



The Chlorine Chronicles

Gulf Masters Swimming

Fall 2018

"FIRST TIME FOR EVERYTHING" POST-MEET SOCIAL – GREAT FOOD AND CAMARADERIE

IN THIS ISSUE

2018 Annual Meeting Announcement Wednesday, November 7th

The Gulf LMSC will be holding its annual meeting on Wednesday, November 7th at the Brenda and John Duncan YMCA, 10655 Clay Road, Houston, TX 77041. Pizza will be served at 6:30 p.m., and the meeting will begin at 7:00 p.m.

All USMS-registered teams are entitled to be represented by voting members at Gulf LMSC meetings. Teams with up to 49 members are entitled to one voting representative, 50 to 99 members are entitled to have two voting representatives, and teams with 100+ members are entitled to three voting representatives.

These are open meetings, and you do not have to be a voting representative to attend. All USMS members are welcome, and we welcome your feedback on what we could do to make your membership more meaningful and of better value to you. We especially encourage attendance at the annual meeting to help direct the LMSC priorities for the coming year. Annual meeting topics include the tentative 2019 meet and fitness event schedule, the 2019 Gulf LMSC annual budget, and election of Gulf LMSC officers.

We hope to get through necessary agenda items quickly and then open the floor to answer any questions about the LMSC's operations and elicit suggestions on how we can help our teams, coaches, and swimmers.

Please RSVP to Gulf Chair, Bruce Rollins at GUChair@USMS.org so that we know how many are attending, what teams will be represented, and how much pizza to order.

Thanks in advance for attending the meeting and helping to shape our program for 2019.



Keep Your Weight in Check This Holiday Season

Nutritionist Catherine Kruppa offers advice on enjoying your holiday eating without adding inches to your waistline.

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Gulf Swimmers Shine at Pan Ams

Twelve Gulf swimmers joined competitors from 39 countries at this international event.

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Meet Recap:

“First Time for Everything” Meet, a perfect event for first-timers

First Colony Masters hosted the “First Time for Everything” meet on Saturday, September 22nd at the Lamar Consolidated Natatorium in Rosenberg. It was great to have this meet back on the Gulf calendar after a seven-year hiatus. The meet attracted 50 swimmers, many of them first-timers. In addition to a well-run competition in a fast pool, the post-meet social was free to all entrants and was catered by Italian restaurant, Grazia. The meet hosts graciously eliminated themselves from the team competition which was won by South Shore Sails Masters Swimming (SSSM). Houston Cougar Masters (COOG) finished in second place.

If you want to persuade any teammates to try a swim meet, here are some thoughts from the SSSM swimmers which illustrate why this is an ideal meet for first-timers.

From Lindsay (occasional meet swimmer)

“I thought the meet was a perfect meet for first timers. Everything ran smoothly and they even allowed swimmers who had missed a race to jump in another heat and/or event to complete their event. I'm proud of all of our teammates and think we really did an excellent job with cheering each other on, and making sure our first timers felt ready for their races!”

From Barbara (first masters meet since the 1990s)

“It takes a lot of organization to run so many events in quick sequence - a big thank you to the First Colony Masters and the pool staff! And everyone was so friendly and helpful when faced with my dumb questions like ‘is this my lane?’ The separate warmup pool was a big help too. And finally, I achieved my primary goal for the meet - I dove in four times and my goggles stayed on every time!”

From Kathleen (first ever swim meet)

“As you know, it was my first meet. But what I enjoyed most was team camaraderie, cheering each other on, and competing!”

From Julia (first ever swim meet)

“Yes, this was my first meet. I sort of learned how to swim at summer camp about 20 years ago, but this is all pretty new to me. The meet was a lot of fun! It was neat to see folks of all shapes and sizes and age ranges, and everyone was friendly and welcoming. Can't wait for the next one!”

From Joanne (occasional meet swimmer)

“No, this was not my first meet. . . but there was such a relaxed atmosphere that I felt braver about trying new events (50 fly and 200 free). And the fun relay was hilarious! Overall, it was an event that would be nice to swim in again. And the food was yummy!!”



SSSM swimmers celebrate their overall team award. From left to right: Julia Hillbrant, Jackie Hurry, Lindsay Price, Karlene Denby (coach), Barbara Belt, Joanne Murphey, and Kathleen Sarchburg.

Stuff Your Turkey, Not Yourself, This Holiday Season!

Catherine Kruppa, MS, RD, CSSD, LD

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Holiday seasons are filled with fun, friends, family, and too much food that can leave us stuck with unwanted pounds. One too many of mom's tasty temptations, combined with lack of exercise, can equate to an easy 5-10 pound weight gain each year between Halloween and the New Year. Planning some holiday eating strategies is the key to a trimmer season.

A typical holiday meal usually looks something like this:	<u>Calories</u>	<u>Fat</u>	
6 oz. baked turkey with skin	350	17	
1 c. stuffing	350	48	
½ c. gravy	145	5	
1 c. mashed potatoes	200	10	
½ c. green bean casserole	155	7	
2 rolls (buttered)	240	10	
½ c. sweet potato casserole with nuts	176	25	
1 piece pumpkin pie	<u>350</u>	<u>12</u>	
Grand caloric and fat intake	1966	134	(61% fat)

The revised low-fat holiday meal looks something like this:

6 oz. white skinless turkey	260	1.3	
½ c. low-fat stuffing	100	0.4	
½ c. low fat free gravy	55	0.1	
½ c. low-fat mashed potatoes	85	1	
½ c. green bean casserole	106	1	
1 roll (no butter)	80	1	
Low-fat pumpkin pie	<u>135</u>	<u>1</u>	
Grand calorie and fat intake	821	5.8	

You can save over 1,000 calories and 128 grams of fat by revising your holiday menus. Don't let the holidays make you loosen your belt. Try cutting out the fat this year with these tips.

Turkey Talk

- Select a plain turkey that is not pre-basted.
- Use butter-flavored PAM and chicken broth for basting the turkey, instead of butter.
- Select skinless white meat over dark meat with skin.
- Beware of most gravies and juices, as that is where the fat hides.

Appetizers

- Use reduced fat mayonnaise, Greek yogurt, cream cheese, sour cream, and dressings for dips. (Don't count on your friends to do the same.)
- Avoid high fat dishes that are fried, stuffed, or with pastries and high fat meats.
- Stick to fruit, veggies, seafood, or bring your own low-fat appetizer.

Recipe Make-Over

- Substitute light butters (Butter Buds, Smart Balance, Brummel & Brown, I Can't Believe it's Not Butter) in place of margarine in stuffing, potatoes, veggies, and gravies.
- Cook stuffing in a dish, versus in the turkey, to prevent excess fat absorption.
- Use evaporated skim milk and skim milk in place of cream and whole milk in pies, soups, and sauces.

De-Fatted Desserts

- Use reduced fat pie crusts or make graham cracker crusts with low-fat graham crackers and Butter Buds.
- Cut the sugar in your desserts by 1/3.
- Use egg beaters or 2 egg whites for one egg.
- Substitute whip cream with fat-free Cool Whip or Rediwhip.

What about Spirits?

- Alcohol can add an amazing 300-700 calories per meal.
- Use Diet 7-Up with 2 oz. wine for a low-calorie spritzer.
- Select light beer and dry wines over sweet mixed drinks and regular beer. But remember, even the light ones have 100 calories per serving.
- Drink long and light. One drink is metabolized in one hour, so try drinking non-alcoholic beverages in between.

Holiday Eating Hints

- Don't skip breakfast...this is what leads to ravenous hunger that results in extreme overeating.
- Have healthy snacks on hand, like popcorn, pretzels, fruit, crackers, veggies, baked chips, and low-fat dips.
- Keep high fat desserts out-of-sight or give them to friends.
- Plan extra exercise around big meals and do more activities, like museum tours and walks, instead of resting in front of the television.
- Eat a snack before going out to dinner and pass up the appetizers and extra bread.
- Give more gift certificates and flowers instead of baking sweets and desserts.
- Chew gum or brush your teeth before cooking to reduce sampling.
- When you're hungry, avoid munching unconsciously on leftovers. Fix yourself a plate of food so you know how much you are consuming.
- Last but not least, if you go overboard don't starve yourself the next day. Get right back on track, exercise a little more, and watch your portions and fat intake.

Party Patrol

- Never go to a party hungry - eat a pre-party snack.
 - Steaming bowl of broth
 - Small fresh salad
 - Raw veggies and low-fat dip
- Don't stand around the food table. Position yourself far from the buffet table, where the next bite is not within arm's reach, so you don't end up mindlessly munching.
- Watch your alcohol intake. Alcohol contributes a lot of calories. If you drink, alternate each alcoholic drink with a non-alcoholic beverage, such as sparkling water with lime. If you prefer wine, ask the bartender to add some sparkling water and enjoy a refreshing spritzer. And steer clear of creamy, high-fat drinks like eggnog, which can pack 460 calories and 20 grams of fat per cup.
- Bring a low-calorie item.
- Be the talk of the town. If you are chatting, you can't be chewing! Busy yourself by working the room. You'll save calories, and you may meet some interesting people – that's what parties are really about, anyway.
- Tighten up. Wear snug-fitting clothing to the affair, and you'll be more aware of feeling full – you will stop eating before you've eaten too many *Pigs in the Blanket*.
- Carry a clutch handbag instead of a shoulder bag. Your hands will be kept busy and it will be harder to reach for hors d'oeuvres.
- Think small. Reach for a small plate when passing through the buffet line; choose the smallest cookie out of the batch. If dining out, watch your portion sizes – you can easily avoid unwanted weight gain without forgoing the food.

Avoid the Office Stuff-fest

- Nibbling can wreak havoc with your calorie intake

1 Doughnut	250 calories	
2 Chocolate covered cherries	175 calories	
3 Handfuls caramel popcorn	150 calories	
1 Brownie	120 calories	Total = 750 calories

Remember, 3500 extra calories per week = 1 extra pound per week. Add up five days of steady grazing (3750 calories) and you realize why it's so easy to gain the average 5-10 pounds over the holidays. This doesn't even include food at parties and family meals.

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.

Peak Performance Seminar

Fueling Your Body and Mind for Optimal Performance

November 7th 6:30 - 8:30 p.m. at RunOn! By Jackrabbit-River Oaks

If you enjoy nutritionist Catherine Kruppa's quarterly columns, you will definitely be interested in the nutrition seminar she will be conducting on November 7, 2018. This seminar is great for half-marathoners, marathoners, triathletes, ultra-endurance athletes, and the weekend warrior. We look forward to seeing you at the new running store in town: Run On! Jackrabbit - River Oaks. Email info@adviceforeating.com if you have any questions or would like to sign up.

NOVEMBER 7, 2018
6:30 PM - 8 PM

PEAK PERFORMANCE SEMINAR

LEARN FROM THE PROS

Advice For Eating Sports Dietitians
Catherine Kruppa & Kristin Kabay
Sports Psychologist Adrienne Langelier
Run On! Jackrabbit

\$30

RUN ON RIVEROAKS
2012 West Gray Street
Houston, Texas

MARATHON NUTRITION
HYDRATION STRATEGY
SPORTS PSYCHOLOGY

[INFO@ADVICEFOREATING.COM](mailto:info@adviceforeating.com)

2019 USMS Registration Opens on November 1st

Before you know it, 2019 will be upon us. That means that it's time to renew your USMS registration. Registration opens on November 1st.

While the USMS National Office has increased its portion of the registration fee to \$45, the Gulf LMSC leadership voted to reduce Gulf's portion of the fee from \$7 to \$5. Over the past five years, the Gulf's portion of your registration fee has reduced from \$15 to just \$5 in our continuing effort to hold registration fees at \$50 for you, our membership.

If you register prior to January 1st, you will receive discount codes from USMS partners on items like swimwear, swim gear, and nutritional supplements.

If you have swim friends who are not yet members of USMS, they will be registered for the remainder of 2018 and all of 2019 for the \$50 registration fee and get up to 14 months of membership for the price of 12 months.

This Quarter's Fitness Event - 400 Kick for Time & 400 Pull for Time

You have up to four opportunities to test your fitness in the last quarter of 2018 as we hold the 400 kick for time and the 400 pull for time. Channel your inner swimming beast by completing 400 kick with fins, 400 kick without fins, 400 pull with paddles, and 400 pull without paddles. For each challenge that you complete, submit the following information.

Pull for Time: submit name, age, gender, team, time, and whether or not you used paddles

Kick for Time: submit name, age, gender, team, time, and whether or not you used fins

It's easy to enter. Simply e-mail your results to Fitness Chair, Robin Tompkins at rtompkins2@comcast.net.

The deadline to submit entries is December 31, 2018.

USMS Fall Fitness Challenge

With another school year starting, make sure to add swimming to your routine and try the Fall Fitness Challenge, a 1-mile swim completed between Nov. 15-30, and the third event in the [SmartyPants Vitamins USMS Fitness Series](#).

This event is designed for anyone who wants to get in shape entering the holiday season or doesn't want to put off their fitness goals until the new year. Whether you're just getting into swimming or back into the sport after a long time away from the pool, swimming 1 mile is an excellent fitness goal. The Fall Fitness Challenge can be done in any manner desired: straight through, as a member of a relay, or even with fins.

When: Nov. 15-30

Where: Check the list of participating clubs for specific dates, times, and locations or swim on your own at your local pool during the event window.

Entry Fees: Sept. 1-Oct. 31: \$10; Nov. 1-Nov. 30: \$12

Fundraising: Entry net proceeds will go to the USMS Swimming Saves Lives Foundation.



USMS Convention Report

Gulf Delegate, Elaine Rollins

This year, I was a first-time delegate to the USMS Convention in Jacksonville, FL. My registration badge included a green sticker which said, "Help me. I'm a new delegate." Wednesday evening featured a buffet dinner and live music, where friends, old and new, greeted each other and caught up.

The USMS Convention started Thursday morning with a House of Delegates meeting, welcoming the approximately 300 Masters swimmers in attendance. The USMS Convention was only a small part of the larger USA Aquatics Convention, which included USA Swimming, USA Diving, USA Synchronized Swimming, and USA Water Polo. After our welcome at the House of Delegates, we went to our zone meetings, committee meetings, workshops, and more House of Delegates meetings over the next several days. The meetings were all very orderly, considering the number of people attending and the number of issues discussed. Strict parliamentary procedure kept things on track.

The House of Delegates had to elect at-large directors from the eight zones. There were four contested elections. The "Meet the Candidates" forum was an interesting view of the diversity within USMS. In three of the four elections, women won the vote with one woman becoming the youngest director in USMS history at 22 years old. The election was conducted for the first time by electronic voting which shortened the voting time considerably over the old paper ballots.

I was impressed by the number of people attending the USMS Convention but also came to understand that USMS is a part of a larger group - USA Aquatics. The entire USA Aquatics Convention came together for a celebratory dinner and awards ceremony hosted by Rowdy Gaines on the final evening - a perfect way to end my first USMS Convention.

This Quarter's Workout

Thanks to Coach Greg Orphanides (COOG) for this quarter's workout. You can change the total distance of this workout by increasing or decreasing the number of times you swim the main set.

400 warmup

8 x 50 free, explode 10 strokes/rest of 50 is easy – 10 seconds recovery

2 sets of:

1 x 400 pull, alternating 10 fast strokes/20 easy strokes

8 x 25 free-overkick drill – 10-15 seconds recovery

3 x 200 (free, stroke, or IM), descend 1-3 – interval is first swim + 20 seconds recovery

4 x 50 kick with fins, as 25 easy/25 fast – 20 seconds recovery

100 easy free

4 x 25 kick, fast! – 20 seconds recovery

1 x 100 for time – fast!

4 x 25 kick, fast! – 20 seconds recovery

200 cooldown

Total: 4,300 yards/meters

UANA Pan American Masters Championships

The Pan American Masters Championships covered the five aquatic disciplines of swimming, open water swimming, water polo, diving, and synchronized swimming. The swim competition was held over eight days at the Rosen YMCA Aquatic Center in Orlando and attracted over 1,700 swimmers from 39 countries.

Gulf swimmers had impressive results. Leading the way was Carolyn Boak (WMST), winning all of her five individual events. Bruce Williams (RICE) won four gold medals and one silver medal. Other first place finishers were James Connolly (RICE) in the 200 breast; David Guthrie in the 50 breast; Carleigh Kutac (DADS) in the 200 fly; Joanne Leilich (WMST) in the 200 breast; and the RICE relay team (James Connolly, David Guthrie, Dominic Mastracchio, Bruce Williams) in the men's 200-239 200 free and 200 medley relay events.

Swimmers with top three finishes in individual events were Tom Boak (WMST), and Baker Shannon (WMST). Top ten finishes were earned by Dominic Mastracchio (RICE), Greg Tharp (WMST), and Lisa White (WMST).

Congratulations to all of the Gulf competitors on their impressive results.



Rosen YMCA Aquatic Center, Site of the UANA Pan American Masters Championships (from the USMS Facebook page)

Upcoming Events

November Classic SCM Meet - Saturday and Sunday, November 10-11

The final event of the 2018 Gulf racing season is the 8th Annual November Classic SCM meet hosted by The Woodlands Masters Swim Team at the Conroe ISD Natatorium on November 10-11, 2018.

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=10856



Conroe ISD Natatorium, Site of the November Classic SCM Meet, November 10-11

Save the Date - Swim Events in 2019

- January** Jesse Coon Invitational, TruFit Athletic Club (formerly Aerofit), Bryan, TX (Date TBA)
Brazos Valley Senior Games, Junior HS Natatorium, College Station, TX (January 23)
Woodlands Relay Meet, Conroe ISD Natatorium, Shenandoah, TX (January 26)
- February** Sweetheart Meet, W.W. Emmons Natatorium, Houston, TX (February 16)
- March** Rice March Madness Meet, Rice Natatorium, Houston, TX (March 10)
South Central Zone Championship, Conroe ISD Natatorium, Shenandoah, TX (March 29-31)
- April** USMS Spring National Championship, Mesa, AZ (April 25-28)
Twin Lakes Open Water Swim Carnival (April 28)
- May** Swim Across America Benefit Swim, Lake Houston, Houston, TX (May 4)
- July** South Central Zone LC Championship, Texas A&M Natatorium, College Station, TX (July 19-21)
- August** USMS Summer National Championship, Mission Viejo, CA (August 7-11)
FINA World Masters Championship, Gwangju, Korea (August 9-18)

Forty-Two Gulf Masters Swimmers on National Top Ten List

The U.S. Masters Swimming National Top Ten List for 2018 SCY swims was finalized and published in August 2018. Gulf swimmers had outstanding results with eight relay and 84 individual top ten times.

Special recognition goes to the six Gulf competitors who posted the fastest times in the nation in one or more individual events. They are: Carolyn Boak (WMST), Bruce Kone (RICE), Joann Leilich (WMST), Daniel McCleary (AMBU), Nicole Van Nood (RICE), and Linda Visser (COOG). RICE relay swimmers Bryan Collins, Eric Friedland, Dax Hill, Austin Surhoff, and William Wagner combined for four #1 relay swims in the men's 25+ age group.

Congratulations to all of our national top ten swimmers listed below.

Women

25-29

Carleigh Kutac (DADS)

35-39

Victoria Bahr (HOST)

45-49

Nicole Van Nood (RICE)

Linda Visser (COOG)

50-54

Jill Gellatly (UNAT)

65-69

Sue Bloomfield (WMST)

Deb Coellner (WMST)

70-74

Carolyn Boak (WMST)

75-79

Joann Leilich (WMST)

80-84

Carol Mangavin (RICE)

Men

18-24

Kyle Hendricks (PACK)

25-29

Austin Surhoff (RICE)

William Wagner (RICE)

30-34

Daniel McCleary (AMBU)

35-39

Oscar Bermudez (COOG)

40-44

Jarrold Marrs (COOG)

45-49

James Connolly (RICE)

John De Groot (RICE)

55-59

David Guthrie (RICE)

Bruce Kone (RICE)

Jay Yarid (RICE)

60-64

Bruce Kone (RICE)

Gary Schatz (RICE)

Bruce Williams (RICE)

65-69

Bruce Rollins (UNAT)

75-79

Kent Ferguson (AMBU)

90-94

Baker Shannon (WMST)

Relays

Men 25+

RICE: Bryan Collins, Timothy Chung, Eric Friedland, Dax Hill, Wing Lam, Michael Peron, Austin Surhoff, Vitor Villar, William Wagner

WMST: Jonathan Armstrong, Mark Reeves, Andrew Smiddy, Jing Yang

Men 35+

RICE: John DeGroot, David Guthrie, Dominic Mastracchio, Jay Yarid

Mixed 55+

WMST: Sue Bloomfield, Stacey Eicks, Greg Tharp, Niels Wolfhagen