



SWIMMERS GATHER AFTER THIS YEAR'S "TANKSGIVING" SWIM AT DAD'S CLUB POOL
(ARTICLE ON PAGE 4)

The Chlorine Chronicles Gulf Masters Swimming

Fall 2024

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Gulf Swim University Enters Its Second Decade

The long running fitness event, Gulf Swim University, turns 11 in 2025. As is customary, the event will be celebrated with participation awards and a post-event social.

This event is completely free to you as a Gulf/USMS registered swimmer and is easy to enter, as follows:

- Let Gulf Fitness Chair, Karlene Denby, know you are participating by emailing her at txswimmer53@hotmail.com
- Beginning on January 1st, either join or renew your entry into the FREE Go the Distance Event (<https://www.usms.org/events/fitness-events/go-the-distance>) and easily track your swimming distances (daily, weekly, or monthly).
- Get to the pool regularly, have fun, and get FIT. This fitness event may be the confidence builder that gets you to enter your first swim competition or prepares you for USMS Spring Nationals which will be held nearby in San Antonio. Make swimming regularly the one resolution that you keep in 2025.

There are five levels of challenge. The event runs from **January 1, 2025 to April 30, 2025.**

- * Swim 20-39 miles to earn an Associate's Degree
- * Swim 40-79 miles to earn a Bachelor's Degree
- * Swim 80-119 miles to qualify for a Double Major
- * Swim 120-159 miles for a Master's Degree
- * Swim 160 miles for a PhD

Join in on the fun to get and stay motivated and fit this coming year.

How Far Can You Swim In One Hour?

Your Gulf LMSC is providing two opportunities to find out.

- Saturday, January 18th at Kingwood Park High School (indoor pool) 9-11 a.m.
- Saturday, January 25th at Dad's Club (outdoor pool) 10 a.m. – 1 p.m.

For questions and sign-up, contact Andreas Lorenz (Gulf LMSC Long Distance and Open Water Chair) at (281) 683 8289 or at andreaslorenzusms@gmail.com (subject line: One-Hour-Swim).



How to Stock a Healthy Kitchen

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U.S. MASTERS SWIMMING

National Awards to Gulf Volunteers

Anna Bass, Karlene Denby, and Kevin Lunsford are recipients of USMS National volunteer awards.

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Andreas Lorenz Is The 2024 Emmett Hines Award Recipient

Andreas Lorenz is the recipient of the 2024 Emmett Hines Award, the highest honor bestowed by the Gulf Masters Swimming Committee. The award is presented to those who best exemplify enthusiasm, expertise, and advocacy of Masters Swimming in the Gulf region. Andreas was presented with the award at the Gulf LMSC annual meeting/holiday social held at Nicole Christensen's and Andreas Lorenz's home on December 7th.

Andreas's nomination letter illustrates the level of commitment to Masters swimming that earned him this year's award.

"Please consider the nomination of Andreas Lorenz for the 2024 Emmett Hines Award. The award is presented to a Gulf LMSC coach or volunteer who best emulates the enthusiasm, expertise, and advocacy of Masters Swimming exemplified by Emmett Hines.

Andreas is well qualified for this award. He is an accomplished swimmer with a penchant for the longer distance events. Andreas has 30 individual National Top Ten Times, and in 2021 he was honored as a USMS All American in both pool and open water events.

Andreas took over as the Gulf's Open Water/Long Distance Chair in 2021 and has transformed the position. In January 2022, he initiated the Gulf's first One-Hour Swim at Dad's Club, now an established tradition, which will hold its fourth edition in January 2025. Andreas has also been an integral part of the success of the South Central Zone's Open Water Swim Series, which also began in 2022, as the Lake Longhorn OW Roundup's event co-director and as designer and maker of the unique and beautiful handmade awards for the Series champions. Andreas also held the Gulf's first open water swim clinic at Lake Longhorn in June 2022.

2023 found Andreas taking his coaching skills to the next level by becoming a USMS Levels 1 and 2 Certified Coach in February. During that same weekend, he also completed the Clinic Course for Coaches which instructs coaches on how to effectively run a swim clinic. Andreas has put the skills he learned to good use by holding his second open water clinic in September 2023. Andreas, along with Coaches Chair Patrick Harrington, initiated the Gulf's Coach on Deck program in September 2023. Together, Andreas and Patrick provided on-deck coaching at the First Time for Everything Meet, The TEST Fall Opener Meet, and the Sabine Weiser Invitational in 2023.

In 2024, Andreas again held the One-Hour Swim in January and was a Coach on Deck at the Sweetheart Swim Meet in February. Knowing that most Gulf swimmers do not have access to a long-course pool, he helped organize and coached at the Dad's Club long-course practice in June. Andreas also organized the Gulf's first 5K/10K Virtual National Championship swim at Swim Houston Aquatic Club, again offering long-course access for our swimmers to compete in the championship swims. With the assistance of John Dissinger, Andreas has also organized the Gulf's first 3000/6000 Virtual National Championship swim to be held Sunday, October 6th at the Kingwood Park High School pool.

I have no doubt that Andreas' passion for swimming and for giving back to the Gulf Masters swim community will continue in 2025 and for many years to come. I trust you will agree that Andreas would be a worthy recipient of the 2024 Emmett Hines Award."

Congratulations, Andreas, on this well-deserved honor.



Kris Wingenroth (left) presents Andreas Lorenz (right) with the 2024 Emmett Hines Award

2025 USMS Registration is Underway

It is time to renew your USMS registration for 2025. There are many benefits of USMS membership such as access to an extensive workout library, an on-line Swimmer Magazine, open water and pool competition opportunities, fitness programs, and discounts from USMS partners. Special offers will be emailed to members who renew or join early (by Dec. 31). So, don't delay and renew your membership now!

How To Stock a Healthy Kitchen

Catherine Kruppa, MS, RD, CSSD, LD

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Having a properly stocked kitchen guarantees that you will always have a couple weekday meals that can quickly be thrown together yet still be delicious and healthy. The first step is to purge expired products, deep clean, and then reorganize. It is also important to determine which products you will ever actually use in the future.

1. Fill your pantry with whole grains

Whole grains offer fiber, folic acid, magnesium, vitamins E and B6, copper, zinc, and dozens of phytochemicals. Just because the food is brown, do not assume that it is whole grain. Look for one of these words - 100% whole grain, 100% whole wheat or rye as the first item in the ingredient list. Whole grains contain more fiber than white flour products, making it easier for you to get the recommended 25+ grams of fiber each day. Fiber helps our GI tract transit time, stabilizes our blood glucose, and helps to keep us full. We suggest brown rice or parboiled rice due to the higher nutrient content. We also love ancient grains such as quinoa, farro, polenta, barley, bulgur, and oats to round out a meal. Choose a whole wheat pasta or higher protein pasta such as Barilla Plus. Make sure to pair the grain with a protein such as lean ground beef, turkey, or crab which is one of our favorites. Whole grains are a great source of carbohydrates which fuel our muscles and brain.

2. Load up on canned beans and legumes

Canned beans and legumes are a great source of plant protein to keep on hand. We like black beans, fat free refried beans, pinto beans, white beans, and kidney beans along with chickpeas. Beans and legumes can be used in chili, tacos, and soups. You can also toss them in salads. It is important to rinse and drain the beans in a colander before using to reduce salt intake. Beans are also a great source of fiber and a shelf-stable protein to have on hand. Eating a more plant forward diet has been shown to reduce heart disease and inflammation.

3. Buy meat and seafood for an easy protein boost

Canned tuna, salmon, and chicken are great sources of protein that also have long shelf lives. Anchovy paste is also great if you want to elevate the flavor of salad dressings and pastas. The freezer is a great place to store different proteins that you are not ready to use right away. Some healthy examples that store well include extra lean ground turkey, boneless, skinless chicken breasts, chicken/turkey sausage, turkey bacon, and pork tenderloin. Seafood like shrimp, salmon, and wild Alaskan cod are other popular proteins to have available. Protein lasts in the freezer for about 3-9 months depending on what type of meat it is.

4. Stock your kitchen with good fats to increase your HDL cholesterol

Good fats like olive oil and avocados contain primarily unsaturated fat, which help your heart and blood vessels by lowering your LDL cholesterol and increasing your HDL cholesterol. Nuts such as almonds, cashews, peanuts, and pine nuts are great to have on hand. They can be used in many different recipes or simply eaten by themselves as a snack. Nuts last longer when stored in the freezer, and the same is true for seeds. Chia seeds, hemp hearts, and flax seeds are all great sources of fiber and are commonly added to smoothies, yogurt bowls, and oatmeal for bulk. Any type of natural nut butter such as peanut, cashew, or almond is great to add to fruit, bread, or oatmeal to increase the protein of a snack or meal.

5. Elevate the flavor with seasonings and spices

Some common seasonings and spices for cooking are red pepper flakes, paprika, cumin, cayenne, bay leaves, garlic powder, and onion powder. Some common spices for baking are cinnamon, nutmeg, and vanilla extract. The ingredients in this category vary based on what your preferred seasonings and spices are. If you have not cleaned out your spice cabinet lately, now is a good time to check for expired spices or toss the ones you do not use.

6. Step up your sauce game with condiments

Popular condiments are olive oil or avocado oil, olive oil mayonnaise, ketchup, barbeque sauce, buffalo sauce, mustard, and ranch dressing. Some of our favorite brands for sauces and dressings are Primal Kitchen and Tessemae's. Hot sauce is also popular and usually has a longer shelf life than other condiments and can be used on a variety of foods. Soy sauce, tamari, hoisin, and sriracha sauce are good to increase flavor in your dishes. Finally, think about the garnishes that elevate a meal and make it more nutritious like pickles, olives, capers, and dried chilies.

7. Do not forget stocks and broths

Bone broth is a great way to add protein to your diet either by drinking it or using it in cooking. Stock and broth have a long pantry shelf life before opening and can be stored in the freezer in ice cube trays after opening for prolonged preservation. Broth is high in sodium, so buy the low sodium varieties.

8. Embrace canned vegetables for an easy source of nutrition

Canned tomatoes come in a variety of forms, like whole stewed or fire-roasted, and can be used to create delicious homemade pasta sauces, soups, stews, and chilis. One of our favorite brands is Pomi because it does not have any added sodium. Keeping a variety of low sodium canned vegetables ensures that you have easy vegetable options to add to your meal. Canned vegetables have the same, if not more, nutrient value than fresh vegetables because they are locked in at the peak of harvest. Be sure to rinse your vegetables before you eat them to remove as much sodium as possible.

9. Place seasonal fruits in easily accessible kitchen spots

Having nutritious food available makes it more likely you will eat it and get your recommended 3-5 servings of fruit per day. In the summer, it is easier to have fresh fruit available. In the winter, try pears, apples, navel oranges, clementines, pink grapefruit, and grapes. Leave the fruit out on your kitchen island or cut it and place it in the middle of your refrigerator so it is a go to snack for you and your family.

10. Go for frozen fruit when your favorite fruits are not in season

Frozen fruit like pineapple, mango, blueberries, and bananas are great for making delicious smoothies that also help increase your fruit and fiber intake for the day. Frozen fruit can also be heated up and used in oatmeal or yogurt bowls whenever you do not have fresh fruit at home. Frozen fruit lasts longer and can be more economical if you do not eat your fruit quickly. It also can contain a higher nutrient value than fresh fruit.

11. Eat more frozen vegetables for more vitamins and minerals

Frozen vegetables like spinach, broccoli, and riced cauliflower are great for a quick side dish or adding a hidden vegetable to your smoothie. Frozen stir-fry is another popular option for increasing your vegetable intake. The nutritional value of frozen vegetables is typically higher than fresh because it is picked at the peak of harvest, and the nutrients are locked in.

12. Use dairy products to level up your snack game

Dairy products like milk, yogurt, string cheese, and Babybel cheese are great protein options for snack or meal time. Dairy products are also high in many nutrients like calcium, phosphorus, potassium, vitamin D, and more. Milk is used in different recipes and we recommend plain Califia or Malk for dairy-free options and 1% for a regular milk option. Yogurt is great both in recipes and by itself with toppings like granola, fruit, chia seeds, and honey. Some of our favorite brands are Fage Greek Yogurt, Siggi's Icelandic Yogurt, or Forager's Cashew Yogurt for a lactose-free option. Make sure you grab the plain yogurt for no added sugar. Some cheeses are higher in fat and sodium than others but Good Culture Cottage Cheese is one of our favorites and a great protein source.

13. Stock up on healthy snacks for when you get the munchies

We recommend that you go to the refrigerator for fresh food for a snack. However, shelf stable snacks can come in handy. Popcorn is considered a whole grain. Individual bags of Skinny Pop are one of our favorites. Jerky in the form of beef, turkey or salmon are a good portable protein when you are on the run or need to increase your protein intake. Most of us love a sweet treat so choose 80% or higher dark chocolate. Two of our favorites are Hu and Lily's.

In conclusion, having a well-stocked pantry, refrigerator, and freezer helps you save money, time and prevent food waste. Also, although it may take a couple hours to deep clean and reorganize your pantry, just know that your future self is thanking you!

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.



A Record Number of Members Participate in the Annual "Tanksgiving" Swim



On Thursday, November 28th, 40 Gulf swimmers converged at the Dad's Club to get in some exercise before enjoying their holiday feasts. It turned out to be a clear day with temperatures hovering right around 60 degrees, a perfect day for an outdoor swim.

Our swimmers generously donated \$205 which allowed the LMSC to provide Dad's Club with a \$200 donation check. Thank you, swimmers!

Big thanks to the Dad's Club for providing pool access, to the guards who worked early on a holiday, to Nicole Christensen for organizing and advertising the event, to the LMSC for paying the costs associated with the swim, and to our volunteers Nicole Christensen and Andreas Lorenz.

The LMSC plans to continue this tradition in 2025.

Awards! Awards! Awards!

At this September's USMS 2024 Annual Meeting, three Gulf members were honored with USMS National awards. The LMSC is very proud of the accomplishments of these three dedicated volunteers.

Anna Bass - USMS Diversity, Equity & Inclusion Award

The Diversity, Equity & Inclusion Award is presented annually. USMS-registered athletes, coaches, volunteers, and clubs who show a public commitment to diversity, equity, equality, and inclusion across race, gender, age, religion, identity, and ability at the club, LMSC/Zone or national level are eligible for this award. The award recognizes individuals or clubs that create a diverse and inclusive environment in USMS, thereby making everyone feel empowered to bring their full, authentic, unique selves to the sport.

Anna's nomination letter is below.

"Please consider the nomination of Anna Bass of the Gulf LMSC for the USMS Diversity, Equity, and Inclusion Award.

Tenacity has been an essential trait for Anna to be successful in her chosen area which is providing ALTS classes in an underserved community.

Anna is a teacher at Northside HS (formerly Jefferson Davis HS) near downtown Houston. Formerly serving white children only, the school was not desegregated until 1970 and did not get a name change until 2016. The current demographics of the high school are 85% Hispanic-American and 14% African-American. Ninety five percent of the school's students are classified as economically disadvantaged.

Anna was named as the Gulf LMSC's Diversity and Inclusion Chair in 2022, and she promptly attempted to put her plan into action. Anna recruited for potential participants at the local community center and among the staff at the high school. She held her first ALTS class at Northside HS that summer with five participants. After the first class, the HS's pool broke down and remained out of commission for a prolonged period of time. By November of 2022, the pool was finally repaired.

While Anna had received permission from the principal to hold classes, she had to wait for the end of the HS swimming and water polo seasons to begin her planned four-week session of four swims per week, delaying her into 2023. Delays struck again as the entire Houston Independent School District was taken over by the state of Texas. The high school now had a new principal, and Anna, again, had to go through the process of receiving permission to hold classes at the school.

Finally, success! In the fall of 2023, the first full sessions of ALTS classes were completed at Northside HS.

Not content with participation levels, Anna found a unique and effective way to promote her program. Every year one of the biggest free events in Houston is the Art Car Parade, celebrating its 37th year in April 2024. What better way to promote swimming in general and ALTS in particular than to enter a car in the parade? The creative team, under Anna's guidance and vision, wanted to create a car that celebrated the beauty of swimming and got people eager to learn how to swim. Their effort, aptly titled "Water You Waiting For?", was successful because, by the end of Art Car weekend, 30 people had completed the QR code for the free adult learn to swim classes.

Week one of the next round of ALTS classes at Northside HS in May had five participants. That increased to ten swimmers in week two, and twelve swimmers in week three. One ALTS swimmer was so overcome with emotion after completing a swim across the pool that tears came to her eyes. Anna recruited members of the Northside swim team to assist her in the classes, thereby creating the next generation of swimmers on a path of volunteerism within their community.

Anna's ultimate goal is to eventually begin a masters swim team at Northside HS. With her passion and determination, she will likely accomplish that goal.

I trust you will agree that Anna Bass would be a worthy recipient of the 2024 USMS Diversity, Equity, and Inclusion award."



Karlene Denby - USMS Fitness Award

The Recognition and Awards Committee annually presents the Fitness Award to USMS-registered individuals and organizations demonstrating outstanding contribution to fitness activities within USMS. The Fitness Award nominee is someone who by their example both passively and actively encourages others to seek fitness through swimming as a lifestyle (competition is not required). The individual provides encouragement through social interaction in and out of the water to keep people involved in a fitness lifestyle within their swimming community.



Below is Kris Wingenroth's nomination letter for Karlene.

"I would like to nominate Karlene Denby, the Gulf LMSC Fitness Chair, for the 2024 USMS Fitness Award.

Karlene has always had an interest in all the Gulf swimmers, not just the competitors. As the Gulf LMSC newsletter editor, she made a point to include information about non-competitive events that the Gulf was hosting. She sought out recognition for fitness swimmers and she promoted Gulf social events in ways to encourage our independent swimmers to participate. She sought out and posted workouts and swim tips in our newsletter. These articles were specifically designed for our independent swimmers.

In 2021, when our Fitness Chair stepped down, Karlene stepped up to help the Gulf and became our new Fitness Chair (in addition to her duties of newsletter editor and secretary). At that time, she took over the running of our Gulf Swim University, a fitness event that has thrived under her tutelage. Karlene saw the opportunity to engage more fitness swimmers by giving more publicity to the event and including interim and final results in the newsletter.

She has also created a new Gulf LMSC fitness event, a virtual "Swim Around Galveston Island." Now she has also made plans for another new virtual swim from Houston to San Antonio (site of Spring Nationals) for the end of 2024.

Karlene has remained in the Gulf LMSC Fitness Chair position for four years, despite her other time-consuming jobs of newspaper editor and, now, treasurer. She has continually demonstrated a passion for creating and promoting fitness events, including creating new ones. She is personally responsible for getting more of our independent swimmers and fitness-only swimmers involved in Gulf LMSC activities. We believe she is very deserving of the USMS Fitness Award."

Kevin Lunsford - USMS Dorothy Donnelly Service Award

This 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 and tirelessly served as a coach, meet director, and ambassador for our organization. She served on the USMS Executive Committee as its elected Secretary for four years. Following that, Dot maintained the USMS National Office from her home for many years.

Kevin's nomination letter is below.

"The Gulf LMSC would like to nominate Kevin Lunsford for the USMS Dorothy Donnelly Service Award.

Kevin first started attending Gulf LMSC meetings as a Team Representative for the MOB (Masters of the Brazos) in 2008. He drove from College Station, TX to Houston for every meeting. This is a 200 mile/three-hour (minimum) round trip journey. Despite this, it was very rare for Kevin to ever miss a meeting or Gulf social event.

Kevin's commitment to the Gulf and his level-headed reasoning made him stand out. He is a person that is soft spoken, but when he speaks, you listen! He was elected the Gulf LMSC Secretary in 2010. He served in that position for eight years, through 2018. He was organized and thorough in doing his job.

In 2019, Kevin was elected Vice Chair of the Gulf LMSC. He was selected to be nominated for this position because the Gulf leadership felt that Kevin would be a perfect choice to be the future Chair. Kevin served as Vice Chair for two terms, the maximum allowed (2019-2022). During that time, Kevin also accepted the duty of being the Gulf's Sanction Chair. He has been Sanction Chair from 2019 until



the present. All these duties are volunteer positions.

Unfortunately for Kevin and the Gulf, since 2020 we have moved primarily to virtual Zoom meetings. Kevin has not been able to attend the virtual meetings. He remains a steadfast volunteer who never misses an in-person meeting and travels to Houston to represent the Gulf leadership board at every Gulf LMSC social event. Kevin is very prompt in fulfilling his duties as Sanction Chair despite his home internet limitations. He responds to sanction requests promptly and has always attended to every necessary detail. Our sanction process is one area that we have no worries about.

Kevin also volunteers for swim meets and charity events. He played an integral role in the success of the first South Central Zone LCM Championship held at Texas A&M in 2016. Kevin was the local contact and assisted in organizing the meet. He was essential in helping recruit other volunteers needed to run the meet and was a timer himself all three days. Kevin also drove to the Houston area to volunteer at the 2019 Swim Across America cancer fund raiser swim which the Gulf Masters were supporting.

Kevin's service to the Gulf has been important in our being able to function so smoothly. In addition to his stellar fulfillment of his elected duties, he is always ready to help out at any activity that the Gulf hosts. No job is beneath him. His enthusiasm, expertise, and advocacy of Masters swimming is evident to all of us. In 2022 the Gulf awarded him the Emmett Hines Award, our award for the top volunteer.

The Gulf is thankful to have such a competent and dedicated volunteer like Kevin. He has served us as a Gulf volunteer for 16 years and is still going strong! We hope you agree that he deserves to be recognized for his many years of volunteerism with the Dorothy Donnelly Award."

USMS Relay 2024 and National Coaches Clinic Held in Houston on October 18-20

For the first time, USMS hosted Relay and the National Coaches Clinic together. Both events were held at the Houston Airport Marriott. Holding the two events concurrently created new opportunities for information sharing, networking, and camaraderie. The two events had separate tracks with relevant and engaging sessions led by expert presenters. Both events were about building your local swimming community, with some sessions and all hospitality and social events combined.

It was during the Saturday evening dinner, that Kris Wingenroth finally received her long overdue national recognition and award for being this year's recipient of the Ransom J. Arthur M.D. award, USMS's highest volunteer honor. If you recall from a previous newsletter, we honored Kris locally in May at the GSU social event, but we were not provided with the actual award to present to her.

Congratulations again, Kris, on your well-deserved award and recognition.



USMS Annual Meeting Held Virtually on September 13-15

This year's USMS annual meeting was held virtually. Gulf's Nicole Christensen was elected to the USMS Board of Directors as the At-Large Delegate representing the South Central Zone. Congratulations, Nicole.

The House of Delegates voted to eliminate sanction fees for pool and open water events. College Club Swimming bridge fees were also eliminated. The membership fee for 2025 was raised to \$75 (up \$5) for individuals and clubs. The membership plus fee was raised to \$125 (up \$10). Starting in 2025, the fee going back from USMS to the LMSC will be reduced from \$14 per member to \$12 per member.

Grown Up Swimming is expanding and will hopefully start growing in the Houston area. A new USMS product, Lane Mate, will be launched soon. It is a monthly or yearly subscription that will be offered to non-members. It will include fitness logs, the workout library, online content, a unique streamline issue, and video stroke analysis. It does not provide USMS membership or the ability to swim in USMS sanctioned events. USMS will begin offering video stroke analysis to both Lane Mate subscribers and USMS members. Additional technological advances continue to be made on the USMS website.

The USMS 2025 annual meeting will be a hybrid event and will be held in Kansas City on September 5-7.

This Quarter's Workout

Have some holiday fun with lots of 50s. You can increase or decrease the total workout by increasing to 75s or 100s on some sets or by dropping down to 25s on some sets.

400 warmup, choice

Twelve Days of Christmas

12 x 50 free, descend 1-4, 5-8, 9-12 – Interval is first swim plus 10 seconds

11 x 50 kick with fins, alternating 25 easy/25 fast

10 x 50 choice, explode first half length of each 50, rest of swim is steady

9 x 50 pull, breathe 3/5 by 25s

8 x 50 done in IM order, two times through (or choice)

7 x 50 your choice of drill – mix them up

6 x 50 choice, on an alternating interval (10 sec./15 sec. recovery)

5 x 50 kick with fins on the fastest possible interval (5 sec. recovery)

4 x 50 done in IM order (or choice)

3 x 50 choice, build to fast

2 x 50 free easy

1 x 50 Sprint!! AFAP!!

200 cooldown

TOTAL: 4,500 yards/meters

Thirteen Gulf Swimmers Earn 2024 LCM National Top Ten Times

The U.S. Masters Swimming National Top Ten List for 2024 LCM swims was finalized and published in December 2024. Thirteen Gulf swimmers posted 40 individual top ten times.

Congratulations to Joann Leilich (WMST), Kevin Nead (RICE), and Linda Visser (COOG) who swam the fastest time in the nation in one or more events.

All our national top ten swimmers are listed below.

Men

35-39: Rodolfo Escalante (DADS), Gregory Germain (RICE), Kevin Nead (RICE)

40-44: Jonathan Sterchy (WMST)

60-64: David Guthrie (RICE), Andreas Lorenz (DADS)

75-79: Bruce Rollins (UNAT)

Women

25-29: Delia Weber (FCST)

35-39: Alisha Anderson (DADS)

50-54: Linda Visser (COOG)

60-64: Susan Matherne (RICE)

65-69: Mary Anne Hines (WMST)

85-89: Joann Leilich (WMST)

Start Your New Year Right by Participating in These Upcoming Events

It's not too early to start thinking about your 2025 racing plans. The following events are being held in the Houston area.

- Saturday, January 18: One-Hour Swim, Kingwood Park High School, Kingwood, TX
- Saturday, January 25: One-Hour Swim, Dad's Club, Houston, TX
- Sunday, February 16: Sweetheart Swim, WW Emmons Natatorium, Houston, TX – Registration at: https://www.clubassistant.com/club/meet_information.cfm?c=2587&smid=19004
- Saturday, March 8: Rice March Madness Meet, Rice University, Houston, TX
- Fri. April 4 – Sun. Apr. 6: South Central Zone Spring SCY Championship, WW Emmons Natatorium, Houston, TX – Registration at: https://www.clubassistant.com/club/meet_information.cfm?c=2587&smid=19217
- Sunday, April 13: Lake Longhorn Open Water Roundup, League City, TX

USMS 2025 Fitness Series Challenge

The Swim.com USMS Fitness Series is being revamped in a big way. Fun virtual challenges will be available each month, exclusively for USMS members. You can complete with your local USMS club or swim on your own. There is no cost to participate, except for the Swim.com USMS Summer Fitness Challenge in August, which continues to benefit [USMS Adult Learn-to-Swim grants](https://www.usms.org/events/fitness-events/fitness-series) supported by the USA Swimming Foundation. You can find information at: <https://www.usms.org/events/fitness-events/fitness-series>

January—500 Pull

Pull yourself into the new year—and our new Fitness Series format—with a 500-yard pull. Log your time on Swim.com and see where you rank with other Fitness Series participants across the country.

February—Benchmark 1

Set your personal bar this month with a 200 freestyle for time. This is the first of three benchmark swims this year. The tricky 200—not a sprint and not a haul—is a great way to chart your progress throughout the year.

March—50 Fly

Usher in spring with a fast 50 butterfly. This month is a great opportunity to work on the most challenging stroke so you can fly through a fast and fun swim with ease.

April—Power 1K

Now's the time to put your first few months of training to the test, with a 1000-yard swim for time. Grab a lane and a counter and power through this challenge knowing that your hard work will pay off.

May—Benchmark 2

After April's 1K, the second benchmark 200-freestyle for time will be a breeze—and show you how far you've come since February—you've got this!

June—200 IM

Polish up your butterfly, backstroke, breaststroke, and freestyle for a medley of fun.

July—4K Accumulation

Celebrate birthday USA by swimming 4000 yards this month. You can accumulate yardage all month long or swim it all at once. Fireworks are optional.

August—Summer Fitness Challenge 30-Minute Swim

The Summer Fitness Challenge, a 30-minute swim in which you swim as far as you can, benefits USMS adult learn-to-swim grants supported by the USA Swimming Foundation. This is the only challenge with an entry fee—you'll receive a branded swim cap and help adults learn to swim.

September—Benchmark 3

You've worked hard this year and this third and final 200 freestyle benchmark swim will prove it. You know what to do to shave time off your first two benchmark 200s, so get in and go for it.

October—10-Hour Challenge

Consistency is key in keeping the cobwebs away. Log at least 10 training hours total between October 1 to October 31. That's 2 ½ hours a week—a piece of cake by now—but you can slice it up however you like.

November—Turkey Trot 2K

A new twist on a Thanksgiving classic: Log a 2000-yard swim during the month of November. Whether you choose to do this before or after your turkey day feast is up to you!

December—The Last Mile

Finish the year strong by swimming 1 mile for time in this year's final Fitness Series challenge. You've been pushing yourself all year, and you'll unwrap the best gift of all when you feel how far you've come in your fitness journey.