



# The Chlorine Chronicles

## Gulf Masters Swimming

### July 2016

TEXAS IN JULY - DREAMING OF A COLD WATER RACE (FROM THE USMS FACEBOOK PAGE)

IN THIS ISSUE

## A Message from the Gulf Chairman

Whether you know me or not...I could use your help as Chairperson of the Gulf LMSC. I am looking for input from you in a number of areas. My e-mail address is [GUChair@usms.org](mailto:GUChair@usms.org).

First, annually at the USMS Convention, a list of those members who have passed away since last year's meeting are read In Memoriam. If someone in your workout group or team has passed away this year, please let me know so I can make sure they are remembered appropriately. I would like to know even if they have been out of swimming due to injury or illness before they passed away.

Secondly, I am looking for ideas. Ideas which will help all of us as a group. I compete and love to race. But, I am also a BIG proponent of meeting the needs of our largest contingent of Gulf Masters swimmers...those of us who came to USMS for fitness and friendship. While I hope you have enjoyed the healthful eating articles, workouts designed to get the "unattached" to move out of their training rut, or the "Swim University" fitness challenge, I am always looking for more ideas!

Do not worry about the quality of your idea, just send it to me. If you liked last year's 400 yard "Kicking for time" Challenge, or think this quarter's 400 yard "Pulling" Challenge might be worth a try, just maybe you have another thought you could pass my way? I'd love to hear your suggestions. I might be able to use them or come up with something better based on your ideas. Be bold and maybe a little bit crazy, but please give it some thought. I could use your help.

Keep smiling and swimming well,

Bruce Rollins, Gulf Chair

[GUChair@usms.org](mailto:GUChair@usms.org)



## Gulf Swim University

Degrees have been awarded to the 75 members of the 2016 graduating class.

Page 2



## Are You Properly Hydrated?

Nutritionist Catherine Kruppa offers tips to beat the Texas heat and maximize summer performance.

Page 5

## Congratulations to All 2016 Gulf Swim University Graduates

The 2016 school year ended on April 30<sup>th</sup> for the Gulf Swim University students. University Registrar, Bruce Rollins, is pleased to confer the following degrees based upon total miles logged during the first four months of 2016. Custom t-shirts were awarded based on the degree earned. Associate's Degree: Green; Bachelor's Degree: Blue; Master's Degree: Red; and Doctorate Degree: Purple.



(Artwork by Kerry Suhr – SWYM)

With 75 participants, Gulf Swim University had a slight increase in participation over 2015. South West YMCA Masters (SWYM) had 19 of their 22 registered swimmers participate, the most of any Gulf team, and an 86% team participation rate. That is an amazing team effort.

Congratulations, graduates!

### Associate's Degree in Swimology (20 miles)

Rebecca Andrews  
Vera Armstrong  
Bridget Bailie  
Pati Bryant  
Graham Cooper  
Eric Cozadd  
James D. Durham  
Deborah Hyink  
Vernon Imhoff  
Jenny Krummel  
Ryan Sager  
Julie Stevenson  
Joey Stewart  
Kerry Suhr  
David Welsh  
Tim Welsh

### Bachelor's Degree in Swimathematics (40 miles)

Jaimie Alfonzo  
Cedar Baldrige  
Lara Bany  
Robert Barela  
Lee Glaesemann  
Hilda Gonzales  
James Hogan  
Mary Anne M. Janish  
Alison Johnston  
Leonie Karkoviata  
Robert Li  
Christina Maggio  
Armando Marrufo  
Martha McDade  
Anna Mod  
Gloria Morgan  
Keith Nichols  
Deborah Nunnallee  
Patricia Orza  
Mary Ruppe  
Pam Stout  
Cynthia Thomas  
Sian Thompson

Stacey F. Tilley

### Master's Degree in Swimonomics (80 miles)

Jennifer Balevic  
Barbara Belt  
Ha Cao  
Steven Clancy  
Debbie Coellner  
Denny Coellner  
Nancy Crecelius  
Bonnie Finnegan  
Lisa Ganguly  
Carlye Graydon  
Jeff Helton  
Cheryl Hubbard  
Russell Hubbard  
Lloyd Jones  
Elizabeth Kastiuk  
Collett Lanier  
Debbie Loux  
Brian Miller  
Deborah Nichols  
Bob Perkins  
Susan Pfrehm  
Elain Rollins  
Dave Ruff  
Janet Rush  
Melanie Sellers  
Alvin Thomas  
Lydia Tiede  
Robin Tompkins  
Nicole Van Nood

### PhD in Swimengineering (160 miles)

Doug Allen  
Karlene Denby  
Peter Gerngross  
Nicole Rembach  
Bruce Rollins  
David Smith

## This Quarter's Fitness Challenge - 400 Pull for Time



(Photo from the USMS Facebook page.)

Our next fitness challenge is a 400 pull for time. We will have four categories: (1) fitness swimmer-pull buoy only, (2) fitness swimmer-pull buoy and paddles (3) competitive swimmer-pull buoy only and (4) competitive swimmer-pull buoy and paddles. Only a few rules: no additional equipment (fins, snorkels, etc.) other than a pull buoy and paddles. Bruce Rollins will be collecting the results. E-mail him at [GUChair@usms.org](mailto:GUChair@usms.org) and let him know your time, whether it was done in yards or meters, and what category you should be in. **The deadline to submit your entry is September 15<sup>th</sup>.**

## Win a \$1,200 Pace Clock Pro for Your Team - USMS August Registration Drive

Your registered USMS club or workout group could win a \$1,200 Pace Clock Pro from Colorado Time Systems and be featured in an article on the USMS website. The top five clubs/workout groups in the U.S. that **register the most USMS members in August** will win a pace clock and be featured in an article on the USMS website homepage showcasing your club.

If you have numerous swimmers in your program who are not current USMS members, get them to join in August and one of these clocks could be yours!

This year, USMS has created a year-plus membership starting on August 1 to help capture some of the interest of the Olympics, which will start on August 5. The year-plus membership option will give potential members **\$19 off** of their 2016 USMS membership if they register for 2017 as well.



## This Quarter's Workout

- Warmup: 200 swim / 200 kick / 200 pull / 200 drill
- Kick Set: Pyramid of 25 fast / 25 easy / 50 fast / 50 easy / 75 fast / 75 easy / 50 fast / 50 easy / 25 fast / 25 easy  
100 easy swim
- Main Set: 3 x 200 choice of stroke or individual medley (20 seconds recovery)  
4 x 150 free (15 seconds recovery)  
5 x 100 choice of stroke or individual medley (10 seconds recovery)  
6 x 50 free (5 seconds recovery)
- Speed Set: 8 x 50 variable speed (20-30 seconds recovery) # 1: 25 fast / 25 easy; # 2: 25 easy / 25 fast; # 3: 50 build; # 4: 50 fast
- Cooldown: 150 – 250 swim easy
- Total: 3,900 – 4,000 yards/meters**

We plan to have a team spotlight in each quarterly newsletter. The goals of the spotlight are two-fold: (1) to help Gulf teams grow and flourish, and (2) to provide information about area teams for solo swimmers who might like to swim with like-minded individuals in an organized group setting. If you would like to have your team featured in a future newsletter, contact [kdenby@usms.org](mailto:kdenby@usms.org)

## Team Spotlight - Rice Aquatic Masters

The Rice Aquatics Masters swim team began in 2003 and has grown steadily to about 140 registered swimmers. The program was started by Rice University women's swim team head coach, Seth Huston and continues to be coached by Huston and assistant masters coach Amanda Caldwell, who also serves as the assistant coach of the Rice University women's swim team.

One of the great characteristics of the team is diversity, both in terms of age and workout goals. Age doesn't matter. The team includes young swimmers right out of college up to swimmers in their 70's. While there is a relatively small core group of dedicated competition swimmers, the majority of the team shows up at practice each day for a variety of other reasons including triathlon training, cross training, open water swimming, adventure swimming or just to get regular exercise for health and fitness.

Swim meet competitors include two 2016 Olympic trials qualifiers, a masters world record holder, and several USMS record holders and national champions.

The adventure swim group combines recreational travel and exploring with open water swims. Their recent travels have included swims at Alcatraz; Austin, Texas; Chesapeake Bay; Tremiti Islands, Italy; Hellespont, Turkey; Sardinia, Italy; and Croatia.

The Rice Masters program and coaches believe that THE most important aspect of each workout is to have some fun with your fellow teammates and get in the training that best fits your individual goals.

There are workout lanes to meet the needs of every level of swimming ability, so swimmers decide the pace and intervals that fit their comfort zone. The program has a very flexible workout schedule to accommodate a wide variety of work/life commitments by offering 15 different workout times per week. All sessions are held at the beautiful Rice University outdoor, heated 50-meter pool, which can also be converted to 25 yards for the short course season workouts. Practices are:

Monday – Friday 6:00 – 7:00 a.m. and 5:30 – 6:30 p.m.

Saturday 8:00 – 9:30 a.m.

Sunday 12:00 – 1:30 p.m.

Mon., Wed., Fri. 12:00 – 1:00 p.m. (school year)

11:15 a.m. – 12:15 p.m. (summer)

The team hosts the annual Rice March Madness swim meet at their home pool and the Twin Lakes "Masters Open Water Carnival" (Manvel, Texas) that includes swim events of ½ mile, 1-mile and 2-miles.

For more information on Rice Aquatic Masters, go to their website at: <https://www.teamunify.com/Home.jsp?team=gura>



RICE swimmers Susan Matherne (left) and Mary Ruppe (right) proudly display the team's winning banner from 2015 USMS Spring Nationals.

## Beat The Heat!

### Proper Hydration Improves Workout Performance

Catherine Kruppa, M.S., R.D., C.S.S.D., L.D. ([catherinekruppa@adviceforeating.com](mailto:catherinekruppa@adviceforeating.com)/[www.adviceforeating.com](http://www.adviceforeating.com))

Proper hydration can help you improve your swimming and survive the brutal heat. Adequate fluid replacement is the most frequently overlooked performance aid. Fluids can actually delay fatigue and help you maintain a higher level of performance.

Fluids have many important functions in the body such as producing energy, regulating body temperature, eliminating waste products and dissipating heat through the skin as sweat. Inadequate fluid intake, along with heat and humidity, inhibits your body from performing tasks and speeds up dehydration. When 2% of body weight is lost through sweat, heart rate increases and cardiac output decreases. All of these hinder performance. Symptoms of dehydration include thirst, increased heart rate, headache, concentrated urine or low volume of urine, cramps and diarrhea during exercise.

The following are tips to help prevent dehydration:

1. Drink adequate fluids on a daily basis. The easiest way to check if you are well hydrated is to monitor the amount and color of your urine. You should urinate frequently throughout the day and the urine should be a clear, lemonade color. Vitamin pills may cause your urine to appear a fluorescent color, so it is best to monitor hydration by the quantity of urine. Another way to monitor hydration is to weigh before and after exercise. For each pound that you lose during exercise, you should drink 16-20 ounces of hydrating fluid. It is easy during the summer months to become chronically dehydrated. Chronic fatigue and headaches can be caused by dehydration. Pay attention to how you feel. Remember that caffeine and alcohol can act as a diuretic and increase fluid loss.
2. Hydrate prior to exercise. Drink 16-24 ounces of fluids two hours prior to exercise. This allows the body time to process the liquids so that you will have a chance to eliminate excess prior to your workout. Consume another 16 ounces of cold water or sports drink 10-15 minutes before to help lower your body temperature and allow your body to be ready to replace sweat losses.
3. Drink during exercise. Thirst is not an adequate guide. It is necessary to drink according to a schedule. It is ideal to drink 5-10 ounces of water or sports drink every 15-20 minutes. Mark a sports bottle in 5 or 10 ounce increments to help you keep track. Aim to take a few sips from your bottle in between sets. You will be playing catch up because the body can sweat off as much as three times this amount. It is important to take plenty of fluids early to aid in preventing dehydration. By the time you are thirsty, you have lost 1% of your body weight and your performance suffers. Drink before you are thirsty.
4. Quench your thirst and keep drinking. You need to drink 16-20 ounces for every pound of body weight lost after exercise. Rehydrating within one hour post-exercise will help you to recover quickly.

Water is an effective beverage for exercise lasting one hour or less. For athletes who are exercising 60-90 minutes, a sports drink, containing 4-8% carbohydrate, such as Gatorade or Powerade, can offer an energy advantage. Consuming these carbohydrates during long workouts will help maintain a normal blood sugar level and increase your stamina. Drinks that contain more than 10% carbohydrate such as fruit juice, soft drinks and concentrated fructose drinks are absorbed more slowly and may cause gastrointestinal distress. It is best to experiment during training to see what works best for you. Sweat contains water and small amounts of sodium, potassium and other electrolytes that keep your body in fluid balance. You can easily replace these losses after exercise by consuming a balanced diet. Keep these tips in mind as the heat and humidity continue through the summer because adequate hydration can make the difference between a good workout and a poor one.

***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***

## Two Gulf Swimmers to be Inducted into the International Masters Swimming Hall of Fame

Gulf LMSC is proud to announce that two of our members have been selected for induction into the International Masters Swimming Hall of Fame (IMSHOF). Joann Leilich (Woodlands Masters Swim Team) will be inducted as an Honors Swimmer and Tom Boak (Woodlands Masters Swim Team) will be inducted as a Contributor. Both Joann and Tom were chosen by members of the IMSHOF Masters Selection Committee, comprised of over 60 members representing countries from all over the world. They will be enshrined at the IMSHOF induction ceremonies on Friday evening, September 23, 2016 in Atlanta, GA, in conjunction with the United States Aquatic Sports Convention. In commemoration of their induction, we offer brief biographies highlighting their accomplishments. Congratulations to Joann and Tom.

### Joann Leilich (Woodlands Masters Swim Team)



Joann Leilich's swimming career had humble beginnings in Des Plaines, IL, a suburb of Chicago. She learned to swim through Red Cross programs and competed on a Chicago park district team during her high school years.

Joann took a long break from organized swimming while raising her two children and working part-time, as a math teacher and later as office manager for her husband Bob's business. She would occasionally venture into the water for a quick 500 yards but that was the extent of her swimming.

In the early 1980's, while living in the Virginia suburbs outside of Washington, D.C., Joann returned to the pool and joined U.S. Masters Swimming and the D.C. Masters team. Joann's hard work yielded impressive results with her first national #1 swim in 1982.

Since that time, she has not looked back. Joann has amassed an impressive swim resume which includes 584 national top ten swims. She has been a USMS All-American (# 1 time in the nation) for 34 consecutive years from 1982-2015. 1999 was an especially noteworthy year when Joann earned Pool All-American status in both the 55-59 and 60-64 age groups as well as Long-Distance All-American status for her win at the USMS Two-Mile Cable Swim National Championships. She has been USMS Pool All Star in 2014 and 2015.

Joann has set 63 USMS individual national records and has been part of 35 record-setting relay teams. She also currently holds two FINA world records in the 200 breaststroke, for the 70-74 age group (SCM) and the 75-79 age group (LCM).

In addition to her swimming prowess, Joann gives back to masters swimming through volunteerism. While in Virginia, she served as Potomac Valley LMSC registrar for 13 years and currently serves as The Woodlands Masters Swim Team treasurer.

Like many of us, Joann's primary enjoyment derived from masters swimming is the friends that she has made nationwide and the fitness benefits. She related one of her funny swimming memories. In the late 1990's she made a New Year's swimming resolution, not for herself, but for her husband Bob. She purchased him a Speedo, goggles, fins, and a kick board for Christmas and had Bob join her at workouts. Bob also greatly enjoyed the camaraderie of masters swimming and continues to swim, though not with the same zeal as Joann.

Joann's first USMS National Championship meet was at The Woodlands in 1982. She could not have imagined back then that she and Bob would choose to retire to The Woodlands over 20 years later, motivated by proximity to family. Joann and Bob enjoy spending time with their married daughter, married son and their three grandchildren who all live nearby.

Gulf LMSC would like to congratulate Joann for her many accomplishments and upcoming induction. We are so proud of you!

## Tom Boak (Woodlands Masters Swim Team)

Tom Boak returned to the pool in 1978, after a hiatus from swimming. Like many of us, he ventured from fitness workouts to competitive swimming in 1978 with his first masters swim meet at Alamo Heights in San Antonio. Again, like many of us, Tom was quickly hooked by the potent mixture of friendship, camaraderie, fitness, and competition found in USMS and continued to enter meets.

In 1980, Houston area masters swimmers submitted a bid to host the 1982 USMS Short Course National Championships at the Woodlands Aquatics Center. With no one else stepping up, Tom volunteered to be the national meet director in 1981. Tom knew that he would benefit from attending the 1981 USMS convention held in Snowbird, Utah to better understand the monumental task of organizing and running a national championship event.

The obvious venue to learn the ropes at convention was the Championship Committee meetings. He left convention as the Championship Committee Chairman Elect, having been voted in by his peers. Tom formally assumed the chairmanship in May 1982 after the successful conclusion of the Woodlands USMS National Championships.

Tom continued to attend the annual conventions and serve as Championship Committee Chairman from 1982 to 1985. Prior to the 1985 convention, the heir-apparent to the USMS Presidency was Vern Scott, father of Ironman champion Dave Scott. USA Triathlon lured Vern away to head their organization. Tom was urged by prominent members of USMS to submit his application for the presidency. He was elected USMS President at the 1985 convention.

Tom was re-elected as USMS President in 1987 and served in that capacity for a total of four years (1985-1989). As Past-President, he served an additional four years on the USMS Board of Directors. Tom also served four years as Chairman of the Rules Committee, four years as Chairman of the Finance Committee, and two years as USMS Treasurer.

In the late 1980's there was an organizational void for international masters swimming competition and FINA, the international governing body for swimming, seemed to have little interest in masters swimming. To fill that void, Tom worked tirelessly with fellow American Kevin Kelly and several Australians from 1986-1988 and Masters Swimming International (MSI) was the resultant organization. MSI successfully served the international masters swimming community until approximately 1991 when FINA expressed a desire to put masters swimming under their umbrella. Again, Tom worked diligently to ensure a smooth transition from MSI to FINA.

In addition to the 1982 USMS Short Course National Championships, Tom was meet director for the 1987, 1990, and 2007 USMS Long Course Nationals. That wealth of experience was tapped when USMS asked him to be the meet director of the 2012 Long Course National Championship held in Omaha, site of the U.S. Olympics Swimming Trials a few weeks prior. The monumental challenges of organizing this successful National Championship is Tom's proudest achievement in masters swimming.

Over the last four years, Tom and another USMS Past-President, Mel Goldstein, have gotten heavily involved with United States Aquatic Sports. Mel is the controller and Tom is the treasurer of the organization.

Tom's dedication to USMS has not gone unnoticed. In 1991 he received USMS's highest honor, the Capt. Ransom J. Arthur M.D. Award, an award given annually to the USMS volunteer who has done the most to further the objectives of masters swimming, generally over an extended period of time. Additionally, in 1994 Tom was the recipient of the National Championship Meets Award. This annual award is presented to someone who makes significant contributions to USMS National Championship meets. The award recognizes efforts to assist USMS and meet hosts in providing excellent competitive conditions for championship racing.

Tom is a Level 3 USMS Certified Coach and currently coaches The Woodlands Masters Swim Team.

Tom's volunteer efforts would leave most of us exhausted. But Tom says that he's gotten far more from masters swimming than he's given. For one, he met the love of his life at convention years ago, marrying Carolyn after a relationship that spanned from Texas to California. He also has made life-long friends and cited an example from this past weekend. Tom and Carolyn were in New York for a wedding and visited two long-time swimming friends, USMS Past-President Mike Laux and Past Legal Counsel and Vice President, Jack Geoghegan. Despite a gap of almost 15 years, they picked up right where they left off as if no time had elapsed. Tom and Carolyn have at times discussed when they might pass the torch, cut back on USMS involvement and possibly even stop going to convention. They have both decided that the opportunity to reconnect with their swimming friends nationwide both at convention and championship meets is impossible to give up.

We in masters swimming, especially in the Gulf LMSC, are so fortunate to have Tom taking a leadership role in improving the sport and its organizations. Tom, your upcoming induction into the IMSHOF is well deserved and we are grateful for your efforts on our behalf.



## Competition Corner

### USMS Spring National Championships

Nine Gulf swimmers joined almost 1,800 other competitors at the Greensboro Aquatic Center for USMS Spring Nationals. The 4-day competition was held from April 28 – May 1. While the Gulf contingent was small, they produced some impressive results with six #1 national championship swims and a total of 35 top ten finishes.

The following swimmers won national championships: Marissa Clapp (RICE) in the 200 breast and 400 IM; Bruce Kone (RICE) in the 50 free, 50 back, and 50 fly; and Gary Schatz (RICE) in the 50 free.

Congratulations to Tyler McFarland (CFSC), Lauren Byron (MAMC), Carlos Jimenez (RICE), Bruce Williams (RICE), Chuck Bailie (WMST), and Bob Bailie (WMST) for outstanding swims.

### Meet Recaps

#### Summer Sizzler - Sunday, June 26<sup>th</sup>

The annual event lived up to its name with both hot, steamy weather and sizzling times in the pool. There were some AMAZING swims including six new National and two new World Records! Congratulations to Graham Johnston (MOST) for new world and national records in the 200 and 400 free, to David Guthrie (RICE) for a new national record in the 100 breast, and to Joann Leilich (WMST) for new national records in the 50, 100 & 200 Breast!

#### Oregon or Bust Meet - Saturday, July 9<sup>th</sup>

There was a good turnout for the Woodlands Masters annual summer meet. Swimmers enjoyed swimming indoors and the meet was well run. Full meet results can be found on the Woodlands Masters Swim Team's website at [wmst.net](http://wmst.net)

### Upcoming Events

#### South Central Zone Long Course Championships - July 29-31<sup>st</sup>

The competition already has attracted over 220 entrants, the largest long course zone championship meet in recent memory. The lure is swimming in the Texas A&M natatorium in College Station, TX. The venue is the site of prior NCAA, SEC, and Big 12 Championship events. Good luck to all of the Gulf competitors heading to Aggeland.

## THE TRIALS AND TRIBULATIONS OF LONG COURSE MEETS...

