



SWIMMERS GATHER AFTER A "TANKSGIVING SWIM" – COME JOIN US ON NOVEMBER 24TH

# The Chlorine Chronicles Gulf Masters Swimming

## Fall 2022

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### The Gulf LMSC Member Social and Annual Meeting Will Be Held on Saturday, December 3rd

We are inviting all our members to join us on Saturday, December 3<sup>rd</sup> from 2:30-4:30 p.m. for a member social and our annual meeting. The event will be centrally located at the Dad's Club, 1006 Voss Road, Houston, TX 77055. Our game plan is to hold our gathering in the outdoor pavilion with contingency plans to move to the indoor meeting room in case of cold or inclement weather.

This is an election year. The slate of officers is Nicole Christensen (Chair), Stacey Eicks (Vice-Chair), Kris Wingenroth (Secretary), and Karlene Denby (Treasurer). Nominations will be accepted from the floor for the four elected positions.

Other than voting in our new officers, we will have little official business to conduct. So, take this opportunity to meet and socialize with your fellow Masters swimmers and be introduced to the Gulf Board Members and Chairs. Food and drinks will be provided for all attendees.

An email blast requesting RSVPs will be forthcoming prior to December 3<sup>rd</sup> so that we know how much food to order.

We hope you will join us for this fun social event.

### Join Us for the Gulf LMSC "Tanksgiving Swim"

Come join your fellow Gulf swimmers for the "Tanksgiving Swim" on Thursday, November 24<sup>th</sup> at the Dad's Club (1006 Voss Road, Houston, TX 77055) from 9-11 a.m. The gates will open at 9 a.m., and an organized one-hour workout will begin at approximately 9:15 a.m. There will be additional lanes available for independent swims, and the pool gates will close at 11 a.m. The LMSC is paying for all costs associated with hosting the swim. This means that the swim is FREE for all Gulf-registered USMS swimmers. And enjoy that second helping of dessert knowing that you've burnt off a bunch of calories.



### Stay Fit to Increase Longevity

Nutritionist Catherine Kruppa discusses the direct link between cardiovascular fitness and longevity

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### Gulf Swimmer Nominated as US Attorney

COOG swimmer Alamdar Hamdani has been nominated by President Biden as the US Attorney for the Southern District of Texas

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## 2023 USMS Registration is Now Open - Save Money by Registering by December 31st

2023 USMS registration is now open. The standard registration cost is \$65 if you register by December 31, 2022. The price increases to \$70 beginning on January 1, 2023. For those interested in a premium membership, USMS+ is available for \$239 until December 31<sup>st</sup>. The price will increase to \$249 beginning January 1<sup>st</sup> and is available until June 30, 2023. Learn more about the two levels of membership and register at: <https://www.usms.org/join-usms/join-or-renew>

## When You Register for 2023, You'll Be Helping Your Team (Club Dividend)

The Gulf LMSC wants to increase USMS membership and support the growth of USMS-registered Gulf clubs. In order to stimulate this growth, the Gulf LMSC will pay a dividend to clubs, based on the number of USMS memberships they generate during the 2023 USMS registration period.

### Timeline:

- The incentive period is the 2023 USMS registration year (November 1, 2022 to October 31, 2023).

### Dividend Amount and Payout:

- Teams will receive \$4 for each USMS registered member during the 2023 USMS registration year.
- Team payouts will occur twice: for USMS club members registered between November 1, 2022 and March 31, 2023 (checks to be mailed in April 2023), and for additional USMS club members registered between April 1 and October 31, 2023 (checks to be mailed in November 2023).

### Dividends will be paid:

- By check to teams with an EIN and/or a business checking account.
- The dividend will be paid to USMS clubs, with the guideline that funds be distributed as follows: 50% to support USMS team activities, 50% to be paid to USMS coaching staff

## The Gulf LMSC is Offering Registration Assistance for Members in Need

The Gulf LMSC has instituted a program to provide a \$10 rebate on the 2023 USMS registration fee to assist our members that are experiencing financial difficulties. **If you have financial need**, you can apply for this rebate by completing the form (link below) and returning it to [gulfmastersswim@gmail.com](mailto:gulfmastersswim@gmail.com). (<https://www.gulfmastersswim.org/c/81E5F81/file/Forms/2023%20Gulf%20Registration%20Rebate%20Form.pdf>)

This offer is open to the first 70 Gulf members who apply on a first come/first serve basis, so register and complete this application as soon as possible. **The deadline to apply for this rebate is 30 days from the date of your registration.**

## 2023 Gulf Swim University Begins January 1st

Bruce Rollins conceived of and organized the inaugural Gulf Swim University in 2015. In 2023, GSU will celebrate its ninth year, and the event continues to grow and evolve. The planned 2023 participation award is a high-quality towel with artwork by Kerry Suhr. We will, again, sponsor a post-event social for our participants.

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 are participating by emailing her at [txswimmer53@hotmail.com](mailto:txswimmer53@hotmail.com)
- Beginning on January 1<sup>st</sup>, either join or renew your entry into 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 when we begin 2023. Make swimming regularly the one resolution that you keep entering the new year.

There are five levels of challenge. The event runs from **January 1, 2023 to April 30, 2023**:

- \* 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

## Cardiovascular Fitness Leads to Longevity

Catherine Kruppa, MS, RD, CSSD, LD  
281-974-1559 • [www.adviceforeating.com](http://www.adviceforeating.com) • [catherinekruppa@adviceforeating.com](mailto:catherinekruppa@adviceforeating.com)

Your longevity depends on numerous factors including gender, blood pressure, cholesterol, age, family history, and lifestyle choices. A 2020 study in the journal Mayo Clinic Proceedings suggests there may be something else to add to the list: cardiorespiratory fitness level, which is determined by your VO<sub>2</sub> max.

VO<sub>2</sub> max refers to how much oxygen your body can absorb and use during exercise. A high VO<sub>2</sub> max means that your body can better handle aerobic fitness activities that require a lot of oxygen intake like running, swimming, and other types of cardiovascular exercise.

The study shows that among subjects with a low risk and without diseases, **greater fitness level was strongly associated with a lower risk of premature death.**

Increase your physical activity and maintain it. That is what changes your VO<sub>2</sub> max and provides benefits not just in your cardiovascular system, but also in metabolic function, skeletal muscle, and the pulmonary system.

No matter your fitness level, there are plenty of ways to work on boosting your VO<sub>2</sub> max, such as adding high intensity interval workouts, track sessions, and tempo runs to your routine. It could be as easy as walking at a faster pace for 1-2 minutes and then at a slower pace for 2-5 minutes and back to the faster pace.

The fitter you are the less chance you have of dying in the next five, ten, or 15 years.

**If you compare someone of low fitness to elite, it is a fivefold difference in mortality over a decade.** To put this in the context of other things that we commonly understand as being problematic for mortality such as smoking, coronary artery disease, Type 2 diabetes, hypertension, and end-stage renal disease, that is a 41% increase in mortality over the decade.

- Coronary artery disease, 29%.
- Diabetes, 40%.
- High blood pressure, 21%.
- End-stage renal disease, about 180% increase in mortality

But when you compare that to the differences in these fitness levels, **it gives you a greater appreciation for how much improvement in mortality comes from improving your fitness.** If you look at the biggest driver of mortality, which would be end-stage renal disease, it is the same as going from low cardiorespiratory fitness to above average cardiorespiratory fitness. The good news is that is a totally achievable feat!

VO<sub>2</sub> max is also a strong predictor of your quality of life as you age. It is worth tracking to find and maintain your VO<sub>2</sub> max score to help you stay healthy throughout your life.

**The is no intervention that will rival exercise.** Blood pressure, cholesterol, and diabetes, as well as dealing with stress, are all positively influenced by exercise.

"The good news: we have a 'drug' that is very effective at delaying the onset of death and preserving health span. This drug is called exercise, and nothing else rivals it. The bad news: it takes more time and effort than ingesting any pill or employing any "hack." - Peter Attia

You can have your VO<sub>2</sub> max tested at Memorial Hermann Sports Medicine Institute at 713-222-2273.

*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 Swimmer is Nominated as U.S. Attorney for the Southern District of Texas

U.S. Senators John Cornyn and Ted Cruz have recommended Alamdar Hamdani for nomination by President Joe Biden as the U.S. Attorney for the Southern District of Texas. The Senators also recommended Jaime Esparza (Western District of Texas) and Leigha Simonton (Northern District of Texas) for U.S. Attorney nominations.

Senator Cornyn stated *"Serving as the chief litigator and highest-ranking law enforcement officer in these districts is no small role, but Jaime, Alamdar, and Leigha have the experience necessary to be successful U.S. Attorneys. I was proud to recommend each of them for these positions with Sen. Cruz, and I look forward to seeing them ensure the government is well-represented in Texas courtrooms."*

The nominees were selected following an extensive review and interview process by the Federal Judicial Evaluation Committee, a bipartisan panel of leading Texas attorneys. They were then interviewed by the two Texas Senators prior to being recommended to the President.

Charged with ensuring "that the laws be faithfully executed," Alamdar, when confirmed, will become one of 93 U.S. Attorneys who work to enforce federal laws throughout the country.

Attorneys Esparza and Hamdani are graduates of the University of Houston Law Center which issued the following release:

"Jaime Esparza and Alamdar Hamdani are among several recent judicial and Department of Justice nominations announced by the Biden-Harris administration Friday, Oct. 14. The White House stated that the 'individuals were chosen for their devotion to enforcing the law, their professionalism, their experience and credentials, their dedication to pursuing equal justice for all, and their commitment to the independence of the Department of Justice.'

If confirmed, Hamdani would be the first Asian American and Pacific Islander (AAPI) to serve as a U.S. attorney in the state of Texas, according to an announcement from the National Asian Pacific American Bar Association.

Since 2014, Hamdani has served as an Assistant United States Attorney in the United States Attorney's Office for the Southern District of Texas, where he focuses on international and domestic terrorism matters. The SDTX headquarters are in Houston with branch offices in Galveston, Corpus Christi, Brownsville, McAllen, Laredo, and Victoria.

For the last six years, Hamdani has taught a course on terrorism and the law as an adjunct professor at the University of Houston Law Center. Hamdani received his J.D. from the University of Houston Law Center in 1999 and his B.B.A. from the University of Texas at Austin in 1993."

Alamdar, called Al by his Houston Cougar Masters (COOG) teammates, is best known by his team for his keen intelligence, sense of humor (including the bad "dad" jokes), dapper style of dress, and unwavering devotion to his family. Al is a joy to be around and livens up every 5 a.m. workout.

Congratulations, Al, on your nomination, and thank you for your continued service to our nation's judicial system.



## 2022 South Central Zone Open Water Grand Prix Challenge A Recap and What's Ahead for 2023

The inaugural South Central Zone open water series concluded on September 25, 2022 with the OZ Mile Swim held at Beaver Lake Dam Site near Eureka Springs, Arkansas. As interest spread, series participation increased at each successive swim, and all three events exceeded the projected registration numbers. Customized Open Water Grand Prix towels were given to the high point male and female winners of the series in three distance categories: short, medium, and long distance. Additionally, those swimmers who competed in all three events received beautiful wood awards custom made by our Open Water Chair, Andreas Lorenz.

Series Coordinator, Nicole Christensen, hopes to expand the series in 2023 with the addition of at least one more OW event and improve the point scoring system. Dates have already been confirmed for two of the 2023 events. The Lake Longhorn Swim in League City, TX is scheduled for April 15, 2023, and the OZ Mile Swim at Beaver Lake Dam Site is scheduled for September 24, 2023. Mark your calendars!



## This Quarter's Workout

*Former COOG coach, Greg Orphanides, has taken a new coaching position in Ohio. I would like to thank him for providing high quality workouts to the Gulf newsletter for over five years.*

*The quarterly workouts will now be written by new COOG head age-group and masters coach, Jeff Armstrong. Thanks, Jeff, for continuing this COOG tradition.*

*You can shorten or lengthen the workout by changing the number of times you swim the sets and/or changing the number of intervals.*

400 warmup

### Pre-Set

12 x 50, in sets of 3 (10 sec. recovery)

# 1: 25 fly/25 back

# 2: 25 back/25 breast

# 3: 25 breast/25 free

### Main Set

1 x 500 free with fins @ 70% effort

1 x 400 free with fins and paddles @ 80% effort

1 x 300 free (no equipment) @ 85% effort

1 x 200 free, as fast as possible

100 easy

### Breath Control Set – Three times through

4 x 25, maximum of 2 breaths (15 sec. recovery)

2 x 50 free, # 1: breathe every seven strokes, # 2: breathe every five strokes (15 sec. recovery)

### Kick Set

8 x 50 kick (10 sec. recovery)

# 1: 25 fast/25 easy

# 2: 25 easy/25 fast

# 3: 50 fast

# 4: 50 easy

200 cooldown

**TOTAL: 3,700 yards/meters**

## The Gulf LMSC and Fleet Swimming Honor the Memory of Coach David Harbach

It is with great sadness that we pass along news of the sudden passing of Fleet Masters Swimming/Cy-Fair Swim Club (CFSC) coach David Harbach on Friday, October 13, 2022.

David had coached for over 35 years at all levels of swimming, from toddlers through adults. He loved coaching competitive swimming, having himself competed as national level athlete. David was a Level 2 USMS certified coach and had been head coach of Fleet Masters for the past three years. Coach David helped each of his swimmers maximize their swimming potential by working on their stroke technique and endurance, as well as helping them understand the mechanics of swimming and develop a love of the water. David spent many hours not only coaching at Masters practices, but also helping with the upkeep of the Fleet facility and assistant coaching the age group programs at Fleet's satellite locations.

A Celebration of Life was held in David's honor on November 6<sup>th</sup> at the Fleet Aquatic Center.

Heartfelt condolences are extended to his family and to the many swimmers whose lives David touched.



## Gulf Volunteers Receive National Recognition

Each year U.S. Masters Swimming recognizes and celebrates the extraordinary efforts of its members at the annual meeting. USMS recognizes that the organization's success is a result of the amazing contributions of many talented and dedicated volunteers. Nominations for each award are submitted by LMSCs and teams nationwide. It is indeed an honor to receive one of the USMS awards, and the Gulf LMSC is proud to announce that two of our dedicated members are 2023 award recipients. Congratulations to Nicole Christensen and Mark Hahn.

### Nicole Christensen - 2023 Recipient of the USMS June Krauser Communication Award



The June Krauser Communications Award is presented annually to a USMS-registered individual or group, whose work in communications has contributed to the growth, improvement, or success of U.S. Masters Swimming locally, regionally, or nationally.

Nicole's nomination letter outlines the extensive work she has done to improve communication in both the Gulf LMSC and the South Central Zone.

"Nicole has been responsible for the websites, social media accounts, and email blasts for both the Gulf LMSC and South Central Zone for many years. She has struck the right balance of conveying vital information, without inundating members with emails, as indicated by the very high "open rate" on her emails. Nicole carefully tracks her open and response rates.

Nicole's work has been especially important in our Zone, which encompasses three states and over 390,000 square miles. Prior to her starting the Zone website and email blasts to Zone members, each LMSC operated as its own separate island. Through her efforts as both Zone Chair and Zone Communications Chair, Nicole singlehandedly brought the LMSCs together for a multi-venue 2021 SCY Zone Championship which far exceeded attendance at our usual single-site Championship meets. She has also fostered cohesion within the Zone by initiating and publicizing the 2022 three-venue Zone Open Water Challenge, with more LMSCs proposing additional OW events for 2023. In the background, Nicole has created a communication network of the LMSC chairs which has enabled communication and ongoing discussion of issues common to the Zone. The Zone is very fortunate that Nicole will continue as Zone Communication Chair after her term as Zone Chair ends.

For both the Gulf LMSC and the Zone, Nicole is incredibly responsive in updating information on both websites and/or fixing website problems that may arise. She often tests all links and repairs things rapidly, initiating conversations with the National Office as needed to find the root of a problem or to get technical help in fixing issues. Nicole makes it a priority to keep both the Gulf LMSC and Zone website calendars and content up-to-date, relevant, and accurate.

There are many challenges in keeping the membership well informed. Please consider Nicole as a worthy recipient of the June Krauser Award for her tireless and effective efforts to bring needed information and a sense of cohesion to all our members."

## Gulf Volunteers Receive National Recognition (Continued)

### Mark Hahn - 2023 Recipient of the USMS Dorothy Donnelly Service Award

This award is presented annually to USMS registered individuals whose volunteer service has contributed to the growth, improvement, or success of U.S. Masters Swimming locally, regionally, and/or nationally. Dot Donnelly was a member of USMS at its inception and tirelessly served as a coach, meet director, and ambassador for our organization. She served on the USMS Executive Committee as its elected Secretary for four years. Following that, Dot maintained the USMS National Office from her home for many years.

Like Nicole, Mark's nomination letter amply demonstrates why he received the 2023 award.

"Mark became involved in Masters swimming as a participant over 35 years ago. He competed in local, zone, and national level competitions. Mark became a volunteer coach at Trotter YMCA to help sustain the adult swimming program, and he became the Head Coach in 2003. Mark's consistency, technical expertise, and enthusiasm have kept the Trotter YMCA team the top 'Y' Masters team in Houston until the Covid shutdown. Mark has worked hard to keep the team together during the pandemic, despite the YMCA being unwilling to re-register with USMS at this time. Numbers are growing, and we are hopeful that the YMCA will rejoin USMS. Mark's Masters program has helped many adults adopt a healthy lifestyle by returning to swimming or by beginning to swim for the first time. Mark organizes team dinners or breakfasts after practice on a regular basis, and this has led to a group of swimmers that have become friends and have swum together for many years.

Mark has also spent over 25 years as a volunteer with the Gulf Masters Board of Directors.

Among other responsibilities, he has served as our Treasurer since 1998. He is currently training his replacement. An accountant by trade, his many years of service as our volunteer Treasurer has given the Gulf LMSC a sense of security concerning our financial matters. We could always count on him making reimbursements and payments immediately.

Mark has attended nearly every Gulf board meeting over these many years and always volunteers to help with our projects. He attends our social events, helps at our fitness swims, competitions, and any other projects we are undertaking. Mark has previously been honored by the Gulf as a recipient of our local award, the Emmett Hines Award. We feel strongly that he deserves to be honored as well with a Dorothy Donnelly Service Award."



## Upcoming Events - Plan Your Swims for Early 2023

January 1 – April 30, 2023	Gulf Swim University Fitness Event – Free for all Gulf registered members
February 11, 2023	Sweetheart Swim SCY Meet, WW Emmons Natatorium, Houston, TX
March 5, 2023	Rice March Madness SCY Meet, Rice University, Houston, TX
March 31-April 2, 2023	South Central Zone SCY Championships, Lewisville ISD Westside Natatorium, Lewisville, TX
April 15, 2023	Lake Longhorn Open Water Swims, League City, TX
April 27-30, 2023	USMS Spring Nationals (SCY), Irvine, CA