



GULF SWIMMERS AFTER THANKSGIVING SWIM. SECOND HELPINGS ANYONE?

The Chlorine Chronicles

Gulf Masters Swimming

Winter 2019

IN THIS ISSUE

A Note from Your Editor

I apologize for the delay in the winter edition of the Gulf newsletter. I am currently recovering from total hip replacement surgery. I was unable to sit for extended periods of time which made writing and editing the newsletter difficult.

Gulf Swim University Enters its Fifth Year

Many of you are familiar with Gulf Swim University as it enters its fifth year, offering a FREE, specially designed t-shirt for accomplishing your goal. Last year Gulf U "students" swam over 9,000 miles and were granted over 120 t-shirt "degrees."

Here are the details of Gulf Swim University - the semester runs from **January 1, 2019 to April 30, 2019**:

- * Swim 20-39 miles and earn an Associate's Degree (green t-shirt)
- * Swim 40-79 miles to earn a Bachelor's Degree (blue t-shirt)
- * Swim 80-119 miles to qualify for a Double Major (navy t-shirt)
- * Swim 120-159 miles for a Master's Degree (red t-shirt)
- * Swim 160 miles for an impressive PhD (purple t-shirt)

Here's how to take advantage of the opportunity:

- * Let our fitness chair, Robin Tompkins, know you're participating by emailing her at gulf.swim.fitness@gmail.com
- * Go to USMS.org, My USMS, My Fitness Log. Enter the FREE Go the Distance Event and easily track your swimming distances (daily, weekly or monthly).
- * Get to the pool regularly, have fun and get FIT.

It's that easy, is completely **FREE** to you as a 2019 USMS member, and will keep you **motivated** when life's little surprises try to derail your goal. Earned t-shirts are typically delivered in July.

As the Fitness Chair of the Gulf LMSC, Robin would love to hear your comments and/or suggestions on how we can add even more value to your USMS membership.



Swim Across America - Houston

The inaugural open water charity swim will be held on May 4th at Lake Houston.

Page 3



Upcoming Events

Choose from several meet options to challenge yourself this spring and summer.

Page 3

A Farewell and A Challenge from Outgoing Gulf Chair, Bruce Rollins

It has been my pleasure to have served all of you for the past four years as a Gulf LMSC officer. Like many of you, prior to my involvement in the Gulf organization, I was a long-time USMS member, loved training with my teams, and swimming in meets. But I was pretty much unaware of how much work goes into making the Gulf competitions, clinics, and events run so effortlessly.

Over 18 years ago when I first joined USMS, I decided to go to a Gulf LMSC meeting held at Star Pizza. There were discussions about things like registration, sanctions, Top 10 Recordings, treasury reports, upcoming meets, procuring meet officials, and holding clinics. The ring leader was Emmett Hines who was never able to stay in the leadership background. Kris Wingenroth was there, along with Mark Hahn, Tom and Carolyn Boak and others who are still active today. Bottomline, these folks are warriors, working for all Gulf swimmers for many, many years.

About six years ago, I resurrected my visits to the Gulf LMSC meetings as a coach. Many of the same individuals I met 18 years ago were still volunteering and attending the meetings. What I have learned in the intervening years is that we all belong to a pretty terrific local organization that is tailored to not only meet the needs of the competitive swimmers, but to also provide value to the fitness swimmers and triathletes who want to improve their swimming. Gulf is just one of 52 LMSCs nationwide and part of a much larger national organization that is less than 50 years old.

During these past six years, we have made many positive changes of which you may not be aware. Gulf offers a quarterly newsletter, written and edited by Karlene Denby. Webmaster Nicole Rembach continues to improve the Gulf website and has maintained an active Facebook page. Bruce Williams has taken over the Registrar's position to ensure that your registrations and team transfers are efficiently processed. Stacey Eikes has assumed responsibility as Top 10 Recorder while continuing to serve as Woodlands Masters team president. Mark Hahn, our long-time treasurer, has effectively managed our financial resources, allowing Gulf LMSC to keep your annual dues unchanged for the past ten years despite continuing dues increases from the National Office. Former Vice-Chair Kris Wingenroth will succeed me as Gulf Chair, a position she is more than qualified to assume. Kris is a 28-year veteran of local and national committees and positions, earning many honors along the way. Long-time Secretary, Kevin Lundsford will be moving into the Vice-Chair and Sanction positions vacated by Kris. Kevin is one of our most dedicated leadership members, traveling from College Station to attend meetings.

The bottom line to my learning as an officer is that the success of this LMSC is really a shared leadership responsibility. We have recruited members to help us understand open water swims and determine if we can offer open water events in the future. We are supporting a very worthy Swim Across America Open Water Charity Swim this May to help fight cancer. All funds stay in the Houston community and will fund research by one of our own Gulf swimmers, Dr. John DeGroot at MD Anderson. I encourage you all to support this non-USMS event...because it is swimming. It is what we are all about.

So why am I stepping down? Why am I not sticking around to continue to lead? There is a clause in our by-laws that would allow me to remain in my position. But we need new members to step up and bring their talents to our Gulf LMSC. I am close to 70 years old and do not understand how to harness social media. I am not on Facebook and still operate a flip phone. I cannot do graphic design, nor am I a great writer to help Karlene and Nicole in our communication efforts. And I am not unique, as the bulk of Gulf's leadership team is in their 60s. In order for the Gulf LMSC to continue to grow and thrive, we need younger members who would be willing to attend meetings, learn what we are doing behind the scenes, and begin to assume the reins of leadership. The future of our organization depends upon it. So, if you would like to give back to an organization and sport you love, I strongly encourage you to attend a meeting in the near-future.

And old me, I will still be in attendance as the Coaches Chair and will serve out my term as South Central Zone Chair. I appreciated the honor to serve all of you. I hope all of you had fun and as usual...Keep smiling!



Swim Across America - Houston Inaugural Swim is on May 4th



It not too late to register as either a participant or a volunteer for the inaugural Swim Across America open water charity swim to be held on May 4, 2019 at Lake Houston, Alexander Deussen Park. You can choose from the half-mile, one mile, or 5km distance. All proceeds stay right in the Houston area and benefit research at MD Anderson Cancer Center's Departments of Neuro-Oncology and Pediatric Oncology. One of the beneficiaries is masters swimmer, Dr. John DeGroot. Dr. DeGroot swims for Rice Masters and is Interim Chair of Neuro-Oncology at MD Anderson.

The top fund-raising team will receive a free swim clinic from 2012 and 2016 Olympian, Cammile Adams. Cammile and several other Olympians will be joining us for the swim. You can register to swim, to volunteer, or to donate at: http://www.swimacrossamerica.org/site/TR?fr_id=5002&pg=entry

Upcoming Events

South Central Zone SCY Championship, March 29-31, 2019

WMST welcomes all USMS members to the 2019 Short Course Yards South Central Zone Championship being held at the Conroe ISD Natatorium, Shenandoah, TX. For registration and event information, go to: https://www.clubassistant.com/club/meet_information.cfm?c=1733&smid=11185

Summer Head Start Meet, June 15, 2019

This long course meters competition will be held at the Conroe ISD Natatorium, Shenandoah, TX and provides swimmers an opportunity to make qualifying times for zones and/or nationals. The event flyer can be found at: https://www.usms.org/files/sanction/20190615WMSHSM/entry_form/EventEntryForm-201903051246573559.pdf On-line registration will be available in the near-future.



Conroe ISD Natatorium, Shenandoah, TX

South Central Zone LCM Championship, July 19-21, 2019

The long course championship meet is being held at Texas A&M University Natatorium, centrally located in College Station Texas. All USMS and FINA registered swimmers invited.

For meet information and registration, go to: https://www.clubassistant.com/club/meet_information.cfm?c=1250&smid=10991

How to Thrive Physically in 2019 and Beyond

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

There are many things in our lives that we cannot control. However, there are many things about your physical health that you **CAN** control. These things will help you to thrive physically. People who have not taken care of their bodies have serious regrets later in life. Things are happening to their bodies due to poor decisions made earlier in life. They may even feel like a burden to their family or loved ones.

What does it mean to thrive physically? It is the ability to do physically what you want without hurting yourself. If you can exercise, you **SHOULD** daily! Focus on what you can do, not what you cannot do! How can you be more active in 2019? Here are some ideas.

- Participate (run or walk) in a 5K event
- Play with your kids or grandkids
- Mow the yard
- Walk through the airport with ease
- Put luggage in the overhead bin unaided
- Walk 10,000 steps

Once you become more active in your life, aim for the recommended goals for exercise:

- Kids 6-17 years old should be exercising 60 minutes every day
- Adults 18+ years old should be exercising three hours per week
- 2/3 of that exercise should be cardiovascular (walking, running, swimming, biking)
- 1/3 of that exercise should be stretching, weights (upper body and lower body), and core strengthening exercises

Some suggestions to help you get moving include:

- Walk at kid's activities. While they are playing soccer, walk around the field, instead of sitting in the stands.
- Find a partner or group. People are more successful in maintaining exercise when they have to be accountable to someone else.
- Use a fitness app, such as The Seven Minute Workout, Fitness Blender, Weight Loss Running Pro, or Nike Training Club. All are virtual programs that you can use in your home.

There are benefits of exercise. Emotionally, exercise can fight and prevent depression and anxiety. It is a well-known stress reducer. Intellectually, you will perform better at work. Studies show that you stay mentally sharp longer when you exercise regularly. Regular exercise helps with injury prevention and fall prevention.

Food is fuel. What is the difference between the word donut and do not, one letter "U"! 1/3 of Texans are obese. Obesity is defined by a body mass index (BMI) of 30 or above. Elevated BMI increases the risk of multiple health issues such as heart disease, stroke, diabetes, 13 types of cancer, high blood pressure, and high cholesterol to name a few.

You are what you eat from your head to your feet! Here are some easy ways to fuel better in 2019:

- Consume whole foods, fruits, vegetables, whole grains
- Avoid processed foods, food that is made in a plant. Instead, eat food that is made by a plant.
- Eat breakfast daily. This is one of six things that healthy people do daily
- The key to healthy eating is planning ahead. This starts in the grocery store.
- Shop the perimeter of the store and avoid going down the aisles

If your goal is to lose weight, eat fewer calories than you burn. Increasing your whole foods, such as fruits and vegetables, is a great way to do this without decreasing the volume of food that you eat. Longevity is tied a diet containing fewer calories. Use apps, such as My Fitness Pal or Lose It, to track your calories and nutrients, to educate yourself on the weak points in your diet, and make necessary changes.

The only thing you SHOULD be drinking is water! Drink less of everything else. 80% of your body is made of water and this water is used in every cell in your body. Your whole body will function better if you are well hydrated. You will have more energy, better digestion, more supple muscles, and most likely lower body fat if you are adequately hydrated. How much water should you be drinking? Take your body weight and divide it in half. Drink that number of ounces daily at a minimum. If you exercise, you will probably need more.

Sleep is another factor that will help you to thrive physically. 6,000 people are in fatal car accidents per year. In any given month, 1 out of 25 adults say they have fallen asleep at the wheel. Lack of sleep leads to increased risk of dementia, colon cancer, and obesity. Lack of sleep increases your cravings for carbohydrates and salt. When you are tired, your will power is lower and makes it harder to opt for healthier decisions regarding food. Many eat additional calories to help them stay awake, adding to more calories than you need in a day. Are you meeting your sleep requirements?

Sleep Needs:

- 18-60 YEARS – 7+ HOURS
- 61-64 YEARS – 7-9 HOURS
- 65+ YEARS – 7-8 HOURS

What will you do in 2019 to help you thrive physically this year and later in life? Invest in your life now! Set attainable goals to move more, change one eating habit, start using an exercise or nutrition app, or go to bed a little earlier. Strive to live your best life!

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



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.

400 free warmup

2 sets of:

8 x 25 overkick drill – 10 seconds recovery
 8 x 50, as 25 kick / 25 swim – 15 seconds recovery
 8 x 25 free, explode first 10 strokes – 10 seconds recovery

2 sets of:

8 x 50 pull, strong pace – 15 seconds recovery
 2 x 200 free or stroke, negative split – 20 seconds recovery
 3 x 100 kick with fins, alt. fast/easy by 25s – 15 seconds recovery
 100 easy swim

100 cooldown

Total: 4,500 yards/meters

Gulf Masters Swimmers Earn Spots on National Top Ten List

The U.S. Masters Swimming National Top Ten List for 2018 LCM swims was finalized and published in December 2018. Gulf swimmers had outstanding results with 137 individual and 20 relay top ten times.

Special recognition goes to the ten Gulf competitors who posted the fastest times in the nation in one or more individual events. They are: Carolyn Boak (WMST), Julie Coskey (MOB), Jill Gellatly (UNAT), David Guthrie (RICE), Joann Leilich (WMST), Austin Surhoff (RICE), Jim Svoboda (CFSC), Linda Visser (COOG), Bruce Williams (RICE), and Jay Yarid (RICE). Congratulations also go to the RICE relay team members (James Connolly, John DeGroot, John Fields, David Guthrie, Dominic Mastracchio, Bruce Williams, and Jay Yarid) 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

25-29

Michael Peron (RICE)
Mark Reeves (WMST)
Austin Surhoff (RICE)

30-34

Jing Yang (WMST)

40-44

Jonathan Armstrong (WMST)
Oscar Bermudez (COOG)
Dominic Mastracchio (RICE)
Jim Svoboda (CFSC)

45-49

James Connolly (RICE)
John DeGroot (RICE)

50-54

Matt Gentry (WMST)
Stuart Muirhead (SWYM)

55-59

David Guthrie (RICE)
Don Mahaffey (COOG)
Jay Yarid (RICE)

60-64

John Fields (RICE)
Bradley Ohnstad (RICE)
Niels Wolfhagen (WMST)

65-69

Bruce Rollins (WMST)
Greg Tharp (WMST)
Bruce Williams (RICE)

70-74

George Goff (FCST)
Rog Hardy (RICE)
Andrew Lattu (WMST)

75-79

Thomas Boak (WMST)

90-94

Baker Shannon (WMST)

Women

18-24

Caroline Basil (UNAT)
Catherine Harrison (DADS)

25-29

Carleigh Kutac (DADS)
Margaret O'Brien (WMST)

30-34

Marissa Clapp (RICE)
Jessica Gardenhire (MOB)
Alisha Rembach (DADS)

35-39

Christina Toth (WMST)

40-44

Julie Coskey (MOB)

45-49

Tessa Kole (COOG)
Linda Visser (COOG)

50-54

Jill Gellatly (COOG)
Cheryl Hubbard (COOG)

55-59

Ellen Considine-Miller (WMST)
Stacey Eicks (WMST)
Elva Moure de Godoy (WMST)
Lisa White (WMST)

60-64

Mary Anne Hines (WMST)

65-69

Sue Bloomfield (WMST)
Karlene Denby (COOG)
Heidi Ernst (RICE)
Suzy Reiersen (RICE)

70-74

Carolyn Boak (WMST)

75-79

Joann Leilich (WMST)