



MACA SWIMMERS CELEBRATE AFTER THE MAC AGAINST CANCER SWIM ON APRIL 13

# The Chlorine Chronicles

## Gulf Masters Swimming

Spring 2019

### IN THIS ISSUE

## The Next Gulf LMSC Meeting is on July 31<sup>st</sup>

Please join us for the next Gulf LMSC meeting. The meeting will be on Wednesday, July 31 at the Brenda and John Duncan YMCA, 10655 Clay Road, Houston, TX 77041. Pizza will be served to all attendees at 6:30 p.m., and the meeting will be called to order at 7 p.m. All Gulf teams can send a team representative to the meeting. The leadership encourages all teams to get involved and help guide the direction of our organization.

## New Web Address for Gulf Masters Swimming

Make sure to change your bookmarks and Club website links for Gulf Masters Swimming to [gulfmastersswim.org](http://gulfmastersswim.org). The website has been updated by webmaster Nicole Christensen Rembach, and contains everything you need to know about masters swimming in the Gulf region.

## USMS Try Masters Swimming Week is June 1-10

You already know all of the benefits that you receive from U.S. Masters Swimming, such as great workouts from certified coaches, camaraderie and social opportunities with your teammates, and improved physical and mental health. This is your opportunity to share those benefits with your co-workers, neighbors, friends, and family.

June 1 through June 10 is **Try Masters Swimming Week**, a FREE initiative where anyone ages 18 and up can try out the many benefits of swimming at one of USMS's participating clubs across the U.S. More information can be found at: <https://www.usms.org/join-usms/try-masters-swimming-week>

## Job Postings on Gulf Website

If you're looking for a coaching opportunity, or a club that needs to hire a coach, job listings are now available on the Gulf Masters Swimming website ([gulfmastersswim.org](http://gulfmastersswim.org)). To post a job listing, contact webmaster Nicole at [ncr@creativewaters.net](mailto:ncr@creativewaters.net).



### Swim Across America

The inaugural event, held on May 4<sup>th</sup> at Lake Houston, raised over \$170,000 for cancer research at MD Anderson.

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### Upcoming Gulf LC Meets

There are three opportunities to challenge yourself this summer in the Gulf region.

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## Swim Across America-Houston Raises Over \$170,000 for Cancer Research

After 16 months of planning, the inaugural Swim Across America-Houston open water charity swim was held on Saturday, May 4<sup>th</sup> at Lake Houston, Alexander Deussen Park. Severe weather overnight threatened the swim, and a final decision was made at 5 a.m. on event morning to hold the swim with a delayed start.

Over 125 swimmers were entered in distances of ½ mile, 1 mile, and 5km. They were well supported by over 75 volunteers on both land and water. While timing chips were utilized primarily for safety purposes and swim results were posted, the event's emphasis was on funds raised for cancer research at MD Anderson Center Center's Departments of Pediatric Oncology and Neuro-Oncology.

The event had a festive and inspiring atmosphere, with a live DJ, plenty of food, and motivating talks by SAA CEO Rob Butcher, MD Anderson beneficiaries Dr. Richard Gorlick and Dr. John DeGroot, UH head coach Ryan Wochomurka, and event director, cancer survivor, and Paralympian Mark Barr. Olympians Sandy Nielson (1972), Craig Beardsley (1980), Ricky Berens (2008, 2012), and Cammile Adams (2012,2016) all attended and supported the event as swimmers or volunteers.

The top three individual fundraisers were Claire Schoen (\$19,203), Catherine Kruppa (\$17,690), and John Agathon (\$7,850). The top three fundraising teams were Houston Cougar Masters (\$41,122), MD AnderSWIM (\$33,282), and Shell Smashes Cancer (\$10,616). It should be noted that Team MD AnderSWIM's fundraising exceeded that of any beneficiary in the 30+ year history of Swim Across America.

To see the swim results and photos from the event: [https://www.swimacrossamerica.org/site/TR?fr\\_id=5002&pg=entry](https://www.swimacrossamerica.org/site/TR?fr_id=5002&pg=entry)

Swim Across America will return to Houston in 2020 with the goals of more participation and higher fund-raising. Come join us for next year's swim.



**Photo on left: The top fundraising team, Houston Cougar Masters.**

**Photo on right: SAA CEO Rob Butcher with top individual fundraiser, Claire Schoen, her son Theo, and her husband Adam who is receiving treatment at MD Anderson Cancer Center.**

## MAC Against Cancer - April 13, 2019



Memorial Athletic Club hosted the first annual MAC against Cancer swim at the club pool on April 13<sup>th</sup>. The swim was held as part of Swim Across America's fundraising efforts for MD Anderson Cancer Center's Departments of Pediatric Oncology and Neuro-Oncology.

The organization and fundraising efforts were spearheaded by MACA Masters Coach, James Herrick, and MACA Aquatics Director, Kathy Veen. Sixteen fundraisers generated over \$7,400 in donations. The top three fundraisers were Alison Rome (\$1,100), Stephen Mendel (\$1,000) and Cassie Salas (\$810).

Participants were treated to a challenging workout from Coach Herrick and were rewarded post-workout with breakfast tacos from Rudy's BBQ, muffins, chocolates, fresh fruit, tea, and water. Fundraisers received swim caps, t-shirts, sunglasses, towels, and Amazon gift cards based upon the incentive levels achieved.

*Pictured: MACA Masters Coach, James Herrick (left), and MD Anderson beneficiary and Rice Masters swimmer, Dr. John DeGroot (right).*

## Another Swim Across America Pool Event is Coming to Houston

At their May 15<sup>th</sup> meeting, the Gulf LMSC leadership committed \$500 in funding to host a Swim Across America pool event that will be held at the newly renovated Dad's Club pool. Once a date for the event is finalized, more information will be provided to the membership via an email blast.

## Submit Your Nominations for the 2019 Emmett Hines Award

Emmett Hines, a giant in the swimming world, passed away in November 2016. Emmett gave selflessly to Masters Swimming at the local, national, and international levels. Locally, he was the coach of Houston Swims and served as a volunteer in numerous positions within the Gulf LMSC over several decades. On the national level, he attended many USMS conventions, wrote articles for the national magazine, and served on the USMS Coaches Committee and the Coaches Certification subcommittee. Emmett's numerous contributions were recognized with the USMS Coach of the Year Award in 1993 and the USMS Dot Donnelly Service Award in 2014.

The Gulf LMSC leadership feels that it can best honor Emmett's legacy with an annual award that recognizes the Gulf LMSC individual who best emulates the enthusiasm, expertise, and advocacy of Masters Swimming exemplified by Emmett Hines in the areas of volunteerism and/or coaching.

Award criteria and submission information can be found at:

<https://www.clubassistant.com/c/81E5F81/file/Gulf%20LMSC%20Emmett%20Hines%20Award.pdf>

Nominations for 2019 must be submitted by September 30, 2019.



**Emmett Hines**

## Five Foods to Maximize Your Muscle Power

Catherine Kruppa, M.S., R.D., C.S.S.D., L.D.

[catherinekruppa@adviceforeating.com](mailto:catherinekruppa@adviceforeating.com)/[www.adviceforeating.com](http://www.adviceforeating.com)

Needless to say, muscles are an important part of your body. They are more than just an organ to impress people at the gym or pool. Muscles provide movement. Your heart muscle pumps nutrients throughout your whole body, not to mention keeps you alive. Muscles in your digestive tract move food along. No matter where they are in your body, muscles constantly build up and break down, making you stronger or weaker. In order to stay strong, they need to be fed right. But what do our muscles eat?

**Fish** is first on the list. Varieties like salmon, tuna, halibut, rainbow trout, and canned sardines are brimming with omega-3 fatty acids. Muscles need the amino acids provided by fish as building blocks to repair and create thousands of tissues. As we age, keeping a good ratio of muscle mass can be more of a challenge. Eating enough protein is essential in offsetting the breakdown that occurs. Moreover, eating fish is shown to slow muscle breakdown. Could a piece of fish replace the beef on your plate tonight?

**Sweet potatoes** are also a star food because of the potassium and antioxidants they contain. When we exercise, the body is put under an enormous amount of stress. This causes a surge in free radicals that decompose muscle. Antioxidants, like the ones found in sweet potatoes, neutralize these free radicals and help rebuild muscle again. Potassium is also important in counteracting the effects of acid-producing foods that speed the loss of muscle. Sweet potatoes would be a great side dish for your fish.

If you are not feeling too adventurous, try replacing that side of rice or dinner roll with **quinoa**. Who can go wrong with a grain that is loaded with good carbohydrates, protein, potassium, and iron? Many forget that, to maintain muscle, carbohydrates are just as important as protein. Skipping out on carbohydrates means that our bodies will use protein as energy instead of focusing building muscle. Consider the rest of quinoa's nutrients as an added bonus.

Let's not forget dessert!

**Yogurt** is not just for kids, especially ones fortified with vitamin D. Vitamin D is linked to promoting growth and strength by binding to muscle receptors, suggests one study. In addition to this vitamin, yogurt is also high in protein, potassium, and calcium. Make sure to purchase yogurt that is low in added sugar. Fage Total Zero, Siggis, and Oikos Triple Zero are some of my favorites.

Snack time! As cumbersome as **pumpkin seeds** are to crack and eat, these wonder seeds contain magnesium, manganese, iron, and copper. Magnesium helps build protein and relax muscles after contraction. Manganese builds protein as well and is needed in an enzyme that acts as an antioxidant. Iron is known for building endurance. It could be a better snack alternative to a small bag of chips.

Including these foods on a regular basis can help you to build and maintain muscle mass which will help you reach your potential in the pool.

***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***



## Gulf Swimmers Bring Home the Hardware from Spring Nationals in Mesa



A small contingent of nine Gulf swimmers joined almost 2,000 other competitors at the USMS Spring Nationals. The four-day meet was held April 25-28 at the Kino Aquatics Center in Mesa, AZ and attracted swimmers from across the nation as well as five foreign countries.

Gulf swimmers earned eight first-place national championship wins, another 11 top-three finishes, and an additional 13 top-ten finishes.

**Bruce Kone** (UNAT) led the way with five national championships, winning the 50 fly, 50 back, 50 breast, 50 free, and 100 IM in the men's 60-64 age group. Bruce also placed 4<sup>th</sup> in the 100 breast.

**Carolyn Boak** (WMST) won the 200 free and 200 IM in the women's 70-74 age group, and also picked up silver in the 100 IM, and bronze in the 100 free.

**Linda Visser** (COOG), competing in the women's 45-49 age-group, won the 400 IM. Linda placed 2<sup>nd</sup> in the 200 breast, 3<sup>rd</sup> in the 200 IM and 100 breast, and 4<sup>th</sup> in the 100 IM and 50 breast.

**Tom Boak** (WMST), swimming in the men's 75-79 age group, placed 2<sup>nd</sup> in the 100 back, 3<sup>rd</sup> in the 50 back, 50 breast, and 200 back, and 4<sup>th</sup> in the 100 breast.

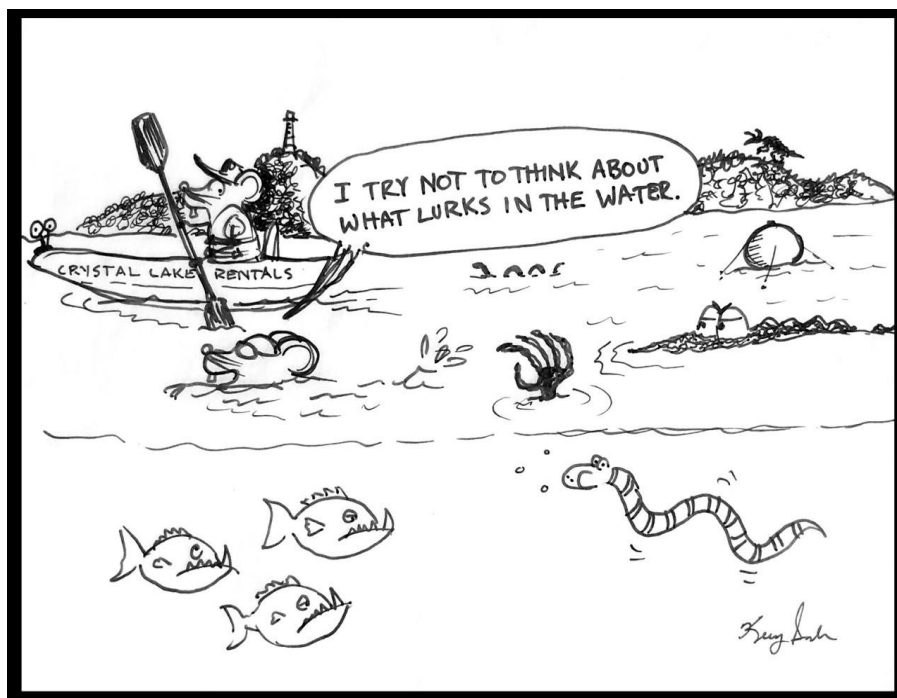
**James Connolly** (RICE) swam to 3<sup>rd</sup> place finishes in the 50 breast and 100 breast. He also placed 4<sup>th</sup> in the 50 free, 5<sup>th</sup> in the 50 back, and 6<sup>th</sup> in the 100 IM.

**Oscar Bermudez** (COOG) earned 4<sup>th</sup> place in the 50 breast and 100 breast in the men's 40-44 age group, and placed 5<sup>th</sup> in the 200 breast.

**Ellen Considine-Miller** (WMST) swam to 4<sup>th</sup> place in the 50 breast, 9<sup>th</sup> place in the 200 IM, and 10<sup>th</sup> place in the 100 IM in the women's 55-59 age group.

Congratulations to all of our Gulf medalists!

### An Open Water Swimmer's Nightmare



Kerry Suhr

*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](mailto:kdenby@usms.org)*

### Team Spotlight - North Channel Aquatic Masters (NCAM)

North Channel Aquatic Masters is an off-shoot of the USA Swimming program, North Channel Aquatics. The masters team arose from simple origins in 2007, starting with a group of parents who wanted to swim while their children were in age-group workouts. It was initially simply a lap swimming program with no coaching or instruction. As interest grew, the head of the age-group program began writing swim sets for the adults on a dry-erase board.

Mark Martinez, an alumnus of the age-group team, hired on in 2012 as both an age-group and masters coach. Mark utilized advertising and electronic media to promote the masters group. By 2015, interest was generated in the neighborhoods surrounding the natatorium and the program took off from there.

The NCAM program is structured with two distinct groups and fees. The masters group is comprised of almost 30 USMS-registered members and has three morning workouts weekly with an on-deck coach providing structured workouts and stroke technique. The masters group is also welcome to utilize the pool during afternoon lap swim hours in available lanes. The masters lap program is primarily for fitness lap swimming and utilizes available lanes during the afternoon hours.

The membership is made up of primarily parents of the age-group swimmers, who are swimming for fitness. There are also a few triathletes, including an Ironman competitor. The team is demographically diverse with Hispanic, African American, and Caucasian members.

Workouts are held at the Galena Park ISD Natatorium, located at 15025 Wallisville Road, Houston, TX 77049. Coached workouts are held on Tuesday, Thursday, and Friday mornings 5:15-6:15 a.m. The Masters Lap program swims in the afternoon. Times vary due to lane availability, but there are typically lanes available from 4-7 p.m. on most weekdays. Fees for both programs are extremely reasonable. The fee for the coached masters program is \$35/month for an individual and \$50/month for a couple. The lap program is only \$25/month.

Head coach, Mark Martinez, is an ASCA Level 2 certified coach with over ten years of experience coaching both adults and age group swimmers. In Mark's absence, the USA Swimming coaches will fill in as needed.

The small group is extremely tight knit and close. Coach Mark provides special fun workouts and games during holidays such as a "How the Grinch Stole Christmas" session and a Halloween card game. It is not unusual for the group to head out for post-workout breakfast. There is also a monthly T-30 set so that members can see their improvement from month to month. While the majority of the team do not compete, they are encouraged to try a swim meet. Several members have done open water races in conjunction with the USAS team and have enjoyed the experience. Coach Mark is hoping for even more participation in the future.

For more information about North Channel Aquatic Masters, you can contact Coach Mark Martinez at [markmartinez1991@hotmail.com](mailto:markmartinez1991@hotmail.com), at 832-891-7556, or visit the club website: <https://www.teamunify.com/Home.jsp?tabid=0&team=gsnca>



*Galena Park ISD Natatorium – Home of North Channel Aquatics Masters*

## 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 pre-set and/or increasing or reducing the pull set.*

400 warmup

2 sets of:

8 x 25 kick with fins, fast! – 15 seconds recovery

4 x 50 swim with fins, overkick drill on last 15 meters – 15 seconds recovery

20 x 50 pull

4 - 25 easy/25 fast – 15 seconds recovery

4 - on fastest possible interval – 5 seconds recovery

4 - 25 easy/25 fast – 15 seconds recovery

4 - on fastest possible interval – 5 seconds recovery

4 - 25 easy/25 fast – 15 seconds recovery

100 easy

This main set can be done as free, stroke, or IM

4 x 100, hold strong pace – 20 seconds recovery

3 x 200, hold same pace – 40 seconds recovery

2 x 300, hold same pace – 60 seconds recovery

200 cooldown

**TOTAL: 4,100 YARDS/METERS**

## Upcoming Long Course Meets in the Gulf Region

### **Summer Head Start Meet – Saturday, June 15 at Conroe ISD Natatorium, Shenandoah, TX**

The long season kicks off with a one-day meet hosted by the Woodlands Masters Swim Team. Warmups are at 9 a.m. and the meet starts at 10 a.m. The cost is only \$45 for on-time entries which close on Monday, June 10<sup>th</sup> at 11:59 p.m. The late/deck entry fee is \$60 for entries received after June 10 and before 9:15 a.m. on June 15.

Complete information and registration can be found at: [https://www.clubassistant.com/club/meet\\_information.cfm?c=1733&smid=11810](https://www.clubassistant.com/club/meet_information.cfm?c=1733&smid=11810)

### **Summer Sizzler Meet – Sunday, June 30 at Dad's Club, Houston, TX**

Enjoy swimming outdoors in the newly renovated Dad's Club pool. Renovations include new plastering, a new gutter system, Colorado Timing System touchpads at both pool ends, and Spectrum Xcellerator starting platforms with adjustable track start wedges. The pool has been measured and is in compliance with USMS standards. Warmups are at 8 a.m., and the meet starts at 9 a.m. The entry fee is \$40 and registration closes at 11:59 p.m. on Friday, June 28. No late/deck entries will be accepted.

Registration and meet information: [https://www.clubassistant.com/club/meet\\_information.cfm?c=1250&smid=11842](https://www.clubassistant.com/club/meet_information.cfm?c=1250&smid=11842)

### **South Central Zone LC Championships – Friday, July 19 to Sunday, July 21, TX A&M University, College Station, TX**

The 2019 LC Zone Championships will again be held at the world-class Texas A&M Natatorium. You can expect some strong competition, fast times, unique awards, and a great meet social. Meet entry is currently \$55 through Friday, June 28<sup>th</sup> at 11:59 p.m. The cost will increase to \$60 from June 29 through Friday, July 5<sup>th</sup> at 11:59 p.m. Late entries are \$70 and will be accepted until NOON on Tuesday, July 16<sup>th</sup>. No deck entries will be accepted.

Detailed meet information and registration is at: [https://www.clubassistant.com/club/meet\\_information.cfm?c=1250&smid=11842](https://www.clubassistant.com/club/meet_information.cfm?c=1250&smid=11842)

## 2019 Gulf Swim University Graduates Swim Over 8,200 Miles!

Gulf Swim University saw a decrease in enrollment for 2019, as 66 swimmers entered the event. But the graduates made the most of their opportunity as they completed over 8,200 miles and averaged 124 miles per swimmer during the first four months of the year! University Registrar, Robin Tompkins, conferred 8 Associate degrees, 20 Bachelor degrees, 12 Double Major degrees, 15 Masters degrees, and 11 PhD degrees. Degree level was determined by the number of miles completed between January 1 and April 30.

**PhD Degree: 160 or more miles (purple t-shirt):** Doug Allen (WMST), Robert Barela (MACA), Nicole Christensen (DADS), Caitlin Clark (UNAT), Karlene Denby (COOG), Emily Finanger (UNAT), Lauren Grous (COOG), Sue Honeywell (CFSC), Mark Knox (UNAT), Andreas Lorenz (DADS), Bruce Rollins (UNAT)

**Masters Degree: 120-159 miles (red t-shirt):** William Duong (FCST), Craig Fox (DADS), David Garza (RICE), Peter Gerngross (FCST), Jeff Helton (UNAT), Kyle Hendricks (PACK), Cheryl Hubbard (COOG), Russell Hubbard (SWYM), John Keen (COOG), Debbie Loux (MACA), Deborah Nichols (SWYM), Gary Schatz (WMST), Robin Tompkins (SWYM), Christina Toth (WMST), Linda Visser (COOG)

**Double Major Degree: 80-119 miles (navy t-shirt):** Julie Brotzen (ETEX), Lynne Cadena (MACA), Mary Anne Janish (SWYM), Kelly Miller (MTM), Mason Mills (FCST), Leslie Schueckler (MOB), Christopher Scruggs (RICE), Jeffrey Tarr (SPAM), Nicole Van Nood (RICE), Kyra Wakefield (WMST), David Welsh (UNAT), Sanghee Yoo (RICE)

**Bachelors Degree: 40-79 miles (light blue t-shirt):** Kelly Capshaw (MACA), Nancy Crecelius (WMST), Michael Duchin (UNAT), Hilda Gonzales (SWYM), Carlye Graydon (MACA), Tanya Hamilton (CFSC), Shelley Hirsekorn (UNAT), Mark Kelly (UH20), Colette Lanier (RICE), Judy Levinson (RICE), Daniel McCleary (ETEX), Martha McDade (UNAT), Joanne Murphey (SSSM), Deborah Nunnallee (WMST), Ed Puckett (SCAT), Kathleen Scharchburg (SSSM), Diane Stone (FCST), Al Thomas (RICE), Cynthia Thomas (RICE), Kris Wingenroth (WHY)

**Associates Degree: 20-39 miles (green t-shirt):** Mary Blacklock (CFSC), Kelly Greenwood (LTHO), Robert Li (RICE), Lucy Martin (RICE), Vicki Risinger (WMST), Amanda Rode (UNAT), Julie Stevenson (WMST), Rachel Yates (WMST)

Congratulations, graduates!

## Finless Fridays in June - Your Next Gulf Fitness Challenge

This challenge is for all of you fin junkies out there. Can you swim every Friday in June fin-free? Leave those fins at home and do all four of your Friday workouts in June in your bare feet. It's harder than you think, especially for those you love a bit of assistance on those hard kick sets.

## Upcoming Fitness and ePostal Events From USMS

As Gulf Swim University winds down, here are three more swim opportunities offered by USMS for long distance and fitness enthusiasts.

### Summer Fitness Challenge – 2,000 Meter Swim

Looking for a fun challenge this summer? Try the Summer Fitness Challenge, a 2K that takes place between July 15-31, which is the second event in the [SmartyPants Vitamins USMS Fitness Series](#).

Whether you're just getting into swimming, starting back into it after a long time away from the pool, pushing to see how fast you can go, or just wanting to donate to the [USMS Swimming Saves Lives Foundation](#), the Summer Fitness Challenge is the perfect event for you. The Summer Fitness Challenge can be done in any manner desired: straight through, as a member of a relay, or even with fins.

This year both USMS members and non-members can enter the event. The fees are as follows: USMS members pay \$10 now through June 30, and \$12 July 1-31; Non-members pay \$15 now through June 30, and \$17 July 1-31.

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

This year's 5K and 10K ePostal Championships are hosted by Marcia's Enthusiastic Masters of Oakland (MEMO). **Event Description:** You complete a timed swim of 5 kilometers and/or 10 kilometers in a 50-meter pool of your choice, and then submit your times online. Some people swim for competition - 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. More information and registration can be found at:

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1246&smid=12291&\\_ga=2.148018544.639953929.1558297198-1163109648.1434480348](https://www.clubassistant.com/club/meet_information.cfm?c=1246&smid=12291&_ga=2.148018544.639953929.1558297198-1163109648.1434480348)



## Competition Corner

### SCM National Top Ten

The U.S. Masters Swimming National Top Ten List for 2018 SCM swims was finalized and published in March 2019. Gulf swimmers had 75 individual and 9 relay top ten times. Congratulations to all of our national top ten swimmers listed below.

#### Individual Events - Women

18-24: Amanda Alspaugh (WMST), Joanne Hsu (RICE) 30-34: Marissa Clapp (RICE), Mary Jayne Kuhnen (RICE), Alisha Rembach (DADS) 45-49: Linda Visser (COOG) 55-59: Ellen Considine-Miller (WMST) 60-64: Mary Anne Hiines (WMST) 65-69: Karlene Denby (COOG), Heidi Ernst (RICE) 70-74: Carolyn Boak (WMST) 75-79: Joann Leilich (WMST)

#### Individual Events – Men

25-29: Mark Reeves (WMST) 40-44: Oscar Bermudez (COOG), Dominic Mastracchio (RICE) 45-49: James Connolly (RICE), John DeGroot (RICE) 50-54: Lars Farestvedt (DADS) 55-59: David Guthrie (RICE), Jay Yarid (RICE) 60-64: Bruce Kone (RICE), Gary Schatz (RICE) 65-69: Bruce Rollins (WMST), Greg Tharp (WMST) 70-74: Rog Hardy (RICE) **Relay Events**

The following swimmers achieved relay national top ten times. **COOG:** Oscar Bermudez, Karlene Denby, Cheryl Hubbard, Tessa Kole, Don Mahaffey, Linda Visser **RICE:** James Connolly, John DeGroot, John Fields, David Guthrie, Rog Hardy, Dominic Mastracchio, Bradley Ohnstad, Bruce Williams, Jay Yarid **WMST:** Jonathan Armstrong, Carolyn Boak, Tom Boak, Ellen Considine-Miller, Stacey, Eicks, Matt Gentry, Mary Anne Hines, Andrew Lattu, Joann Leilich, Elva Moure de Godoy, Margaret O'Brien, Mark Reeves, Bruce Rollins, Greg Tharp, Christina Toth, Lisa White, Niels Wolfhagen, Jing Yang

### All American

In order to earn All American status, a swimmer must either win a long-distance national championship or have the fastest time in the nation in a pool event. Fifteen Gulf swimmers achieved this honor, including Jim Svoboda who earned All-American status in both pool and long-distance events.

**POOL:** Carolyn Boak (WMST), Marissa Clapp (RICE), Julie Coskey (MOB), David Guthrie (RICE), Bruce Kone (RICE), Joann Leilich (WMST), Daniel McCleary (AMBU), Gary Schatz (RICE), Austin Surhoff (RICE), Jim Svoboda (CFSC), Nicole Van Nood (RICE), Linda Visser (COOG), Bruce Williams (RICE), and Jay Yarid (RICE). **LONG DISTANCE:** Kyle Hendricks (PACK), and Jim Svoboda ((CFSC).

Additionally, 20 Gulf swimmers achieved Relay All-American status: RICE relay members Bryan Collins, James Connolly, John DeGroot, John Fields, Eric Friedland, David Guthrie, Dax Hill, Dominic Mastracchio, Austin Surhoff, William Wagner, Bruce Williams, and Jay Yarid; and WMST relay teammates Amanda Alspaugh, Carolyn Boak, Phillip Gavino, Joann Leilich, Mark Reeves, Bruce Rollins, Greg Tharp, and Christina Toth.

### All Star

All Star is the highest honor bestowed by U.S. Masters Swimming. In order to win this award, the swimmer must have the most # 1 ranked pool swims and top ten times in the nation for his/her age group. In 2018, only one Gulf swimmer reached this pinnacle of success. Congratulations to Joann Leilich (WMST), competing in the 75-79 age group, for her outstanding swim season.

### All World

Each April swimming's international governing body, FINA, publishes the world top ten list. As the United States is the sole country with yards competitions, only meters times are counted in the FINA rankings and compiled from swims during the 2018 calendar year. Four Gulf swimmers had world number one times in individual events. Congratulations to: Carolyn Boak (200 LCM free/400 LCM free/800 LCM free/200 LCM fly), Bruce Kone (50 SCM back), Bruce Williams (100 LCM free/50 LCM back/100 LCM back), and Jay Yarid (50 LCM back).

The RICE relay team of Jay Yarid (back), David Guthrie (breast), John Fields (fly), and Bruce Williams (free) had the world's fastest times in 2018 for the men's 240-279 LCM 200 medley relay, the SCM 200 medley relay, and the SCM 400 medley relay. Additionally, the SCM relays were world record swims. Congratulations to Jay, David, John, and Bruce.