



# The Chlorine Chronicles Gulf Masters Swimming

## Winter 2023

JOIN US AT DAD'S CLUB ON JANUARY 28<sup>TH</sup> FOR 2<sup>ND</sup> ANNUAL GULF ONE HOUR SWIM CHALLENGE. SEE DETAILS ON PAGE FOUR.

IN THIS ISSUE

### Your Membership Dues at Work for You Gulf Initiatives in 2022 and Commitments for 2023

When you pay your annual USMS registration fee, you may wonder how that money works for you. The dues you pay are split between the USMS National Office (80%) and the Gulf LMSC (20%).

Every year your LMSC leadership is meeting and making decisions on how to best put the dues collected to use for our members. Whether you are a competitive swimmer entering swim meets, or you are a fitness swimmer going to the annual "Tanksgiving" swim, there are expenses involved in putting on these events that your LMSC helps fund. There are sanction fees, pool rentals, participation awards, and food to be purchased.

Here are some of the events that the Gulf LMSC either fully or partially funded in 2022.

- The first annual One Hour Virtual Swim held at Dad's Club in January.
- The Gulf Swim University participation awards and post-event social.
- The Lake Longhorn open water swim event.
- Sanctioning fees for the six pool competitions held in 2022.
- The Josh Davis swim clinic held in June.
- The "First Event Free" program for new competitive swimmers.
- The first open water swim clinic held in the Gulf LMSC at Lake Longhorn.
- The annual "Tanksgiving" swim at Dad's Club in November.

The LMSC has made commitments and included in the 2023 budget additional resources for our membership and the Gulf-registered teams.

- Continuation of the "First Event Free" program.
- A \$10 rebate on 2023 membership dues for up to 70 swimmers who may be experiencing financial hardship with a total commitment of \$700.
- A USMS/Gulf team incentive of \$4/per registered swimmer to help our teams adequately fund and build their programs. Based on 2022 registration numbers, this is a \$3,380 commitment to our USMS-registered Gulf teams.
- Continuation of payment of the sanctioning fees for all USMS sanctioned pool meets.
- A new policy to fund all USMS/Gulf open water swim events, paying the sanction fee and the \$5/swimmer fee for a commitment of \$600 per event.
- The addition of a Diversity and Inclusion Chair in the Gulf, and a commitment to help fund Adult Learn to Swim (ALTS) programs in underserved communities.
- A \$500 commitment to assist intramural College Club swimmers pay the \$25 "bridge" fee to compete in USMS swim competitions in the Gulf LMSC.



### I Know What to Do, But I Am Not Doing It

Get off to a great start in 2023 with these eating habits that you probably already know. Catherine Kruppa provides useful tips to keep you on track.

Pages 2 & 3



### Local & Zone Competition Options

There are several opportunities to get your competitive juices flowing with two local meets and the Zone Championships in Lewisville, TX.

Page 5

## I Know What to Do, But I Am Not Doing It.

Catherine Kruppa, MS, RD, CSSD, LD

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At Advice for Eating, we hear this every day. Our clients know what foods are healthy for them: fruits, vegetables, whole grains, lean meats, and low-fat dairy products along with healthy fats. They know they should eat processed foods, fried foods, and high fat foods in moderation. But why is it so hard to put these concepts into practice? And how can you overcome the obstacles that get in your way this year?

If this is you, there are many factors that can affect your eating habits.

**Emotions.** You may be using food for comfort, entertainment, or stress relief. You may have grown up a member of the “clean plate club” where you eat everything on your plate without listening to your hunger cues. Food may help you feel better in the short term but play the story forward. How will you feel the next day physically and mentally? Is it worth it in the long term? What would be a more constructive way to deal with these emotions? Something that will help you feel better for the long term versus eating foods that are destructive to your health to feel better in the short term.

**Environment.** If a tempting meal or food is nearby or easy to get, it is only a matter of time before you will eat it. No one has the willpower to avoid the food forever, so it is not due to a lack of willpower. The most successful people keep trigger foods or highly tempting foods away, so they are less likely to consume them. This does not mean that you can never eat these foods but surround yourself with healthy foods and save the treats for special occasions.

**Physical.** When you are physically hungry, your body craves instant energy, which typically is a craving to eat carbohydrate-rich food. Your body easily processes carbohydrates, which leads your body to crave them when you are hungry and especially too hungry. This is why we recommend that you eat every 3-4 hours so that your blood sugar never dips so low that you feel too hungry. We want to avoid the cycle of eating sugar, craving more sugar, eating sugar, craving more sugar. This results in a downward spiral physically and mentally.

Here are some realistic tips to make sustainable changes this year. Choose one and work on it until you master it, and then you can move to another one.

### Eat More Fruits and Vegetables

Fruits and vegetables are filled with antioxidants, vitamins, minerals, and phytochemicals to fight disease. Diets high in fruits and vegetables can reduce the risk of many chronic diseases such as high blood pressure, diabetes, cancer, and heart disease. Start by aiming for a minimum of three fruits and three vegetables per day with the long-term goal of eating ten servings of fruits and vegetables per day. A serving size is one tennis ball size piece of fruit, one cup of fruit and ½ cup of cooked vegetables, or one cup of raw vegetables.

Quick tips. Eat 1-2 servings at breakfast, lunch, and dinner. Start with produce you like and is easily available such as baby carrots, your favorite fruit, salad, or frozen vegetables to make preparation easy. Make a smoothie that includes both fruits and vegetables. Greens and frozen cauliflower are great additions to smoothies without changing the taste. Add veggies such as cucumbers, lettuce, onion, peppers, spinach, sprouts, or tomatoes to a sandwich or make a vegetable soup with a variety of vegetables.

Fill half of your plate with vegetables at dinner. They are low calorie yet high in nutrients and fiber. Fresh, frozen, and canned are all good choices. Putting more vegetables on your plate can reduce the portion sizes of other less nutritious food. Cook a large batch of vegetables on the weekend, so you have easy access to them throughout the week.

Strive to eat a variety of colors in your fruits and vegetables. When you go to the grocery store try to get to get at least three different colors per week and aim for six, if you can. Each color contains different phytochemicals to improve your health.

### Eat Snacks

Healthy snacks will keep you fueled and satiated to reduce cravings. You want to eat a meal or snack every 3-4 hours. This means you may need a mid-morning snack, and most people will need an afternoon snack to curb evening cravings. Always combine a carbohydrate with a protein to give you energy yet fill you up.

Quick tips:

Apple + 1 oz. of cheese

1 cup of berries mixed in yogurt

Banana + 1-2 Tbsp. of nut butter

Vegetables dipped in hummus

Piece of fruit and a closed handful of nuts

**Increase Fiber Intake**

Higher fiber intake reduces the risk of chronic diseases, such as cancers, diabetes, and heart disease. Foods high in fiber tend to have a lower glycemic index, which results in better blood sugar regulation. Because fiber is filling, it can help with weight management. Fiber, also, optimizes gut health and aids in digestion.

**Quick tips:**

Add more fruits and vegetables to your diet. Use whole grains such as brown rice, bulgur wheat, barley, and quinoa. Add beans to your diet such as edamame, garbanzo beans, black beans, or kidney beans.

**Reduce Sugar Intake**

Diets high in sugar can contribute to decreased oral health, elevated triglycerides, increased inflammation, increased risk of chronic diseases such as cancer and diabetes, and weight gain. Sugar contains empty calories and does not fill you up.

**Quick tips:**

Eat every 3-4 hours so that you do not experience sugar cravings due to hunger. Plan sugar into your routine. Sugar is not forbidden. Allow yourself a dessert for special occasions and eat smaller portions. Find rewards that are not related to food such as: getting a massage, manicure, or pedicure, exercising, playing or listening to music, calling a friend, taking a warm bath, or watching a special show or movie.

Make small, realistic goals in 2023 by choosing one of these to work on. Small changes to your diet and exercise can produce large results if you are consistent. If you do not do as well as you would like one day, flush it and make sure not to make it a habit by doing it two days in a row.

If we can help you individually come up with a plan that fits your lifestyle and is realistic, contact us at [info@adviceforeating.com](mailto:info@adviceforeating.com).



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## It's Not Too Late to Join the 2023 Gulf Swim University

Over 40 Gulf swimmers have already signed up for the 9<sup>th</sup> annual Gulf Swim University. We'd love for even more of our members to join us for this FREE event.

The participation award this year will be a high-quality towel with artwork by Kerry Suhr. The LMSC will again host a post-event social for swimmers to gather and enjoy good food and camaraderie.

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

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

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

- \* Swim 20-39 miles to 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

## Long Distance and Open Water Swim Opportunities

Gulf Open Water Chair, Andreas Lorenz, is pleased to announce two swim events for those members who like long distance. There is a pool event in January, and the first event of the South Central Zone Open Water Series is scheduled during April.

### Second Annual One-Hour Swim Challenge - Saturday, January 28

How far can you swim in an hour? Find out this January. As part 2023 USMS 1-Hour Virtual Championship, the Gulf LMSC is holding a 1-Hour Swim Challenge at Dad's Club on January 28, 2023. The event is open to all USMS/Gulf members.

Prior to January 28<sup>th</sup>, you need to enter the event at: [https://www.clubassistant.com/club/meet\\_information.cfm?c=1308&smid=15493](https://www.clubassistant.com/club/meet_information.cfm?c=1308&smid=15493)  
The event entry fee is only \$12 and includes an event swim cap.

In addition to entering the swim, you will need to reserve a lane. In order to let us know that you are participating, sign-up for a shift and a lane at the following link: <https://www.signupgenius.com/go/10Co84DA5AD22A5FDo-1hourvirtual1>

You are required to bring your own counter/timer or volunteer as a counter/timer for the shift you are not swimming in. Split timing sheets and stop watches will be provided.

<b>Schedule:</b>	10:00 a.m.	Sign-in starts
	10:15	Warm-up for 1 <sup>st</sup> shift
	10:30 – 11:30	1 <sup>st</sup> shift 1-Hour Swim
	11:30	Warm-up for 2 <sup>nd</sup> shift
	12:00 – 1:00 p.m.	2 <sup>nd</sup> Shift 1-Hour Swim

Full information can be found on the Gulf Masters Swimming website at: <https://www.gulfmastersswim.org/GMS/article.cfm?c=1250&artid=12780>

### Lake Longhorn Open Water Roundup - Sunday, April 16

The Gulf LMSC is proud to host the first event of the 2023 South Central Zone Open Water Grand Prix Challenge. The event will offer three distances (1.25K, 2.5K, and 5K), accommodating all swimmers including the open water novice.

**Location:** Our venue is Lake Longhorn, 2391 Gun Range Rd., League City, TX. 77573. Free parking is located within 300 yards of the start and finish area. Portable restrooms are available, but there are no showers or changing rooms.

**Race Course:** The race course will be a 1.25K rectangular course. The start location is approximately in the same location as the finish. All starts will be in the water and each race will finish in the water at the finish chute. Water temperature is expected to be in the high 70's F.

Registration and full event information is available at: [https://www.clubassistant.com/club/meet\\_information.cfm?c=2065&smid=15614](https://www.clubassistant.com/club/meet_information.cfm?c=2065&smid=15614)



*The 2<sup>nd</sup> annual Open Water Roundup will be held in Lake Longhorn, League City*

## Upcoming Meets

There are two local meets available in February and March. Use these competitions in preparation for the South Central Zone SCY Championship meet which will be held in Lewisville, TX. Gulf swimmers of all abilities are encouraged to support our local competitions.

### Saturday, February 11, 2023 – Sweetheart Swim, Houston, TX

The annual Sweetheart Swim will be held at the WW Emmons Natatorium, an 8-lane, 25-yard facility, on Saturday, February 11, 2023. The meet will again feature relays and the 1,650 free. Warmup begins at noon and the meet starts at 1 p.m. Meet entries close on Friday, February 10 at noon. Full meet information and registration can be found at:

[https://www.clubassistant.com/club/meet\\_information.cfm?c=2587&smid=15256](https://www.clubassistant.com/club/meet_information.cfm?c=2587&smid=15256)



### Sunday, March 5, 2023 – Rice March Madness Masters Meet, Houston, TX



The Rice March Madness Meet will be held at the Barbara and David Gibbs Recreation and Wellness Center on the Rice Campus. This is an outdoor, heated 5-meter x 25-yard pool. Racing will be conducted in an 8-lane, 25-yard course with a bulkhead. Warmup begins at 10 a.m. and the meet starts at 11 a.m. Meet entries close on Friday, March 3 at 8 p.m. An unofficial meet social will be held at Little Woodrow's in Rice Village following the meet. Full meet information and registration can be found at:

[https://www.clubassistant.com/club/meet\\_information.cfm?c=2065&smid=15503](https://www.clubassistant.com/club/meet_information.cfm?c=2065&smid=15503)

### Friday, March 31-Sunday, April 2, 2023 – South Central Zone SCY Championship Meet – Lewisville, TX

This three-day championship meet will be held Friday, March 31 to Sunday, April 2 at the 75,000 square foot Lewisville ISD Westside Aquatic Center in Lewisville, TX. The competition will offer all SCY individual and relay events. The competition pool is a 75-meter Myrtha pool featuring 36 short course yard lanes across. The pool will be arranged with bulk heads to create an 8 lane 25-yard competition pool for the 2023 South Central Zone Spring Championships. In-water backstroke starting wedges will be available. Full meet information and registration is available at:

[https://www.clubassistant.com/club/meet\\_information.cfm?c=2523&smid=15489&qa=2.114594574.805934816.1673726607-535627766.1673365048](https://www.clubassistant.com/club/meet_information.cfm?c=2523&smid=15489&qa=2.114594574.805934816.1673726607-535627766.1673365048)



*Lewisville ISD Westside Aquatic Center is the site of the 2023 South Central Zone SCY Championship Meet*

## Mark Hahn Retires as Gulf Treasurer After 24 Years of Service

After 24 years as the Gulf LMSC treasurer, Mark Hahn is finally putting away his calculator.

Mark has been involved in U.S. Masters Swimming for over 35 years. He has been actively involved in all aspects of the organization as a swimmer, a coach, and a volunteer, achieving great success in all three areas.

Mark began swimming in USMS competitions at the local, zone, and national levels in the late 1980s and continued entering meets until 2010. He has achieved 24 individual and three relay national Top Ten times. A distance swimmer, Mark won a national championship in the 1,500 meter freestyle at the 1994 USMS Long Course National Championships in Buffalo, NY.

Mark began his Masters coaching career as a volunteer coach at Trotter Y to help sustain the adult swimming program and became the Head Coach in 2003. Mark's consistency, technical expertise, and enthusiasm have kept the Trotter YMCA team as the top "Y" Masters team in Houston. Through his encouragement, Mark's program has helped many adults adopt a healthy lifestyle, by either returning to swimming or beginning to swim for the first time.

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. An accountant by trade, his many years of service as our volunteer Treasurer have given the Gulf LMSC a sense of security concerning its financial matters. He has attended nearly every Gulf board meeting over these many years and always volunteered to help with our projects. Mark has left some mighty big shoes to fill.

Mark's volunteerism has been recognized on both the local level with the 2019 Emmett Hines award and at the national level with the 2022 USMS Dorothy Donnelly Service award. At the 2022 Gulf annual meeting in early December, the Board of Directors expressed its appreciation for his many years helping our organization. Happy retirement, Mark.



## This Quarter's Workout

*Thanks to COOG coach, Jeff Armstrong, for this quarter's workout.*

500 warmup, your choice

400 reverse IM, this can be done as drill or swim  
You have the option of doing 1 x 400, 2 x 200, or 4 x 100 on this set.

12 x 75, as 25 drill/50 swim – 10-15 sec. recovery

12 x 100 choice, with a rolling fast 25 (#1: first 25 is fast, #2: second 25 is fast, #3: third 25 is fast, #4: fourth 25 is fast) – 15 sec. recovery

16 x 50 kick (with or without fins) – 10 sec. recovery  
odds: 25 fast/25 easy, evens: 25 easy/25 fast

200 cooldown

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

## Kevin Lunsford is the 2022 Emmett Hines Award Recipient

Kevin Lunsford is the 2022 recipient of the Emmett Hines Award, the highest honor bestowed by the Gulf Masters Swimming Committee. The award is presented to those who best exemplify enthusiasm, expertise, and advocacy of Masters Swimming in the Gulf region. Kevin was presented with the award at the Gulf LMSC annual meeting held at Dad's Club on December 3<sup>rd</sup>.

His nomination letter, submitted by three Gulf members, amply demonstrates that Kevin is a deserving recipient of this year's award.

"We would like to nominate Kevin Lunsford as a worthy candidate for the 2022 Emmett Hines award.

Kevin Lunsford has been an active member of the Gulf LMSC for over 14 years, having first attended Gulf meetings in 2008. Kevin was elected Secretary in 2010 and served in that position until December 2018. Upon leaving the Secretary's position, Kevin remained a member of the Gulf leadership team in role of Vice Chair from December 2018 until the present time. He is also the Sanctions Chair, filling the important role of ensuring that all pool and open water competitions are properly USMS sanctioned.

Kevin played an integral role in the success of the first South Central Zone LCM Championship held at Texas A&M in 2016. The meet director was attempting to organize the meet long-distance from Houston without a local club to assist in the process. Kevin stepped into that void and worked tirelessly to provide names and contact information for groups that could assist in the meet organization. He attended Bryan/College Station Lion's Club meetings to build relationships with local community leaders who could provide manpower and assistance at the competition. Kevin also attended all three days of the meet, volunteering as the head timer. Kevin was that important local connection who helped make the meet such a success that it was held at the same venue the following three years.

After taking swimming lessons following a surgery, Kevin joined Masters swimming in Fall 2007. He became proficient in all the competitive strokes and entered his first Masters competitions in 2008. He competed in the Zone Championships in March 2008 and followed that up by competing at Spring Nationals held at UT in May 2008. Kevin competed on a regular basis until 2012.

While most people may have become less involved after leaving competition, Kevin has remained a tireless volunteer for the Gulf after he stopped attending meets. Despite living over 90 miles away in Bryan, TX, Kevin rarely misses an in-person Gulf meeting or social event. Kevin's volunteerism extends beyond the pool. He also helps put out American flags in the Bryan/College Station area for service groups on national holidays.

Kevin exemplifies the enthusiasm, expertise, and advocacy of Masters swimming that the Emmett Hines award seeks to honor. We hope you will agree that he would be an excellent choice for the 2022 award."

Congratulations to Kevin for this well-deserved honor.



***Kevin Lunsford (left) is presented with the 2022 Emmett Hines award by past recipient Mark Hahn (right) at the Gulf LMSC Annual meeting.***

## Twenty-Two Gulf Swimmers Earn 2022 LCM National Top Ten Times

The U.S. Masters Swimming National Top Ten List for 2022 LCM swims was finalized and published in December 2022. Twenty-two Gulf swimmers posted one relay and 53 individual top ten times.

Congratulations to Kevin Nead (RICE) who swam the fastest times in the nation in the men's 35-39 200-meter backstroke and 200-meter individual medley.

All our individual and relay national top ten swimmers listed below.

### Men

18-24: Jacob Lynch (DADS)

30-34: Alexander Aceino (UNAT), Zachary Green (UNAT), Alexander Plaetzer (DADS)

35-39: Leonardo Leiva Rivera (RICE), Kevin Nead (RICE)

40-44: Oscar Bermudez (COOG), Jon Hansen (DADS)

60-64: Bruce Kone (UNAT), Dean Putterman (UNAT)

65-69: John Fields (RICE)

70-74: Bruce Rollins (WMST)

75-79: Rog Hardy (RICE)

### Women

18-24: Kathryn Zimmerman (WMST)

30-34: Alisha Anderson (DADS)

35-39: Lindsay Price (COOG)

45-49: Carli Tyson (DADS)

50-54: Linda Visser (COOG)

65-69: Kris Wingenroth (UNAT)

70-74: Suzy Reiersen (RICE)

### Relay

Mixed 160-199: COOG (Oscar Bermudez, Helena Finley, Lindsay Price, Clay Pruitt)