



# The Chlorine Chronicles Gulf Masters Swimming

## Winter 2021

SPRING APPROACHES AND THE OPEN WATER BECKONS

IN THIS ISSUE

### Continue Your Aquatic Education with Gulf Swim University

While swim competitions may presently be in short supply, you can still maintain your motivation to get in the pool by signing up for the 7<sup>th</sup> annual Gulf Swim University. We will again be offering a FREE, specially designed t-shirt for completing mileage benchmarks. Last year we had 35 Gulf U students, and we are hoping for a larger turnout in 2021.

Here are the details of Gulf Swim University. The semester runs from **January 1, 2021 to April 30, 2021**:

- \* Swim 20-39 miles and earn an Associate's Degree (green t-shirt)
- \* Swim 40-79 miles to earn a Bachelor's Degree (blue t-shirt)
- \* Swim 80-119 miles to qualify for a Double Major (navy t-shirt)
- \* Swim 120-159 miles for a Master's Degree (red t-shirt)
- \* Swim 160 miles for an impressive PhD (purple t-shirt)

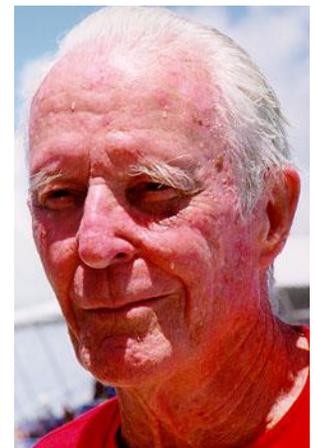
Here's how to take advantage of the opportunity:

- \* Let our fitness chair, Rebecca Tompkins, know you're participating by emailing her at [violaonfire@gmail.com](mailto:violaonfire@gmail.com).
- \* Go to [USMS.org](http://USMS.org), My USMS, My Fitness Log. Enter the FREE Go the Distance Event and easily track your swimming distances (daily, weekly or monthly).
- \* Get to the pool regularly, have fun, and get FIT.

It's that easy, is completely **FREE** to you as a 2021 USMS member and will keep you in the water when unexpected events may try to upend your fitness goal. Earned t-shirts are typically delivered in July.

### USMS Postpones the 2021 National Pool Championships

The USMS National Office has announced the postponement of its National Championships. The SC Championship is now scheduled for July 21-25 at the Greensboro (NC) Aquatic Center, and the LC Championship will be held at the SPIRE Institute in Geneva, Ohio on October 6-10.



### Nominations are Open for the Jesse Coon Award

Letters of nomination for the South Central Zone Jesse Coon award are being accepted until March 31, 2021.

Page 2



### Eat Like an Italian

Nutritionist Catherine Kruppa advises why the Mediterranean Diet may be right for you.

Page 4

## Please Submit Your Nominations for the Jesse Coon Award

### The Nomination Deadline is March 31, 2021



#### Jesse Coon - An Ambassador of Masters Swimming

Jesse Coon was a man devoted to the sport of swimming, especially masters swimming. He encouraged swimmers at every level and promoted the sport to all around him. Past winners represent the heart of masters swimming and have been chosen because of their care and concern for others involved in the sport.

#### History

In 2006, the Gulf Masters Swim Committee created an award to be given annually to a person that exemplified the spirit that Jesse Coon portrayed, namely a person with longevity in USMS that joyfully encouraged fellow swimmers in their aquatic pursuits. The award was then expanded to the South Central Zone with honorees chosen annually from one of the LMSCs in the Zone.

#### Past recipients are:

- 2018 DeEtte Sauer - Gulf
- 2017 Baker Shannon - Gulf
- 2016 Susan Ingraham - South Texas
- 2015 Tom and Carolyn Boak - Gulf
- 2014 Dirk Marshall - Gulf
- 2013 did not award
- 2012 Bruce Rollins - Gulf
- 2011 Bud Jackson - Arkansas
- 2010 Sandy Cattarin - Gulf
- 2009 Dave Young - North Texas
- 2008 Graham & Janice Johnston - Gulf
- 2007 Renee Protopapas - Gulf
- 2006 Judy Wagner - Gulf

#### Characteristics of a Jesse Coon Honoree

- Passionate advocate for the sport of masters swimming
- Promoter of masters swimming in their local community
- Supporter of swimmers, new and existing, in their pursuit of the sport
- Volunteer who brings adult swimming opportunities to others
- Contributor to the success of swimming in our Zone over the years

To nominate someone for this South Central Zone award, please submit a letter of nomination, no longer than two pages in length. Using the characteristics above, please state why you feel the person is deserving of the award. Please include as much specific information as possible about the actions of your nominee that qualify them for the award.

Also, please include your nominee's LMSC and Club affiliation. Please note that all nominees must be currently registered with USMS and a member of the South Central Zone.

Send your nomination letters to the South Central Zone chair at [SouthCentral@usms.org](mailto:SouthCentral@usms.org)

## Bruce and Elaine Rollins are the 2020 Emmett Hines Award Recipients

Bruce and Elaine Rollins are the 2020 recipients 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 Kris Wingenroth's nomination letter which illustrates why Bruce and Elaine were bestowed the 2020 award.

"It is my privilege to nominate Bruce and Elaine Rollins for the Emmett Hines Award.

Bruce is probably the better known of the Rollins duo. He is a frequent competitor at local and regional masters meets. In addition to being an accomplished swimmer, Bruce has given years of service to both the Gulf LMSC and the USMS national organization. Bruce is the immediate past-chairman of the Gulf LMSC, serving for four years. He has also spent many years as the Coaches Chair, a position that he continues to hold. Ever cognizant of the fitness members, Bruce began the Gulf Swim University, which is Gulf's most successful fitness program and is now in its sixth year. He instituted the 2020 Fitness Fanatic Challenge which has encouraged our members to maintain fitness by various means while there has been limited access to pools and other workout venues during the COVID-19 pandemic. Bruce was also the South Central Zone Chair for four years and was part of USMS's LMSC Development Committee. Bruce is the long-time volunteer coach for SWYM, the masters team at Duncan YMCA. He also selflessly gives time to the Special Olympics and TAPPS programs. He is tireless in his efforts to promote swimming to diverse populations.

Elaine may not be as well-known to the membership. She is the driving force behind Bruce, while being a powerhouse in her own right. You frequently see Elaine on the pool deck supporting Bruce's efforts. And while Bruce was in the water, Elaine was often busy distributing Gulf University t-shirts to swimmers. She rarely missed a Gulf LMSC meeting for over five years. As a fitness swimmer, Elaine has been a strong and thoughtful voice at meetings for this all-too-often overlooked segment of our membership. She has volunteered to proofread and edit both the Gulf newsletters and the meeting minutes for over five years.



*Elaine and Bruce Rollins*

Bruce and Elaine have significantly contributed to the Gulf LMSC over many years and both epitomize Emmett's attributes of enthusiasm, expertise, and advocacy of masters swimming. They richly deserve to be recognized as the next recipients of the Emmett Hines Award."

Congratulations to Bruce and Elaine.

## How to Eat Like an Italian and Still Lose Weight

Catherine Kruppa, MS, RD, CSSD, LD

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Photo Credit: Chom Jong (WikiCommons)

When we think about fad diets, our minds usually drift to restrictive, short-term diets like the Atkins diet, Whole30, and more. However, there is one diet, more so an eating guideline, that has gained a lot of following recently because it is linked to decreasing risk factors for cardiovascular disease, increasing healthy aging, and decreasing overall mortality. It is recognized by the Dietary Guidelines for Americans and the World Health Organization as a healthy eating plan and sustainable dietary pattern, respectively. Can you guess what we are talking about? If you guessed the Mediterranean diet, you are right! The Mediterranean diet was voted the #1 diet in 2020 by the U.S. News and World Report.

### What Is It?

The Mediterranean diet focuses on the traditional diet of countries along the Mediterranean Sea. During the mid-20<sup>th</sup> century, Greece, Italy, and Crete had decreased rates of chronic disease and increased life span despite their access to healthcare. It was proposed that their diet was the main contributor to these health benefits, and this is now seen in current research. Studies consistently shows the effectiveness of this diet on healthy aging, reduced risk of cardiovascular disease, and improved cognitive function. Now that you've learned a little bit about the history of this diet, let's break down the diet.

### The General Guidelines

This diet is mostly plant-based, focusing on vegetables, fruit, whole-grains, beans, nuts, seeds, herbs, and olive oil. Although animal protein sources are allowed, preferably fish and seafood, they are typically eaten in smaller quantities. Unlike other diets, the Mediterranean diet does not give portion recommendations, it is simply a guideline for individuals to use to meet their dietary needs based on body size and physical activity.

1. Focus on fruits and vegetables daily
  - a. Aim for 7-10 servings per day
2. Choose whole grain breads, pastas, and cereals
3. Protein sources
  - a. Fish and Seafood: 2 times per week
  - b. Poultry and Eggs: few times a week (or daily in small portions)
  - c. Dairy: low-fat yogurt a few times a week in small amounts
  - d. Red meat: few times per month
4. Focus on healthy added fats, like olive oil, and foods with natural healthful fats such as avocados, nuts, and fatty fish.
5. Choose water as the main beverage but allow wine in moderation: 1 glass/day for women, 1-2 glasses/day for men.
6. Experiment with spices to decrease the need for salt
7. Exercise daily and focus on activities that are enjoyable
8. Share meals with family and friends

### The Wine Clause

Yes, red wine, **in moderation**, is a part of the Mediterranean diet. Red wine contains antioxidants and anti-inflammatory compounds that are beneficial to overall health. The moderation aspect is key, so try to stay below 1-2 glasses per day. If you prefer not to drink red wine, you can get the same benefits from purple grape juice or purple grapes.

These general recommendations can be used as a guide to build your own individual plan based on your likes and eating habits! If you would like individual help with your nutrition and wellness, we would love to help you with a personal plan. Email us at [info@adviceforeating.com](mailto:info@adviceforeating.com)

**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.**



## Swim Across America Returns with an Open Water Swim on October 16<sup>th</sup>



*The 2021 SAA-Houston event will be held in Lake Houston at Alexander Deussen Park*

After COVID-19 forced the transition to a virtual event in 2020, Swim Across America Houston returns with an open water charity swim for 2021. The event will be held in Lake Houston at Alexander Deussen Park on Saturday, October 16, 2021. 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.swimacrossamerica.org/site/TR/OpenWater/Houston?pg=entry&fr\\_id=5752](https://www.swimacrossamerica.org/site/TR/OpenWater/Houston?pg=entry&fr_id=5752)

### 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.***

600 warmup, your choice

4 x 100 kick (with or without fins) – set interval with 10 seconds rest on the first 100

# 1: 75 easy/25 fast, # 2: 50 easy/50 fast, # 3: 25 easy/75 fast, # 4: 100 fast

4 x 150 swim (your choice of stroke), as 50 easy/50 build/50 fast

28 x 50 – your choice of kick, free, or stroke

These 50s are fast! Your rest/swim ratio should be at a minimum of 1:1. This means that if your 50 time is :45, your interval is 1:30. For even higher quality swims, you can use a 2:1 rest/swim ratio.

6 fast! / 1 easy

5 fast! / 1 easy

4 fast! / 1 easy

3 fast! / 1 easy

2 fast! / 1 easy

1 fast! / 1 easy

1 fast!

300 cooldown

**Total: 3,300 yards/meters**