



# The Chlorine Chronicles

## Gulf Masters Swimming

### Spring 2020

LOOKING FORWARD TO A CROWDED WARMUP POOL AND NO SOCIAL DISTANCING

IN THIS ISSUE

## The MAC Swim Against Cancer Has Been Rescheduled for Saturday, August 22, 2020.

The postponed MAC Swim Against Cancer pool event has been rescheduled for Saturday, August 22, 2020. MAC's goal for the 2020 event is to raise over \$10,000.

This event is open to both adult and youth (age 8 and older) swimmers. There will be coached workouts for adults starting at 8:00 a.m. (7:45 check-in) and youth at 9:00 a.m. (8:45 check-in). All ability levels are welcome and will be accommodated in the swims. There will be food, music, and a fun party environment to recognize our swimmers' participation and event success! Food and refreshments will be generously provided by Rudy's BBQ in Katy and the local Jason's Deli on Dairy Ashford. Event information and registration can be found at:

[https://www.swimcrossamerica.org/site/TR/PoolSwim/Houston?fr\\_id=5561&pg=entry](https://www.swimcrossamerica.org/site/TR/PoolSwim/Houston?fr_id=5561&pg=entry)

**Together, we can Make Waves Against Cancer!**

## Gulf Swim University Classes Are Suspended and Will Resume When Pools Reopen.

With pools closed, Gulf Swim University classes have been suspended. Once the pools reopen, an end-of-semester date will be announced. You will still have plenty of time to swim your miles and earn your degrees.

- \* 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)

I'm certain everyone is ready to get back in the pool and ramp up the yardage.



## Immunity Boosting Foods

Nutritionist Catherine Kruppa provides advice on foods and habits that can boost your immunity

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## Dryland Workouts

The pools may be closed, but you can still maintain fitness by performing the dryland workouts provided by COOGS coach Greg Orphanides.

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# Immunity Boosting Foods

## Advice For Eating

Catherine Kruppa, MS, RD, CSSD, LD

Many people worldwide are looking to build their immune systems to ward off COVID-19. The immune system protects us from illnesses caused by viruses, such as the common cold, flu, or Coronavirus, as well as chronic health problems including arthritis, allergies, abnormal cell development, and cancers. Good nutrition is essential to a strong immune system. Research has shown that certain foods may improve your immune response.

- Protein – Our bodies need protein to produce disease-fighting cells. Therefore, adequate protein intake is important. To meet your daily protein requirements, eat a variety of protein-rich foods including seafood, lean meat, poultry, eggs, beans, soy products, dairy products, nuts, and seeds.
- Vitamin A – It helps regulate the immune system and protects our bodies from infections. Vitamin A keeps the skin and the tissues in the mouth, stomach, intestines, and respiratory system healthy and, in turn, keeps the immune system healthy. Vitamin A also provides an antioxidant effect to fight off disease. Foods such as sweet potatoes, carrots, pumpkin, cantaloupe, kale, spinach, red bell peppers, apricots, and eggs are all good sources of vitamin A.
- Vitamin C – Is known to boost immunity by stimulating the formation of antibodies and provides antioxidant and anti-inflammatory activity to boost the immune system. Citrus fruits (oranges, grapefruit, tangerines, and lemons) are all excellent sources of this vitamin. Other foods such as red bell peppers, papaya, berries, tomatoes, and leafy greens provide us with vitamin C.
- Vitamin D – Is an important immune system regulator. Lack of adequate vitamin D may play a role in the development of serious chronic diseases like diabetes and multiple sclerosis. Vitamin D can be found in fatty fish (salmon, mackerel, tuna, and sardines), eggs, organ meats, and fortified foods, such as milk, orange juice, and cereals. It may be difficult to consume adequate amounts of vitamin D through diet. Spending ten minutes per day in the sunlight can produce vitamin D in your body. If your levels are still low, you may need a supplement.
- Vitamin E – This vitamin works as an antioxidant and helps our body fight infection. Sunflower seeds, almonds, vegetable oils (such as sunflower and safflower oil), hazelnuts, peanut butter, and spinach all provide us with vitamin E.
- Zinc – It supports the immune system, and may help wounds heal by controlling inflammation. Zinc can be found in lean meat, poultry, seafood, milk, yogurt, whole grain products, beans, and nuts.
- Selenium – This mineral has been shown to stimulate the immune system. You can find it in garlic, fish and shellfish, broccoli, Brazil nuts, and barley.

Other tips to boost your immunity include:

- Get adequate sleep nightly.
- Control and reduce stress.
- Stay hydrated. It helps the mucus membranes in the nose and throat be able to repel germs.
- Consume a balanced diet rich in multi-colored fruits and vegetables.

A healthy diet is one of the best health insurance policies that you can have. Choose to fill your diet with these nutrient dense, immune boosting foods daily to help keep you well.

***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.***



## Submit Your Nominations for the 2020 Emmett Hines Award

Emmett Hines, a giant in the swimming world, passed away in November 2016. Emmett gave selflessly to Masters Swimming at the local, national, and international levels. Locally, he was the coach of Houston Swims and served as a volunteer in numerous positions within the Gulf LMSC over several decades. On the national level, he attended many USMS conventions, wrote articles for the national magazine, and served on the USMS Coaches Committee and the Coaches Certification subcommittee. Emmett's numerous contributions were recognized with the USMS Coach of the Year Award in 1993 and the USMS Dot Donnelly Service Award in 2014.



The Gulf LMSC leadership feels that it can best honor Emmett's legacy with an annual award that recognizes the Gulf LMSC individual who best emulates the enthusiasm, expertise, and advocacy of Masters Swimming exemplified by Emmett Hines in the areas of volunteerism and/or coaching.

While many of us are at home, this would be an ideal time to think about the coach or volunteer who has made a significant impact on your swimming and to consider nominating that person for the 2020 Emmett Hines Award.

Award criteria and submission information can be found at:

<https://www.clubassistant.com/c/81E5F81/file/Gulf%20LMSC%20Emmett%20Hines%20Award.pdf>

Nominations for 2020 must be submitted by September 30, 2020.

## Dryland Workouts Provided by COOGS Coach, Greg Orphanides

Feel free to adapt the exercises as needed. Before starting either workout, you should complete a 15-minute warm up (run, walk, ride, etc.). All exercises can be completed with just body weight, or you can add equipment if desired. DO NOT do the full 15 minutes of exercises straight through. Take as much rest as needed between each station (5-minute station, 4-minute station, etc.). Each workout can be completed one time through for beginners, two times through for intermediates, or three times through for "LEGENDS!!". You can alternate workouts by day. Make sure to stretch after completing the workout.

### Workout 1:

5 minutes continuous work, alternating:

- 30 sec. [High Knees](#)
- 30 sec. [Split Jumps](#)
- 30 sec. [Squat Thrusts](#)
- 10 sec. rest

4 minutes continuous work, alternating:

- 30 sec. [Reverse Lunges](#)
- 30 sec. [Twisting Mountain Climbers](#)

3 minutes continuous work, alternating:

- 10 x [Scapula Push Ups](#) (with knees up or down)
- 10 x [Standing Knee Tucks](#)

2 minutes continuous work, alternating:

- 30 sec. [Regular Squats](#)
- 30 sec. [Squat Jumps](#)

1 minute:

- [Plank](#)

### **Workout 2:**

5 minutes continuous work, alternating:

- 30 sec. [Burpees](#) (With or Without Jump)
- 30 sec. [Side Step Squats](#)
- 30 sec. [Plank Shoulder Taps](#)
- 10 sec. rest

4 minutes continuous work, alternating:

- 60 sec. [Swimmers](#)
- 60 sec. [Backstroke Kick](#)

3 minutes continuous work, alternating:

- 6 x [Goblet Squats](#)
- 6 x [Lateral Push Ups](#) (3 each side)

2 minutes continuous work, alternating:


















- 30 sec. [Lunges](#)
- 30 sec. [Seated Leg Lifts](#) (Single leg or both legs at the same time)

1 minute:

- [Plank](#)

If you would prefer to try yoga, Greg has also provided a series of yoga poses that should help your return to swimming.

Hold each pose for :20, breathing normally. Do each line 2x then move to next line

				
Child- extended	Dolphin	Downward Dog	Upward Dog	
				
Lizard	Revolved Low Crescent	Triangle	Frog squat	
				
Chair	Warrior 1	Warrior 2	Warrior 3	
				
Runners Lunge	Low lunge quad stretch	Cobra	Locust	Flying Locust
				
Cat	Cow	Bow	King Pigeon 1	King Pigeon 2
				 :30 each side 2x
Bridge	Thread the needle	Butterfly	Cow Face	Alternate Nostril Breathing



## Competition Corner

### SCM National Top Ten

The U.S. Masters Swimming National Top Ten List for 2019 SCM swims was finalized and published in March 2020. Gulf swimmers had 94 individual and 11 relay top ten times. Congratulations to all of our national top ten swimmers listed below.

#### Individual Events - Women

18-24: Julia Herrel (WMST) 30-34: Marissa Clapp (RICE), Amy Litterer (WMST) 35-39: Chelsea Graun (RICE) 40-44: Caitlin Clark (UNAT), Ilsa Kerscher (WMST) 45-49: Nicole Van Nood (RICE), Linda Visser (COOG) 55-59: Ellen Considine-Miller (WMST) 65-69: Suzy Reiersen (RICE), Kris Wingenroth (WHY) 70-74: Carolyn Boak (WMST) 80-84: Joann Leilich (WMST)

#### Individual Events – Men

18-24: Ryan Troy (RICE) 25-29: Andrew Smiddy (WMST) 30-34: Rodolfo Escalante (RICE), Mark Reeves (RICE) 40-44: Jonathan Armstrong (WMST), Pablo Lohmann (UNAT) 45-49: Takeshi Maeda (RICE), Dominic Mastracchio (RICE) 50-54: John DeGroot (RICE) 55-59: Andreas Lorenz (DADS), David Guthrie (RICE) 60-64: Bruce Kone (UNAT), Gary Schatz (WMST) 65-69: Greg Tharp (WMST) 70-74: Bruce Rollins (WMST) 75-79: Tom Boak (WMST)

#### Relay Events

The following swimmers achieved relay national top ten times. **RICE:** William Duong, Rodolfo Escalante, Mark Reeves, Ryan Troy  
**WMST:** Jonathan Armstrong, Sue Bloomfield, Carolyn Boak, Tom Boak, Zach Cadwallader, Ellen Considine-Miller, Stacey Eicks, Janis Gebhart, Francisco Godoy, Joann Leilich, D. Scot Marshall, Kristin Nates, Bruce Rollins, Gary Schatz, Andrew Smiddy, Greg Tharp, Christina Toth, Niels Wolfhagen, Jing Yang

### All American

In order to earn All American status, a swimmer must either win a long-distance national championship or have the fastest time in the nation in a pool event. Fifteen Gulf swimmers achieved this honor in 2019. **POOL:** Carolyn Boak (WMST), Marissa Clapp (RICE), Bryan Collins (RICE), David Guthrie (RICE), Kyle Hendricks (PACK), Bruce Kone (UNAT), Joann Leilich (WMST), Jarrod Marrs (COOG), Dominic Mastracchio (RICE), Gary Schatz (WMST), Nicole Van Nood (RICE), Linda Visser (COOG), and William Wagner (RICE).  
**LONG DISTANCE:** Lauren Conova Grous (COOG), and Jim Svoboda ((CFSC).

### All Star

All Star is the highest honor bestowed by U.S. Masters Swimming. In order to win this award, the swimmer must have the most # 1 ranked pool swims and top ten times in the nation for his/her age group. In 2019, only one Gulf swimmer reached this pinnacle of success. Congratulations to Bruce Kone (UNAT), competing in the 60-64 age group, who achieved eight USMS # 1 swims and one FINA World # 1 swim. Congratulations, Bruce, on an outstanding swim season.

### All World

Each April swimming's international governing body, FINA, publishes the world top ten list. As the United States is the sole country with yards competitions, only meters times are counted in the FINA rankings and are compiled from swims during the 2019 calendar year. Six Gulf swimmers had one or more world # 1 times in individual events. Congratulations to: Carolyn Boak (WMST), Bruce Kone (UNAT), Joann Leilich (WMST), Gary Schatz (WMST), Nicole Van Nood (RICE), and William Wagner (RICE).