglycerides. On top of all of the heart healthy benefits you will find that omega 3s fight inflammation, including joint pain, and can increase oxygen delivery during exercise. Fish is the most potent source, but walnuts, flaxseeds, and canola oil are other good options.
3. Make your fats healthy. Pass on the artery clogging saturated fat in fatty meats, poultry skin, cream, and trans-fats in stick margarine, and increase your intake of healthy fat such as avocados, almonds, and olive oil. Studies show that when monounsaturated fat replaces saturated fat or trans-fat, it increases levels of HDL (good) cholesterol, which sweeps the LDL (bad) cholesterol out of your body. Aim for 30% of your diet or less coming from fat. Other sources of monounsaturated fat include nuts, pumpkin and sunflower seeds, and liquid vegetable oils.
4. Red wine in moderation. More than 100 studies have shown there's an inverse relationship between drinking moderately and heart attack, stroke, and other cardiovascular disease, thus reducing heart disease risk by 24-40 percent. Many studies have found that alcohol helps prevent artery damage caused by LDL (bad) cholesterol, inhibits blood clots, and raises HDL (good) cholesterol levels. It also contains antioxidants, and resveratrol, which appear to stop the arteries from getting blocked by fatty deposits. Moderation is key. That is one drink per day for women and one to two drinks per day for men and you can save them all up for the weekend!



Use February to add some of these foods to your diet to help your ticker keep ticking



***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.***

## There's a New Team in Town - Welcome to Sharks Swim Club Masters

After a hiatus from the Masters swimming community, Sharks Swim Club has reinstated its Masters program with a young, talented, and enthusiastic coach, Juan Somoza. Juan is a former collegiate swimmer, collegiate coach, Mexican Olympic Trial finalist, and Mexican National Masters Champion. As a coach, he enjoys looking at the fun side of swimming regardless of the ability level of the swimmers. Juan's philosophy is, "All practices can be entertaining, yes, even the hardest of sets. Swimming opened many doors for me, and I just want to give back to such a beautiful sport."

Sharks Masters offers eight workout sessions per week. The weekday sessions are held at the Stevenson Park pool (900 Cedarwood Drive, Friendswood, TX 77546), an eight lane 25-yard outdoor heated pool. Morning sessions are offered on Monday, Tuesday, and Thursday 5:15-6:45 a.m., and evening sessions are offered Monday-Thursday 6:30-7:30 p.m. Saturday practices are held at Friendswood High School (1115 Falling Leaf Drive, Friendswood, TX 77546) from 7-8 a.m. and are primarily for power workouts and/or underwater video corrections.

There are a very limited number of Masters programs on the southeast side of the Houston area. Sharks Masters is a much needed and welcome addition to this region of the Gulf LMSC. The Sharks Masters team is starting to grow, and the Sharks staff is looking forward to having a competitive team.

If you live in Friendswood, Pearland, League City, Clear Lake or the surrounding areas and would like to swim with a new but growing program, you are encouraged to take advantage of Shark's one week trial membership. You must be registered with USMS or sign up for a USMS trial membership prior to your first practice.

For more information, you can call Sharks Swimming at 281-400-1175 or email Coach Juan directly ([jcsomoza11@hotmail.com](mailto:jcsomoza11@hotmail.com)).



*The majority of Sharks Masters practices are held at the Stevenson Park Pool, located right behind Friendswood City Hall.*



## USMS Spring Nationals Will Be in San Antonio on April 28 - May 2

In 2020, USMS planned for Spring Nationals to be in San Antonio, commemorating the 50<sup>th</sup> anniversary of its first national championship meet which was also held in the Lone Star State. Unfortunately, COVID changed those plans.

For 2022, you can head west on I-10 for the Spring Nationals. The meet will be at the North East ISD Natatorium beginning April 28<sup>th</sup> and running through May 2<sup>nd</sup>. You can find all the information that you need such as meet information, hotel accommodations and attractions, social and local events, COVID-19 protocols, national qualifying times, meet entry, and more at: <https://www.usms.org/events/national-championships/pool-national-championships/2022-pool-national-championships/2022-spring-national-championship>

The entry deadline is April 4, 11:59 p.m. Pacific time, unless meet capacity is reached prior to the deadline. You can save \$20 on your entry fee if you register by March 1, 11:59 p.m. Pacific time. So don't delay!



## Prepare for Nationals at One of our Upcoming Gulf Meets

There are a trio of local meets available to achieve national qualifying times and to practice racing. Even if San Antonio is not in your plans, Gulf swimmers of all abilities are encouraged to support our local competitions.

### February 12, 2022 – Sweetheart Swim, Houston, TX

The annual Sweetheart Swim will be held at the WW Emmons Natatorium, an 8-lane, 25-yard facility, on Saturday, February 12, 2022. This year's meet will feature relays and the 1,650 free. Warmup begins at noon and the meet starts at 1 p.m. Meet entries close on Friday, February 11 at 11:59 a.m. Full meet information and registration can be found at: [https://www.clubassistant.com/club/meet\\_information.cfm?c=2587&smid=14195](https://www.clubassistant.com/club/meet_information.cfm?c=2587&smid=14195)

### March 5, 2022 – Rice March Madness Masters Meet, Houston, TX

The Rice March Madness Meet will be held at the Barbara and David Gibbs Recreation and Wellness Center on the Rice Campus. This is an outdoor, heated 5-meter x 25-yard pool. Racing will be conducted in an 8-lane, 25-yard course with a bulkhead. Warmup begins at 10 a.m. and the meet starts at 11 a.m. The meet schedule includes two 10-minute breaks to give the swimmers extra rest between events. Meet entries close on Wednesday, March 2 at 8 p.m. Full meet information and registration can be found at:

[https://www.clubassistant.com/club/meet\\_information.cfm?c=2065&smid=14224&ga=2.156406331.1651927317.1643479093-1944774712.1643479093](https://www.clubassistant.com/club/meet_information.cfm?c=2065&smid=14224&ga=2.156406331.1651927317.1643479093-1944774712.1643479093)

### April 1-April 3, 2022 – South Central Zone Championship SCY Meet – Shenandoah, TX

This three-day championship meet will be held Friday, April 1 to Sunday, April 3 at Conroe ISD Natatorium in Shenandoah, TX. The competition will offer all SCY individual and relay events. On-line registration is not yet available but the following link will provide all of the meet information and will link to on-line registration once it is open. <https://www.usms.org/events/events/usms-south-central-zone-championship-scy-meet?ID=9093>

## The Gulf “Tanksgiving” Swim Was a Big Success

Forecasted rain and threatening skies did not deter 30 Gulf Masters swimmers from attending the November “Tanksgiving” day swim. Dad’s Club was kind enough to open their 50-meter pool to us, allowing utilization of all 22 lanes. Different ability levels were accommodated by having different lanes for swimming 50, 75 or 100 yards on a 1:30 interval. There were additional “open lanes” for those who preferred a less structured swim. Just as most of the swimmers were finishing their cool down, it began to rain. So, perfect timing. At least 30 of our members enjoyed their Thanksgiving dinners guilt free! We hope to see more of you on November 24<sup>th</sup> for the 2022 swim.



## Steve White is the 2021 Emmett Hines Award Recipient

Steve White is the 2021 recipient of the Emmett Hines Award, the highest honor bestowed by the Gulf Masters Swimming Committee. The award is presented to those who best exemplify enthusiasm, expertise, and advocacy of Masters Swimming in the Gulf region.

Here is Stacey Eick's nomination letter which illustrates why Steve is such an excellent recipient of the award.

"Steve White's passion, dedication and enthusiasm for the sport of swimming is illustrated by his boundless coaching and volunteering contributions to U.S. Masters Swimming. His love for the sport began when he joined his high school swim team, where he quickly excelled while setting multiple school records and serving as team captain. Steve returned to the sport in 1998 when he joined H2o Houston Swims, beginning his masters swimming career with the legendary swim coach and technician, Emmett Hines. Steve assisted Emmett as a coach when needed. Steve was a natural leader and motivator of the team.

When Steve met his future wife in 2002 and discovered that she had been an age group AAU swimmer in her youth, he quickly got her back into the pool after a 28-year absence. He even had her competing in a meet just three months after her first USMS practice and participating in Emmett Hines' One Hour Swim a few months later. "He gave me goals for each of my races at my first meet, and if I hit a goal, I could open an envelope with a special surprise such as 'movie night of your choice', 'home cooked meal' etc. It was his way of inspiring me to stick with it and not give up."

His teammates know that Steve sees the sport of swimming as so much more than laps in a pool. For Steve, swimming is about camaraderie, making lifelong friends, and about striving to be better in and out of the pool.

Steve joined Woodlands Masters Swim Team (WMST) in 2006, and became a member of their board in 2008. He served as President of WMST from 2010 - 2015. He has been an avid volunteer and has served as meet director for several local meets and zone competitions hosted by WMST. Steve began his coaching career with WMST in 2012. He enjoys coaching athletes of all levels with a focus on technique and their individual goals. He served as a coach for many swim clinics and on deck at meets.

For many years Steve did not accept payment for coaching from WMST. Instead, he asked that his coaching fees be donated to a fund to establish an "Adult Learn to Swim (ALTS)" program. That program became a reality in 2021. Steve volunteers many hours providing 1:1 ALTS lessons to adults. He is very passionate about this and proud of the progress by many swimmers afraid to put their face in the water or float on their back.

Steve loves to encourage new and experienced swimmers and assist them with the development of their stroke. He takes time to get to know the new swimmers and their goals. Whether they are triathletes, swimmers wanting to learn new strokes, or swimmers who have been absent from the pool for a long time, he is always ready to coach and mentor. He will ask about their swimming background and interests and encourages them to move forward. Using a concept he learned from Emmett Hines, Steve takes extra time with his teammate on-deck to review ad-hoc videos he takes at practice or at meet. Steve often assisted Emmett with his video swim sessions and knows that even the best swimmer can learn something from watching themselves on video.

In addition to his roles with USMS and the Gulf LMSC, Steve has been involved with USA swimming as a part-time coach with Swim Streamline. He has attended many USMS conventions, served on committees, and attended the Gulf LMSC meetings. He is a USMS Level 3 Certified Coach and Adult Learn To Swim Instructor. He held USMS National Committee Position on History and Archives Committee (2013 – 2015) and Officials Committee (2012).

Steve believes that any day you can get in the water is a good day and takes pride that, as Masters swimmers, we can take part in a sport where swimmers are competing well into their 60s."

Congratulations to Steve for this well-deserved honor.



***Kris Wingenroth presents Steve White the 2021 Emmett Hines award at the WMST Holiday Party.***



## The First Annual One Hour Swim

By: Andreas Lorenz



On January 29<sup>th</sup>, 14 swimmers gathered at Dads Club for the First Annual One Hour Virtual Swim (Dang Skippy, we will do this again). In glorious conditions, blue sky, 65 degrees air temperature, and 78.4 water temperature (digitally measured by sticking my toe in), swimmers and their counters got down to the business of swimming as far as they could in one hour's time.

The methods used to accomplish this goal were as varied as the swimmers. There was the "head down and keep going" method; the "I take a break because I feel like it" way; the "40x100 on 1:30" workout; the "I pretend like my goggles are fogging up" rest break; and, finally, the "I need pickle juice every 15 minutes or the cramps will get the better of me" approach. Regardless of the path taken, all of them ended after exactly one hour.

Our thanks go out to the daughters, wives, girlfriends, parents, and friends who volunteered their time and enthusiasm to count every yard and note down every 50-yard split. There were some proud folks in that crowd. Lydia Schad thought her mom Esther was pretty cool, and Adalia Barrus visibly admired her dad, Donald. Oh, and yes, Trey, your parents had a gleam in their eyes.

We are grateful to Coach Rey and Dad's Club for giving us the run of the place, and to Nicole Christensen for running the online propaganda machine. If you were not there, yes, you missed out. But have no fear, we will be back next year.

Here are the results:

- John Dissinger 5,025 yards
- Andreas Lorenz 4,835
- Stuart Muirhead 4,675
- Andrew Rieger 4,640
- William Doung 4,000
- Cheryl Hubbard 3,725
- Trey Brooks 3,645
- Kris Wingenroth 3,565
- Esther Schad 2,935
- Monica Dubon 2,885
- Donald Barrus 2,820
- Melissa Reed 2,675
- Tarek Sabry 2,550
- Sudha Yellapantula 2,000



## The 4<sup>th</sup> Annual Swim Across America Swim is April 30th



*The 2022 SAA-Houston Charity Open Water Swim will be held in Lake Longhorn, League City*

The 4<sup>th</sup> annual Swim Across America open water swim will be held on Saturday, April 30<sup>th</sup> at Lake Longhorn in League City. There will be ½ mile, one mile, and 5K swims offered. All proceeds from the event will benefit cancer research at MD Anderson Cancer Center in Houston. If open water is not for you, SAA is also offering a virtual challenge called SAA My Way.

You can obtain more information about both the open water swim and SAA My Way and register for both events at:

[https://www.swimcrossamerica.org/site/TR?fr\\_id=6013&pg=entry](https://www.swimcrossamerica.org/site/TR?fr_id=6013&pg=entry)

## This Quarter's Workout

*Thanks to COOG coach, Greg Orphanides, for this quarter's workout.*

400 warmup, your choice

4 x 50 swim, overkick drill for first and last 15 yards/meters of each 50 (15 sec. recov.)

3 x 200 kick, desc. 1-3 (set interval at 15 sec. recov. on #1)

100 easy

4 x 50 swim, as 25 catch-up drill/25 swim (10 sec. recov.)

3 x 100 kick, desc. 1-3 (set interval at 10 sec. recov. on #1)

100 easy

6 x 50 swim, desc. 1-4 and hold 5-6 (set interval at 15 sec. recov. on #1)

1 x 400 swim, hold pace of fastest 50s on previous set

100 easy

2 x 300 fast, alt. 100 kick/100 swim/100 kick (30 sec. recov.)

100 easy

8 x 50 swim, odds: explode first 10 strokes/evens: explode first 20 strokes, rest of each 50 is easy (15 sec. recov.)

200 cooldown

**Total: 4,000 yards/meters**

## Seventeen Gulf Swimmers Earn 2021 LCM National Top Ten Times

The U.S. Masters Swimming National Top Ten List for 2021 LCM swims was finalized and published in December 2021. Seventeen Gulf swimmers posted 64 individual and 2 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: Carolyn Boak (WMST), David Guthrie (RICE), Carleigh Kutac (DADS), and Austin Surhoff (RICE). Additionally, the RICE relay team of James Connolly, John Fields, David Guthrie, and Bruce Williams had the nation's fastest times in the 240-279 men's 200 medley and 200 freestyle relay events.

Congratulations to all of our individual and relay national top ten swimmers listed below.

### Men

18-24: Eric Wang (Unattached)

30-34: Austin Surhoff (RICE), Alexander Plaetzer (DADS)

40-44: Oscar Bermudez (COOGS)

50-54: James Connolly (RICE)

60-64: David Guthrie (RICE), Andreas Lorenz (DADS)

65-69: David Childers (RICE), John Fields (RICE), Gary Schatz (WMST), Bruce Williams (RICE)

75-79: Tom Boak (WMST)

### Women

30-34: Carleigh Kutac (DADS)

45-49: Nicole Van Nood (DADS)

70-74: Suzy Reiersen (RICE)

75-79: Carolyn Boak (WMST), Judith Gordon (MACA)

## The Gulf LMSC Will Be Well Represented at the USMS Volunteer Relay

U.S. Masters Swimming plans to hold its first in-person meeting of volunteers, the 2022 USMS Volunteer Relay. The three-day event will be held March 4-6 in Denver with the aim of helping local volunteers network, share ideas, collaborate, and motivate each other. This gathering is designed to enrich the local Masters swimming experience and will feature a series of workshops and discussion topics.

The theme of Relay 2022 is club development with a focus on building relationships with facilities, recruiting and supporting coaches, and providing resources for clubs to grow. LMSCs are encouraged to select attendees who have the interest, skills, and passion for helping develop USMS clubs at the local level. LMSCs are recommended to consider bringing at least one experienced volunteer, one volunteer who also coaches, and one volunteer who has never participated in a national-level meeting.

The Gulf will be ably represented by Nicole Christensen (South Central Zone Chair and Gulf Webmaster), Stacey Eicks (WMST Coach and Gulf Coaches Chair), and Andreas Lorenz (Gulf Open Water/Long Distance Chair). We hope that the conference will enable Nicole, Stacey, and Andreas to bring new ideas and initiatives back to the Gulf membership, programs, and coaches.