

# DIXIE ZONE NEWS

FALL, 1992

## ZONE MEETING

A meeting of the Dixie Zone was held at the USMS Convention in Bloomington, MN on September 26, 1992. The following report was taken from the chairman's report and the minutes of the meeting.

The meeting was called to order by Zone Representative Scott Rabalais. Those in attendance were:  
FLORIDA - John Maguire, Charlie Kohnken, Joan Glaraton, Catie Cooper  
FLORIDA GOLD COAST - June Krauser, Lil Haneman  
GEORGIA - Lisa Watson  
NORTH CAROLINA - Maury Schott, Krista Phillips, Ceil Blackwell, Hill Carrow  
SOUTH CAROLINA - Joe Kurtzman  
SOUTHEASTERN - Pat Wilson, Eileen Schappel, Roxanne Motter  
SOUTHERN - Tim Hale, Cindy Hale, Barbara Bower

The past year was reviewed in respect to newsletter, top ten/records, and championship meets. Quarterly issues of the Dixie Zone News were sent to Zone delegates, LMSC chairmen & editors, zone representatives, and USMS officers. Thanks to the meet directors, Rocky Motter was able to publish a Zone top ten in all three courses which was distributed to the LMSC's. And two championship meets were held, Atlanta (SCY) and Baton Rouge (LCM), at which a \$1.00 Zone surcharge was collected from each entrant.

For 1993, the newsletter mailing will expand to all teams in Dixie Zone as well as those previously on the list. The top ten & records for each course will also be mailed to all clubs and key LMSC officers. Three championship meets will be held in 1993:

Short Course Yards @ New Orleans, LA February 19-21, 1993  
Long Course Meters @ St. Petersburg, FL July 16-18, 1993  
Short Course Meters @ Anderson, SC November, 1993 \*

\* - subject to their approval

Dixie Zone teams are asked to support these championship meets.

The Zone will have income in 1993 from USMS and from Zone championship meet surcharges. These funds will cover newsletter and top ten publishing/mailing and the Zone Representative's convention registration fee.

Finally, all teams should be aware that 1993 is an election year for national officers in USMS. Please contact your Zone Representative if you are interested in running for office.

## USMS CONVENTION

This report is taken from the Delaware Valley Masters Swimming Committee Convention Report:

**SPORT MEDICINE & RESEARCH:** USMS is against drug testing for Masters swimmers. Future research will include the effects of hypothermia, cross training, swimmers at altitude, weight training, and ages and causes of death of Masters swimmers versus non-athletes.

**INTERNATIONAL:** 1994 World Championships will be held July 4-10 in Montreal, Canada. The 1993 Pan Pacifics will be held April 10-17 in Christchurch, New Zealand.

**OFFICIALS:** All meet directors please note: In all meets "one of the officials shall be a referee, starter, or stroke and turn judge certified by a USMS approved body" (USS, YMCA, or National High School). USMS will begin their own certification program in 1993/94.

**PLANNING:** USMS has a goal of 3% growth per year over the next ten years and 10-12 hour days at Nationals.

**INSURANCE:** No increase in insurance premiums for 1993 because of low claims in 1991. Safety coordinator position in every pool is important (someone who knows what to do in an emergency).

**REGISTRATION:** New registration will cover the period Jan 1-Dec 31, 1993, but those joining after November 1 will have membership from joining date until end of '93. Rolling registrations were discussed - no action taken. When one moves, send change of address to Swim Magazine and LMSC registrar. If husband and wife join USMS, one subscription to Swim can be changed to Swimming Technique magazine by contacting Swim Magazine directly.

**COACHES:** There will be a series of lectures at the '93 National Championships entitled "5 Great Workouts with 5 Great Coaches" (Santa Clara), and "Power and Strength as You Age" (Minneapolis). The "Stroke Drill Manual" will be available soon from the national office. Coaches are urged to join MACA and ASCA.

**RECORDS AND TABULATION:** The Top Ten booklet is available for short course yards and long course meters. Send \$12 to USMS National Office, 2 Peter Ave., Rutland, MA 01543. An "All-Time" USMS Top Ten is also available for \$5 from Suzanne Rague, 263 West End Ave., #9C, New York, NY 10023.

**LONG DISTANCE:** The sanctioned 1994 National Championships were awarded.

**MARKETING:** The contract with Swim Magazine was renewed for one additional year. Readers are encouraged to send remarks to the editor. Please answer and return survey that will be in the Jan/Feb issue of Swim. There was a discussion of major sponsorship and licensing issues. The Magazine is seeking contributors for articles. The consensus nationally is very positive. National Championship results will be printed to a limited extent.

**FITNESS:** Discussion focused on developing activities available to all swimming levels with adequate staffing, especially coaching at workouts, clinics, etc. February will continue to be designated as USMS Fitness Month. February Fitness Challenge to be sponsored by Fitness Committee with Southern LMSC.

**COMPUTER:** Currently coordinating programs for Meet Management, Registration, and Top Ten.

**NATIONAL CHAMPIONSHIPS:** The 1994 Short Course Nats were awarded to Tempe, AZ, while the '94 Long Course to Buffalo, NY. '93 SC Nationals in Santa Clara will require qualifying times. All entrants will be able to swim 3 events without a qualifying time. Long range topics discussed included National SCM meet, workshop for National Meet Directors, and allowing competitors to swim both distance events 1000 & 1650) at Nationals.

**RULES:** Swimmers must enter the water feet first during warmup. National entry deadline is 35 days prior to the first day of meet. Other changes noted below.

**EXECUTIVE COMMITTEE:** Elections will be held next September at Convention.

**RULE CHANGES (from Northwest Zone Newsletter):**

- Add 360+ relay age group and automatically add age groups for individuals and relays as competitors age into them.
- Aggregate relay age groups are capped (i.e. 160+ can't swim 120+).
- Initial splits shall not count if swimmer is disqualified in the race.
- At Nationals, meet ID #'s must be on relay cards. Age groups may be changed up until check-in.
- Nationals deck-seeding of 400s/500s decided by Championship Committee.
- Divisions for club scoring at Nationals shall be decided AFTER entry deadline based on natural breaks on Club entry numbers.
- Recall rope operator required at Nationals.
- Requested split times must be added to meet results sent to LMSC Top Ten Chair.

**AWARD WINNERS:**

Ransom Arthur Award - Walt Reid

Coach of the Year - Clay Evans & Gerry Rodriguez

## MEET CALENDAR

Due to the number of requests for national meet calendars through SWIM magazine, USMS Secretary Mel Goldstein has asked the Zone Representatives to compile calendars from their respective zones and update him periodically. Listed below are the meets which were turned in at the convention by Dixie Zone delegates. Meet Directors should notify the Zone Rep ASAP once meet dates are set. Include information as listed below. Send additions and corrections to:

SCOTT RABALAIS, 950 S. FOSTER DR., #35, BATON ROUGE, LA 70806

If you desire a listing of national meets, send a SASE to:  
MEL GOLDSTEIN, 6456 BROADWAY, INDIANAPOLIS, IN 46220

SCY = SHORT COURSE YARDS SCM = SHORT COURSE METERS LCM = LONG COURSE METERS O = OPEN WATER

DATE	PLACE/EVENT	CONTACT	TYPE	ADDRESS	PHONE
10/24-25/92	KNOXVILLE, TN	ANITA DINWIDDIE	SCY	518 ROCKINGHAM DR., KNOXVILLE, TN 37909	615-584-8507
11/14-15/92	ANDERSON, SC	STEVE WYCOFF	SCM	1115 CORNELIA RD, ANDERSON, SC 29621	803-260-5170
11/21-22/92	NEW ORLEANS, LA	DICK BOWER	SCM	600 HARING RD., METAIRIE, LA 70001	504-456-9469
11/21-22/92	CHAPEL HILL, NC	KRISTA PHILLIPS	SCM	2321 GLENDALE AVE., DURHAM, NC 27704	919-220-8355
12/05/92	BATON ROUGE, LA-PENTATHLON	SCOTT RABALAIS	SCY	950 S. FOSTER DR, #35, B.R., LA 70806	504-928-5596
12/11-13/92	CORAL SPRINGS, FL	JUDY BONNING	SCY	9975 W. ATLANTIC BLVD. C.S., FL 33071	305-345-5370
01/30-31/93	CHARLOTTE, NC	KRISTA PHILLIPS	SCY	2321 GLENDALE AVE., DURHAM, NC 27704	919-220-8355
02/93	FEB. FITNESS CHALLENGE	SCOTT RABALAIS		950 S.FOSTER-35, BATON ROUGE, LA 70806	504-928-5596
02/13-14/93	CHARLESTON, SC	GEORGE FISETTE	SCY	1160-4 VILLAGE CRK, MT.PLSNT, SC 29464	803-225-3191
02/19-21/93	NEW ORLEANS, LA-ZONE CHAMP	DICK BOWER	SCY	600 HARING RD., METAIRIE, LA 70001	504-456-9569
02/27-28/93	DURHAM, NC	KRISTA PHILLIPS	SCY	2321 GLENDALE AVE., DURHAM, NC 27704	919-220-8355
03/19-21/93	ST. PETERSBURG, FL	JOHN BISHOP	SCY	4717 OVERLOOK DR., ST. PETE., FL 33703	813-526-2373
03/20-21/93	ATLANTA, GA	LISA WATSON	SCY	804 HOWELL CT., DULUTH, GA 30136	404-497-1901
03/27-28/93	GREENSBORO, NC	KAREN BUNCH	SCY	PO BOX 4582, GREENSBORO, NC 27404	
04/17-18/93	RALEIGH, NC (NC CHAMPS)	CEIL BLACKWELL	SCY	RAM, PO BOX 19845, RALEIGH, NC 27612	919-787-8324
04/17-18/93	MONROE, LA	DEBBIE TESCH	SCY	145 LEISURE DR., MONROE, LA 71203	318-343-6715
06/25-27/93	CORAL SPRINGS, FL	JUDY BONNING	LCM	9975 W. ATLANTIC BLVD, C.S., FL 33071	305-345-5370
07/30/93	BATON ROUGE, LA	SCOTT RABALAIS	LCM	950 S. FOSTER DR #35, B.R., LA 70806	504-928-5596
07/16-18/93	ST. PETE., FL (ZONE CHAM)	JOHN BISHOP	LCM	4717 OVERLOOK DR.WE, ST. PETE, FL 33703	813-526-2373

## CORAL SPRINGS CAMPS

Judy Bonning continues to offer high quality swim camps for Masters at the Coral Springs Aquatic Complex in South Florida. Three day camps are offered in February and March of '93, and one week camps take place Dec-Feb. For more info, contact:

JUDY BONNING, 9975 W. ATLANTIC BLVD., CORAL SPRINGS, FL 33071  
Phone 305-345-5370



## **BOLTS MASTERS 6TH ANNUAL MARDI GRAS 25 YD. SWIM MEET AND 1993 DIXIE ZONE SHORT COURSE YDS. CHAMPIONSHIP**

- DATE:** Friday, Saturday & Sunday – February 19 to 21, 1993
- SANCTION #:** 243-001
- LOCATION:** University of New Orleans, Lakefront Arena Pool
- SCHEDULE:**
- |          |   |                   |                       |
|----------|---|-------------------|-----------------------|
| Friday   | – | Warm-up 6:00 p.m. | Meet begins 6:30 p.m. |
| Saturday | – | Warm-up 8:00 a.m. | Meet begins 9:00 a.m. |
| Sunday   | – | Warm-up 8:00 a.m. | Meet begins 9:00 a.m. |
- FACILITIES:** Eight (8) lane, indoor 50 meter pool. The eight (8) lane, 25 yard deep end will be used for competition. Lanes in the shallow end will be used for warm down during competition.
- TIMING:** Colorado electronic timing with touch pads, backup buttons and stopwatches for backup. Eight (8) lane scoreboard.
- ELIGIBILITY:** The meet is open to all U.S.M.S. registered Masters swimmers and registered Masters from other countries age 19 or over as of Feb. 21, 1993. Age as of the last day of the meet determines age group. Any swimmer who does not attach a copy of his/her current registration card to the entry form will be required to register with U.S.M.S. before participating in the meet.
- EVENT LIMIT:** Five (5) individual events plus relays, per day.
- ENTRY FEE:** \$25.00 Covers 11 events, T-shirt, heat sheet, souvenirs, food, results, party, zone fee, etc.
- DEADLINE:** Friday, February 5, 1993      **RULES:** Current U.S.M.S. rules.
- LATE ENTRIES:** **LATE ENTRIES, IF ACCEPTED, WILL BE A \$30.00 FEE!!!**  
Late entries will enter in open heats as they are available and at the total discretion of the Meet Director. (Meet souvenirs may not be available for **LATE ENTRIES**) Mail entry form with check or money order for \$25 payable to **DICK BOWER SWIM CLUB** to:
- |   |  |
|---|--|
| <b>Dick Bower Swim Club</b><br><b>600 Haring Road</b><br><b>Metairie, LA 70001</b><br><b>1-504-456-9569</b> | A copy of your<br>U.S.M.S. Registration<br>Card must be attached<br>to the Entry Form. |
|---|--|
- SEEDING:** All events are timed finals: Women's events precede Men's: seeding slowest to fastest. Exception: 1000 will be seeded fastest to slowest. Men and women may be combined in the same heat only in the 1000. We will deck seed the 500 free, 400 IM and 1000 free.  
**Check-in is required for these events.**



**AWARDS:** Meet T-shirts, Souvenirs, Mardi Gras throws, etc. will be issued to swimmers upon check-in. High Point awards will be issued for each sex and age group. Trophies will be awarded to the first, second and third place teams.

**RELAYS:** Relays will be deck seeded. Cards will be given to each team at check-in.

**AGE GROUPS:** Individual: 19-24; 25-29; 30-34; 35-39; etc.  
Relays: 19+; 25+; 35+; 45+; etc.

**SCORING:** Individual events: 9-7-6-5-4-3-2-1  
Relays: 18-14-12-10-8-6-4-2

**FINAL RESULTS:** Results of each event will be posted as the meet progresses. The final results will be mailed to each participant, free.

<b>ORDER OF EVENTS:</b>	<b>FRI:</b>	1 & 2)	1000 Free			
	<b>SAT:</b>	3 & 4)	400 I.M.	<b>SUN:</b>	23 & 24)	200 Fly
		5 & 6)	50 Free		25 & 26)	100 Free
		7 & 8)	100 Back		27 & 28)	50 Back
		9 & 10)	200 Breast		29 & 30)	200 I.M.
		11 & 12)	100 Fly		31 & 32)	100 Breast
		13 & 14)	200 Free		33 & 34)	50 Fly
		15 & 16)	50 Breast		35 & 36)	200 Back
		17 & 18)	100 I.M.		37 & 38)	500 Free
		19 & 20)	200 Free Relay		39 & 40)	200 Medley Relay
		21)	200 MX Free Relay		41)	200 MX Medley Relay

**ACCOMODATIONS:** Airline and Hotel reservations are difficult to get during the Mardi Gras season. Make you reservations now!! For information on Hotel accomodations please contact your Travel Agent or call the following Hotels:

<b>HOTELS:</b>	Howard Johnson Plaza	2261 N. Causeway Blvd.	Metairie	504-833-8211
	Landmark Hotel	2601 Severn Avenue	Metairie	504-888-9500
	Holiday inn	I-10 Service Road	Metairie	504-833-8201
	Shoney's Inn	2421 Clearview Pkwy.	Metairie	504-456-9081
	LaQuinta Inn	3100 I-10 Service Road	Metairie	504-835-8511
	LaQuinta Inn	2200 Veterans Blvd.	Metairie	504-469-4053

**MEET DIRECTORS:** Tim Hale 1-504-887-6969  
Dick Bower 1-504-456-9569

**HOST COACH:** Ray Woods Nat Keifer Natatorium, Lakefront Arena  
University of New Orleans, N.O., LA

**ENTERTAINMENT:** In addition to our Masters party and food at the pool there are parades Friday, Saturday, Sunday and Monday nights, plus all day Tuesday, Mardi Gras Day. We have made arrangements for a "party" where we will watch the parades as a group. There are plenty of places in town with "live" music nightly.

Everyone should plan to stay over in New Orleans through Tuesday. If you haven't seen a New Orleans Mardi Gras, you haven't seen anything.

# BOLTS MASTERS 6TH ANNUAL MARDI GRAS 25 YD. SWIM MEET AND 1993 DIXIE ZONE SHORT COURSE YDS. CHAMPIONSHIP

## ENTRY FORM February 19 to 21, 1993

Name: \_\_\_\_\_ Age as of 2/21/93: \_\_\_\_\_ Sex: \_\_\_\_\_  
 Address: \_\_\_\_\_ Telephone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
 City/State/Zip: \_\_\_\_\_ U.S.M.S. Reg. #: \_\_\_\_\_ - \_\_\_\_\_  
 Team Name \_\_\_\_\_ Team Abbreviation \_\_\_\_\_

Women's Events are **ODD** numbers; Men's Events are **EVEN** numbers.  
 Please **CIRCLE** the appropriate event numbers you will compete in!

Friday, February 19, 1993 6:30 p.m.

EVENT #	EVENT	TIME
1 & 2	1000 Free	____ : ____ : ____

Saturday, February 20, 1993 9:00 a.m.

EVENT #	EVENT	TIME
3 & 4	400 I.M.	____ : ____ : ____
5 & 6	50 Free	____ : ____ : ____
7 & 8	100 Back	____ : ____ : ____
9 & 10	200 Breast	____ : ____ : ____
11 & 12	100 Fly	____ : ____ : ____
13 & 14	200 Free	____ : ____ : ____
15 & 16	50 Breast	____ : ____ : ____
17 & 18	100 I.M.	____ : ____ : ____
19 & 20	200 Fr Relay	<b>AUTOMATIC</b>
21 & 22	200 Mixed Fr Relay	<b>ENTRY</b>

Sunday, March 1, 1993 9:00 a.m.

EVENT #	EVENT	TIME
23 & 24	200 Fly	____ : ____ : ____
25 & 26	100 Free	____ : ____ : ____
27 & 28	50 Back	____ : ____ : ____
29 & 30	200 I.M.	____ : ____ : ____
31 & 32	100 Breast	____ : ____ : ____
33 & 34	50 Fly	____ : ____ : ____
35 & 36	200 Back	____ : ____ : ____
37 & 38	500 Free	____ : ____ : ____
39 & 40	200 Med Relay	<b>AUTOMATIC</b>
41 & 42	200 Mixed Med Relay	<b>ENTRY</b>

**ENTRY FEE:** T-shirts, Awards, Souvenirs, Party, Food, Results, Dixie Zone Surcharge, Etc. **\$25.00**

### LIABILITY RELEASE

"I, the undersigned participant, intending to be legally bound, do hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all those risks. I hereby waive any and all rights to claims for loss or damages arising out of my participation in the Masters Swimming program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the Clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming."

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please send entry form, **check or money order** for \$25.00, payable to **DICK BOWER SWIM CLUB**, to:  
 Dick Bower Swim Club, 600 Haring Road, Metairie, Louisiana 70001. Entries must be received by February 5, 1993, to be seeded and to be eligible to receive special meet souvenirs. (Late fee is \$30.00)

**\*\*\*ATTACH COPY OF YOUR U.S.M.S. CARD TO THIS ENTRY FORM\*\*\***

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