



The Chlorine Chronicles

Gulf Masters Swimming

Winter 2017

PREPARING FOR THE NATIONAL ANTHEM - 2017 JESSE COON INVITATIONAL MEET

IN THIS ISSUE



Message from the Editor

As January comes to a close, those who chose to make resolutions have probably already broken them. For a healthy remainder of 2017, perhaps setting goals, rather than resolutions, would be a better course of action.

Whether your aim is better fitness, weight loss, or personal improvement, setting SMART goals could be your key to success.



In Memoriam

The swimming world mourns the loss of Emmett Hines.

Page 2

S SPECIFIC
Rather than vowing to swim more, set a goal of swimming "x" days per week.

M MEASURABLE
Keeping a food or training log will allow you to track your progress.

A AGREED UPON
Work with your coach, nutritionist, physician, or training partner to set challenging, yet attainable, goals.

R REWARDING
You are more likely to succeed if your goal is meaningful and personally rewarding to you.

T TIME-BASED
You can set both short-term and long-term goals to reach your ultimate objective.

You've already taken the first step toward fitness by joining USMS for 2017. Take an additional step by enrolling in the **Gulf Swim University** (see page 4) or following the example of our Gulf Chairman, Bruce Rollins, whose goal is to swim all 18 competitive events this year. Bruce got several of his most-disliked events out of the way at the Jesse Coon meet and is well on the way to achieving his goal.

We hope that the Gulf LMSC can, in some small way, help you reach your goals this year.



Meet Recaps

The first two meets of the 2017 swim season are in the books: The Jesse Coon Invitational and the 33rd Annual Woodlands Relay Meet.

Page 3

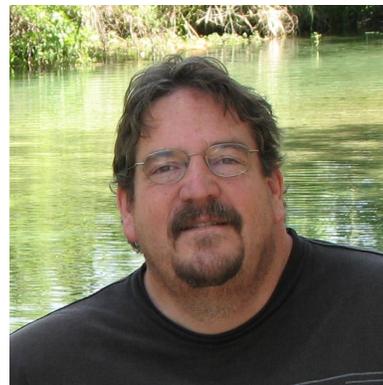
Emmett Hines

December 3, 1956 - November 11, 2016

It was with shock and great sadness that the Houston swimming community learned of the sudden passing of Emmett Hines on November 11, 2016.

Emmett was a giant in the swimming world. In over 30 years of service, Emmett served as a coach, mentor, and volunteer in the Gulf LMSC. He was deeply involved at the national level as well, attending many USMS conventions, writing articles for the national magazine, and serving on the USMS Coaches Certification subcommittee. Emmett's many years of service earned him the USMS Dot Donnelly Service Award in 2014.

Emmett Womack Hines III was born on December 3, 1956 in Washington, D.C. His early years were spent in Pennsylvania and Maryland. Emmett graduated from Walter Johnson H.S. in 1974, where he was involved in computers, theater, and shooting.



After high school graduation, Emmett spent one year at Clarkson University in Potsdam, N.Y. The highlight of his time there was working for the radio station, playing classic rock. He transferred to the University of Houston on a rifle team scholarship to pursue his life-long passion and talent for the sport. Emmett set three national records in air rifle. Unfortunately, the rifle team program was cancelled prior to his graduation. After that, Emmett started working in the UH intramural department. While working, he often watched the women's swimming and diving team practice, which is how he met his future wife, a diver named Peggy.

As Emmett puts it, he chased Peggy for about 1-1/2 years before he caught her. Emmett and Peggy married in May 1993 on the edge of the Grand Canyon. They raised two sons, Kalen and Nolan. In the meantime, they were establishing a swimming dynasty in Houston. Peggy taught the children, and Emmett taught the adults. As evidence of his coaching prowess, Emmett was awarded the USMS Coach of the Year award in 1993, the organization's highest coaching honor.

Emmett was also a prolific writer, with articles featured in Swim Magazine, Fitness Swimmer, and Swimmer as well as numerous regional triathlon publications. His monthly column in Texas Runner and Triathlete ran for over ten years. Emmett's Book, Fitness Swimming, was originally published in 1978, and the second edition was released in 2008. Together they've sold over 70,000 English language copies and have been translated and released in six other languages.

An engaging speaker, Emmett was a featured speaker at the American Swim Coaches Association World Clinic and at the Pacific Swimming Coaches Clinic, two of the largest swim coaching clinics in the world.

Beyond the pool, Emmett enjoyed camping, cooking, computers, target archery, and rifle and pistol marksmanship.

With his diversified interests, many talents, and internationally recognized expertise in swimming, what Emmett would most like to be remembered as is a devoted husband and loving, involved parent. Emmett spent countless hours helping with family reunions, church, school, scouts, archery league, camping, and guitar lessons. Emmett was *loud and proud* of his family. His sons both attained the rank of Eagle Scout. Older son, Kalen, is attending the Maritime Academy at Texas A&M University studying marine engineering while younger son, Nolan, is attending UT Permian Basin on a swimming scholarship and studying engineering. I'm sure that Emmett considered these fine young men as his greatest accomplishment.

In an interview after winning the USMS Coach of the Year award, Emmett was asked to share some words of wisdom for competitive and fitness swimmers. His response was a short, four-word quote that he recalled: "SWIM WITH UNCOMMON AWARENESS." He added, "that perhaps is the most important thing any swimmer can do. Without awareness, nothing else happens."

So, the next time you are in the pool and are concentrating on your body position or hand entry, you will be channeling a bit of your "Inner Emmett", a fine tribute to an even greater man.

January Meet Recaps

Jesse Coon Invitational SCY Meet - January 21, 2017



At over 20 consecutive years, the annual meet at Aerofit Health and Fitness Center is one of the longest running events on the Gulf racing calendar. It has changed names over the years. But shortly after the death of Jesse Coon, one of masters swimming's greatest ambassadors, the meet was named in his honor as The Aerofit Center was his home pool. In the tradition of Jesse Coon, the meet offers both spirited competition and small-town camaraderie and hospitality.

A small, but enthusiastic, group of swimmers converged for the Jesse Coon Invitational meet in Bryan, TX on January 21st for the 2017 edition. The swimmers represented nine teams from across Texas as well as at least one out-of-state participant.

The meet began in a show of patriotism with six swimmers carrying American flags the length of the pool during the national anthem. Once the racing was underway, swimmers could compete in up to five events vying for 1st through 3rd place high-point age group medals. Host team, Masters of Brazos, won the men's division while Masters of South Texas (San Antonio) took top honors in the women's and combined team scores.

The 2018 edition will again kick off the swim season in the Gulf for U.S. Masters Swimming. For the more competitive swimmer, the meet offers the full complement of 18 SCY events as well as relays. For the more novice or low-keyed swimmer, the volunteers and fellow swimmers are incredibly welcoming and encouraging. Historically, the meet has a full range of swimming abilities and age ranges with the 2017 meet spanning from age 21 to 78. In addition to the age-group high point awards, all entrants receive a participation award. Past years have featured swim towels and mugs. Complimentary food and drinks are always provided. And Judy Wagner, Henry Clark, and Felipe Zambrano consistently put on a well-run event. If you failed to attend the 2017 meet, you should circle this as a must-do to start off your 2018 season next January.

33rd Annual Woodlands Relay Meet - January 28, 2017

The 33rd annual Woodlands Relay Meet was held on Saturday, January 28th at the Conroe ISD Natatorium in Shenandoah, TX. The meet had 203 swimmers representing nine teams, the largest turnout in recent history.

If you have never attended this event, it is about the most fun you'll ever experience at a swim meet. The start area is crowded with enthusiastic relay swimmers with their teammates cheering them on from deck side. The meet always features a fun relay and the traditional non-beer relay.

Congratulations to host, Woodlands Masters Swim Team winning the women's and combined divisions, Houston Area Masters Swimmers winning the men's division, and a first-time team, San Antonio 5155, who scored the most points per swimmer.

Top three results in the three divisions were:

Combined

- 1) Woodlands Masters Swim Team (WMST)
- 2) Houston Area Masters Swimmers (HAMS)
- 3) Houston Cougar Masters (COOG)

Women

- 1) Woodlands Masters Swim Team (WMST)
- 2) Houston Area Masters Swimmers (HAMS)
- 3) Houston Cougar Masters (COOG)

Men

- 1) Houston Area Masters Swimmers (HAMS)
- 2) Woodlands Masters Swim Team (WMST)
- 3) University of Houston Masters (UH2O)



A Woodlands Relay Tradition - The Non-Bear Relay

2017 Gulf Swim University Now Has Five Degree Levels

Classes are already underway at Gulf Swim University. Registrants who swim 20 miles (5 miles per month) between January 1 and the end of April 2017 will earn an Associate's degree, 40 miles (10 miles per month) will attain a Bachelor's degree, and 80 miles (20 miles per month) earns a double major degree. Those who log in 120 miles (30 miles per month) earn a Master's degree and for 160 miles (40 miles per month) the graduate will be awarded a Swimming PhD.

University Registrar, Bruce Rollins, has noted that there are a total of 90 swimmers in the Gulf participating in "Go the Distance" for 2017. That means that some of you are already "auditing" the class. If you would like to change from audit to official enrollment and earn your degree and a nice t-shirt, register with Bruce at beek1@sbcglobal.net no later than February 28th.



For more info, go to: <http://gulfmastersswimming.org/GMS/article.cfm?c=1250&artid=7566>

400 Kick for Time Results

During the 4th quarter of 2016, 31 Gulf swimmers took on the 400 kick for time challenge. Most opted to kick with fins and two swimmers, Robin Tompkins and Russell Hubbard, kicked it twice both with and without fins. SWYM had the most participants, both in number and as a percentage of 2016 membership. Full results are below.

WITH FINNS

Women

25-29: (1) Katie Milligan 5:17
 30-34: (1) Stacey Baker 4:25**, (2) Carolyn Egan 5:30
 40-44: (1) Tessa Kole 5:55, (2) Ash Penley 5:57
 45-49: (1) Robin Tompkins 5:03**, (2) Bonnie Finnigan 5:53
 50-54: (1) Hilda Gonzalez 5:35**, (2) Cheryl Hubbard 5:50, (3) Melinda Schuler 5:55
 55-59: (1) Debbie Loux 5:40
 65-69: (1) Melanie Sellers 6:16

Men

30-34: (1) Christian Baker 5:10, (2) Michel Quintana 5:43
 40-44: (1) Paul Welding 5:47
 45-49: (1) Mason Mills 5:15
 50-54: (1) Russell Hubbard 5:13, (2) Bob Perkins 5:14, (3) Karl Schuler 5:51
 60-64: (1) Steve Clancy 5:15, (2) Craig Fox 5:20
 65-69: (1) Tim Mattingly 6:30
 75-79: (1) Max Zollner 7:22, (2) Neil Lisco 11:18

"NAKED" (NO FINNS)

Women

40-44: (1) Sian Thompson 7:03**, (2) Kerry Suhr 8:40
 45-49: (1) Robin Tompkins 7:23

Men

40-44: (1) Alfonso Jaime 7:34**, (2) Zane Shi 7:49
 50-54: (1) Tim Welsh 7:05**, (2) Russell Hubbard 7:14
 55-59: (1) Mike Engleking 8:05
 75-79: (1) Jimmy Durham 10:20

** New LMSC Record

Congratulations to everyone who participated.

What is Your Wellness Goal for 2017?

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This time of year we tend to make a list of things we would like to change or accomplish in the New Year. This year, try something different. Choose a single goal to focus on instead. Small changes can lead to big results when done consistently. For instance, if you were to leave three bites on your plate that you would normally eat at lunch and dinner for one year, you would lose 20 pounds. Changes are easier to make when you are not overwhelmed from the beginning. You are more likely to stay consistent and follow through with one sole focus.

Here are a few tips that will help you find that one goal that is important to you this year and stick to it.

Be Specific

For example, you may decide that you are going to increase your time swimming in 2017. Are you going to swim longer per session or are you going to add workouts? Where are the added workouts going to fit in your calendar? Is this realistic in your schedule?

Or maybe you would like to try to master a different stroke. Are you going to swim the stroke more often in practice? If so, how much and when? Are you going to have a lesson to correct your technique?

Finally, maybe your goal is to swim more masters meets this year. Pull out the calendar, mark them down, and sign up for the meets. The more specific the goal, the more likely you are to reach it.

Say it Out Loud

Share your goal with at least two others to increase your accountability. In order to follow through with your goal, you need to be comfortable with it. You need to own it! Share your goal with your swim coach or lane mates as well as friends outside of swimming or a significant other. Saying it out loud to another person increases your likelihood of success.

Make it Simple

The easier the goal is for you to accomplish, the more likely you are to stick with it. As a dietitian, typically the first goal I give my clients is to increase their fluid intake. This seems less daunting than cooking more often at home, eating more fruits and vegetables, or eating breakfast daily. We start with something simple and build momentum to accomplish bigger goals.

Anticipate Obstacles

Obstacles occur more often when you are out of your routine. Plan ahead when you know that your routine will be different to help you stay on track. The typical obstacles which arise are holidays and travel. Plan ahead by finding a place to swim during your travels or look at healthy restaurants in the area. Also, expect the worst. If you do not plan for a pool, it most likely is not going to jump out at you once you arrive at your destination nor will that healthy restaurant. Planning, planning, planning is key!

Learn From Setbacks

Studies show that athletes who display self-compassion often perform better because they can tolerate losses. You want to do the same with your goals. See your failures as learning experiences, not character faults. Then determine the reasons that caused your slip up and make a plan to overcome the obstacle the next time around. We are humans and no one expects perfection. We are striving for a long-term progression in the desired direction.

This year remember to be kind to yourself and do not lose sight of the end goal.

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



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

Team Spotlight - Woodlands Masters Swim Team (WMST)

At 216 registered members in 2016, Woodlands Masters Swim Team (WMST) is the largest and one of the longest running teams in the Gulf LMSC.

Woodlands Masters Swim Team had its origins in the late 1970's. Candy Pew, Laura Thomas and Tom Boak, all swimming independently of one another, attended the 1978 national championship meet in San Antonio. Initially Woodlands swimmers competed as part of Texas Gulf Masters and later as part of Lone Star Masters. By 1987, the team had grown substantially and split from Lone Star Masters to become the Woodlands Masters Swim team.

Woodlands Masters has given back to the masters swimming community by hosting USMS national championship meets in 1982, 1987, 1990, and 2007. Additionally, Tom and Carolyn Boak, as well as other WMST members, have been deeply involved in the administration of USMS, serving on numerous committees and in leadership positions. In recognition of his extensive history of service, Tom was awarded the Capt. Ransom J. Arthur M.D. Award, USMS's highest honor, in 1991 and was inducted into the International Masters Swimming Hall of Fame as a contributor in 2016.

Woodlands Masters welcomes swimmers of all abilities and ages and count fitness swimmers, competitive swimmers, and triathletes among their ranks. Every workout has on-deck coaching from one of their twelve highly qualified coaches. The coaches' experience and achievements include national and world masters record holders, International Masters Swimming Hall of Fame inductees, NCAA All American and All Conference athletes, an International Junior National Team member, an Olympic Trials qualifier, and a professional triathlete with over 20 Ironman completions. Private lessons are also available. WMST offers prospective new members a free two-week trial period.

Swimming out of two great swimming venues, the Conroe ISD Natatorium and the Northampton Center, WMST offers 18 workouts with sessions scheduled every day of the week. With that many workouts, it is easy to find options that will fit any swimmer's schedule.

In addition to hosting the Woodlands Relay Meet for the past 33 years, WMST also hosts the annual November Classic SCM Meet. Additionally, the 2017 South Central Zone SCY Championships will be at Conroe ISD Natatorium in March.

No masters team would be complete without an active social aspect, and WMST is no exception. Annual events include a BBQ in the summer and the Christmas party each December. WMST also has fun competing in the Dragon Boat races. And, of course, there are the post-competition gatherings for food, drink, and fun.

If you live in the Woodlands area, check out Woodlands Masters at www.wmst.net and find a workout time and group that's perfect for you. Take advantage of the two-week free trial period and find a new swimming home with WMST.

WMST Swimmers At the Dragon Boat Races - One of Many Social Events



Upcoming Events

Saturday, February 11th - Sweetheart Swim, Houston, TX. What better way to spend Valentine's weekend than doing the sport you love with your friends or your significant other? This well-run SCY meet offers 17 individual events plus relays. The location is the WW Emmons Natatorium, 10404 Tiger Trail, Houston, TX 77043. Meet info is available at: https://www.clubassistant.com/club/meet_information.cfm?c=1250&smid=8333

Saturday, March 11th - March Madness Meet, Rice University, Houston, TX. Rice Masters offers a one-day meet in their beautiful outdoor pool. Meet entry includes a cool meet t-shirt. Meet information is available at: https://www.clubassistant.com/club/meet_information.cfm?c=2065&smid=8511

Fri.-Sun., March 24-26th - South Central Zone Championships, Shenandoah, TX. The 2017 USMS South Central Zone Short Course Championship will be right here in the Houston area and is hosted by The Woodlands Masters Swim Team. Meet information can be found at: https://www.clubassistant.com/club/meet_information.cfm?c=1733&smid=8433

GOGGLE MARKS

By Kerry Suhr



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 main set. The 2 x 75 is supposed to be done FAST!!! You're encouraged to swim a stroke other than freestyle on the fast swims. A great option for the 75's is 25 fly/25 back/25 breast. Enjoy!

Warmup: 200 swim / 200 kick / 200 pull

8 x 50 with fins, as 25 steady swim / 25 fast kick (15 seconds recovery)

3 sets of:

4 x 50 swim as 25 fast / 25 easy (15 seconds recovery)

300 pull, as 100 steady/100 build/100 steady (30 seconds recovery)

4 x 50 swim as 25 easy / 25 fast (15 seconds recovery)

100 easy

2 x 75 fast!!!

150 easy swim

100 cooldown

TOTAL: 4,400 yards / meters

Gulf Masters Swimmers Make a Splash on National Top Ten List

The U.S. Masters Swimming National Top Ten List for 2016 LCM swims was finalized and published in December 2016. Gulf swimmers had outstanding results with 145 individual and 20 relay top ten times. These are the most LCM Top Ten times by Gulf swimmers since 2011.

Special recognition goes to the seven Gulf competitors who posted the fastest times in the nation in one or more individual events. They are: Carolyn Boak (WMST), Marissa Clapp (RICE), David Guthrie (RICE), Tamas Kerekjarto (COOG), Joann Leilich (WMST), Alex Pujol (RICE), and Baker Shannon (WMST). Congratulations also go to the RICE (Aimon Allouache, Andrew Corman, Rodolfo Escalante, Jonathan Hansen, Ryan Littlefield, Alex Pujol) and MOB (Christy Brieby, Julie Coskey, Megan Mick, Melissa Ralston) relay teams that posted the nation's fastest times in relay events. Congratulations to all of our individual and relay national top ten swimmers listed below.

Men

18-24

Guy Buls (MOB)
Robert King (WMST)
Tyler McFarland (CFSC)
Daniel Morgan (UNAT)
Alex Pujol (RICE)
Andrew Smiddy (WMST)

25-29

Aimon Allouache (RICE)
Andrew Corman (RICE)
Rodolfo Escalante (RICE)
Bailey Fellows (WMST)
Ryan Littlefield (RICE)
Mark Reeves (WMST)
Michael Riley (MOB)
William Wagner (RICE)

30-34

Daniel Shiosaki (RICE)
Jing Yang (WMST)

35-39

Oscar Bermudez (COOG)
Jonathan Hansen (RICE)
Tamas Kerekjarto (COOG)

40-44

Donovan Coskey (MOB)
Joey Minervini (RICE)

18-24

Kelsey Cowan (UNAT)
Megan Mick (MOB)

25-29

Marissa Clapp (RICE)
Carleigh Kutac (DADS)
Melissa Ralston (MOB)
Alisha Rembach (DADS)
Danielle Yoho (COOG)

30-34

Lindsay Price (SSSM)

35-39

Christy Breiby (MOB)
Beth Hanlon (RICE)
Lisa Linerode (RICE)

40-44

Julie Coskey (MOB)
Laura Koch Davis (WMST)
Nicole Van Nood (RICE)

45-49

James Connolly (RICE)

50-54

Carlos Jimenez (RICE)

55-59

David Guthrie (RICE)
David Ruff (MOB)

60-64

Bruce Williams (RICE)
Niels Wolfhagen (WMST)

65-69

Bruce Rollins (WMST)
Greg Tharp (WMST)

70-74

Tom Boak (WMST)
Rog Hardy (RICE)

75-79

Max Zoellner (FCST)

80-84

Bob Bailie (WMST)
Waldo Leggett (MACA)

90-94

Baker Shannon (WMST)

Women

45-49

Cheryl Hubbard (COOG)

50-54

Ellen Considine-Miller (WMST)
Susan Matherne (RICE)

55-59

Mary Anne Hines (WMST)

60-64

Heidi Ernst (RICE)

65-69

Deb Coellner (WMST)
Suzy Reiersen (RICE)

70-74

Carolyn Boak (WMST)

75-79

Joann Leilich (WMST)