

Dixie Zone Newsletter

Spring 2008

DIXIE ZONE LONG COURSE CHAMPIONSHIP

Team Greenville Masters Invitational
June 28-29, 2008
Westside Aquatics Center
Greenville, South Carolina

This year's Dixie Zone LCM Championship Meet will be hosted by Team Greenville in South Carolina on June 28-29. Experience Southern hospitality first hand at the Sunday "veggie brunch." The top male and female in each age group will receive a Dixie Zone "Cheers 2 Me" high point award. Individual event ribbons will be given to 1st-8th place in each age group, and team awards will be given to the top three teams in and out of state. The host hotel, the Hilton Greenville, is offering a special rate of \$89.00/night along with a discounted Saturday evening pasta dinner. Please direct all questions and concerns to Karen Alexander, the meet director. She is available 24/7 at 864-506-2016 and pixabugg@bellsouth.net. Entry deadline is Monday, June 16.

WIDE WORLD OF SWIMMING

Many Masters swimmers also compete in other swimming organizations, such as USA Swimming, USA Water Polo, and U.S. Paralympics. Andres (Andy) Miyares, who swims for the Florida Gold Coast GOLD team, is a record holder in the Down Syndrome International Swimming Organization (DSISO.org). Andy holds the T21 Long Course age group 25-34 records in 800m free (12:09.94) and 1500m Free (23:20.31). He holds the T21 Short Course age group 25-34 records in 800m free (12:15.04), 1500m free (23:15.34), and 200m fly (3:04.91). Andy attended the Special Olympics World Games in China. Congratulations to Andy and wishes for continued success.

HAMMERHEAD INVITATIONAL

The 2nd Annual Hammerhead Invitational took place at the Pompano Beach Aquatic Center March 14-16, 2008. Swimmers from as far away as Oregon, New Mexico, Virginia, and San Diego participated in this tune up meet for the Fina Masters World Championship to be held in Perth, Australia in April.

Gold Coast Masters won the team scoring, runner up was **Florida Aquatic Combined Team** & 3rd place finisher **Ft. Lauderdale Aquatics**. In the out-of-state division, **Virginia Masters**, **San Diego Masters** and **Doc I Masters** finished 1st, 2nd, & 3rd respectively.

Four Long Course Meters **USMS National Records** were set. **Gold Coast Masters 280+ relay team of Cav Cavanaugh, Alan Rapperport, Andy Morrow, & David Quiggin** set the new standard in the 800 Freestyle relay in 10:57.90 and broke the 400 Freestyle relay by 21 seconds to go 4:45.42. **Karl Wiedemann** (70) FACT set records in the 100 & 200 Breaststroke.

Other local Gold Coast Masters who broke records include: **Debbie Cavanaugh** (50) set a new Dixie zone record in the 200 Back LCM. She also broke two LMSC records in 50 Breaststroke & 200 Back. **Sean Frampton** (42) set 2 LMSC records in 50 & 100 Breaststroke, **Alan Rapperport** (75) in 100 & 200 Backstroke, & **David Quiggin** (63) in 1650 Free.

LEE COUNTY (FL) OPEN WATER FESTIVAL

The Lee County Open Water Festival in Fort Myers Beach, FL will be held on May 30 to June 3. The Florida LMSC has challenged the Florida Gold Coast LMSC to a one-mile open water contest on Saturday as part of the Masters Mile event. On Sunday, there will be a Masters and USA 10K event. Friday will include the USA Swimming 5K National Championship, and Tuesday will be the USA 25K Championship. Other USA Swimming distances will be held on Saturday. Check out <http://www.openwaterfestival.org> for all the details.

FKCC SWIM AROUND KEY WEST KEY WEST, JUNE 21, 2008

The FKCC Swim Around Key West will be held in the Atlantic Ocean and Gulf of Mexico around the island of Key West, FL. The course will be a 12.5 mile swim clockwise around the island with the start and finish at the Key West Smathers Beach Bertha Street boat ramp. Categories include Solo Swimmer Male,

Female; Solo Swimmer with fins; Team - 3 person relay or 6 person relay.

SIX 85+ SWIMMERS COMPETE IN ONE HOUR POSTAL

Margie Hutinger, Florida Maverick Masters

We had hoped to have three relays filled by our 90+ crowd. However, two had heart problems and one had an injured shoulder from a fall, which kept them out of the pool.

These three nonagenarians and the three youngsters," 86, 86 and 88, who filled in for their health challenged teammates, epitomize the goal of Masters swimming, "Swim for Life." They all accepted our challenge about showing the world that "just because they're old, doesn't mean they're couch potatoes." Their hour swims did wonders for their self-esteem, knowing that they could accomplish this challenging feat.

Schimpf, has severe osteoporosis and had recently fallen, but had so much moxie to get in her swim that she had to enter and leave the pool in a handicapped lift chair. **Cichanski** uses a walker and has trouble entering and leaving the pool, but once in the water, was smooth and carefree with each stroke. **Cleaveland** is the spryest of the three, swimming only 50 yards less than last year.

For the "youngsters", **Reynolds** has been a regular in this event, but said, "I didn't push it this year." **Edwards** walks with a cane and wears knee braces to keep himself stable on land. It was **Eastwood's** first hour swim, and he didn't want to let down his teammates.

These were exceptional accomplishments from our role models and oldest swimmers, who showed true grit to complete their swims. Masters swimming is, indeed, the fountain of youth, which is better than any drugs they can take.

Winning isn't always about swimming the fastest, but your own definition of triumph.

SWIMMING TIP - FINISH YOUR RACE!

Coach Paul Hutinger, Florida Maverick Masters

The technique of finishing your race is crucial and can be the difference in out touching your opponent for the win or coming in a close second. In your workouts, eliminate bad habits of sloppy and careless finishes and be specific with each of your strokes. Practice these basic techniques to give you an advantage at the end of each of your races.

Free - As you near the wall, rotate your shoulders by rolling onto your side for the touch. You will gain from the extra stretch.

Back - COUNT, COUNT, COUNT your strokes when your head goes under the flags. Drop your head back for your last stroke. You must touch the wall while on your back.

Breast - By the time you reach the flags, adjust the number of strokes to the wall, so you are not too short or too long for the finish. You must take a COMPLETE STROKE (arms and legs) on your finish. Swimmers can be DQ'd for taking a short, extra arm pull at the wall, without the kick. Drop your head and stretch with your fingers underwater.

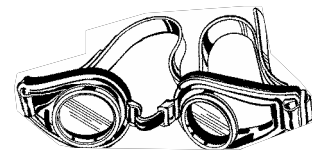
Fly - Put your head down and don't breathe from the flags to the wall (if possible). You must take a COMPLETE STROKE (arms and legs) on your finish. If you are too far from the wall to complete a full stroke, put your head down, stretch your arms and kick HARD.

IM's - When you change strokes, you must use the correct finish for each stroke.

All - Keep your kick strong until you finish. Always touchout underwater, especially where a timing pad is used. **NEVER** grab the top of the pad or wall. This could be a whole second slower than a finger tip touch under water.

Warm up at Meets - Always practice your finishes, with your body stretched out, as stated above.

I remember several exciting finishes, when swimmers followed my advice. Gladys Olsen was slightly behind her opponent at the flags in the 200 m fly, at a LCM Nationals. She was victorious!. Brud Cleaveland, 89, was in a similar situation in the 100 m free, at Worlds, in Stanford. He was victorious! I won a 50 m back at Nationals by knowing where the wall was, even though my opponent was ahead of me, at the flags.



THANK YOU'S

Thank you to Ed Saltzman (GA) for his continued hard work on the Dixie Zone records and top ten!

Thank you to Dick Brewer (FGC) for maintaining a great Dixie Zone website!

DIXIE ZONE CALENDAR

2008		
May 1-4	SCY	USMS SCY Nationals – University of Texas, Austin
May 10	OW	Pass-a-Grille (1000 yd) & Hurricane Man (2.4 mi) – St. Pete Beach, FL
May 15-18	SCY	YMCA Masters Nationals – Fort Lauderdale, FL
May 24	OW	Ed Gaw Amelia Island Open Water Challenge – San Fernandina Beach, FL
May 31 – June 1	OW	Open Water Festival (Masters Mile Challenge) – Fort Myers Beach, FL
June 7	LCM	Classic City Invitational, Athens, GA
June 7	OW	North Carolina Open Water Championships – West End, NC
June 14	OW	3 rd Annual Chattanooga Rat Race – 1.2 or 4.5 mile - TN River
June 14	OW	USMS 10K Open Water Championship – Clemson, SC
June 14-15	LCM	Bumpy Jones Classic – Sarasota, FL
June 19-22	LCM	IGLA Championships – Univ of Maryland, College Park, MD
June 21	OW	USMS 2008 6+ Mile OW Champ – Hartwell Lake, Clemson, SC
June 21	OW	FKCC Swim Around Key West
June 27-29	LCM	June Krauser Summer Splash, Ft. Lauderdale, FL
June 28-29	LCM	Dixie Zone LCM Championship/Team Greenville LC Champ.. Greenville, SC
June 28-29	LCM	State Games of North Carolina, Greensboro, NC (recognized)
July 12-13	LCM	St Pete Masters LC Championships – St. Petersburg, FL
July 26-27	LCM	Cocoa YMCA Meet – Cocoa, FL
Aug. 14-17	LCM	USMS LCM Nationals – Mt. Hood, OR
Sept. 20	SCY	Peachtree City Pentathlon, Peachtree, GA
Sept. 20	SCY	Central Florida Marlins Meet – Ocala, FL
Sept. 24-28		USMS Convention – Atlanta, GA
Oct. 19	OW	Around the Sound Swim (0.8K, 2K, 4K, 7.2K, 10K) – Bermuda
Nov. 16	SCM	Bridge the Bay Meet I – Sarasota, FL
Nov. 23	SCM	Bridge the Bay Meet II – St. Petersburg, FL
Dec. 6	OW	Bonaire EcoSwim (1K, 3K, 5K, 10K) – Bonaire N.A..
2009		
May 7-10	SCY	USMS SCY Nationals – Fresno, CA
Aug. 6-10	LCM	USMS LCM Nationals – Indianapolis, IN

For more calendar details, check out www.usms.org and www.dixiezone.org.
It is recommended that meet directors post their meet information on the main USMS Calendar as well as on the Dixie Zone Calendar.

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