



The Chlorine Chronicles Gulf Masters Swimming

Summer 2023

JOIN US FOR A VIRTUAL SWIM AROUND GALVESTON ISLAND – DETAILS ON PAGE 3

IN THIS ISSUE

USMS Will Offer a Stroke Development Clinic on Sunday, November 5, 2023 (Free for Gulf Registered Swimmers)

USMS is sponsoring a USMS stroke development and improvement clinic for swimmers of all abilities. All four strokes will be evaluated and corrected with the use of drills and coach instruction. USMS mentor coaches Bill Brenner and Mel Goldstein and local Masters coaches will be on hand to help you improve your technique and teach you drills that will enable you to continue to refine your stroke. Swimmers are not required to swim all strokes and may work on only those strokes they choose. All swimmers must be able to swim a minimum of 200 yards comfortably.

Location: Memorial Athletic Club, 14690 Memorial Dr, Houston, TX 77079

Schedule: Sunday, November 5, 2023

Registration: 7:30 a.m.- 8:00 a.m. Swim Clinic: 8:00 a.m. - 12:30 p.m. Please be in your suit & on the deck promptly by 8:00 am.

Equipment: Please bring your suit, goggles, fins, paddles and a towel. **Fins are necessary because without them many of the drills may be difficult. Fins help create buoyancy and mild propulsion.**

Online Registration: Online registration only. The registration fee is \$50. Registration closes at midnight pacific time on Saturday, November 4, 2023 or when the clinic enrollment reaches 36.

The Gulf LMSC Will Provide a \$50 Rebate for Gulf Swimmers Participating in the Clinic.

All Gulf registered swimmers, residing within the Gulf LMSC, will be provided with a full rebate of their \$50 registration costs upon attending the clinic. Checks will either be distributed at the conclusion of the clinic or mailed to clinic participants.

For full information and registration, go to:

https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=96138&_ga=2.8920951.333250521.1689627379-569544311.1689374711



Coaching Certification in Houston

There are three different certification courses being offered November 4-5. The Gulf LMSC will provide grants to Gulf coaches who attend and complete the course(s).

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Gulf LMSC Logo Contest

Calling all artists! The Gulf LMSC is looking for a swimming themed logo and is holding a logo contest. The winning submission will receive a gift card. **See full details on page 3.**

USMS Coaching Certification Courses Return to Houston in November

After a hiatus since 2019, coaching certification classes are returning to Houston on November 4-5, 2023. The courses will be taught by two of the most experienced and knowledgeable instructors in USMS. **Bill Brenner** is the USMS Senior Director of Club and Coach Development. He has over 40 years of experience coaching swimming at the age group, college and Masters levels. A USMS certified level 4 Masters coach, Bill has been involved in the evolution of the USMS Masters coach certification courses curricula and has taught hundreds of classes to thousands of Masters coaches. **Mel Goldstein** is the founder and head coach of Indy Aquatic Masters in Indianapolis, IN with over 300 registered Masters swimmers. Mel's accolades include the 2001 Speedo U.S. Masters Coach of the year and the 1997 Ransom J. Arthur M.D. Award that goes annually to a person who best supports the objectives of Masters swimming and is the highest honor bestowed by USMS. He is a past President of USMS, Board of Directors member, and a USMS All American with 255 individual top ten achievements.

Three courses will be offered:

Level 2 Certification (November 4): Level 2, AKA Stroke School, is where the rubber hits the road. You'll get into the meat and potatoes of stroke technique, learning the basics of correction and development for all four competitive strokes, as well as starts, turns, and transitions. **Course enrollment is a maximum of 30 students. You must complete the on-line Level 1 course in order to take the Level 2 course.** Course information and registration is at: https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=96135&_ga=2.83312468.333250521.1689627379-569544311.1689374711

Level 3 Certification (November 4): Level 3 delves into program management, leadership, and administration. This certification focuses on the professional coach seeking to build and run a successful Masters program. Topics include budgets, support structure, event planning, special populations, dryland training, nutrition, injury prevention, and more. **Course enrollment is a maximum of 30 students.** Course information and registration can be found at: https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=96136&_ga=2.18693115.333250521.1689627379-569544311.1689374711

Clinic Course for Coaches (November 4-5): USMS's Clinic Course for Coaches will show you how to conceptualize, organize, market, and deliver stroke development clinics. In the classroom (November 4), you will learn how to structure a stroke development clinic based on the type and length of time of the clinic, swimming pool configuration, lane space availability, and number of swimmers attending. You'll also learn how to deliver a drill/swim progression for each of the four competitive strokes, which will help your swimmers improve their stroke technique long after they attend one of your clinics. The on-deck portion of the class is delivered on November 5 during a USMS Stroke Development Clinic. This gives you practical experience, under the guidance of experienced coach and instructor trainers. **Course enrollment is a maximum of 12 students.** Full course information and registration can be found at: https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=96137&_ga=2.108912576.333250521.1689627379-569544311.1689374711

The Gulf LMSC Will Provide Grants for All Coaching Certification Courses

The Gulf Masters Swim Committee has budgeted funds to subsidize the registration fees for members enrolled in the USMS Certification classes. The funds are limited, and the classes have enrollment caps as noted above. Therefore, we recommend that you complete and submit your application a minimum of three weeks in advance of the class date. To be eligible, applicants must be currently registered Gulf members residing within the Gulf LMSC. Grants for multiple classes may be awarded if funds are available but are not guaranteed. Please note that the Level 1 Coaching class is an on-line class which is a prerequisite for the Level 2 class.

Grant applications must be submitted prior to taking a course. Grants will be in the form of registration fee reimbursements. To receive the grant, proof of course registration and course completion will be required to be submitted within one month of the completion of the course.

To apply for a grant, please complete the grant application available on the home page of gulfmastersswim.org and return it to: gulfmastersswim@gmail.com.

Join Us for a Virtual Swim Around Galveston Island



Galveston Island is a barrier island on the Gulf Coast, about 50 miles southeast of Houston. The island is about 27 miles long and no more than three miles wide at its widest point.

Have you ever thought about circumnavigating the island? How about if you could accomplish that without encountering jellyfish, seaweed, and large vessels in the Ship Channel?

Well now you can. The Gulf LMSC is offering a virtual swim around Galveston Island beginning on October 1. You can complete your 60-mile journey in one, two or three months, by averaging 60, 30, or 20 miles each month.

Simply email Fitness Chair, Karlene Denby, at txswimmer53@hotmail.com and let her know that you're entering the swim. Make sure to also provide your t-shirt size. Then start tracking your miles beginning on October 1. Once you have accumulated 60 miles of swimming, email her again to let her know the date that you completed your swim. It's that simple.

All finishers will receive a t-shirt and can join us on Galveston Island sometime in January for lunch, courtesy of the Gulf LMSC. The date and details will be relayed to all entrants in December.

Calling All Artists! The Gulf LMSC is Holding a Logo Contest

The Gulf LMSC wants to have a swimming themed logo and is looking for our talented membership for some help. Please send your submissions to Karlene Denby at txswimmer53@hotmail.com by October 31, 2023. A panel of judges from the Gulf Board will select the winning design. The winner will be determined prior to the Gulf annual meeting and will receive a \$50 gift card for their efforts.

Open Water Introduction Clinic on September 30 at Lake Longhorn

Andreas Lorenz, Gulf LMSC Open Water Chair

Have you felt the pull of the lakes, rivers, and even oceans and wanted to take a dip in that freshness and freedom? But perhaps you were a little hesitant to do it on your own. Well, here is your chance to do it with instruction and in a group setting. The Gulf LMSC is holding an Open Water Introduction event at Lake Longhorn on September 30, 2023. Experience the joys of open water swimming with help!

There will be a brief talk about Open-Water-Swimming 101, and then we will get wet. We will swim together in small groups, each with its own guide, and swim a loop of about 800 meters. Then we rest and do it again, if you are up to it. At the end we debrief, and you are officially open-water baptized.

Details

Where: Lake Longhorn, 2391 Gun Range Rd, League City, TX 77573

We meet under the canopy behind the check-in cabin.

When: Saturday, September 30, 2023 at 9:30 – 11:00 a.m.

Who: Participants must be Gulf USMS registered members (This will give us insurance coverage). All participants will be required to wear an open water swim buoy which will be provided by the Gulf LMSC. If you own your own swim buoy and prefer to use yours, bring it with you.

Cost: Lake Longhorn charges swimmers a daily usage fee of \$10. That is it.

Sign-up: Send an email to andreaslorenzusms@gmail.com with your name by Friday, September 29 at 6 p.m. **Participation will be limited to 12 swimmers.**

Guides: There will be several guides available, each with years of experience and serious open water credentials.

Information: For more information email andreaslorenzusms@gmail.com or call (281) 683-8289

2022 Jesse Coon Award Winner - Karlene Denby

Congratulations to Karlene Denby, member of the Gulf LMSC, for winning the 2022 Jesse Coon Award!

Karlene has been part of USMS since 1989 and has contributed in so many different ways to masters swimming! Her nomination letter below sums up all the contributions that Karlene has made. Thank you, Karlene for everything you have done for the Gulf and for Masters swimming.

"I would like to nominate Karlene Denby for the Jesse Coon Award. Karlene began competing in Masters swimming in 1989. An amazing swimmer, she has held 446 individual top ten times, and 75 relay top ten times. She has earned All-American awards six years for individual pool events, four years for relays, and nine years for long distance events. She has been named Long Distance All-Star twice and has held a lifetime total of 11 USMS records.

All these swimming awards and records are a secret that Karlene keeps to herself. What the Gulf members know about her is what a talented and dedicated volunteer she has been and how diversified her roles are. She has volunteered with the Gulf LMSC for over a dozen years and has served in many capacities.

After attending Gulf LMSC board meetings for several years and helping with projects, Karlene was asked to take on a new position as "editor" of an LMSC newsletter in 2015. Starting from scratch, she wrote the majority of the newsletter herself and enlisted some contributing editors for specialized topics. Upon Bruce Rollins' creation of Gulf Swim University (logging miles during the first four months of the year), Karlene saw an opportunity to engage the over 60% of the membership that did not attend pool competitions. She publicized Gulf Swim University and included the results in the newsletter each year. This led to the creation of another popular fitness event, "the 400 kick for time" which was also promoted in the newsletter. Karlene wanted the newsletter to include stories about diet, nutrition, and exercise, so she recruited a fellow swimmer and professional nutritionist to write articles, which included topics titled "Get Lean in 2016" and "Nutrition 101 for Athletes". Karlene regularly recognizes USMS Top Ten and All-American swimmers in the newsletter, and she promotes Coaching Certification clinics and Adult Learn to Swim classes as they become available. She has also written articles about many of the LMSC teams and has encouraged others to contribute articles and pictures from National, Zone, and local meets. She takes it upon herself to write many stories to cover all the Gulf events and goes the extra mile to contact individuals for information to accurately complete stories.

In 2016 she received the June Krauser Communication Award for her outstanding work as the editor of the Gulf LMSC newsletter. She continues to produce our newsletter which is one of the best in the country. Additionally, she goes the extra mile by contacting the USMS National Office to alert them of some of the outstanding achievements made by Gulf members in hopes that USMS will choose to write about them.

Karlene served as the Gulf Secretary for four years from 2019 through 2022. Her minutes are amazing as she succinctly summarized all the important information and had them ready for approval within days after each meeting. She follows up quickly on all tasks that are asked of her and responds to email queries immediately.

Besides writing the newsletter, serving on the Gulf Board as Secretary, and currently taking on the role of Treasurer, Karlene stepped up when we needed help and assumed the positions of Long Distance Chair (2018-2020) and Fitness Chair (since 2019). She promoted long distance Masters swimming events and became the Volunteer Coordinator and Event Co-director for the inaugural Swim Across America-Houston charity swim. No doubt due to her dedication, her COOG teammates were the highest fund-raising group for the event that first year. When the previous Fitness Chair stepped down, Karlene took over the role as coordinator for the Gulf Swim University fitness challenge. She continues in that role, keeping the stats, communicating with and encouraging the participants, and organizing both a post-event social and the design and distribution of awards to the participants.



Karlene became a Dorothy Donnelly Service Award winner in 2021, an honor which was well deserved.

Besides being a first class writer and newsletter producer and a consummate volunteer for the Gulf, Karlene became a Level 1 and 2 certified USMS coach in 2016. She previously worked as a Masters coach for South Shore Sails Masters. Now that she is retired, she volunteers when needed as substitute coach for COOG. She also volunteers as the COOG USMS club representative and official contact.

Karlene is a team player. She takes the time out to write nomination letters for other Gulf members and even nominates members from other LMSCs for awards. She steps up whenever the Gulf has a vacancy that needs to be filled. This year she became the new Gulf Treasurer after the retirement of our previous Treasurer who served for 24 years. She also steps up whenever her USMS Club needs her. She has been the most active volunteer for the COOG team, helping them with all their activities and communications and now filling in as a coach.

Karlene is the epitome of the ideal USMS member and volunteer. She is dedicated to USMS and the Gulf. She impacts many members through her activities. I believe that she deserves to earn the Jesse Coon Award."

Produce Over Pills

Catherine Kruppa, MS, RD, CSSD, LD

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For optimal health and nutrition, a healthy diet and active lifestyle is always the answer. However, with so many vitamin and mineral supplements on the market today, could there be benefits to adding some of them to our daily routine? Or is it all part of marketing and all you really need is a well-rounded diet for all your nutrient needs? Let's find out.

What Do Supplements Do?

Millions of Americans take a vitamin or supplement every day, but many could not tell you why. Maybe it is to combat a vitamin deficiency, lower the risk of certain diseases, or just help them feel as though something positive is being done to improve health.

While there is nothing *wrong* with taking a supplement, there is, however, a much easier, more cost-efficient way to attain loads of beneficial vitamins and minerals naturally — the **diet**. The produce on grocery store shelves holds a significant amount of powerful antioxidants, fiber, and healthful nutrients. These nutrients come with a multitude of health benefits including the ability to build strong bones, strengthen the immune system, protect against certain diseases and cancers, and even maintain a healthy gut.

Yes, supplements can provide the body with some specific vitamins and minerals, but there are limitations. By taking pills over eating produce, one misses several benefits from obtaining nutrients from food, not to mention it being costly. Therefore, adding a variety of fruits and vegetables to your diet can be beneficial for your health and bank account.

Dietary Supplements

There are so many recommendations regarding dietary supplements that it can almost seem like you are doing something wrong by *not* taking one. While in some cases, supplementation may be necessary, this is not true for all. It is important to recognize that food can be utilized as medicine, and we should not be so quick to grab a supplement for a "quick fix." Though supplements can certainly be helpful, it is important to know what will benefit your health and what may be harmful. Eating a balanced and colorful diet is the best way to start.

Five Things You Need to Know About Supplements

1. Supplements come in many forms.

Whether in pill, powder or liquid form, the goal of dietary supplements is often the same, to supplement your diet to ensure you get enough nutrients and enhance health. They contain at least one dietary ingredient, such as a vitamin, mineral, herb, botanical, amino acid or enzyme. Some of the most popular supplements come in the form of a multivitamin (which can help one avoid taking a dozen pills each day) but can also be purchased as a standalone supplement.

Some common dietary supplements include:

- Calcium
- Fish Oil (Omega-3's)
- Vitamin C
- Zinc
- Vitamin D
- Magnesium
- Probiotics

2. A supplement may be necessary for optimal health.

In many cases, supplements may be necessary. For example, when the diet is lacking in a certain nutrient or a deficiency is present, one may need a concentrated amount of a vitamin or mineral for optimal health and function. This can be done with little to no risk as long as supplements are taken as directed, and toxicity levels are not reached.

Common supplements that may benefit your health if you are deficient include:

- Vitamin B12 helps keep nerve and blood cells healthy, helps prevent anemia.
- Folic acid reduces birth defects when taken by pregnant women.
- Vitamin D helps strengthen bones.
- Calcium promotes bone health.
- Vitamins C and E promotes a strong immune system.
- Fish oil supports heart health.
- Vitamin A slows down vision loss from age-related macular degeneration.
- Zinc promotes skin health and slows down vision loss from age-related macular degeneration.

Produce Over Pills (Continued)

3. How safe are they?

It is important to point out that supplements are not FDA regulated or regulated in any way. Therefore, some vitamin or mineral supplements may contain unsafe ingredients that are not listed on the label. Certain products that are marketed as dietary supplements may even have prescription drugs in them.

In regards to multivitamins (MVs), it is unlikely for them to pose any health risks. However, it is always important to be careful when putting anything in your body. While MVs provide several important nutrients for the body, they do not help you live longer, slow cognitive decline, or lower your chances of disease. Additionally, it is illegal for companies to claim that their supplements will treat, diagnose, prevent, or cure diseases.

It is also very important to recognize that taking certain supplements may interact with certain prescription drugs or medications. Some supplements that potentially pose risks include:

- Vitamin K can reduce the effectiveness of blood thinners.
- Vitamin A can cause fetal abnormalities.
- Calcium can increase the risk of atherosclerosis.
- Kava herb can harm your liver.

4. Be smart when choosing a supplement

The most important step when considering taking a new supplement is first discussing it with your doctor or medical professional.

Typically, a blood test can be used to evaluate a person's nutritional status, measuring the amounts of essential nutrients in the body to detect any nutritional or vitamin deficiencies. By doing so, you can determine what nutrient(s) would be most beneficial for your body, while avoiding any potential drug interactions or side effects.

Here are five tips to remember when dealing with supplements:

- Follow both the label and your healthcare provider's instructions.
- Fully read and understand everything on the label.
- Be wary of extreme claims like "completely safe" or "works better than ____."
- Remember that natural does not equal safe.
- Properly store supplements and keep out of children's reach.

5. Supplements do not replace a healthy and balanced diet

Vitamins and minerals are essential for helping the body develop and function the way it is supposed to. Most people get all the vitamins and minerals they need by eating healthy, but other people may need a little extra help, and this is where supplements come in.

Most nutrients are better absorbed by the body in food form compared to pill form, so always try your best to eat a well-rounded, colorful diet consisting of a wide variety of foods to get the vitamins and minerals your body needs. If a supplement is needed, be sure to talk with your doctor to see what dosage will work best for you. MVs are a great addition to one's routine, but do not rely on them for all your nutrient needs.

From your friends at AFE, just remember "produce over pills" for optimal nutrition and well-being!

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.



This Quarter's Workout

Thanks to Gulf LMSC Coaches Chair and MACA coach, Patrick Harrington, for this quarter's workout.

Warmup: 500 free, easy and smooth, focusing on technique
6 x 50 free, descend 1-3 and 4-6, interval is first swim plus 10 seconds

Main Set: Freestyle Ladder (1,600 yards/meters)
25-50-75-100-125-150-175-200-175-150-125-100-75-50-25 (all with 10 sec. recovery)
Build each distance

Combination kick and pull set, wear fins and paddles continuously throughout the set
100 kick/200 pull, cycle through three times non-stop (pausing long enough to put pull buoy in place for the pull and removing it after the pull portion)

100 easy

12 x 50, done as three sets of 4 x 50 (10 sec. recovery)

Set # 1: 25 fist drill/25 swim

Set # 2: 25 catch-up drill/25 swim

Set # 3: descend 1-2 and 3-4

Cooldown: 200 easy and smooth

TOTAL: 4,200 YARDS/METERS

Submit Your Nominations for the 2023 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 2023 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 2023 must be submitted by September 30, 2023.



2023 South Central Zone Open Water Grand Prix Series Concludes with Cedar Hill Event

Andreas Lorenz, Gulf LMSC Open Water Chair

With the Open Water Swim Challenge at Cedar Hill State Park, the 2023 South Central Zone Open Water Grand Prix came to its steaming hot conclusion. With three of the overall titles still up for grabs, not just the weather was hot, but so was the competition.

After the Lake Longhorn Open Water Round Up in April and the North Texas inaugural open water Swim De Mayo (say that three times fast) in May, the Open Water Swim Challenge on July 30th brought the series to its conclusion.

The story of the 2023 season is worthy of telling, as it was one of people jumping into the breach when called upon. Seth Huston held steady as the organizer of the Lake Longhorn Round Up and repeated his great work from 2022. So far so good, we got going.

Then the North Texas LMSC stepped up big time and stomped an event out of the ground where there was none, in record time. The Swim De Mayo was born and took place with a smoothness that made it seem like that team had years of experience in event organization (thanks, Jacky, Scott et al).

For the third event Nicole Christensen, Zone Chair, contacted Frank and Debra Cortese of Tri-Now, and they immediately agreed to dual sanction their existing Open Water Swim Challenge event, for USAT and USMS. They had to jump through several hoops to get it done, but jumping they did. We are very grateful to Frank and Debra. The Open Water Challenge had become the third event of the series.

Which brings us back to where we started this story, the competition. What this year demonstrated is that showing up and participating is half the race. Of the six overall category winners, four participated in all events.

When all the dust or, better yet, water vapor had settled, these were the swimmers who came out on top.

Women Short Distance: Sue Klimko
Men Short Distance: George Jones
Women Middle Distance: Elaine Smith
Men Middle Distance: James Allen
Women Long Distance: Diana Brodeur
Men Long Distance: John Dissinger

What is the future of the Open Water Grand Prix Series, you might ask? Well, the future is indeed bright. For 2024, the leadership of the series will be handed over from Nicole Christensen to Diana Brodeur and between the two of them, they have already lined up five events for next year. They are working to have all the details ironed out by November of this year. The information will be published on www.usmssouthcentralzone.org, which is also where you can find the detailed results for 2023, as well as any other information about the Zone. Keep swimming.



Short Distance Men's Champion George Jones

Four Gulf Swimmers Compete at USMS Summer Nationals

The USMS 2023 Summer National Championships were held August 2-6 at the Selby Aquatic Center in Sarasota, FL. Hosted by Sarasota Sharks, the meet had 1,178 entrants.

Gulf's small contingent of only four swimmers made the most of their swims, bringing home 14 medals, including four National Championship golds.

Alexander Aceino (UNAT) won the 50 fly and 100 fly in the men's 30-34 age group. He also placed second in the 50 free and 50 breast.

Swimming in the women's 30-34 age group, Margo Aceino (UNAT) won gold in the 50 fly. Margo placed second in the 50 back and 100 back and finished fifth in the 50 free.

Bruce Kone (UNAT) won the 50 fly in the men's 65-69 age group. His other podium swims were second in the 50 free, second in the 50 breast, and third in the 50 back.

Rounding out the Gulf medal winners was Greg Tharp (WMST) with fifth place swims in the 50 fly, 50 back, 100 back, and 200 back and a seventh place finish in the 100 fly. Greg was competing in the men's 70-74 age group.

Congratulations to our medal winners!



The Fifth Annual SAA-Houston Charity Swim is on October 14

The fifth annual Swim Across America - Houston charity swim will be held on Saturday, October 14, 2023 at Lake Longhorn. SAA welcomes swimmers of all ages and skill levels to raise funds and help fight cancer. **Swim Across America ensures that all funds raised by the Houston event stay right here in Houston to benefit adult and pediatric brain tumor research and clinical trials at The University of Texas MD Anderson Cancer Center.**

The event will feature half mile, one mile, and two mile distance options as well as SAA-MyWay, a virtual event in which the athlete decides upon their activity and timeline.

Learn more about Swim Across America and the Houston charity swim at: https://www.swimcrossamerica.org/site/TR?fr_id=6471&pg=entry



Upcoming Pool Events This Fall

Saturday, September 23 - “There’s a First Time for Everything” SCY Meet, Sugar Land, TX

First Colony Masters is hosting a SCY meet at the Don Cook Natatorium, 16225 Lexington Blvd, Sugar Land TX 77479 on September 23rd. This meet is designed to encourage new swimmers to try a meet for the first time and for experienced swimmers to try new events in which they have never competed. The meet features distances from 25 to 500 yards. And you can sleep in. Warm-up is at 1 p.m. and the meet starts at 2 p.m. Full meet information and registration is at: https://www.clubassistant.com/club/meet_information.cfm?c=2475&smid=16540

Saturday, September 30 - Texas Elite 2023 Fall Opener SCY Meet, Katy, TX

Texas Elite Swim Team Masters is hosting their first SCY Masters meet at Paetow High School, 23111 Stockdick School Rd., Katy, TX 77493. The meet has a full complement of individual events, except for the 1,000 and 1,650 free, and will include men’s women’s, and mixed relays. The meet warmups will begin at the conclusion of the age-group swim meet, estimated to be at 3:30 p.m. The meet will commence one hour after the start of warmups.

Full meet information and registration can be found at this link: https://www.clubassistant.com/club/meet_information.cfm?c=2647&smid=16575

Saturday, November 11 - Sunday, November 12 - Sabine Weiser SCM Meet, Shenandoah, TX

The annual Sabine Weiser November Classic SCM Meet will be hosted by The Woodlands Masters Swim Team and will be held at the Conroe ISD Natatorium in Shenandoah, TX. Registration is not yet open. Check on the Gulf website www.gulfmastersswim.org for registration and meet information. It should be available in the near future.

Pool Events in 2024 - Save the Dates

- February 10 Sweetheart Swim SCY Meet, W.W. Emmons Natatorium, Houston, TX
- March 9 Rice March Madness SCY Meet, Barbara and David Gibbs Recreation and Wellness Center, Houston, TX
- April 26-28 South Central Zone SCY Championships, Conroe ISD Natatorium, Shenandoah, TX
- August 2-4 South Central Zone LCM Championships, SMU Robson Lindly Aquatics Center, Dallas, TX

COOG Swimmer Competes at World Swimming Championships

COOG swimmer, Oscar Bermudez, made the trip to Kyushu, Japan to compete in the 19th World Aquatics Masters Championships. The championships cover the five aquatic disciplines of swimming, open water swimming, artistic swimming, diving, and water polo, and the event was anticipated to attract up to 10,000 athletes from 100 different countries.

The World Aquatics Masters Championships (formerly the FINA World Masters Swimming Championships) were first held in 1986 in Tokyo, Japan. The championships have been hosted by 14 different countries. They were held in even numbered years until 2014, when they switched to odd number years. Next year, the meet will switch back to even numbered years and will be held in Doha, Qatar.

Competing in the men’s 45-49 age group, Oscar finished eighth in the 100 meter breast (1:12.37) and twelfth in the 50 meter breast (32.92). Congratulations, Oscar!



The 2024 USMS Annual Meeting Will Be Held in Houston September 8-10

The USMS annual meeting, a hybrid virtual and in-person event, will be held at the Houston Airport Marriott, George Bush Intercontinental Airport. The Gulf LMSC will be capably represented by Tom Boak, Nicole Christensen, Jill Gellatly, Patrick Harrington, Alana Wilson, and Kris Wingenroth.

The Gulf LMSC and The Woodlands Masters Swim Team (WMST) are sponsoring a swim workout for all interested delegates on Saturday morning, with the LMSC providing bus transportation and WMST providing pool rental at the Conroe ISD Natatorium and coaches on deck for the practice. It is a long-standing tradition to have a swim workout at which delegates can mingle and swim. We are proud to carry on that tradition. A big thank you goes out to Alana Wilson for spearheading this effort.

Try A USMS Postal or Fitness Event

There are several postal and fitness events being offered by USMS beginning in September and October.

USMS 3000/6000-Yard Virtual Championships

Both events will run from September 15 – November 15, 2023. You must enter the event prior to completing your swim(s). The entry fee is \$12 if you enter by August 31. From September 1 – November 15, the entry fee increases to \$15. All entrants will receive an event latex swim cap.

Event Details:

- Dates: Sept. 15 – Nov. 15, 2023
- 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.

Please note: The 3000 and 6000-yard swims are separate events, and you need to swim twice to enter both. Split times from 6000 may not be used for entry into the 3000.

Detailed event information can be found at: <https://www.usms.org/events/national-championships/virtual-championships/2023-virtual-championships/2023-3000-6000-virtual-championship>



2023 Swim.com USMS Fall Fitness Challenge



No tricks here, only treats for the 2023 Fall Fitness Challenge! It is a 1-mile swim that takes place between October 1-31 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 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, 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.

Detailed event information and registration is at: <https://www.usms.org/events/fitness-events/fitness-series/fall-fitness-challenge>