



GULF'S FIRST OPEN WATER SWIM CLINIC
 (FROM LEFT TO RIGHT: ANDREAS LORENZ, AMANDA GENTRY, MAGDA LOPEZ, DOUG ALLEN,
 AND TIM HOWARD)

The Chlorine Chronicles Gulf Masters Swimming Summer 2022

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Gulf Offers Its First Open Water Swim Clinic

On June 11, the Gulf LMSC offered its first open water swim clinic at Lake Longhorn in League City. The clinic was spearheaded by Gulf Long Distance Chair, Andreas Lorenz, who was ably assisted by experienced open water swimmer, Doug Allen. After two cancellations due to illness and one no-show, three Gulf swimmers (Amanda Gentry, Magda Lopez, and Tim Howard) took advantage of the expertise and low swimmer to mentor ratio that the clinic offered.

After a brief introduction to open water safety and technique on dry land, the group hit the lake. First, they practiced a couple of acclimatization exercises, and they then set off for the first swim to a buoy 300 meters off shore and back to the dock. A quick debrief followed, and the group got ready for the BIG one. The second swim involved crossing the lake to a buoy 550 – 600 meters out and back. Doug set the pace, and the whole crew made it there and back.

These open water novices showed great courage because, let's face it, courage is not the absence of fear but doing something despite the fear that is in you. All three ably managed the program the instructors put before them. Afterwards, the conversation turned towards future open water racing. It would not be surprising to see Amanda, Magda, and Tim amongst the entrants at the 2023 South Central Zone Grand Prix Challenge.

Sign Up for the Last Event in the Zone Open Water Series

The inaugural 2022 South Central Zone Open Water Grand Prix Challenge kicked off with great success. The first event, the Lake Longhorn Open Water Roundup, on May 15th had 62 finishers. The second race of the three-event series, the Lake Bourne Gatormania Open Water Swims, held June 5th attracted 77 entrants.

The series will conclude on September 25 in Eureka Springs, Arkansas. The OZ Swims will be held at the Beaver Lake Dam Site and will offer distances of one, two, and three miles. You can find full event information and registration at:

<https://runsignup.com/Race/AR/EurekaSprings/WalmartOZMileSwim>



Seeking Nominations for the 2022 Emmett Hines Award

The deadline to submit nominations is
 September 30, 2022.

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Photo Credit: Ella Olsson

Vegetarian Diet Effect on Physical Performance

Nutritionist Catherine Kruppa enumerates the pros and cons of a vegetarian diet on your athletic endeavors.

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Submit Your Nominations for the 2022 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 2022 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 2022 must be submitted by September 30, 2022.

This Quarter's Workout

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

400 warmup

12 x 50 – 10 sec. recovery as 3 – drill, 3 – overkick to 15 yards/meters off of both walls

3 x 200 pull, breathe 3/5/7/9 by 50s – 15 sec. recovery

8 x 50 choice – 10 sec. recovery

Odds: explode first 15 yards/meters of the 50

Evens: explode last 15 yards/meters of the 50

8 x 75, desc. 1-3 and hold #4 at 90% effort – interval is first swim plus 20 sec. recovery

2 x 150, alt. 50 swim/50 kick/50 swim AS FAST AS POSSIBLE – 30 sec. recovery

2 x 300 swim, alt 50 steady/25 build (ideally done as IM) – 20 sec. recovery

2 x 150, alt. 50 swim/50 kick/50 swim AS FAST AS POSSIBLE – 30 sec. recovery

8 x 75, odds: distance per stroke / evens: at 90% effort – set interval off first swim plus 20 sec. recovery

8 x 50 – 10 sec. recovery as 2 – single arm swim, 2 – hold paddles

200 cooldown

TOTAL: 5,000 yards/meters

A Good Read for Early U.S. Swimming History

Did you know that the United States never intended to sponsor an Olympic swim team because no one in early 20th century America swam? As unbelievable as it sounds, the US had only a dozen competition pools and a mere 600 amateur swimmers – and none very good. If you've never heard of swimmer Charles Daniels, he was the New York teen who turned our laughingstock swimming culture into a world powerhouse, invented the freestyle stroke, won not only our nation's first gold but the most Olympic swim medals until Mark Spitz beat his haul in 1972, and did it all to overcome the legacy of a cruel father who was the day's Bernie Madoff. This is an incredible against-all-odds story that gave birth to U.S. swimming and the surprising part it played in our nation's rise.

If this sounds intriguing, you can purchase Masters swimmer and historian Michael Loynd's book, *The Watermen*, at

<https://www.penguinrandomhouse.com/books/672134/the-watermen-by-michael-loynd/>. You can also listen to the Swim Swam podcast with the author at <https://swimswam.com/critically-acclaimed-book-the-watermen-details-u-s-swimmings-1st-gold-medal/>.

Vegetarian Diet Effect on Physical Performance

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US Department of Agriculture Image

With various social media platforms on the rise, the general public is hit with a swarm of information regarding health, wellness, and nutrition. One of the topics that has gained significant attention is vegetarian diets and their potential on overall physical performance. With food as our main fuel, it is important to determine whether a plant-based diet has the potential to provide the proper nutrition and energy to athletes and the overall public in general. Throughout this article, we will examine the pros and cons of vegetarian diets on physical performance in order to better understand how to navigate this balance between food and fuel in this world where new knowledge regarding nutrition is constantly evolving.

Vegetarian diets have gradually become more accepted in sports and in the health and fitness industry. However, there is a limited amount of research that thoroughly discusses how to properly manage these plant-based diets for athletic purposes. At *Advice for Eating*, we have gone ahead and analyzed the latest literature in order to provide proper recommendations for constructing a nutritious vegetarian diet suited to meet an athlete/exerciser's energy needs.

Through proper nutrition and a well-balanced diet, vegetarian diets can sustain healthy, active lifestyles. In regards to vegetarian/vegan diets' effect on athletic performance, there are some key pros and cons to consider. Plant-based diets first gained popularity for alleged health benefits such as reduced risk of heart disease, lower LDL cholesterol (bad cholesterol), blood pressure, type II diabetes, and cancer through the decreased consumption of animal meats (and animal products in the case of vegans). While this may be true, it is important to recognize the drawbacks of not consuming any meat or animal products, as they provide several key nutrients that are essential for our bodies to function properly.

PROS

There are several pros to consider when discussing vegetarian diets and their variations in relation to athletic performance. Vegetarian/vegan diets tend to be higher in carbohydrates, fiber, fruits, vegetables, antioxidants, and phytochemicals than traditional omnivorous diets. Eating increased amounts of healthful carbohydrates can be an effective measure for weight control, as these are foods that can be consumed in higher volume for fewer calories. In regard to athletic performance, this can often be to one's advantage as carbohydrates are necessary for adequate energy throughout a workout. When higher energy levels are required, proper nutrition is necessary to fuel the exercise. Consuming a diet high in micronutrients and phytochemical-rich foods is an important benefit of any plant-based diet. As a result, it may help alleviate the effects of excess inflammation and promote recovery from training as well. For example, endurance athletes may intentionally follow a vegetarian/vegan diet to meet their carbohydrate needs while still

maintaining certain weight goals. These athletic diets generally require intakes of 4-12 g per kg of body weight of carbohydrates in order to support high intensity training, depending on the mode of exercise, gender of the athlete, and goal of the athlete's diet. Reducing the consumption of certain meat products (which varies on the type of vegetarian diet - refer to the table below) can also be beneficial to one's overall health, as long as certain vitamin and mineral requirements are being met. With the help of fortification, plant-based diets have the ability to provide adequate vitamins and minerals. Plant and animal proteins meet equivalent total nitrogen and essential amino acids, but it is important to recognize the vitamins that may be lacking in a vegetarian diet.

CONS

While vegetarian diets have a multitude of pros, there are several drawbacks to consider, especially as an athlete or avid exerciser. First of which is putting oneself at an increased risk for non-anemic iron deficiency, due to a lower consumption of red meat. In order to prevent this from occurring, it is necessary to increase plant-based iron sources such as lentils, chickpeas, beans, tofu, cashews, chia seeds, ground linseed, hemp seeds, pumpkin seeds, kale, dried apricots and figs, raisins, quinoa and fortified breakfast cereal. However, iron deficiency is not the only vitamin deficiency vegetarians need to think about, as vitamin B12 is often missing in a plant-based diet. If a diet consists of high amounts of salad and greens, this can often cause a high amount of folate in the body, which can mask an iron or B12 deficiency, resulting in symptoms of anemia. In this case, taking a B12 supplement may be necessary, but it is important to discuss this with your doctor and dietitian to determine which supplement is right for you. Another factor to consider when decreasing the amount of red meat in the diet is the subsequent reduction in muscle creatine levels, which can, in turn, impair very high intensity exercise. It is also important to consider the impact of this diet on one's mental health. Focusing on a vegetarian/vegan diet and eliminating entire food groups can lead to eating disorders and impair not only athletic performance, but overall health as well.

Designing a vegetarian diet that meets the necessary energy and protein requirements needed for an active individual is a challenge. In a vegetarian diet, vitamin B12, iron, zinc, calcium, iodine, and vitamin D might be short, as well as the lack of omega-3's in most plant-based sources. However, with the proper management of food and appropriate supplementation, attaining the proper amount of fuel, vitamins, and nutrients is possible with a plant-based diet. For example, vegetarians often have lower muscle creatine and carnosine levels, which are nutrients obtained from meats, such as turkey, chicken, beef, or pork. Due to this, the supplementation of both creatine and β -alanine might be a significant benefit to plant-based athletes, as these nutrients are critical for building and maintaining muscle. More research is needed to examine the effects of vegetarian/vegan diets in athletic populations to ensure that the health and performance of plant-based athletes is optimized in accordance with developments in sports nutrition knowledge.

Overall, plant-based diets provide certain advantages, but do not suffer from disadvantages, compared to traditional diets for strength, anaerobic, or aerobic exercise performance. Diets high in vegetables, fruits, and plant-based products typically reduce the risk of developing numerous chronic diseases and promote a healthy and sustainable lifestyle. With the proper nutritional guidance and training, vegetarian/vegan athletes can adequately fuel to achieve peak athletic performance while simultaneously supporting their overall physical and environmental health. Further research is needed to pinpoint and ascertain differences that might appear at the highest levels of training and athletic performance, but we can conform the safety of this diet and lifestyle with nutrition and necessary supplements in mind.

Vegetarian Diet Definitions

Flexitarian: Occasionally consumes animal flesh (meat, poultry), fish, eggs, and dairy.

Pesco-Vegetarian: Excludes animal flesh but does include fish.

Lacto-Vegetarian: Excludes all flesh and eggs, includes dairy only.

Ovo-Vegetarian: Excludes all flesh and dairy, includes eggs only.

Vegan: Excludes all animal products.

Macrobiotic Vegetarian: Variable dietary restrictions. Includes wild meat/game and fish in some variations of the diet.

Fruitarian: Includes fruit, nuts, seeds, and some vegetables.

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.



2022 UANA Pan American Masters Championship

The VII UANA Pan American Masters Championship was held in Medellin, Colombia July 21-28, 2022. The championship holds competitions in all five aquatics disciplines: pool swimming, open water swimming, diving, water polo, and artistic (synchronized) swimming.

The championship was last held in 2018 in Orlando, FL. COVID-19 canceled the 2020 championship meet, and it was originally rescheduled for 2021. COVID again forced a rescheduling until 2022.



COOG Swimmers Cheryl Hubbard and Oscar Bermudez at Guatape Reservoir

This year's swimming competition featured 1,089 pool entrants and 436 open water entrants. The pool competition was held in a 10-lane 50-meter outdoor pool, the Aquatic Complex of the Atanasio Girardot Sports Unit. The open water competition was held about 1.5 hours from Medellin in the Guatape Reservoir. Two Gulf swimmers, both registered with Houston Cougar Masters, were among the entrants.

Competing in the 55-59 age group, **Cheryl Hubbard** placed fourth in the 800-meter freestyle and won second in the 3K open water event.

Oscar Bermudez, a native of Venezuela, competed for a Venezuelan team during the championships. He placed first in the 100-meter breaststroke, third in the 200-meter breaststroke and fourth in the 50-meter breaststroke. As the Pan Am Championships were held concurrently with the South American Championships, Oscar was both the Pan Am and South American champion for the 100-meter breaststroke event.

Congratulations to Cheryl and Oscar.

2022 USMS Summer Nationals in Richmond, VA - August 3-7

Three Gulf swimmers joined over 1,050 fellow competitors at the 2022 U.S. Masters Swimming Summer National Championship. The five-day competition was held August 3-7 at SwimRVA in Richmond, Virginia.

Our three members medaled in every single event in which they swam, an incredible achievement and most likely a first-time occurrence for the Gulf LMSC.

Leading the way was **Kevin Nead (RICE)**. Kevin won both of the two events he raced, bringing home two national championship golds in the men's 35-39 200-meter backstroke and 200-meter IM.

Kathryn Zimmerman (WMST) is also a national champion, winning the women's 18-24 1,500-meter freestyle. Competing in the maximum allowable six individual events, Kathryn placed second in the 400-meter freestyle and 100-meter backstroke, third in the 200-meter freestyle, 7th in the 50-meter butterfly and 8th in the 100-meter butterfly.

Sprint specialist **Alexander Aceino (UNAT)**, competing in the men's 30-34 age group, placed second in the 50-meter butterfly, third in the 50-meter breaststroke, 50-meter freestyle, and 100-meter freestyle, and fourth in the 50-meter backstroke.

Congratulations to Kevin, Kathryn, and Alexander on their impressive swims.



USMS 2022 National Coaches Clinic Will be Held October 7-9 in Las Vegas

Viva Las Vegas! Get educated AND have fun. The USMS Coaches Clinic will be held at the Renaissance Las Vegas Hotel on October 7-9. The clinic will feature renowned sports physiologist Dr. Genadijus Sokolovas; retired UCLA head swimming and diving coach, Cyndi Gallagher; swimming ambassador, commentator, and Olympian Rowdy Gaines; and Strive Swim Science Center co-owner Dean Hutchinson.

Registration is \$275 per coach if registered by September 1 and rises to \$300 per coach if registered after September 1st. Registration is limited to 125 coaches and will end when enrollment reaches 125 or at 11:59 p.m. PDT on Wednesday, October 5, 2022. USMS certified coaches who are designated coaches will automatically receive a \$20 discount during registration. The registration fee includes Friday night dinner reception, Saturday lunch, all presentations on Saturday, pool sessions on Sunday, and electronic copies of presentation materials. All handouts, maps and schedules will be provided in electronic format prior to the weekend.



USMS has secured a limited number of rooms at a discounted rate of \$209 + \$30 Destination fee and taxes. (Destination fee includes: Access to Fitness Center, Enhanced Wi-Fi, Local Draft Beer [1 per day/per room], Complimentary Dessert [1 per day/per room], \$20 Play at Local Casino, Whiskey Tasting)

Full clinic information, hotel booking information, and registration can be accessed at:

https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=93204&_ga=2.20611771.2045497474.1659281075-1845251846.1659281074

ASCA Swimming Strength and Conditioning Specialist Workshop To be Held in Houston on September 17th 10 a.m. - 3 p.m.

Location: Lifetime Fitness City Centre, 815 Town and Country Blvd., Houston, TX 77024

Limit: 20 participants

Registration: Opens on August 1 on the ASCA website. <https://swimmingcoach.org>

Cost: \$99 until September 6. \$129 after September 6 through September 11.

Contact: Charlie Hoolihan via text after September 11th for registration. 985-966-9594

SSCS workshop outline

The American Swim Coaches Association is presenting a five-hour workshop of their Swimming Strength and Conditioning Specialist (SSCS) online certification course.

The workshops are designed to introduce the SSCS content, provide interested coaches and Masters swimmers with hands-on exercise instruction, and increase their ability to relate strength training workouts to swimming. Each module contains about 30 minutes of exercise science and linked muscle systems anatomy, explained for the general population, and 60 minutes of hands-on exercise instruction.

Module 1: Core, Conduit, and Context – Transfer gym strength to swim strength.

This section shows how to link the development of stability by emphasizing improving strength and stability in the trunk and torso region, or what the course calls the "platform." Primary exercise equipment will be bodyweight movements, bands, and suspension trainers. Content is suitable for age group and senior-level coaches, and Masters swimmers and emphasizes the technical foundations, exercise cues, and how to transfer strength from the gym to the pool.

Module 2: Power through the platform – Adding strength equipment to programming.

The second section builds on Module 1 with instruction in adding strength equipment effectively to a solid and stable platform to improve swimming efficiency. Medicine balls and kettlebells are used with dumbbells and other equipment choices if available on-site. Like Module 1, the content is suitable for age group and senior-level coaches, and Masters swimmers.

Module 3: Increasing strength and power in swimming – Exercises for a strong program.

Module 3 provides basic instruction in movement preparation exercises designed to develop a good technique for the primary athletic training involving lifts, squats, deadlifts, kettlebells, and upper body pushing and pulling exercises. Power exercise movement preparation using medicine balls, kettlebells, and dumbbells is also included. The workshop exercises develop an introductory foundation for age groupers and a progressive strength and power development plan for more mature swimmers.

Forty-Nine Gulf Masters Swimmers on National Top Ten List

The U.S. Masters Swimming National Top Ten List for 2021-2022 SCY swims was finalized and published in August 2022. Gulf swimmers achieved 123 individual and 13 relay Top Ten times.

Special recognition goes to the nine Gulf competitors who posted the fastest times in the nation in one or more individual events. They are: Bryan Collins (RICE), David Guthrie (RICE), Kurt Hirsekorn (UNAT), Bruce Kone (UNAT), Joann Leilich (UNAT), Kevin Nead (RICE), Gary Schatz (WMST), Linda Visser (COOG), and Kathryn Zimmerman (WMST). Additionally, the WMST relay team of Carolyn Boak, Tom Boak, Hershel Glanz, and Joann Leilich was ranked first in the mixed 75+ 200 medley relay.

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

Individual Events – Women

- 18-24: Emma Nicklas-Morris (COOG), Kathryn Zimmerman (WMST)
- 25-29: Kaitlyn Daniels (RICE)
- 30-34: Carleigh Kutac (DADS), Alana Wilson (WMST)
- 35-39: Alana Wilson (WMST)
- 40-44: Shelley Hirsekorn (UNAT)
- 45-49: Laura Koch Davis (WMST)
- 50-54: Nicole Van Nood (DADS), Linda Visser (COOG)
- 65-69: Kris Wingenroth (UNAT)
- 70-74: Suzy Reiersen (RICE)
- 80-84: Joann Leilich (UNAT)

Individual Events – Men

- 25-29: Stephen Hall (DADS)
- 30-34: Alexander Aceino (UNAT), Bryan Collins (RICE), Rodolfo Escalante (DADS), Alexander Plaetzer (DADS)
- 35-39: Daniel McCleary (ETEX), Kevin Nead (RICE)
- 40-44: Oscar Bermudez (COOG), Kurt Hirsekorn (UNAT)
- 45-49: Jonathan Armstrong (WMST)
- 50-54: James Connolly (RICE)
- 55-59: Ross Davis (WMST), Lars Farestvedt (WMST)
- 60-64: David Guthrie (RICE), Bruce Kone (UNAT), Andreas Lorenz (DADS)
- 65-69: Gary Schatz (WMST), Bruce Williams (UNAT)
- 70-74: Greg Tharp (WMST), Bruce Rollins (WMST)
- 75-79: Tom Boak (WMST), George Goff (FCST), Rog Hardy (RICE)
- 80-84: Max Zollner (FCST)

Relay Events

The following swimmers achieved relay national top ten times.

DADS: Alisha Anderson, Rodolfo Escalante, Carleigh Kutac, Alexander Plaetzer

WMST: Carolyn Boak, Tom Boak, Ellen Considine-Miller, Ross Davis, Lars Farestvedt, Hershel Glanz, Francisco Godoy, Laura Koch Davis, Mary Anne Hines, Joann Leilich, D. Scot Marshall, Andrea Morton, Kristin Nates, Jessica Platt, Bruce Rollins, Gary Schatz, Greg Tharp, Christina Toth, Steve White, Alana Wilson

Try A USMS Postal or Fitness Event

There are several postal and fitness events being offered by USMS through the end of 2022.

USMS 5K and 10K ePostal National Championships

Both events are being hosted by Palm Beach Masters and run from May 15 – September 15, 2022.

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

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

Location: For the 5K and 10K national championship events, all swims must be completed in a 50-meter pool ONLY—no other length of the pool will be accepted.

Event information and registration can be found at: <https://www.usms.org/events/national-championships/virtual-championships/2022-virtual-championships/2022-5k-10k-virtual-championship>

USMS 3000/6000 ePostal National Championships

Both events are being hosted by Sawtooth Masters and will run from September 15 – November 15, 2022.

Event Description: You complete a timed swim of 3000 yards/meters and/or 6000 yards/meters and then submit your times online. Some people swim for competition and to compare themselves to other swimmers doing the same event, some for the challenge, some for fitness, and others do it for fun. All who wish to participate are welcome. Your submitted time determines the final order of finish.

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

Location: For the 3000 and 6000 national championship events, all swims must be completed in a 25-yard or 25-meter pool. Swims done in a 25-meter pool will be converted to yards for the final results.

Event information and registration can be found at: <https://www.usms.org/events/national-championships/virtual-championships/2022-virtual-championships/2022-3000-6000-virtual-championship>

2022 Swim.com USMS Fall Fitness Challenge

No tricks here, only treats for the 2022 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 COVID forced break from the pool, pushing to see how fast you can go, or just wanting to donate to the USMS Adult Learn-to-Swim grants, 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.

The event runs from October 1-31. Full event information and registration is at: <https://www.usms.org/events/fitness-events/fitness-series/fall-fitness-challenge>

