



THE BEST KIND OF SOCIAL DISTANCING – PHOTO FROM THE USMS FACEBOOK PAGE

# The Chlorine Chronicles

## Gulf Masters Swimming

## Summer 2020

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### The 2020 USMS National Convention Goes Virtual - September 25-27

The business of USMS continues this fall. The virtual meeting of the House of Delegates will be held September 25-27. In preparation for USMS's first ever virtual convention, the months of August and September will be filled with preparatory meetings. These include a USMS Board of Directors town hall, an annual meeting overview, meetings of all USMS committees, Zone meetings, new delegate orientation, and virtual meeting orientation.

The Board of Delegates will be learning the 2020 strategy and budget assumptions, holding elections for officers, hearing USMS National COVID-19 priorities, and voting on proposed changes presented by the Legislation, Rules, and Long Distance committees.

The Gulf LMSC will be represented by Kris Wingenroth, Nicole Christensen, Stacey Eicks, Herb Schwab, Mark Hahn, Carolyn Boak, and Tom Boak.

### Classes Resume for Gulf Swim University The Semester Ends on October 31st

With most swimmers back in the pool, Gulf Swim University classes have resumed. The last day of the semester will be October 31, 2020.

- \* 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)

Add to your previous mileage during the next three months and earn your degree.



### Gulf LMSC & USMS Set Up a COVID-19 Relief Fund for Local Swimmers and Clubs

This program will assist both Gulf LMSC swimmers and clubs who are experiencing financial difficulty during the pandemic.

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### USMS Virtual Championships

There may be no scheduled meets, but you can still put in some race-paced efforts and compare your swims to others nationwide in the USMS Virtual Championships.

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## The Gulf LMSC and USMS Provide COVID-19 Relief for Local Clubs and Swimmers Through A Grant Program

The COVID-19 pandemic has altered all aspects of our lives, including our swimming lives. Pools were closed for extended periods of time. Upon reopening, coaches and teams struggled with many challenges, such as limited pool space, enhanced safety regulations, and the addition of swim sessions to accommodate social distancing. Individual swimmers have been challenged with reduction or loss of income due to job furloughs or layoffs and the stresses of quarantine and social isolation.

We all realize that exercise, in particular swimming, helps both our mental and physical well-being in challenging times. To that end, the Gulf LMSC, with support from USMS, is providing assistance to our swimmers, coaches, and clubs through a grant program.

Here is a brief summary of how the grant program will work.

### For Teams

The Gulf LMSC has created a grant fund (including matching grants from USMS) to help the Gulf USMS clubs resume and continue operations. Some examples of reasons that grant money can be awarded to a club are: to give scholarships to members who have lost income and cannot pay their club fees, to reimburse clubs which need funds to cover additional costs such as increased pool rental fees, increased expenses for additional hours for coaches to be on deck, additional expenses due to COVID related policies, or cash flow shortfalls due to COVID related loss of revenue.

To be considered for funds, each club must complete the application which can be found at:

<https://www.clubassistant.com/c/81E5F81/file/Forms/GULF%20LMSC%20CLUB%20GRANT%20APPLICATION%20FORM9570.pdf>, complete an IRS W-9 form, and return both documents to the Gulf LMSC by email to: [gulfmastersswim@gmail.com](mailto:gulfmastersswim@gmail.com)

Requests will be considered as they arrive. **The Gulf LMSC's final deadline for requests is November 20, 2020.**

### For Individual Swimmers

The Gulf LMSC has created a grant fund (including matching grants from USMS) to help the Gulf USMS clubs resume operations. This grant money can be awarded to a club to be used for scholarships to members who have lost income and are having difficulty affording their club fees. If you are having difficulty paying your club fees or dues because of a COVID related event, you may apply for a scholarship. The scholarship will cover your club dues and will be paid directly to your club. To be eligible, you must have been a registered Gulf LMSC member as of May 31, 2020, and your club must be able to provide an IRS W-9 form. If you are registered as an unattached swimmer, you are eligible to apply for a scholarship if you regularly pay fees to a registered Gulf LMSC club. This program runs from August through December, 2020. Applications will be reviewed by the Gulf LMSC as they are received, and you and your club will be notified if you are approved. Please complete the form which can be found at:

<https://www.clubassistant.com/c/81E5F81/file/Forms/GULF%20LMSC%20INDIVIDUAL%20SCHOLARSHIP%20APPLICATION%20FORM9571.pdf> and return it by email to: [gulfmastersswim@gmail.com](mailto:gulfmastersswim@gmail.com)

**The Gulf LMSC's final deadline to apply for a scholarship is November 20, 2020.**

## The Toyota USMS 2020 Virtual Championships Will Be Held August 12-23, 2020

USMS has partnered with [Swim.com](https://www.swim.com) to create the 2020 Toyota USMS Virtual Championships. This will be a unique, socially distant pool and open water championship event that allows you to race anyone across the country in your favorite events on the Swim.com app. **Times can be submitted manually or via a smartwatch.**

**When and Where:** August 12-23. This is the timeframe that Summer Nations and two open water national championships would have been held. Swims can be done in any 25-yard pool or open water venue.

**Entries:** There are two entry options, a free option and a paid option (\$20.20) which includes awesome SWAG and helps USMS clubs with net proceeds benefitting the USMS COVID-19 Relief Program.

Detailed information and event entry can be found at: <https://www.usms.org/events/virtual-championships>



# How to Conquer Stress Eating

## Advice For Eating

Catherine Kruppa, MS, RD, CSSD, LD

There is no doubt that this has been a stressful time for each and every one of us. One way that many people cope with stress is with excess food and alcohol. They have a soothing component that can take the edge off. Unfortunately, this is short lived, and we are left feeling sluggish, tired, and potentially with unwanted pounds. Physical and emotional distress may not only increase appetite but also effect food preferences, including cravings for food high in fat and sugar. Stressed people tend to lose sleep, exercise less, and consume more alcohol, all of which can add to weight gain. Instead of letting this stressful time period get the best of us, let's come out of this better than we went in.

It is important to know what triggers stress for you. And what your true need is in that moment.

When you feel stressed or want to grab food when you are not hungry, try one of the following tips:

- Practice yoga, meditation, or relaxation techniques.
- Do not use food in place of thirst; drink a glass of water. If you are still hungry 15 minutes later, go ahead and eat a snack.
- Chew sugarless gum while preparing food to avoid tasting.
- Make a list of reasons why you want to stay healthy. Keep it on the refrigerator or on your bathroom mirror where you see it often.
- Weigh yourself once a week or less. It is normal to see weight fluctuations if you weigh daily.
- Slow down. If you are a fast eater, put down your utensils between each bite or take a drink of water.
- Be conscious of your hunger satiation. Eat until you feel comfortable, not full. You do not need to clean your plate.
- Limit portion size and/or the frequency of trigger foods.
- Reward yourself with nonfood items like a new book, manicure, or massage.
- Change your routine: leave the dinner table after eating if you tend to nibble on leftovers; sip a beverage while reading and watching television; change your driving route if certain restaurants are a temptation.
- Take a shower when you first get home to help you unwind.
- Fight boredom, distract yourself.
- Remove temptations – your “trigger” foods – that are hard to resist.

How to Relieve Stress Without Using Food?

- Take a long walk.
- Exercise.
- Watch a movie or Netflix.
- Engage in hobbies or other interests.
- Listen to or perform music.
- Sleep/nap/rest.
- Write in a journal.
- Call, email, or text a friend or family member.
- Take a long shower or bath.
- Meditate or pray.
- Read a good book.



***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.

## 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 sets.*

400 warmup

6 x 150 pull (15 sec. recovery) odds: breathe 3/5/7 by 50s evens: fast last 15 yards/meters of each 50

Two times through:

3 x 100 choice (15 sec. recovery) descend 1-3

4 x 50 choice (10 sec. recovery) reduce strokes to lowest possible number

5 x 100 swim with fins (5 sec. recovery) on the fastest possible interval

4 x 50 choice (10 sec. recovery) DPS, try and hold lowest number from the previous set of 50s

6 x 50 kick with fins (30 sec. recovery) as fast as possible

200 cooldown

**Total: 4,500 yards/meters**

## Forty Gulf Masters Swimmers on National Top Ten List

The U.S. Masters Swimming National Top Ten List for 2020 SCY swims was finalized and published in August 2020. Gulf swimmers had outstanding results with one relay and 91 individual top ten times.

Special recognition goes to the nine Gulf competitors who posted the fastest times in the nation in one or more individual events. They are: Alexander Aceino (UNAT), Bryan Collins (RICE), David Guthrie (RICE), Kurt Hirsekorn (UNAT), Bruce Kone (UNAT), Joann Leilich (WMST), Jarrod Marris (COOG), Kevin Nead (RICE), and Max Zollner (FCST).

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

### Women

- 18-24: Hanna Huston (RICE)
- 25-29: Carleigh Kutac (DADS)
- 30-34: Alisha Rembach (DADS)  
Maryanne Svoboda (CFSC)
- 35-39: Shelley Hirsekorn (UNAT)
- 45-49: Linda Visser (COOG)
- 50-54: Cheryl Hubbard (COOG)
- 55-59: Susan Matherne (RICE)
- 60-64: Susan Honeywell (CFSC)
- 65-69: Sue Bloomfield (WMST)  
Kris Wingenroth (TFY)
- 80-84: Joann Leilich (WMST)

### Men

- 25-29: Alexander Aceino (UNAT)  
Andrew Jensen (CFSC)  
Stephen Hall (DADS)  
Kyle Sullivan (COOG)  
Matt Tomberlin (RICE)
- 30-34: Bryan Collins (RICE)  
Rodolfo Escalante (RICE)  
Kevin Nead (RICE)  
Mark Reeves (RICE)
- 35-39: Jeremy Lankford (RICE)
- 40-44: Jonathan Armstrong (WMST)  
Kurt Hirsekorn (UNAT)  
Pablo Lohmann (UNAT)  
Jarrod Marris (COOG)  
Jim Svoboda (CFSC)
- 45-49: Chris Waldhart (RICE)
- 50-54: James Connolly (RICE)
- 55-59: Lars Farestvedt (WMST)  
David Guthrie (RICE)  
Charles Hoffman (SCAT)  
Andreas Lorenz (DADS)
- 60-64: Bruce Kone (UNAT)  
Gary Schatz (WMST)
- 65-69: Bruce Williams (UNAT)
- 70-74: Bruce Rollins (WMST)
- 80-84: James Rosborough (COOG)  
Max Zollner (FCST)

### Relays

Mixed 25+ 200 Medley Relay: DADS - Carleigh Kutac, Stephen Hall, Alexander Plaetzer, Alisha Rembach