



SWIM START AT THE GULF REGION SOUTH CENTRAL ZONE CHAMPIONSHIPS

# The Chlorine Chronicles

## Gulf Masters Swimming

### Spring 2021

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## USMS “TRY MASTERS SWIMMING” MONTH (JULY 1-31)

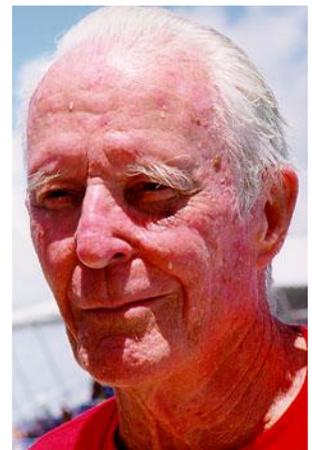
**Try Masters Swimming** is a chance to introduce adults to the life-changing benefits of Masters Swimming. People are happier when they swim, and we want everyone to experience that feeling.

During the month of July, anyone can **try a FREE workout** at participating clubs nationwide. Why July? Because it's between the two biggest swimming events of the year: the U.S. Olympic Team swimming trials and the Tokyo Olympics. It's the big moment every four years when nearly everyone has an interest in the sport we love. Instead of just hearing people talk about swimming this year, let's get them to actually try it.

### How Can You Help?

The Olympic ads, live stream, video clips, and news articles will get the interest in swimming brewing and the USMS ads will help get some awareness and conversation going about adult swimming, but we know a personal touch is the most impactful. **So, we're asking you, our amazing members, to not only help spread the word in person to your friends, co-workers, and neighbors but to also share on social media.** To help get the digital conversation going, USMS is creating graphics and sample text you can use (coming soon). However, the biggest impact will come if you share something personal about what swimming means to you, whether in person or online. Your story is amazing and unique, and your words can help get people in the water.

Don't know whether your club is participating in Try Masters Swimming? Ask your coach. But even if your club isn't signed up or you don't swim with a club, don't let that stop you from being part of the campaign and spreading the word.



2019 & 2020 Jesse Coon Award Recipients Announced

The 2019 and 2020 awards were presented at the regional Zone Championship meets during the weekend of July 15-16.

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Photo Credit: Nenad Stojkovic

### Build Muscle, Gain Energy, Lose Fat

Nutritionist Catherine Kruppa provides tips to achieve your health goals this spring.

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## Recipients of the South Central Zone Jesse Coon Award for 2019 and 2020

Traditionally, the annual Jesse Coon Award recipient is announced and the award is presented at the Long Course South Central Zone Championship meet each summer. Due to COVID-19, the 2019 award was delayed. Both the 2019 and 2020 awards were announced and presented at the regional Short Course Zone Championship meets of our recipients.

### About The Jesse Coon Award

Jesse Coon was a man devoted to the sport of swimming, especially masters swimming. Jesse began his masters career in 1976 at the age of 65. He swam, competed, and earned National Top Ten times until 2005, just months before his death at the age of 94. Jesse inspired several generations of masters swimmers in the South Central Zone. He regularly raced in the most challenging events, such as the 200 fly and 400 IM. Open, friendly, and gracious, Jesse was a well-known and beloved member of the masters community.

Past award winners represent the heart of masters swimming and have been chosen because of their care and concern for others involved in the sport.

In the adventurous and giving spirit of Jesse Coon, it is an honor to announce the 2019 and 2020 Jesse Coon Award recipients, Dotty Burke and Kris Wingenroth.

### Dotty Burke (Arkansas LMSC) - 2019 Jesse Coon Award Recipient

Like Jesse Coon, Dotty began her masters swimming career in 1976 and swims the same challenging events, the 200 breast, 200 fly, and 400 IM.

In 1976, she was living in St. Louis and the upcoming USMS National Long Course Championship meet was being held at her daughter's swim club. The age-group coach encouraged Dotty to begin swimming in preparation for the championship meet. Specializing in breaststroke, she found immediate success at that first meet, achieving Top Ten times in three events. Dotty continued training, first on her own and then with a newly formed masters team in St. Louis.

The former owner and operator of Medical Sales and Distribution Co., Dotty is retired and lives with her husband, Max Billen, in Hot Springs Village, AR.

Dotty now trains on her own at the Hot Springs YMCA, and enjoys workouts that include a variety of strokes which is the perfect training for her favorite event, the 400 IM. After successfully beating a 2020 cancer diagnosis, Dotty is again swimming and training for competition. She has achieved her 2017 goal of notching over 200 National Top Ten times (currently at 230 and counting). Dotty will continue to add to that total as she enters the 80-84 age group.

Dotty gives back to the sport in various ways, beyond providing motivation and encouragement to her fellow swimmers at competitions. She has been a leader and organizer of the Tri the Village triathlon for seven years, coordinating all aspects of the swim portion of the event.

Dotty is very involved in the Hot Springs Village Community, participating in Ladies Mah Jongg, Ladies Duplicate Bridge, and Couples Bridge groups. She is the Secretary for the Public Relations Committee for the HSV Community Foundation and an active member, volunteer, and organizer for the Women's Ministry at the Village Bible Church.



*Dotty Burke – 2019 Jesse Coon Award Recipient*

## Kris Wingenroth (Gulf LMSC) - 2020 Jesse Coon Award Recipient

Kris Wingenroth began her involvement in masters swimming as a competitor in 1978 and as a Gulf LMSC volunteer in the early 1980s. She has excelled in the pool with 99 individual National Top Ten swims and as a USMS All American. As impressive as her swimming achievements are, Kris' greatest contributions to the sport have been in the areas of coaching, mentoring, and volunteerism.



Kris is a USMS Level 3 certified coach. She has coached at all levels of swimming, including at USA age-group, masters, YMCA, high school, and NCAA Division I programs. Kris is well known for her mentoring skills and for serving as a role model for younger and less experienced coaches.

In addition to her coaching experience and direct on-deck support of swimmers at all levels, Kris has been a devoted volunteer and has successfully undertaken key leadership positions within USMS at the LMSC, Zone and National levels of the organization.

In the Gulf LMSC, Kris had held just about every leadership position over the past 35+ years. She is currently serving as the LMSC chairwoman. Additionally, she has served nine years as a South Central Zone committee member (1989-1993 and 1996-1999).

Kris' greatest involvement has been at the National level. She has served the most time on the Rules Committee, both as a committee member (1994-2009 and 2012-2015) and as the Vice-Chair (2010-2011). Additionally, Kris has served as a member of the Finance Committee (1989-1993 and 2000-2007), the Ad Hoc Professional Management Committee (1998-1999), and the Legislation Committee (2016-2020). Kris' many contributions to USMS were recognized in 2003 when she received the USMS Dorothy Donnelly Service Award.

In 2020, Kris was elected as an At-Large Director to the USMS Board of Directors. In this important position, Kris will be able to make a positive impact on the future direction of USMS.

*Tom Boak presents the 2020 Jesse Coon Award to Kris Wingenroth*

## 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.**

600 warmup, choice

6 x 200, choice (free, stroke, IM, or pull)

# 1-3: descend 1-3 (interval for the set is swim # 1 plus 15-20 seconds)

# 4-5: last 15 yards/meters of each 50 is fast

# 6: equal or beat your time on #3

2 sets of:

4 x 100 pull, breathe 3/5/3/7 by 25s – 10-15 seconds recovery

12 x 50 kick – interval is kick #1 plus 10-15 seconds

# 1-3: descend 1-3

# 4-5, as fast as possible

# 6: easy recovery (swim), and repeat

200 cooldown

**Total: 4,000 yards/meters**

## Build Muscle, Gain Energy, and Lose Fat this Spring

Catherine Kruppa, MS, RD, CSSD, LD

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As we start to get out and about this spring, many of us have health goals so we are ready for summer! Building muscle, increasing energy levels, and getting leaner are three common goals. Here are a few tips to help you get started.

### Build Muscle

Adequate protein intake is key for muscle growth and repair. 0.3 - 0.5 grams of protein per pound of body weight (~20% of your diet) per day is recommended to maintain and build muscle mass. However, most Americans exceed this amount in their daily intake. Protein sources include: lean meats, low fat dairy products, soy products, eggs, and nuts. Just protein alone will not build muscle. A good resistance training program will complement your good nutrition. Adequate calorie intake is also essential. Consistently consuming too little energy will 'burn' lean tissue (muscles). Exactly what we do not want to do. Calories + protein intake + resistance training = increased muscle mass.

### Gain Energy

To have good energy intake throughout the day you must stay close to an energy-balanced state throughout the day by eating small but frequent meals all day. By staying in energy balance, you will maintain your metabolic rate (how many calories you burn a day), have a lower body fat, have better glucose tolerance and lower insulin response (meaning less fat storage), have lower stress hormone production, have better maintenance of muscle mass, and achieve improved physical performance. A key part of energy is carbohydrate intake. A minimum of 50% of your diet should come from carbohydrates. Carbohydrates are the fuel for your muscles. Your body needs 150 grams of carbohydrates for full brain function.

Complex carbohydrates include: whole wheat bread, whole wheat pasta, brown rice, potatoes, and whole grain cereal. Fruits, vegetables, and low-fat dairy are also carbohydrates.

How much should I eat per day?

- Complex carbohydrates- 6-18 servings
- Fruit – 5-7 servings
- Vegetables – 4 + servings
- Low fat dairy products – 3 servings

### Decrease Body Fat

If your goal is to get leaner, subtle decreases in daily calorie intake (NO MORE THAN 300-500 calories/day), while maintaining an exercise schedule, will maintain muscle mass while decreasing fat mass. There are 3,500 calories in a pound. Therefore, you will lose 0.6 - 1 pound per week. Dramatically lowering calorie intake is counterproductive because it restricts the intake of energy which, in turn, will lower your metabolic rate and put your body into hibernation mode. This will stall your fat loss. Fat is an important part of our diets. It transports vitamins and minerals, as well protects our organs. Aim for 20-29% of your diet from fat, predominantly monounsaturated fat such as flaxseed oil or meal, EPA/DHA (salmon, mackerel), olive oil, and nuts.

Whatever your goal is, remember that small changes over time can lead to big results. Gaining muscle and losing fat are bodily processes that cannot be rushed. Consistency and patience are key.

*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.*



## The 2021 South Central Zone SCY Championships Are Held at Five Venues

Swim competition returned to the Texas, Oklahoma, and Arkansas as the 2021 South Central Zone SCY Championship Meets mark the first regional competition since August 2019. In compliance with USMS guidelines that encourage smaller meets and limited travel, the championships were held over two weekends at five different locations. The competition kicked off on Saturday, May 8<sup>th</sup> in Tulsa, Oklahoma with 32 swimmers. Saturday, May 15<sup>th</sup> featured a single-day competition in Little Rock, Arkansas attended by 24 competitors. There were three two-day meets on May 15-16 in Frisco, Texas (86 swimmers), San Antonio, Texas (93 swimmers), and Houston, Texas (70 swimmers).

In order to create consistency between the meets, all five competitions had the same order of events. The one-day meets had two swim sessions with a break between sessions. Once all of the meets concluded, the results were merged to determine our Zone champions.

Some quick facts:

- There were 305 total entries, making this the second largest SCY Zone Championship meet since 2013.
- Over 50 different teams were represented in the five meets.
- There were 53 new Zone meet records set; 19 new men's records, and 34 new women's records.
- Five Gulf swimmers set 12 new Zone meet records. They are: David Guthrie (UNAT), Bruce Kone (UNAT), Joann Leilich (WMST), Greg Tharp (WMST), and Linda Visser (COOG)
- While official team scores were not kept, the unofficial scores were:
  - Women: (1) Masters of South Texas, (2) Lone Star Masters, (3) Woodlands Masters Swim Team
  - Men: (1) Lone Star Masters, (2) Masters of South Texas, (3) Texas Ford Aquatics Masters
  - Combined: (1) Masters of South Texas, (2) Lone Star Masters, (3) Texas Ford Aquatics Masters

## South Central Zone Championships - Gulf Region

The Gulf LMSC meet was held May 15-16 at the W.W. Emmons Natatorium in Houston. There were 70 swimmers entered in the meet. COVID safety protocols were in place and there was plenty of room for swimmers to spread out. This is the largest meet to be held in the Houston area since the start of the pandemic. Everyone seemed to have both good swims and a wonderful time, with the opportunity to reconnect with swim friends after a long hiatus in competition. Congratulations to all of the competitors.



*Rice Masters Swimmers Pose for a Group Photo After the Gulf Zone Meet*

## Thank you, Nicole Christensen!

None of the five regional Zone meets would have been possible without the tireless efforts of the South Central Zone Chair, Nicole Christensen. Nicole put months of effort into working with the other LMSCs to coordinate event dates, secure swim venues, set up meet registration, and compile, merge, and publish the event results. If you think organizing one well-run meet is difficult, try doing it for five meets! I hope that all who entered the meets are appreciative of the tremendous amount of work done by Nicole.

## The Semester is Over at 2021 Gulf Swim University

Thirty-four swimmers took on the 2021 Gulf Swim University challenge, earning three Associate degrees, seven Bachelor degrees, ten Double Majors, ten Masters degrees, and six PhDs. Our swimmers completed over 3,580 miles between January 1 and April 30. Congratulations to our swimmer graduates.

### Associate Degree - 20-39 miles

Daniel McCleary (AMBU)  
Jim Svoboda (CFSC)  
Maryanne Svoboda (CFSC)

### Bachelor Degree - 40-79 miles

Tiago Cavalcanti (CFSC)  
Robert Li (RICE)  
Alvin Thomas (RICE)  
Judy Wagner (MOB)  
Kyra Wakefield (WMST)  
Kris Wingenroth (UNAT)  
Max Zollner (FCST)

### Double Major – 80-119 miles

Mary Anne Janish (SWYM)  
John Keen (COOG)  
Nicole Matsuyama (UNAT)  
Vicki Risinger (WMST)  
Jeffrey Tarr (SPAM)  
Lydia Tiede (COOG)  
Terry Lynn Toon (FCST)  
Christina Toth (WMST)  
Linda Visser (COOG)

### Masters Degree – 120-159 miles

Jennifer Balevic (MACA)  
Caitlin Clark (UNAT)  
William Duong (RICE)  
Craig Fox (DADS)  
David Welsh (UNAT)

Jeff Helton (UNAT)  
Cheryl Hubbard (COOG)  
Mark Knox (UNAT)  
Nicole VanNood (DADS)

### PhD - Over 160 miles

Steve Clancy (MACA)  
Karlene Denby (COOG)  
Lucinda Dukate (DADS)  
Sue Honeywell (CFSC)  
Brian Miller (SWYM)  
Paul Zollner (FCST)

## Try A USMS Postal or Fitness Event

There are several postal and fitness events being offered by USMS beginning in May and June.

### USMS 5K and 10K ePostal National Championships

Both events are being hosted by Kentucky Masters and will run from May 15 – September 15, 2021.

**Event Description:** You complete a timed swim of 5 kilometers and/or 10 kilometers in a 50-meter pool of your choice, then submit your times online. Some people swim for competition and to compare themselves to other swimmers doing the same event, some for the challenge, some for fitness, and others do it for fun. All who wish to participate are welcome. Your submitted time determines the final order of finish.

**Please note: The 5K and 10K swims are separate events and you need to swim twice to enter both. Split times from 10K may not be used for entry into the 5K.**

**Location:** For the 5K and 10K national championship events, all swims must be completed in a 50-meter pool ONLY—no other length of the pool will be accepted.

Event information and registration can be found at: <https://www.usms.org/events/national-championships/epostal-national-championships/2021-epostal-national-championships>

### 2021 Swim.com USMS Summer Fitness Challenge

Looking for a fun challenge this summer? Try the Summer Fitness Challenge, a 2K swim or dryland workout that takes place between June 1-15. This is the second event in the Swim.com USMS Fitness Series.

During the COVID-19 pandemic, many swimmers have had an extended break from the water. For those who now have access to swim safely, we hope this event provides motivation and a fun way to check your fitness level while supporting a great cause. The net proceeds go to USMS Adult Learn-to-Swim grants supported by the USA Swimming Foundation.

The Summer Fitness Challenge can be done in any manner desired: in a pool or open water, straight through, as a member of a relay, or even with fins.

The event runs from June 1-15. Full event information and registration is at: <https://www.usms.org/events/fitness-events/fitness-series/summer-fitness-challenge>

## Baker Shannon, 2017 Jesse Coon Award Recipient, Passes Away at Age 95 April 26, 1925 - February 26, 2021

Baker Shannon was born April 26, 1925, in Eastland, Texas, to Catherine and Baker Shannon. He had a younger brother, Harry Shannon. His father worked as an oil driller and they moved around a lot in South Texas, eventually to settle on the Pierce Ranch, where his father became the ranch manager. As a boy, he and his brother were in the Boy Scouts and both earned the Eagle Scout Badge.

Baker went to Texas A&M College of Engineering and earned a Bachelor of Mechanical Engineering in the Class of 1946. He was a lifelong supporter of the school and of the Corps of Cadets Association, endowing some scholarships and making a large contribution to the construction of the new engineering center.

After college, he moved to Houston. While trying to find a permanent place to live, he resided in the Downtown Houston YMCA. He met his future wife, Nancy Beatrice Pittman, in a bible class at the First Presbyterian Church in Houston, and they were married on April 3, 1948. He worked as an engineer in the growing air-conditioning industry, eventually starting his own company, Air Conditioning Industries, Inc., which built highly-specialized environmental control rooms for cancer research and other complicated projects. He was a Registered Professional Engineer. He also liked to travel, along with his wife, to other countries on ASME sponsored trips to look at engineering marvels around the world, as well as take vacation cruises. And, he loved ice cream!

He was active in the Presbyterian church and the Boy Scouts of America, where he became the Scoutmaster of Troop 624, then later becoming involved with adult leader training in the Wood Badge Program. In later life, he joined the Volunteers at the West Houston Medical Center and served as President for a number of years. He also was President of the Alief AARP Chapter three times. At the age of 50, he decided to become a Deputy Constable, and so he had the distinction of being the oldest rookie constable in Harris County Precinct 5!

Competitive swimming, in the USMS program, became a great passion of his, and he loved to travel to swim meets, even as far away as New Zealand. Sometimes he was just trying to beat his own time in many categories, because he was often the only one in his advanced age group. Baker was a beloved member of the Woodlands Masters Swim Team. In 2017, he received the South Central Zone's highest honor, the Jesse Coon Award.

Baker is survived by his two children, three grandchildren, and nine great grandchildren. He was preceded in death by his wife Nancy, his brother Harry, and his grandson Josh.



## Swim Across America Announces the Event Distances for Their October Swim



Swim Across America will be offering ½ mile, one mile, and 5km events at their annual charity swim. The swims will be held on Saturday, October 16, 2021 in Lake Houston at Alexander Deussen Park.

Swim Across America (SAA) is a 501(c)3 non-profit organization. Since its inception, SAA has granted almost \$100 million to fund cancer research and clinical trials. All proceeds from the Houston swim will stay right in Houston, funding research at the MD Anderson Cancer Center.

If you'd like to swim, volunteer, or donate, you can find full information at:  
[https://www.swimacrossamerica.org/site/TR/OpenWater/Houston?pg=entry&fr\\_id=5752](https://www.swimacrossamerica.org/site/TR/OpenWater/Houston?pg=entry&fr_id=5752)