

Dixie Zone Newsletter

Summer 2013

FROM THE DIXIE ZONE CHAIR

JERRY CLARK

Hello Dixie Zone swimmers. I hope everyone is enjoying the long days of summertime and that when the fall season appears, our friends on the Gulf and South Atlantic coasts don't have to contend with bad weather.

This is first call for offers to host the SCY, LCM and SCM Zone Championship pool meets in 2014.

PLEASE consider offering sites for these three meets at the convention. It's best if we can resolve where these meets will be held during this year's convention. I will be pushing the LMSC chairpersons about this in the next two months.

All our LMSCs came through with flying colors earlier this year when the news broke that the cost for USMS insurance coverage for Open Water events had skyrocketed to \$1,800.00. Financial assistance from both USMS and our Local Masters Swim Committees allowed a number of open water events to pay this fee. However, a number of open water event directors chose to either dismiss their event or to get liability coverage from another source and not apply for a USMS sanction.

As it seems like more and more people are participating in open water events, we all hope the cost for insurance in 2014 will drop to a more manageable level.

Our LMSC chairpersons voted unanimously to move forward with a 2013 Dixie Zone Open Water Series. Jacque Grossman (South Carolina), Jen Baker (North Carolina), Tim Root (Southern), Stephen Fair (Southeastern) and Rob Copeland (Georgia – who joined this small committee right after it got started) framed up the details of this Series. Many thanks to these people for their time, ingenuity and patience for coming up with a plan which was, as is said above, voted in. Special thanks go to Tim Root, who agreed to score all the USMS sanctioned open water events held in our Zone during this calendar year. Please be reminded that Tim needs the results of USMS sanctioned open water events showing the swimmers' names, genders, registration numbers and places of finish. The Top 10 person for the LMSC in which one of these events is held should take the responsibility to

get those results to Tim within two weeks after the event.

The scoring system in these event is 25–18–15–12–10–8–6–4–2–1 for places one through ten. At the end of this calendar year, attractive certificates will be emailed to the first three people in each gender and age group. Micah Lawrence (7th in women's 200 breast in the London Olympic Games last summer), who is majoring in graphic arts at Auburn and who is now back in Charlotte training under David Marsh for the 2016 US Olympic trials, has been hired by Charlotte Swim Masters to design the certificate. Volunteers will type in the appropriate gender, name and age group of the people who are winners, and the filled out certificate will be electronically sent to them. They can then print their certificate and frame it.

Our LMSC chairpersons have been offered help, if needed, to bring their respective LMSC up to all the standards that USMS adopted two years ago. All of our LMSCs are in good standing with this matter and are willingly asking for help if they still have a problem. Frankly, the sense of being policed has significantly lessened since last year, which I and all of the chairpersons are happy about. I know that workshops for LMSCs are being offered at the September convention in Anaheim, and I hope someone from every one of our LMSCs will attend those. The LMSC Development Committee is trying to find "best practices" for governing LMSCs and when this is finished, a list of "best practices" will be helpful for many LMSCs..

Last, Bill Brenner (Florida), who works for USMS in Sarasota, has come up with a good idea of having a representative (can be more than one person) from each and every LMSC in our zone to go to Atlanta Saturday August 24th for a mid-day session about how to get more swimmers in our clubs and workout groups. The meeting will be held in the airport Marriott Hotel – free shuttle service will be available and lunch will be served. Atlanta is a central city in our zone and we encourage our LMSCs to step up and send at least one rep; several LMSCs have already said they want to send more than one person. I will be in contact with each LMSC chairperson about this.

I look forward to seeing a lot of you in Anaheim in September.

THE V UANA PAN AMERICAN MASTERS CHAMPIONSHIPS

The Sarasota Family YMCA partnered with U.S. Masters Swimming to host a fabulous 2013 Pan American Masters Championship, which was held May 31-June 13, 2013. The pool swimming portion of the event was attended by over 1550 swimmers from 25 different countries.

Kudos to Rick Walker, meet director, for an extremely well run event. The volunteer corps was tremendous and the officials were great. The locker room renovations were great as well.

A total of 13 individual USMS National records, 8 individual World records, 3 relay national records and 1 relay world record were broken at the meet. Dixie Zone swimmers breaking World records were Erika Braun, Bumpy Jones, Matthew McGinnis, Jean Troy and Diann Uustal and the GOLD 280+ Free relay of David Quiggin, Jose Ferraz, Cav Cavanaugh and Lee Childs.

Many of us particularly enjoyed the ready area which is usually used at the large international events. It does help ensure that swimmers who may not speak the local language don't miss their heats. It also provided an excellent opportunity to meet your competitors, which is not normally available.

The meet ran smoothly in spite of a 2+ hour delay on June 6 due to Tropical Storm Andrea and the heavy rain, thunder and tornado warnings.

USMS 5K NATIONAL CHAMPIONSHIP

Andrea Woodburn

As a native Florida gal, I know not to go into Florida fresh water lakes, especially during alligator mating season. On Saturday morning, April 27, 2013, 120 swimmers swam in a Florida fresh water lake for the USMS 5K National Championship Event. The trusted waters just off Fort Lauderdale beach are the waters I know and love. A couple of my teammates, Dale LeClair and Jonathan Olsen, signed up for the 5K and were inquiring if I was interested. Of course I was interested, that was until I looked up the event website. "Oh my goodness it is in lake over on the west coast of Florida." In South Florida, less people often equates to more Florida wildlife, especially in fresh water. Have you been to the west coast of Florida lately? It maintains that "sleepy town feel" we had here in South Florida some years ago. I mentioned my concerns to my teammates - both transplants to Florida - neither one indicated any concerns. Okay, I started to wonder is this just a childhood fear or is this real fear? Yes, I did grow up at what was at that time on the edge of the Everglades, in Plantation, where alligators lived in the canals that bordered our house. Sometimes these

extraordinary creatures ended up in storm drains and swimming pools in our neighborhood.

As any sane Floridian might do, I contacted the Florida Fish and Wildlife Conservation Commission to inquire about alligators in the area where the swim was scheduled. Their response was: "Over the past 5 years the Miromar Lakes area has had approximately 33 alligator complaints. This is an average of 6.6 alligators per a year. Generally, an alligator may be considered a nuisance if it is at least four feet in length and is believed to pose a threat to people, pets or property." I promptly forwarded the email to my teammates and my Open Water co-chair, Bill Korey, still no response or concern. I now had confirmation that my fears and concerns were based in reality, not just some childhood fear. For some reason I decided to register for the swim, I also registered my husband Scott, another Florida transplant. I was in contact with one of the organizers, Dick Brewer, I asked "Are you on the alligator control committee?" This was his response "Gators will not be a problem. Because the lakes are surrounded by houses on three sides and FGCU on the fourth, the FWC sends a trapper every two to three weeks to check and any gators over 3 feet are removed. Five or six dozen swimmers thrashing about will scare any smaller gators and they will disappear entirely." Jonathan Olsen arrived on Friday for the practice swim and reported clear water and a beautiful course. Wow, was all I could say once we arrived for the pre race meeting. We entered a gated community with an elaborate entrance, well-manicured landscape and nice large homes. The race was being held at a Beach and Golf Club. Here is the shirt Dick Brewer wore on race day-it made me laugh.



26 swimmers from Florida Gold Coast LMSC turned out for the 5K National Championship event and the swim was great fun. Here is the link to the individual results:

<http://www.usms.org/longdist/ldnats13/5kindresults.pdf>

And to the relay results:

<http://www.usms.org/longdist/ldnats13/5krelresults.pdf>

USMS INSURANCE CHANGES

Increased insurance premiums for 2013 are primarily related to and will impact open water events. The insurance premium includes a charge of \$1,800 per sanctioned open water event. In addition, the new insurance policy contains certain conditions on the conduct of open water events. Please review the recently adopted [Open Water Sanction Guidelines](#) and the article on [usms.org](#) explaining these changes to the membership, "[Open Water and USMS Sanctions.](#)"

A new workout insurance requirement has been put into effect by our insurance carrier. Effective immediately, for a workout to be covered by USMS insurance, the person supervising the workout must be a USMS member. In the past, a USA Swimming certified coach was allowed to supervise the workouts, even if the USA Swimming certified coach was not a USMS member. This is no longer true; now if the person supervising the workout is a USA Swimming certified coach, he or she must also be a USMS member.

FLORIDA GOLD COAST NEWS

The Florida Gold Coast LMSC held its annual awards banquet on May 19. The LMSC's top awards of the year went to: Pool: Linda Webb and Tim Shead; Long Distance: Amanda Singleton and Alan Rapperport.

FGC individual All-Americans were: Vincente Andrade, Alia Atkinson, Cav Cavanaugh, Sean Frampton, Maureen Hughes, Kelly Legaspi, Biggi Lohberg, Jamie Marks, David Quiggin, Pat Sargeant, Time Shead and Stephanie Terrell. Our Long Distance All-Americans were Alan Rapperport, Amanda Singleton and Ricardo Valdivia. We also had 38 swimmers attain Relay All-American status. FGC LMSC had 87 swimmers make 2012 USMS individual top ten, with 21 also achieving World top ten rankings.

Special thanks to Ann Thomas for organizing the banquet!

FORT LAUDERDALE AQUATIC COMPLEX

The Fort Lauderdale Aquatic Complex is scheduled to close in January 2014 for about 18 months to undergo a total renovation. The future location of the International Swimming Hall of Fame is still undecided.

NOTES FROM THE FLORIDA LMSC

Sue Moucha

In January, I had the opportunity to speak to a middle school Club regarding confidence and self-esteem. The program went so well, I was able to demonstrate my flexibility--doing a left split at the end.

As a Substitute Teacher, which I thoroughly enjoy, I have had the chance to sub at the same school a number of times. Since January the students would say to me:

"I heard you can do a split;

If we do our work, will you do a split for us;

Will you bring a pair of sweatpants the next time you teach us so you can show us your split."

Even a teacher commented to me regarding the split. To top it off, a student gave me drawing of myself doing a split.

In March, I was assigned to teach Physical Education at the same middle school. I realized this would be a tremendous opportunity to share my "Can Do" motivational article message to others. I was given permission to bring in my leg brace, speak to the classes about my Paralympic sports background as an athlete, and demonstrate my flexibility.

The entire day was simply super! Other PE teachers became involved and I ended up speaking to approximately 500 students who were very attentive and asked intelligent questions. The Presentation included talking about goal setting, overcoming obstacles, not making excuses, and to be content with your results. The students were amazed when I demonstrated my left split.

A comment I received after the Presentation, "It is pretty neat when someone your age can do a split." After giving the quote a lot of thought, I look at the compliment in a very positive way. Masters Swimming does keep us in very pretty good shape. I just love to swim!

Note: Sue is a 4-time Paralympian with 2 Gold medals (cross country—1984, 800 meter track--1988), 2 Silver medals (4x 50 Free Relay—1984, 4x50 Medley Relay--1996), 3 Bronze medals (50 Free, 100 Back, 100 Free—1984). Sue also has a Gold Medal/World Record (4x 50 Free Relay—Paralympic World Swimming Championships, New Zealand, 1998). Sue is a member of the Florida Maverick Masters.

PRE-MASTERS SWIMMING

Melon Dash

Pre-Masters Swimming will be taught ("Miracle Swimming") to residents of Sarasota, FL this summer by non-profit organization, 21st Century Swimming Lessons, Inc. of Sarasota. Many adults wish to be Masters swimmers but they're afraid in water or afraid to join a masters team on account of having no strokes besides "crawl," or being intimidated by the workouts and the specter of competition.

Miracle Swimming, which just celebrated its 30th anniversary, is a class for adults who are afraid or terrified in water. It uses a new paradigm of teaching and learning that students have called infallible: it succeeds 100% of the time. The non-profit was awarded two scholarships by USMS' Swimming Saves Lives Foundation to coaches and instructors who wish to become trained in Miracle Swimming to make it available in their communities. Instructors who are eligible pay their air fare and hotel and the scholarship pays the training fee (\$1699 for 12 days).

For more information, go to Miracle Swimming Trainings or call 941-921-6420.

SOUTHEASTERN LMSC NEWS

Helen Naylor

What I learned in my first month as a new LMSC Chair...other than that I have a lot to learn!

As the chair of the Southeastern LMSC was stepping down, I was somehow suggested to succeed her as chair of our LMSC. I really had no formal qualifications: I had never held an office within the LMSC, and our team, although comprised of amazing and talented individuals, is relatively small. Short of my meager coaching credentials and hosting a weekend of coaching certifications, that was the extent of my experience. However, during the transition process and asking questions (what was I getting myself into?), I realized that just like the people with whom I get to swim week in and week out, our LMSC has great folks involved. Knowing that made the decision to accept this position a lot easier. I have leaned on them, asked lots more questions, and already learned so much from them. They have been very patient with me, and great at explaining the day by day things that they do for the LMSC. In addition to

our board, several Dixie Zone and USMS leadership folks have also been instrumental in helping me figure out this new role and how I can help. However, one person in particular has gone out of his way to not only help show me the ropes, but also put up with what must seem like endless stream of questions from me, and I would be remiss if I didn't take this opportunity to thank him...so, Mr. Vice Chair/Sanction Chair Conner Bailey, thank you!!

I look forward to serving as the SE chair and working with the board. Please don't hesitate to ask questions and we will do our best to answer and/or address any comments, suggestions or concerns you might have.

Thanks all!

SOUTH CAROLINA NEWS

Pete Palmer

South Carolina's Beaufort Masters Swim Team (BMST) was created in the late 1980's by former Michigan State Swim Coach, Dick Fetters. He stepped down in 2010 - and former Olympian Carlton Bruner coached us for almost one and one half years, until he had to go off and earn a living.

Mary Eklund now coaches us (as well as two area age group teams). She tells us, and we believe her, that coaching Masters is much different (and more fun) than she had imagined. Meanwhile, we are blessed with a motivated coach who is actively engaged in helping all of us become better swimmers.

BMST is an active sponsor and participates heavily in the 3.2 mile Beaufort River Swim, which funds the local YMCA's learn-to-swim program. This 15 June open water swim (there is no way that a swimmer will only swim 3.2 miles on this outing) is demanding but fun and a great change from pool swimming. AND we are buoyed by the knowledge that we are spreading our sport as well as saving lives.

Our officers are:

President: Viki Hill

Treasurer: David Jennings

Coach: Mary Eklund

Secretary: Pete Palmer

DIXIE ZONE CALENDAR

2013		
July 13	LCM	Marlins Summer LC Meet – Ocala, FL
July 13	OW	Georgia State Games – Lake Acworth, GA (not sanctioned)
July 13-14	LCM	St. Pete Masters Long Course Championships – St. Pete, FL
July 20-21	LCM	June Krauser Summer Splash – Ft Lauderdale, FL
Aug 3	LCM	North Carolina LC Masters Meet – Cary, NC
Aug 3-4	LCM	Dog Days of Summer Meet – Clearwater, FL
Aug 7-11	LCM	USMS Long Course National Championships – Mission Viejo, CA
Aug 17-18	LCM	Greenville Splash Invitational LC Meet – Duncan, SC
Aug 24	LCM	Coral Springs Last Chance LC Meet – Coral Springs, FL
Aug 24	SCY	Panama City Masters August Invitational – Panama City Beach, FL
Aug 24	OW	Dixie Zone Open Water Championships – Lake Lure, GA
Sept 11-15		USMS Convention – Anaheim, CA
Sept 14	SCY	Steve Barden Memorial Meet – Asheville, NC
Sept 21	SCY	Marlins Fall SC Meet – Ocala, FL
Sept 22	SCM	First Chance Meet – Wellington, FL
Sept 28	SCM	Southside Seals Pentathlon – Peachtree City, GA
Oct 5	OW	Tropical Splash – Sarasota, FL
Oct 11-13	SCM	Dixie Zone Championship/Rowdy Gaines Classic – Orlando, FL
Oct 19	SCY	University of Tampa Masters Classic – Tampa, FL
Nov 9-11	SCM	Shark Tank Meet – Sarasota, FL
Dec 14	SCM	St. Nicholas Invitational – Atlanta, GA
2014		
May 1-4	SCY	USMS Spring Nationals – Santa Clara, CA
Aug 2-9	LCM	FINA Masters World Championships – Montreal, Canada
Aug 13-17	LCM	USMS Summer Nationals – University of Maryland
2015		
May	SCY	USMS Spring Nationals – San Antonio, TX
Aug.	LCM	USMS Summer Nationals – SPIRE Institute, Cleveland, OH

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.

Zone Website: www.dixiezone.org	Zone Chair: Jerry Clark jerryclark@bellsouth.net	Newsletter Editor: Barb Protzman swimbarb@hotmail.com	USMS Website: www.usms.org
--	---	--	--