



LEAP INTO THE NEW YEAR! – FROM THE USMS FACEBOOK PAGE

The Chlorine Chronicles

Gulf Masters Swimming

January 2016

IN THIS ISSUE

Message from the Chairman



Now that the holidays are over and the bathroom scale says we all had a terrific time celebrating with family, friends, and other sports fans, it is time to get refocused on fitness! Like a lot of you, swimming is one of my vices, and the pool has been calling me back to the gutters! On the bright side, I am looking forward to working with all of you to continue to make your Gulf Masters Swim Committee something you can appreciate whether you are a competitive swimmer, a triathlete, or a workout freak.

Our group wants to hear from you. Plus we will try to continue to challenge and recognize you as you swim through 2016. Want to learn to teach adults how to swim? We have a class running in February. We are committed to helping your coaches grow by hosting a Coaches Certification course in March. Also, check out our **Gulf Swim University** challenge where you get swimming credit for all of the laps you swim from January 1st through April 30th. Earn a free t-shirt like "sheepskin" for your efforts. Thank you to all of the "Kickers" who accepted the 400 yard Kick Challenge from September through December. Whether you wore fins or not, I personally know it hurt!

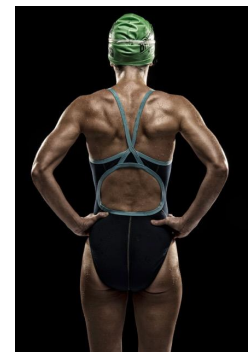
Finally, many thanks to all of the folks on the Gulf Masters Swim Committee who work hard to make things run smoothly for all of us. Most of them have been doing this for years, and I am certain they would appreciate your ideas and help as we move forward. Don't sit on the sidelines, but jump in and visit any of our meetings and see where you might fit in. Write me and I will tell you when our next meeting is being held. As usual, ...



Gulf Swim Clinic on March 20th

Improve your swimming skills with USMS coaches Dave Burgess and Mel Goldstein.

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Get Lean in 2016!

Now is the time to get your eating habits back on track.

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Your Gulf LMSC Is Working For You

At the annual meeting on November 18th, the Gulf LMSC voted and approved the funding of several initiatives for calendar year 2016 that directly impact and benefit our members.

1. Gulf LMSC will pay the event sanctioning fee for all Gulf masters swim meets that invite and allow all USMS members to enter and compete.
2. Gulf LMSC will pay the event sanctioning fee for all Gulf sanctioned USMS open water events.
3. Gulf LMSC will reimburse the \$300 registration fee of Gulf USMS members who successfully complete the Adult Learn to Swim certification program being offered on February 20th and then participate in the April Gulf Learn to Swim event. More details are below on this page.
4. Gulf LMSC will pay the \$500 pool rental fee to conduct a swim clinic for Gulf USMS swimmers on March 20th. See page 3 for more information.
5. Gulf LMSC will reimburse the \$180 registration fee of Gulf USMS members that successfully complete the coaching certification program being offered on March 19th and volunteer as assistant on-deck coaches at the USMS swim clinic on March 20th. More details are below on this page.
6. Gulf LMSC will fund the 2016 Gulf Swim University. Last year over 70 Gulf swimmers received achievement awards for the Gulf Swim University and we are hoping for more participation in 2016.

Adult Learn-to-Swim Instructor Certification Course - Saturday, February 20th

Here is your opportunity to learn a valuable skill and then give back to the Houston community. This one-day course, with classroom and in-water instruction, is taught by USMS-certified instructor trainers. At the conclusion of the course, successful candidates will receive USMS ALTS instructor certification. The cost for certification is \$300 and includes both classroom and pool instruction, all course material, and the USMS-Certified Adult Learn-to-Swim Instructor designation for the remainder of the calendar year in which certification was achieved.

The course will be held on February 20 with classroom instruction (9:30-2:30) at the Courtyard by Marriott, 12401 Katy Frwy., Houston, TX 77079 and in-water instruction (3:00-5:00) at Memorial Athletic Club & Aquatic Center, 14690 Memorial Drive, Houston, TX 77079. Further information and registration can be found at: <https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=67084>

The Gulf LMSC will reimburse the \$300 course registration fee for Gulf Masters members who successfully complete the certification and then participate as a teacher at the April 2016 Gulf Learn to Swim event. Contact Bruce Rollins, Gulf LMSC Chair, at beek1@sbcglobal.net for more information.



USMS Masters Coach Levels 1 and 2 Certification - Saturday, March 19th

This classroom course will be held 9:00 a.m. - 5:00 p.m. on Saturday, March 19, 2016 at the Courtyard by Marriott, 12401 Katy Freeway, Houston, TX, 77079. Level 1 covers coaching basics and Level 2 covers stroke school for all four competitive strokes, starts, and turns. The course instructors are Dave Burgess and Mel Goldstein. Dave and Mel's swimming bios are available on the next page's swim clinic notice. Further information and course registration can be found at: <https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=67540>

The Gulf LMSC believes strongly in your continued development and growth as catalysts to Gulf Masters Swimming. Upon successful completion of the USMS Levels 1 & 2 Masters coach certification course and volunteering as an on-deck coaching assistant at the USMS Swim Clinic on March 20th, the Gulf LMSC will reimburse the \$180 course registration fee for Gulf USMS members. Please contact Bruce Rollins, Gulf LMSC Chair, at beek1@sbcglobal.net for more information.

USMS Swim Clinic on Sunday, March 20th

USMS and Gulf Masters Swimming will be hosting a Swim Clinic at the Conoco-Phillips Wellness Center on Sunday, March 20th from 9:00 a.m. to 12:00 noon. The course is geared towards swimmers wanting to improve their stroke skills and would be especially beneficial to the fitness or non-competitive swimmer. The cost of the clinic is only \$40. A photo of the event site, a beautiful 6-lane indoor pool, is below.

We are fortunate to have two highly experienced USMS coaches leading the clinic. **Dave Burgess** is highly involved in U.S. Masters, high school, and age group swimming. He is the head coach of the Podium Swim Club, a U.S. Masters Swimming group based in Colorado Springs. Dave caters to swimmers who are looking to improve performance, as well as those that are relatively new to swimming. He is also the head coach of the Discovery Canyon High School swim team, as well as an assistant coach with Colorado Springs Aquatics. He is a USMS Adult Learn To Swim certified lead instructor, a USMS Level 3 Masters coach, a USA Swimming/ASCA Level 3 coach, as well as a USA Triathlon level 2 certified coach. Dave also holds a certificate in sports and performance nutrition. **Mel Goldstein** was the 2001 Speedo US Masters Coach of the year, Mel won the 1997 Ransom J. Arthur MD Award that goes annually to a person who best supports the objectives of Masters swimming. It is the highest honor bestowed by United States Masters Swimming. He is a past President of USMS and a USMS All American with 255 Individual Top Ten Achievements. In 2012, he was inducted into the International Masters Swimming Hall of Fame.

Contact Gulf LMSC Chair, Bruce Rollins at beek1@comcast.net for more information.



Classes are Back in Session at 2016 Gulf Swim University

Classes are in session at Gulf Swim University. Registrants who swim 20 miles (5 miles per month) between January 1 and the end of April 2016, will earn an Associate's degree, 40 miles (10 miles per month) will attain a Bachelor's degree. Those who log in 80 miles (20 miles per month) earn a Master's degree and for 160 miles (40 miles per month) the graduate will be awarded a PhD in Swimology! University Registrar, Bruce Rollins, has noted that there are a total of 55 swimmers in the Gulf participating in "Go the Distance" for 2016. That means that some of you are already "auditing" the class. If you would like to change from audit to official enrollment and earn your degree and a nice t-shirt, register with Bruce at beek1@sbcglobal.net no later than February 29th.



Get Lean in 2016

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

Here we are at the beginning of the year again; many New Year's Resolutions are being made. Instead of overhauling your diet in 2016 to get lean, try making small changes. Picking one small change and consistently practicing it over time can have BIG results. For example, leaving 3 bites on your plate at lunch and dinner every day for one year will result in a 20 pound weight loss in one year. Here are some small changes that you can implement:

1. Write It and Lose

Log every little bite into your favorite organizing tool, be it your iPhone (I prefer the app My Fitness Pal) or an Outlook calendar or a piece of paper. A study in the *American Journal of Preventative Medicine* found that people who logged their meals and exercise sessions everyday lost **twice** as much as those who didn't.

2. Milk Up Your Morning Meal

Breakfast kick-starts your metabolism, so feast early. Include protein-rich foods for an A.M. meal that lasts. A study in the *American Journal of Clinical Nutrition* reports that morning skim milk drinkers felt more full and ate 9 percent less at lunch than juice drinkers did. Pour 1% or skim over high fiber cereal or order a skim latte if you're on the go. Other protein options include eggs, Greek yogurt and peanut butter.

3. Get Your Vitamin D

Fatty fish, such as wild salmon, deliver vitamin D. Having low levels of the nutrient at the start of a diet may hinder weight loss efforts, research from the University of Minnesota at Minneapolis finds. One possible explanation: Vitamin D may curb appetite. If you don't like to cook fish, you can have your local grocery store steam it for free while you shop or buy canned or vacuumed sealed salmon or smoked salmon.

4. Become a Veggie Junkie

Pile your plate high with naturally low-calorie, high-fiber vegetables and fruit (leaving little room for other dishes.) Filling half of your plate with these foods help you lose weight and still feel satisfied. Choose fresh, pesticide-free picks when you can: Organic local produce may boast more nutrients. Check out <http://www.thedailygreen.com/healthy-eating/eat-safe/Dirty-Dozen-Foods> to find the foods that you should buy organic.

5. Pump Up Your Protein

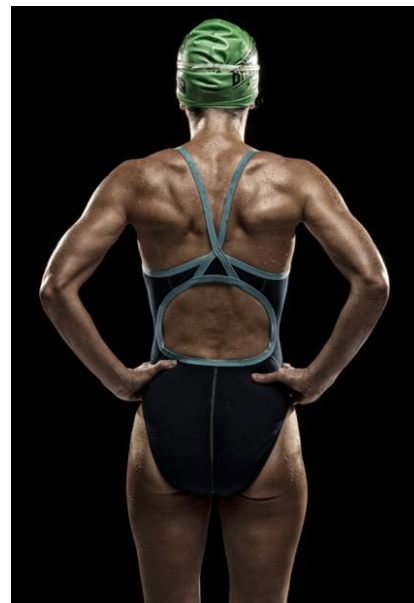
Make sure your eating routine includes some form of lean protein, such as poultry, fish, legumes or low fat dairy, at every meal and snack to feel fuller, longer. These foods also have body-trimming benefits. Overweight people who regularly consumed high-protein meals improved their ability to burn fat, shows a study in the *Journal of Nutrition and Dietetics*.

6. Flip a Fat Switch

Eating fat helps you feel full, which means you munch less overall. Simply choose healthy oils, especially those from nuts, avocado, olives or fish. Top today's toast with nut butter or trade cheese for avocado on a sandwich.

7. Get a "Fast" Food Fix

Resist the urge to swing through fast food or call for take-out menu by having healthy frozen meals on hand. Look for those with 300 to 400 calories, 8g protein, 700 milligrams sodium or less, fewer than 12 g fat and at least 6 g fiber. We like offerings from Amy's, Luvo, Evol and Kashi. For more nutrients and fiber, nuke a cup of frozen veggies and add them to your meal.



Melissa Weinger (COOG) - Fit and 43
 Ozzie Ramsay Photography

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

We plan to have a team spotlight in each quarterly newsletter. The goals of the spotlight are two-fold: (1) to help Gulf teams grow and flourish, and (2) to provide information about area teams for solo swimmers who might like to swim with like-minded individuals in an organized group setting. If you would like to have your team featured in a future newsletter, contact kdenby@usms.org

Team Spotlight - MACA Masters Swim Team

Located in West Houston near the intersection of Memorial Drive and Diary Ashford, the MACA Masters Swim Team trains at the Memorial Athletic Club and Aquatic Center. The MAC resides at 14690 Memorial Drive, Houston Texas, 77079. The MAC is a complete fitness facility with strength training circuits, free weights, group exercise classes, spinning classes, and other offerings. More information about the facility can be found at www.fitmac.com.

MACA has been in existence since 1999 and has use of both the indoor and outdoor 25 yard pools at the facility. The team offers morning, mid-day, evening, and weekend workout sessions, allowing members several workout opportunities to accommodate work schedules. There are nine sessions, 45 minutes to 1 and half hours in length each week. MACA has four masters coaches: Steve Clancy, Janet Rush and James Herrick with level 3 Masters certification and Carrie DeMay with level 2 masters certification. One of the four coaches is on deck at every practice. More information including a description of the team, workout schedules, and coach bios can be found at: http://www.fitmacaquatics.com/aquatic_adult.htm

MACA has approximately 55 members of all ability levels, including fitness swimmers, triathletes, and competitive swimmers. Swimmers are divided into 4-6 groups doing workouts based on ability level. A typical workout will have 10-20 swimmers in the water depending upon the practice time. While there is a wide range in abilities, MACA also boasts elite athletes among their ranks. Swimmer, Debbie Loux has earned multiple National and World Top Ten times and triathlete, Eric Abecassis punched his ticket to the Ironman World Championships in Kona at Ironman Chattanooga.

TRIMAC is the triathlon club at MAC and has approximately 30 members. All TRIMAC members are eligible to participate in masters workouts. A challenge for any team, MACA has succeeded in getting their triathlete members to participate in swim meets. This participation has resulted in team wins at Dad's Club meets over the past several years.

Aquatics Director, Kathy Veen, strongly supports the team, providing prizes and incentives throughout the year. Several times each year, MACA will hold a three-hour workout of 100 x 100/75/50 on a 1:40 interval. Other opportunities to build team spirit and provide fitness challenges are also offered. An intra-team competition is held annually in which MACA is divided into four groups. Points are awarded to group members for practice attendance, meet participation, and swimming in team time trials, relays, and weekly challenges. In the Summer Distance Challenge, swimmers document their yardage with 100+, 100, 75, and 50 mile goals.

MACA offers several social events. A Christmas party is hosted each year by a team member. Team members occasionally go to breakfast after Saturday practice, most often after the 100 x 100 event throughout the year. MACA has a private member Facebook page on which swimmers can chat about swimming, share articles, and post upcoming events and announcements.

MACA Swimmers After a Three Hour 100 x 100/75/50 Workout - Still Smiling!



Gulf Masters Swimmers Make a Splash on National Top Ten List

The U.S. Masters Swimming National Top Ten List for 2015 LCM swims was finalized and published in December 2015. Gulf swimmers had outstanding results with 109 individual and 7 relay top ten times.

Special recognition goes to the eight Gulf competitors who posted the fastest times in the nation in one or more events. They are: Carolyn Boak (WMST), Marissa Clapp (RICE), Julie Coskey (MOB), David Guthrie (RICE), Carlos Jimenez (RICE), Tamas Kerekjarto (COOG), Bruce Kone (RICE), and Joann Leilich (WMST).

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

Women

25-29

Carly Antonucci (COOG)
Marissa Clapp (RICE)
Carleigh Kutac (DADS)

30-34

Stacey Baker (MACA)
Vicki Risinger (WMST)

40-44

Julie Coskey (MOB)
Ilsa Kerscher (WMST)

45-49

Mary Ruppe (RICE)

50-54

Amy Hayes (CFSC)

55-59

Mary Anne Hines (WMST)
Debbie Loux (MACA)

60-64

Heidi Ernst (RICE)
Susan Holland (WMST)
Nancy Schuber (WMST)

70-74

Carolyn Boak (WMST)

75-79

Joann Leilich (WMST)

Men

18-24

Ian Rea (UNAT)
William Wagner (RICE)

25-29

Christopher Miller (WMST)
Austin Wilson (WMST)
Jing Yang (WMST)

30-34

Adam Barley (RICE)

35-39

Oscar Bermudez (COOG)
Tamas Kerekjarto (COOG)

40-44

John Siemer (RICE)

45-49

James Connolly (RICE)

50-54

Carlos Jimenez (RICE)
Francisco Saavedra (WMST)

55-59

David Guthrie (RICE)
Bruce Kone (RICE)
D. Scot Marchall (WMST)

65-69

Bruce Rollins (WMST)

70-74

Tom Boak (WMST)

75-79

Max Zollner (FCST)

80-84

Bob Bailie (WMST)

90-94

Baker Shannon (WSMC)

Upcoming Events

Saturday, January 30th - Woodlands Relay Meet, Shanendoah, TX. This is the largest meet in the Gulf every year. Join in and have some fun swimming relays. For meet info & registration, go to: <http://wmst.net/index.php/calendar/events>

Saturday, February 13th - Sweetheart Swim, Houston, TX. What better way to spend Valentine's weekend than doing the sport you love with your friends? Meet info is available at: http://www.usms.org/files/sanction/20160213SWHTY/entry_form/EventEntryForm-2015081707582617989.pdf

Saturday, March 12th - March Madness Meet, Rice University, Houston, TX. Swim outdoors in the beautiful Rice Natatorium. Meet information is available at: https://www.clubassistant.com/club/meet_information.cfm?c=2065&smid=7292

Fri.-Sun., April 8-10th - South Central Zone Championships, Frisco, TX. The 2016 USMS South Central Zone Short Course Championship will be hosted and managed by Texas Ford Aquatics. Preliminary event information can be found at: <http://www.usms.org/comp/event.php?MeetID=20160408Zone16Y>



Cartoon by Kerry Suhr, SWYM Masters

Mix It Up! - Swim Workout with a Bit of Everything

I train a lot on my own and this is one of my favorite solo workouts. It has a little bit of everything. Speed changes, different strokes, kicking with and without fins, pulling with and without a buoy, some fast swimming, and a bit of drill work. It's also easy to shorten down for less yardage. Simply cut out the kicking or stroke that you hate. Or make it more challenging by omitting your favorite activities and working on your weaknesses.

400 warm-up choice

8 x 100 pull with rolling fast 25's (# 1: 1st 25 is fast, # 2: 2nd 25 is fast, etc.) - 10 sec. recovery

12 x 50 kick with alternating interval (odds: 15 sec. recov. / evens: 5 sec. recov.)

4 x 200 (non-free) with rolling fast 50's - 20 sec. recovery

1 x 300 free, descend 100's

2 x 150 pull (no buoy) as 50 free/50 back/50 free - 15 sec. recovery

8 x 50 choice - odds: FAST! / evens: easy - 20 sec. recovery

1 x 200 IM drill

2 x 100 kick with fins, build pace - 15 sec. recovery

4 x 50 swim with fins FAST! - 20 sec. recovery

200 easy cooldown

Total: 4,400 yards/meters

Results of the 400 Kick for Time Fitness Challenge

We had 55 entries in the 400 kick for time challenge. Not surprisingly, kicking the challenge with fins was the preferred option by a 2 to 1 margin. Congratulations to all who participated. Complete results are below with age-group records.

Women - Kicking With Fins

Age 29 and Under: Paige Cullingford 5:12(age group record), Carlye Graydon 7:38

Age 30-39: Tara Daley 5:13 (age group record), Megan Dickson 5:24, Sian Thompson 5:28

Age 40-49: Bret Bietila 5:07 (age group record), Robin Tompkins 5:09, Leonie Karkoviata 6:40, Rebecca Hodge 7:36, Karen Bietila 9:15

Age 50-59: Mary Anne Hines 5:37 (age group record), Julie Stevenson 5:51, Elva Moure de Godoy 6:01, Stacy Burgess 6:08, Lisa White 6:14, Stacey Eicks 6:48, Cindy Strong 7:00, Synda Wilson 7:47, Letty Ortiz 8:43

Age 60-69: Susan Holland 5:06 (overall women's record and age group record), Jan Rush 6:07

Age 70 and Over: Ann Erickson 6:44 (age group record)

Men - Kicking With Fins

Age 29 and Under: Ben Melancon 5:00 (age group record), Bailey Fellows 6:00

Age 30-39: Sean Hale 4:57 (age group record), James Herrick 5:38

Age 40-49: Bill Bass 4:55 (overall men's record and age group record), Marco Leijnse 4:56, Paul Simmons 8:00

Age 50-59: Scot Marshall 5:05 (age group record), Niels Wolfhagen 5:42, Mark Hanlon 5:51, Francisco Godoy 5:53

Age 60-69: Olin Brown 5:09 (age group record), Bruce Rollins 5:37, Fred Lundberg 8:36

Age 70 and Over: Tom Boak 5:39 (age group record)

Women - Kicking Without Fins

Age 30-39: Laura Koch Davis 6:23 (overall women's record and age group record), Sian Thompson 7:45

Age 40-49: Sabine Weiser 7:10 (age group record), Kristin Nates 7:57, Robin Tompkins 8:33

Age 50-59: Susan Wellborn 10:13 (age group record)

Age 60-69: Karlene Denby 7:51 (age group record), Kris Wingenroth 8:28, Jan Rush 8:44

Age 70 and Over: Joann Leilich 7:51 (age group record)

Men - Kicking Without Fins

Age 29 and Under: Jin Yang 8:08 (age group record)

Age 30-39: John Evans 6:37 (overall men's record and age group record)

Age 50-59: Francisco Godoy 7:17 (age group record), Doug Allen 7:19, William Cave 8:01

Age 60-69: Bruce Rollins 8:45 (age group record), Keith Nichols 11:01

Age 70 and Over: Jimmy Durham 10:01 (age group record)

