



TEXAS SWIMMING AND DIVING HALL OF FAME INDUCTEES, CAROLYN AND TOM BOAK

The Chlorine Chronicles Gulf Masters Swimming

Fall 2021

IN THIS ISSUE

The Gulf LMSC Member Social and Annual Meeting Will Be Held on Saturday, December 4th

We are inviting all of our members to join us on Saturday, December 4th from 2:30-4:30 p.m. for a member social and our annual meeting. The event will be centrally located at the Dad's Club, 1006 Voss Road, Houston, TX 77055. Our game plan is to hold our gathering in the outdoor pavilion with contingency plans to move to the indoor meeting room in case of cold or inclement weather.

As this is a non-election year and we have little official business to conduct, we want this to be an opportunity for you to meet and socialize with your fellow Masters swimmers and be introduced to the Gulf Board Members and Chairs. Food and drinks will be provided for all attendees.

An email blast requesting RSVPs will be forthcoming prior to December 4th so that we know how much food to order.

We hope you will join us for this fun social event.

The Annual "Tanksgiving Swim" Returns for 2021

After a one-year hiatus due to the pandemic, the Gulf LMSC is pleased to announce the return of the "Tanksgiving Swim" on Thursday, November 25th at the Dad's Club (1006 Voss Road, Houston, TX 77055) from 9-11 a.m. The gates will open at 9 a.m., and an organized one-hour workout will begin at 9:10-9:15 a.m. There will be additional lanes available for independent swims, and the pool will stay open until 11 a.m. The LMSC is paying for all costs associated with hosting the swim. This means that the swim is FREE for all Gulf-registered USMS swimmers. And after the swim, eat that extra helping of turkey and stuffing guilt free!



Gulf Swimmers Rock at LCM Nationals

There were medals galore in Cleveland for the Gulf LMSC swimmers.

Page 2



Photo Credit: formulatehealth

What Would a Dietician Eat?

Follow the lead of nutritionist Catherine Kruppa in maintaining a healthy eating plan.

Page 3

Cleveland Rocks! And Gulf Swimmers Rock Cleveland!

Eight Gulf competitors were among the 700+ swimmers at the recent USMS Long Course National Championship, held October 7-10 at the SPIRE Institute in Geneva, Ohio, a suburb of Cleveland.

Our eight swimmers medaled in every event they swam, amassing 28 top ten finishes. This included one FINA world record, two USMS national records, and 11 gold medal championship wins.

David Guthrie (RICE) swept the three breaststroke events in the 60-64 age group. His time of 1:11.72 in the 100 breast was a FINA world record and a USMS national record. David also won fourth place in the 50-meter freestyle.

Carolyn Boak (WMST), swimming in the 75-79 age-group, earned golds in the 100 breast, the 400 IM, and the 800 free. Her 800 free time of 13:22.23 was a USMS national record.

Oscar Bermudez (COOG) raced to gold in the three breaststroke events in the 40-44 age-group and added a seventh place finish in the 50 fly.

Competing in the 65-69 age group, Bruce Williams (RICE) brought home the silver medal in the 50 back and bronze medals in the 50 free and 100 free.

Long distance specialist, Andreas Lorenz (DADS) won silver medals in the 60-64 400 free and 1500 free, and he also placed 7th in the 200 back.

Tom Boak (WMST), swimming in the 75-79 age group, won second place in the 50 free and fourth place in the 200 back.

James Connolly (RICE) had four top ten finishes, placing fifth in the 50 free and 100 breast, sixth in the 50 breast, and ninth in the 50 back in the highly competitive 50-54 age group.

RICE 65-69 swimmer, John Fields, had three top ten finishes, with a fifth place in the 50 fly, sixth place in the 100 free, and eighth place in the 50 free.

The RICE quartet (James Connolly, John Fields, David Guthrie, Bruce Williams) was an unstoppable force when they cruised to victory by comfortable margins in the 240-279 men's 200 medley relay and 200 free relay.

Congratulations to our members for their outstanding swims!



Rice swimmers (left to right: James Connolly, David Guthrie, Bruce Williams, John Fields) celebrate after their victories in the relay events.

Which Diet Would A Dietician Actually Do?

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We often get asked which diet we think is best and would recommend. The quick answer is, at Advice for Eating, we do not believe in diets. You go on a diet and off of a diet. We believe in living a healthy lifestyle. However, the answer to this question is not that simple.

There are ways of eating or “diets” that are specific for helping certain medical conditions such as high blood pressure, inflammation, Alzheimer’s disease, diabetes and many more conditions. Yet the majority of people who follow a diet do so to lose weight.

Trendy, popular diets get all the media hype. Why? You lose weight fast! This includes diets like keto, Paleo, intermittent fasting, Ideal Protein, Optavia, and everything in between. The way you lose weight is what you will need to continue doing to keep the weight off. Here are some questions to ask yourself before starting one of these fad diets:

1. Can I continue eating this way for the rest of my life?
2. Can I eat this way in all situations i.e., dining out, social settings, travel, during athletic training, etc.?
3. Does the diet cut out food groups which could leave me deficient in important nutrients?
4. Will this help me change my lifestyle in a healthy way? Or will I do this diet and go back to my former ways?
5. Will the yo-yo dieting that typically accompanies these diets be harder on me emotionally and physically?

One other thing to be aware of with fad diets comes fast weight loss (more than 2 pounds per week) that is not only fat. Those pounds lost are also water weight and muscle mass. When you lose muscle mass, you lower your metabolism (the number of calories you burn at rest). This makes maintaining your weight loss even harder than maintaining at your current weight.

Instead of focusing on a particular “diet”, we recommend primarily choosing whole, less-processed foods.

It is time to ditch the fad diets and try adding more nourishing foods into your day-to-day eating.

- Learn to prepare a few nutritious, easy meals.
- Make eating healthy a priority instead of an afterthought.
- Plan your healthy meals so you rely less on restaurant and fast food.
- Make a grocery list from your plan and go to the grocery store at least once a week. Stick to the list.
- Stick with regular meal and snack times that work for you aiming to eat every 3-4 hours.
- Eat a minimum of three fruits per day and a serving of vegetables at both lunch and dinner.
- Choose healthy snacks such as fruit and a protein (handful of nuts, low sugar yogurt, string cheese, or hard-boiled egg)
- Make it easy! Buy fresh or frozen precut fruits & vegetables, pull out your crockpot, or have a handful of go to 30-minute meals.

Depending on where you are in your wellness journey, we recommend that you only pick one of the suggestions above. Once you have mastered it, move to another one. Eventually, eating healthy will be a part of your daily life and not seem like an uphill battle.

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 sets.

400 warmup, choice

16 x 50, alternate 2 kick, negative split and 2 swim, done as 25 steady/25 overkick drill – 10 sec. recovery

Two sets of:

3 x 100 choice (ideally IM or stroke), descend to 90% effort – 20 sec. recovery

6 x 50 pull, explode the last 15 yards/meters with NO BREATHING!! – 20 sec. recovery

4 x 75, swim/kick/swim by 25s, descend 1-4 – 20 sec. recovery

100 easy

Eight sets of:

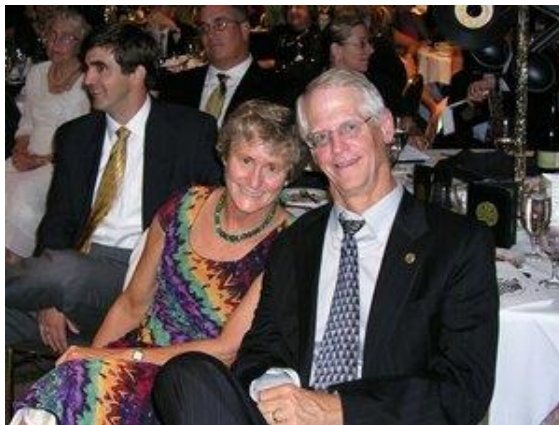
1 x 100 choice at 90% effort – 30 sec. recovery

1 x 50 AS FAST AS POSSIBLE!! – 90 sec. recovery

200 cooldown

Total: 4,600 yards/meters

Carolyn and Tom Boak are Honored as Lifetime Achievement Inductees into the Texas Swimming and Diving Hall of Fame



On October 22nd, WMST swimmers, Carolyn and Tom Boak were honored as inductees into the Texas Swimming and Diving Hall of Fame, joining fellow 2020 inductees Olympic swimmer Cammile Adams, Olympic diver Scott Donie, coach and aquatics director George Block, and honor team Alamo Area Aquatics Association. The ceremony was held on the University of Texas campus in Austin, starting with a reception at the Lee and Joe Jamail Texas Swimming Center followed by dinner and the induction ceremony in the San Jacinto Ballroom.

The Hall of Fame provided the following summary of the Boaks' many achievements and contributions to swimming.

Tom and Carolyn have been competitors and contributors in United States Masters Swimming since the 1970s. Tom chaired various national USMS committees and served as USMS President from 1985-1989, then as USMS Treasurer from 2006-2007. He is presently serving on the board of United States Masters Swimming and as treasurer of United States Aquatic Sports. He also won three masters world championships in breaststroke in 1988. Carolyn has served on the USMS board of directors, chaired the international committee, and served on both the championship and rules committees for multiple years. She has set many masters world records in freestyle, butterfly, breaststroke, and individual medley. Both have been meet directors of USMS National Championships (Tom five times) and continue to serve at meets and on the board of their local masters club, Woodlands Masters Swim Team. They have been active in the Gulf LMSC for many years. Both have been inducted into the International Masters Swimming Hall of Fame, Carolyn as a competitor and Tom as a contributor.

Many congratulations to Carolyn and Tom for this well-deserved honor.

Gulf Volunteer Receives the 2021 USMS Dorothy Donnelly Service Award

The award is presented annually to USMS registered individuals whose volunteer service has contributed to the growth, improvement, or success of U.S. Masters Swimming locally, regionally, and/or nationally. Dot Donnelly was a member of USMS at its inception. She tirelessly served as coach, meet director, and ambassador for our organization, and served as our elected Secretary, maintaining the national office from her home for many years. Individuals are selected based on their accomplishments that meet the USMS goals and objectives. A one-page nomination letter should include type of service, length of time, and where service was performed, and how the activities contributed to or impacted the club, LMSC, or USMS.

"Karlene Denby has been involved in US Masters Swimming for over 30 years. She has served as a volunteer with the Gulf LMSC for more than ten years. She is invaluable in helping the Gulf operate as smoothly as it does.

Karlene is currently in her second term as the Secretary for the Gulf LMSC. She does an amazing job of getting the minutes completed quickly and accurately. She has also taken the minutes of the last two South Central Zone meetings at the request of the Zone Chair.

Karlene has stepped in this year to become our Fitness Chair after our previous chair stepped down. She is currently finishing up running our annual Gulf Swim University fitness challenge. She has kept the stats, communicated with the participants several times, worked with the shirt designer and printing company, and is now organizing distribution of the shirts.

But Karlene's most important contribution to the Gulf LMSC is that she is our newsletter editor. She works hard to make our newsletter entertaining as well as an important method for conveying information to our members. As you know, to have a great newsletter, the editor must cajole and badger people to turn in articles, pictures, and news items. She has a nutrition column, a workout and a "meet the team" article in each newsletter. Karlene does such a good job at this, that she earned the June Krauser Communication Award in 2016. I am not certain exactly how many years she has been the editor of the Gulf newsletter, but I believe that it has been over six years.

Besides serving as our current Secretary, Fitness Chair and Newsletter Editor, Karlene is always ready to lend a hand in anything that needs to be done. We recently held a Zone Championship meet. Karlene could not swim in the meet but when she heard we needed timers, she drove 45 minutes to the pool and arrived early so that she could also help at the Registration desk. She is a team player.

Karlene is very active with the team she practices with, COOG. She is their team representative and contact. Karlene keeps the COOG members up to date on scheduling changes, upcoming events, and other information. She promptly provides answers to any questions members may have.

Karlene has been a Level Two USMS certified coach since 2016, and she formerly coached the South Shore Sails Masters team.

Karlene is a very dedicated, long-time USMS volunteer and is a wonderful ambassador for USMS. She is very deserving of a Dorothy Donnelly Service Award."

Kris Wingenroth, Gulf Chair – Nominating Letter



Karlene Denby

A Bigger and Better 2022 Gulf Swim University is On the Horizon

The Gulf leadership is investigating ways in which to make the upcoming 2022 Gulf Swim University a better benefit for our members. Some of the ideas that we've been bouncing around include:

- A social event at the conclusion of the event.
- Door prize drawings at the social.
- A different participation award beyond the traditional t-shirt.

If you have any ideas on how to improve our fitness event and increase participation, we'd love to hear from you. Email your suggestions to our Fitness Chair, Karlene Denby, at GUCommunications@usms.org

It's Not Too Late to Enter the Sabine Weiser November Classic SCM Meet

The Sabine Weiser November Classic Meet is being held November 13-14 at the Conroe ISD Natatorium in Shenandoah, TX. Online entries (\$55) are available through midnight on Sunday, November 7th. Deck entries (\$70) will be accepted up to 8:15 a.m. on Saturday, November 13th and Sunday, November 14th. Full meet information and registration can be found at:

https://www.clubassistant.com/club/meet_information.cfm?c=1733&smid=14106&_ga=2.155808699.1413305059.1635952206-1202715705.1635903261

Try Your First Meet For Free (A Gulf Membership Benefit)

The Gulf LMSC is happy to announce the continuation of our **First Meet Free Promotion** for all Gulf registered swimmers! This is a great opportunity to give swim meets a chance and see if you like them. Masters meets are all about friendships and camaraderie, with swimming providing the backdrop for both. The promotion applies to any Masters meet sanctioned in the Gulf, **EXCLUDING any Zone or National Championships**.

IMPORTANT: This benefit is for use one-time only throughout a swimmer's entire Masters swimming career. Only Masters swimmers who have never entered a USMS swim meet are eligible.

To learn the full details of this benefit and access the application forms, go to:

<https://www.gulfmastersswim.org/GMS/article.cfm?c=1250&artid=11412>

USMS Offers Educational Webinars for Coaches and Volunteers

One of the many benefits that USMS offers is educational webinars for coaches and volunteers. The webinars have been jointly instituted by the LMSC Development Committee and the Coaches Committee. The goal of these calls is to provide an opportunity for volunteers and coaches to pose questions, get answers, discuss challenges, and share successes as you fulfill your roles. In turn, the LMSC Development Committee and/or the Coaches Committee can use the information shared to help build a repository of best practices for each of our coaches and volunteer positions. The webinars may also be of interest to the general membership who are thinking of volunteering at the LMSC level or to gather information about what occurs behind the scenes to make USMS work for you. You can find further information and the dates of upcoming webinars at:

<https://www.usms.org/volunteer-central/lmscs/peer-to-peer-calls>

Upcoming USMS Fitness Events

November 200 yard Time Trial

Ready to test your speed? Try punching out your fastest 200 yards of any stroke in the pool during the month of November. Dedicate the time this month between November 1-30 on the [Swim.com](https://www.swim.com) app. All current USMS members are welcome to participate in this challenge for FREE.

Find more information at: <https://www.usms.org/events/fitness-events/monthly-virtual-challenges/november-challenge>

2022 USMS Winter Fitness Challenge – 30 Minute Swim

Get your year off to a fresh start with the Winter Fitness Challenge, a 30-minute swim that takes place between Jan. 1 - 31. There is a discounted entry beginning on November 1. More information can be found at: <https://www.usms.org/events/fitness-events/fitness-series/winter-fitness-challenge>

2022 USMS Registration is Now Open

2022 USMS registration is now open. Register for one year for just \$60. Registration can be found at: <https://www.usms.org/join-usms/join-or-renew>
Additionally, USMS is offering an exciting new membership option: **USMS+**. **For \$199 you receive the following through the end of 2022:**

- A standard USMS membership
- Exclusive welcome package including: Premium USMS-branded item of your choosing, USMS latex cap, USMS stickers, plastic membership card
- Free registration to all of the following events: Fitness Series Challenge, ePostal events, virtual events
- Free USA Swimming Supporters Club membership which includes a donation to support Adults Learn To Swim grants and a Supporters Club merchandise item, "skip the line" access to autograph signings at major events, invitations to participate in USA Swimming fan surveys and polls, and exclusive offers from USA Swimming and USA Swimming Foundation partners
- Access to exclusive Olympian-featured webinars
- Free All American patches (*once you reach All American status*)
- Free Go the Distance 50-Mile cap (*once you reach 50 miles*)