



The Chlorine Chronicles

Gulf Masters Swimming

Summer 2017

DAUGHTER/MOTHER ZONE RECORD BREAKERS - SUSAN MATHERNE & CAROL MUNGAVIN

IN THIS ISSUE

Your Gulf Reps are Heading to the USMS Convention in Dallas - September 13-17

Eleven members of the Gulf LMSC leadership will be heading north to Dallas for the USMS Convention. USMS is one of several governing bodies meeting under the umbrella of the annual US Aquatics Sports Convention. Other governing bodies meeting at the Hyatt Regency Dallas are USA Swimming, USA Diving, USA Synchronized Swimming, and USA Water Polo.

We are very excited that four representatives will be attending their first USMS convention. Stacey Eikes, Elaine Rollins, Robin Tompkins, and Alana Wilson will sit on the Gulf LMSC Committee. They will represent the Gulf LMSC's commitment to be at the forefront of LMSC leadership.

Long time convention attendees will be present by virtue of their leadership positions within USMS. Gulf is proud to be ably represented by Carolyn Boak (Recognition and Awards Committee member, Rules Committee member), Tom Boak (USMS Past President, Finance Committee member), Bruce Rollins (Gulf LMSC Chair, South Central Zone Chair, LMSC Development Committee member), Herb Schwab (Officials Committee member), and Kris Wingenroth (Legislation Committee Member).

Additionally, Nicole Christensen-Rembach (Social Media/Webmaster) and Steve White (Coaches Chair) will be serving as the Gulf representatives in their areas of expertise.

A full convention report will be featured in this fall's Gulf newsletter.

Canceled - Swim a Triathlon Fitness Challenge

Due to a lack of member interest, the summer fitness challenge, Swim a Triathlon, has been canceled. **Our fall fitness challenge will be a 400 pull for time. More information about the event can be found on page 6 of this newsletter.**



Nutrition 101

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Sports Nutrition: The Roles of Protein, Fat, and Hydration

Catherine Kruppa, M.S., R.D., C.S.S.D., L.D. catherinekruppa@adviceforeating.com/www.adviceforeating.com

In the Spring newsletter, we reviewed the importance of carbohydrates in the body for everyone from the average person to an Olympic athlete. Now, we are going to focus on the roles of protein, fat, and hydration in exercise.

Protein

Protein's primary role is to provide amino acids for building, maintaining, and repairing muscle. Protein provides limited fuel during exercise. Protein synthesis, however, markedly increases after both endurance and resistance exercise. The rate of protein synthesis increases between 10-80% within four hours after exercise and remains elevated for at least 24 hours. The average person performing aerobic exercise requires 0.5 -0.6 grams of protein per pound of body weight, while a strength athlete requires 0.7-0.77 grams per pound of body weight. In comparison, the average non-exerciser requires 0.36 grams of protein per pound of body weight. Protein intake exceeding these numbers is not effective for fuel or muscle building, but will, instead, be stored as excess energy (fat). Adding a protein to a carbohydrate in your post-exercise meal/snack may stimulate muscle protein synthesis. This is why dietitians recommend consuming protein and carbohydrates within 30 minutes to two hours following intense or long exercise.

Some examples of good post-exercise food include:

- Smoothie combining milk, yogurt, or protein powder with fresh or frozen fruit
- Yogurt with a granola bar
- Cereal with milk and fruit
- Turkey sandwich
- Slice of veggie pizza

Fat

Fat is the major fuel for light to moderate exercise, along with carbohydrates. Fat oxidation (breakdown) gradually increases as exercise extends to an hour or more and carbohydrates become depleted. Fat can be used for up to 80% of the body's fuel source at the end of prolonged exercise. Some athletes are following the trend of high fat diets to fuel themselves for exercise. However, there is no reliable evidence that a high fat diet increases performance or results in weight loss.

Hydration

Dehydration greater than 2% of your body weight decreases your performance. At this point, your core body temperature goes up, your cognitive ability goes down, sweating decreases, and you have decreased urine output.

While you can come back from an energy problem in minutes, recovery from a hydration problem takes hours. If you're suffering from the effects of dehydration, it takes several hours to completely recover and bring fluid levels in muscles, blood plasma, and intracellular fluid back to normal.

To avoid dehydration, make sure you are fully hydrated prior to exercise. It is very important to determine your sweat rate. Unfortunately, few athletes make the effort to learn their sweat rate. You can do this by weighing yourself before and after exercise to determine how much you lose per hour at different temperatures. It is also important to remember that swimmers will sweat in their aquatic environment, losing up to a pound of body weight per hour.

During exercise, the recommendation is to drink 5-10 ounces every 20-30 minutes. This, of course, depends on the athlete's size, sweat rate, intensity or duration of exercise, climate, and clothing. If you are exercising over one hour, use an electrolyte beverage to help replace the electrolytes lost in sweat. A beverage containing 6-8% concentration of carbohydrates is best for hydration and electrolyte replacement during prolonged exercise. Maltodextrin is the sugar that is best absorbed.

After exercise, make sure to rehydrate as well. Aim for 24 ounces per pound of body weight lost. Eat a meal along with your fluids to replace the lost sodium. Be careful of overhydrating or not taking in enough electrolytes. This can lead to hyponatremia, a low concentration of sodium in the blood due to overhydration. The consequences of hyponatremia are more dangerous than dehydration. That is why knowing your sweat rate is vital.

In summary, to perform at your best, you should be well hydrated, your glycogen stores should be well fueled with carbohydrates, and you should use protein and fat as back-up fuels.

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.



Gulf Swimmer Tackles Her First Meet on USMS's Biggest Stage



Aliza Geretz with daughter Dina and husband Ben Mayer

You probably hear it from your teammates on a regular basis. They are competent swimmers but are hesitant to enter a USMS meet and persuasion from their coaches or teammates will not budge them from this mindset.

Houston Cougar Master swimmer, Aliza Geretz, has taken that mindset and turned it on its head. A self-described "awful" swimmer in her 20s and 30s, Aliza is competing at the USMS Summer National Championships at the University of Minnesota in Minneapolis this August. This will be her first swimming competition.

While Aliza learned basic swimming skills in her youth, her swimming "workouts" in college consisted of going back and forth in the pool for 400-500 yards, mainly with a kickboard. In her 30s, in preparation for a scuba diving trip with her nephew, she took some swimming lessons to have more confidence in the water. But her swimming skills were still poor.

However, Aliza lived an active lifestyle. She ran on a regular basis and had completed two half marathons. She also biked and did several long bike tours. And she loved kayaking and hiking.

When bringing her daughter to Houston's JCC in summer 2015, Aliza saw a group of adult swimmers participating in organized workouts. With her interest piqued and at the urging of her friend, Miriam Eber, Aliza approached coach Greg Orphanides and asked if she could join the group.

Imagine Aliza's surprise, when Greg told her to warm up with 400 meters. That was her longest swimming distance! Greg worked on her body position, breathing, and kicking skills and the distance of her workouts gradually increased.

After a year on the team, Greg began gently suggesting that Aliza consider entering a local swim meet. She demurred. However, knowing that she was born and raised in the Minneapolis area, Greg mentioned that Aliza might want to consider swimming at the National Championship meet.

The family had already been contemplating a trip to Minneapolis this summer. At first, Aliza thought she would simply go to the meet as a spectator and cheer on her teammates. But right before the entry deadline, she sent in her entry for the 100 and 200 meter freestyle events. In preparation for the meet, Aliza has been swimming 3-4 times per week, primarily at the team workouts.

Aliza's goals for the meet are realistic but hopeful. She knows that she will not be competitive in her age group but would like to meet or beat her seed times. Aliza feels that simply attending and competing is a great accomplishment. While understandably a bit nervous, she is excited about swimming in a world class venue and watching the nation's greatest adult swimmers compete.

In addition to visiting friends and family back home, the pool will be a bit of a homecoming as well. Her father used to work for the University of Minnesota as an architectural engineer supervising building projects, including the construction of the natatorium.

Aliza's biggest fans will be in attendance to cheer her on: husband Ben Mayer and four-year-old daughter, Dina. Ben is an avid runner, having completed more than 40 marathons. Aliza is excited to have Dina watch her compete and is hopeful that the experience will instill in Dina the desire to pursue a fit, active lifestyle.

In the Gulf fall newsletter, I will be following up with Aliza to get her impressions of the National Championship and her first swim meet.

Meet Recaps

Summer Sizzler LCM Meet - Sunday, June 25th

70 swimmers from Houston, Dallas, Austin, Bryan/College Station, and San Antonio competed at the annual event held under the pines at the Dad's Club pool. Meet director, Nicole Christensen-Rembach, put on a well organized, quickly run meet. Competitors were done with their swims and on their way to the meet social by early afternoon.

South Central Zone LCM Championships - Friday, July 21st to Sunday, July 23rd

The Texas A&M University Natatorium, home of 2013 SEC Championships, 2009 NCAA Championships and the 2005, 2007 & 2010 Big 12 Championships, was the site of the 2017 South Central Zone LCM Championships.

The meet attracted 195 swimmers representing 45 different teams. Teams came from all over the Lone Star State as well as from California, Georgia, Illinois, and North Carolina.

The pool lived up to its reputation as one of the premier aquatic facilities in the nation as 71 zone records and one national record were broken.

Marissa Clapp (Rose Bowl Masters) set a national record in the women's 30-34 200 meter breaststroke in a time of 2:38.90., breaking the previous mark by over 2-1/2 seconds.

The Rice Masters mother/daughter duo of Carol Mungavin (80-84) and Susan Matherne (55-59) both set zone records in the 100 meter and 200 meter freestyle events in their respective age groups.

Meet director, Nicole Christensen-Rembach, was in charge of an amazing weekend of swimming. Meet results were promptly posted on-line at the end of each day of swimming. A great social was held at the Cavalry Court Hotel on Saturday evening. Both the individual event awards and the overall team plaques were first-rate.

Masters of South Texas won the overall team title (1,337 points). Woodlands Masters Swim Team placed second (720 points) and Rice Aquatic Masters finish third (646 points).



Stacey Eikes (WMST), Chis Mayhew (MOST), and Ryan Littlefield (RICE) show off their overall team awards.

Upcoming Events

November Classic SCM Meet - Saturday and Sunday, November 11-12

Even in the dog days of a Gulf Coast summer, it's not too early to start planning to attend the 7th Annual November Classic SCM meet hosted by The Woodlands Masters Swim Team at the Conroe ISD Natatorium on November 11-12, 2017.

The event is classic in every sense of the word with a great venue, superb meet organization, and heated competition. You can set your fall racing goals by checking out the meet records at: <http://wmst.net/index.php/results-and-gallery/records/181-november-classic-individual-records>

On-line registration is already open. You can find meet information and registration at: https://www.clubassistant.com/club/meet_information.cfm?c=1733&smid=9306

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 - Trotter Family YMCA

The Trotter Family YMCA is located at 1331 Augusta Drive, Houston, TX 77057. The facility has an eight lane, 25 yard outdoor pool. In addition to the lap pool, the Y offers a family fitness pool, gymnasium, pilates reformer room, batting cages, tennis courts, wellness center with weight machines and cardio equipment, free weights room, cycle studio, group exercise studio, child care facility, and a women's only wellness center.

There are three masters swim workouts per week. Workout times are: Tuesday and Thursday evenings 7:00-8:30 p.m. (summer – approximately end May to mid August) and 6:30-8:00 p.m. (remainder of year), and Saturday mornings 8:30-10:00 a.m.

Workouts usually have 10 to 20 swimmers, with a mix of abilities including former high school and college competitive swimmers, triathletes, and fitness swimmers. Several members compete in local, zone, and national level swim competitions. Additionally, the team has triathletes competing in sprint, Olympic distance, half Ironman and full Ironman events. Lanes are assigned by swimmer speed and ability to maximize the lane space made available to the group.

The Trotter Y masters swim program began in the 1980s and was originally coached by Aquatics Director, Heidi Perkins. When Heidi left the Y in the early 1990s, coaching duties were taken over on a volunteer basis by Mark Hahn, a swimmer in the program. Mark was hired by the Y as the full-time coach in 2003 and has been serving in that capacity for the past 14 years. Mark brings a wealth of swimming expertise to the program. Mark's swimming resume boasts 25 National Top 10 swims. In addition to volunteering his services from early 1990 to 2003 to keep the Trotter Y swim program active, Mark is also a long-time officer in the Gulf LMSC, serving as treasurer. Obviously, giving back to the masters swim community is in Mark's blood.

Mark tries to keep the workouts fun and will offer special holiday themed workouts. Social events include several breakfast and dinner outings after practice throughout the year as well as going-away parties when members move out of the area.

In order to swim with the group, you need either a Trotter Y membership or a Houston city-wide Y membership. There are no additional fees involved to participate in the Trotter Y swim program. A big plus of a Y membership is the YMCA's "AWAY" program which comes in very handy when traveling. AWAY stands for Always Welcome at Any Y. When you travel outside of the Houston area, you can find a YMCA nationwide for your workouts and often at no cost.

The Trotter Y program can fulfill your swimming needs with expert coaching, social events, and one of the most well-equipped workout facilities in the Houston area.



Trotter Family YMCA Team Members

Distance Per Stroke Versus Turnover Rate - The Jury Is Still Out

Most coaches emphasize reducing stroke count per length for beginning swimmers and rightfully so. Beginning swimmers have significant stroke flaws and inefficiencies which result in an undesirably high stroke count. Correcting those flaws will improve efficiency, reduce stroke count, and increase speed. Therefore, a reduced stroke count may be used as a yardstick of success.

But what about the experienced swimmer with an efficient stroke but a high stroke count? Should that swimmer place a lot of emphasis on reducing the number of strokes per length?

If you paid attention while viewing the men's 1,500 meter free final at the recent FINA World Swimming Championships, you witnessed a study in contrasts. Italy's Gregorio Paltrinieri and Ukraine's Mykhailo Romanchuk swam side by side for the entirety of the race. Yet their swim strokes could not be more different, with Paltrinieri taking 39-41 strokes vs. Romanchuk's 28-30 strokes per length. The quick turnover rate won out with Paltrinieri taking gold by 1.29 seconds.

Likewise, Great Britain's Adam Peaty won the 50 meter breaststroke, after setting a world record in the semifinals, and bested an elite field in the 100 meter breaststroke by over a second with a stroke rate that was significantly higher than his competitors.

So, what does this mean for experienced masters swimmers? While a lower stroke rate may be helpful, it is not the end all/be all. Each swimmer is unique and must find the perfect balance between distance per stroke and stroke rate. Neither spinning your arms without catching water nor a long, smooth, slow stroke are your friend. Swim races are ultimately determined by who touches the wall first. There are no style points for the perfect stroke or least number of strokes.

So, don't be afraid to experiment with the balance between distance per stroke and turnover rate and find the perfect marriage of the two that will improve your speed in the water.

Gulf LMSC Puts on Two Swim Clinics in June

Gulf LMSC Chair Bruce Rollins led two swim clinics geared primarily towards fitness swimmers and triathletes on June 10 and June 24 at the Conoco-Phillips Fitness Center. Bruce was assisted at the June 10 clinic by Karlene Denby. Both Bruce and Karlene are USMS Level 2 Certified coaches.

Both clinics focused on freestyle body position, streamlining, efficient kicking, and breathing. While the emphasis was on freestyle, the other competitive strokes were briefly covered.

Gulf LMSC paid for the pool rental and the \$10 registration fee from each swimmer was donated to USMS's Swimming Saves Lives Foundation.

If there is sufficient interest, the Gulf LMSC would like to continue to offer low-cost clinics to the membership. Contact Bruce Rollins at GUChair@usms.org and let him know what types of clinics you'd like to see offered in the future.



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. Robin Tompkins will be collecting the results. E-mail her at rtompkins2@comcast.net and let her 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 30th.**

Jesse Coon Volunteer Spirit Award

In 2006, the South Central Zone created a Volunteer Spirit Award in honor of one of masters swimming's greatest ambassadors, Jesse Coon. Jesse was a retired physics professor from Texas A&M University and an outstanding swimmer. He was the first person in the 90-94 age group to complete the 200 butterfly and 400 individual medley. Jesse set national and world records and had numerous top ten listings. But he is best remembered for his graciousness, contagious enthusiasm, and love of the sport. Each year since 2006, the Jesse Coon Award has been given to the South Central Zone swimmer/volunteer who best exemplifies the qualities that made Jesse Coon a beloved figure in the masters swimming community. The award is housed at Jesse's home pool, the Aerofit Health & Fitness Center in Bryan, Texas.

Here is the speech that was given by Gulf Chair, Bruce Rollins, in presenting the Jesse Coon Award:

"This year's recipient is a shining light for all of us whether it is as a coach, as a member of the South Texas LMSC, as a member of a National Committee, or as a contributing editor of Swimmer magazine. This person is not only all of that, but is also a pretty fantastic swimmer to boot!

This person has 192 Top 10 times over the years – both individual and on relays.

This person has 10 All American times over the years, which means no one was faster.

But this is only part of why this person is so special and deserving of this year's Jesse Coon Memorial Service Award. The person who receives this year's award is so much more than that!

This person is a level 3 certified coach! In fact, this person is soooo good that this person was awarded The USMS Masters Speedo Coach of the Year in 2008.

This person also currently holds three positions in the South Texas LMSC: as Top Ten Recorder, Secretary, and Coaches Chair. That is a lot of volunteering! And on top of all that, this person was the Meet Director of one of the MOST exciting and colorful Short Course National meets held in the great city of San Antonio in 2015.

Like they said about Mary Tyler Moore, this young lady can turn the whole pool on with her smile! If you haven't guessed it yet...this year's recipient of the Jesse Coon Memorial Award is none other than Susan Ingraham – Coach extraordinaire of MOST – The Masters of South Texas!

While Susan makes her way over here, I would also like to recognize Susan for not only coaching swimming, but developing a world class water polo team that travels internationally. She also is the meet director for the State Senior Games held in San Antonio for as long as I can remember. And finally, I believe she has also competed in shuffleboard in the National Senior Games competition. Please join me in congratulating and thanking Susan for all she does for all of us."



Susan Ingraham, 2017 Jesse Coon Award recipient, with South Central Zone Chair, Bruce Rollins

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.

Warmup: 400 choice

8 x 50 free, as 25 overkick drill / 25 swim (15 sec. recovery)
6 x 100 free (or stroke), explode 20 strokes off the turn at the 50 (15. sec. recovery)
100 easy swim

Main Set - 2 sets of:

2 x 50 free, as 25 fist drill / 25 swim (10 sec. recovery)
4 x 100 free, stroke, or IM (20 sec. recovery)
1: 75 easy / 25 fast
2: 50 easy / 50 fast
3: 25 easy / 75 fast
4: 100 fast
200 easy swim
3 x 200 pull, hold fastest possible average (30-40 sec. recovery)

Total: 4,100 yards/meters + cooldown

2017 Graduates of Gulf Swim University

Gulf Swim University had 106 graduates in 2017, a record number. University Registrar, Bruce Rollins, conferred 19 Associate degrees, 34 Bachelor degrees, 30 Double Major degrees, 17 Masters degrees, and 6 PhD degrees. Degree level was determined by the number of miles completed between January 1 and April 30.

PhD Degree: 160 or more miles (purple t-shirt): Doug Allen, Raul Sambrano Bojorquez, Karlene Denby, Peter Gengross, Bruce Rollins, David Smith

Masters Degree: 120-159 miles (red t-shirt): Jennifer Balevic, Cindy Casillas, Steve Clancy, Caitlin Clark, Kyle Ediger, Craig Fox, Lauren Conova Grous, Cheryl Hubbard, Russell Hubbard, Leonie Karkoviata, Tessa Kole, Debbie Loux, Bob Perkins, Elaine Rollins, Melanie Sellers, Kerry Suhr, Robin Tompkins

Double Major Degree: 80-119 miles (navy t-shirt): Robert Barela, Barbara Belt, Stuart Bernau, Julie Brotzen, Kelly Capshaw, Carolyn Egan, Bonnie Finnigan, Lisa Ganguly, Jeff Helton, John Keen, Lisa Kolluri, Bruce Kone, Colette Lanier, Lisa Linerode, Janet Mattingly, Tim Mattingly, Katie Milligan, Deborah Nichols, Keith Nichols, Deborah Nunnallee, Jill Quinn, David Ruff, Mary Ruppe, Jan Rush, Leslie Schueckler, Karl Schuler, Elise Selz, Joe Steiner, Lydia Tiede, Nicole Van Nood

Bachelors Degree: 40-79 miles (royal blue t-shirt): Jamie Alfonso, Rebecca Andrews, Dan Bryant, Nancy Crecelius, James Durham, Donald Fancher, Aliza Geretz, Hilda Gonzales, Patricia Gordon, Carlye Graydon, Kyle Hendricks, Mary Anne Janish, Lloyd Jones, Elizabeth Kostiuk, Jenny Kummel, Joann Lelich, Gerald Lewis, Robert Li, Martha McDade, Jenna Meyer, Carmen Meza, Brian Miller, Mason Mills, Lucy Moore, Ryan Ragonne, Mariano De los Santos, Peter Schmidt, Baker Shannon, Jeff Tarr, Alvin Thomas, Cynthia Thomas, Sian Thompson, David Welsh, Synda Wilson

Associates Degree: 20-39 miles (green t-shirt): Bridget Bailie, Anna Bass, Ann Burke, Lynn Cadena, Stacey Eicks, Peter Foster, John Hardin, Katia Hoberman, Monika Kleban, Lorin Koszegi, Karine Lhermitte, Anna Mod, Mike Offner, Landi Orza, Andy Seals, Susan Spore, Julie Stevenson, Judy Wagner, Paul Welding

Congratulations, graduates!



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