

Dixie Zone Newsletter

Summer 2008

DIXIE ZONE LONG COURSE CHAMPIONSHIP

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

Team Greenville Masters hosted the Dixie Zone Long Course Championship June 28-29. Sixteen teams (one hundred and thirty swimmers) from the zone attended as well as some notables who were unattached. Two teams from Florida and one from Virginia were represented. Beaufort Masters won the meet and Georgia Masters were the high point winners of teams from outside South Carolina.

All relays were 400 meters - meaning that those who swam butterfly worked extra hard for their respective teams, especially since many of them had swum the 200 fly only minutes before the medley relays. The compensation came, however, in the form of State records - since 400 relays had not been swum previously in South Carolina.

Team Greenville created a hospitality suite on deck for all attendees - Officials, Timers, Swimmers, and guests. This meet just keeps on getting better.

United States Masters Swimming Announces Rob Butcher, Executive Director

USMS has hired Rob Butcher to be its Executive Director. Mr. Butcher comes to USMS from World Racing Group where he was Chief Marketing Officer for its national racing league the World of Outlaws, sanctioning body, and seven speedway properties. While with World Racing Group, Mr. Butcher was a member of the senior management team that established the company headquarters; added 40% more racing events to the schedule; and increased company revenue from \$12MM to nearly \$20MM. As Chief Marketing Officer, Mr. Butcher crafted and introduced new brand identities for the company's three national touring series, sanctioning body, and seven speedways; developed an Internet communication platform for all its racing assets which led to a significant increase in the number of races broadcast on the Internet; signed ESPN and SPEED as TV broadcast partners; signed Advance Auto Parts as a series title; and developed a sponsorship program

that brought in new sponsorship and promotional partners such as Alltel, Quaker State, Coca-Cola, and Rite Aide.

Prior to World Racing Group, Mr. Butcher was Senior Director of Marketing Partnerships & Integrated Media for International Speedway Corporation (ISC). While with ISC, he sold more than \$60MM in NASCAR and Indy Racing League sponsorship and media packages to ISC's 13-owned speedway stadiums, including such prestigious venues as Daytona International Speedway, Richmond International Raceway, Talladega SuperSpeedway, California Speedway, Kansas Speedway and Chicagoland Speedway.

Aside from his professional experience, Mr. Butcher is a competitive swimmer. He was a four-year scholarship swimmer for Georgia Southern University, graduating in 1994 with a Bachelor's degree in Marketing. In 1995, he earned a Masters degree in Sports Administration, also from Georgia Southern University. From 1996-1997, Mr. Butcher served a post-graduate internship with Auburn University, working in the Auburn sports marketing department. From 1998-2000, Mr. Butcher was a member of the Prudential athlete assistance program as he trained and competed in the 2000 U.S.A. Swimming Olympic Trials.

2008 USMS CONVENTION

This year's USMS Convention will be held Sept 24-28 at the Hyatt Regency in downtown Atlanta, GA, within our own zone. All delegates should be sure to review their convention packet prior to the convention. If possible, each LMSC should have a meeting to discuss the convention issues and determine their LMSC's position on them.

The Georgia LMSC will be hosting the Masters hospitality suite and needs volunteers to help. Contact Karol Welling at krw83@mindspring.com.

FINA WORLD MASTERS JOHN GRZESZCZAK

Well, this was my first FINA Master's World Championships. "What an experience!" I would like to start out by saying thank you to all of the wonderful Hammerheads and GOLD swimmers for helping me

achieve this goal of being a USMS National Coach. What an honor!

Well the trip was a long one, and Perth is a great city for a meet, three 50 meter pools, a diving well and a water polo pool on site, not to exclude the arena, gym space. What an awesome facility.

The U.S. had about 250 swimmers in the meet, with only a few from FGC LMSC there. Of course our own Tim Shead was there, representing South Africa though. Tim swam his way to 5 first places, 4 world records, and a meet record in the men's 55-59 age group. John G scored in both of his events, the 50 fly and 50 back. Alicia Mena scored in the 200 fly, and Ed and Linda Webb of Fort Lauderdale Aquatics did well but both became very ill during the meet and had to stay at the hotel for a day or two.

I would encourage anyone to swim in this meet the next time in Sweden in 2010. It is a wonderful experience and a heck of a lot of people. You not only get to swim in a great meet, but you travel to somewhere new, and of course you meet new friends for life from all over the world. So just "step out of the ordinary" and do it next time.

NAPLES SWIMMERS COMBINE FOR 5 WORLD TITLES, 3 WORLD RECORDS

FINA World Championships was held in April in Perth, Australia. A contingency from Southwest Florida athletes made their mark in swimming history. Karl Wiedemann, Robert MacDonald, Margit Jebe, Fred Wakelin, and Betty Lou Tucker combined for five gold and six silver medals in the premier FINA World Masters Championship.

Karl Wiedemann, training for the past two years has experienced a dream come true setting three world records while capturing the gold in all his Breaststroke events. This is a huge accomplishment not just a state champion, a national champion, but a world champion with world records. "Karl has trained extremely hard, dedicated his life for the past two years, said coach Chuck Slaght, and it has paid off he is now the best in the world." "It is hard to put into words the perspective of three world titles and three world records," said Slaght.

Robert MacDonald, a current world record holder, captured two gold medals and three silver medals. Margit Jebe also swam great races winning three silver medals. This group along with Betty Lou Tucker combined for an eighth place finish in the mixed Medley Relay. Fred Wakelin also swam a great championship taking top ten performances in his Breaststroke events with all personal best times.

BEIJING BOUND

One of our own, Dara Torres, has qualified for the 2008 Olympics! Dara is the oldest swimmer (41) to ever be on the team and the first to qualify for five separate Olympics (1984, 1988, 1992, 2000 and 2008). Dara is USMS registered with the GOLD Masters club in the Florida Gold Coast LMSC. Dara won both the 50 free (American record) and the 100 free (lifetime best time) at the trials, but has elected to only swim the 50 free and the two 4 x 100 relays to save herself for her specialty. Be sure to watch Dara compete in August.

WIDE WORLD OF SWIMMING

Cheryl Keeney of Fort Lauderdale Aquatics Masters competed in the 2008 US Transplant Games in Pittsburgh, PA. July 11 – 15. The National Kidney Foundation (NKF) presented the NKF 2008 U.S. Transplant Games, a celebration of life that includes transplant recipients, their friends and families, living donors, donor families, transplant professionals and spectators. The Games is the only national athletic competition for recipients of all life-saving organ transplants, as well as the largest gathering of transplant recipients and donor families in the world, about 6000 attended from all 50 states, including Hawaii and Puerto Rico.

Cheryl had a Kidney & Pancreas transplant on Nov. 27, 2006. The transplant was very dramatic and as Cheryl stated, "changes you in a very special way." Cheryl's mission in attending the games is to bring awareness and increase the availability of becoming an organ donor. In Florida alone, there are currently 3,600 people waiting for life-saving organ transplants, including another Fort Lauderdale swimmer, Sam Frank who is on a waiting list for a kidney transplant.

Cheryl stated, "It was incredible. Most rewarding, emotional swim meet I ever did participate in. An overwhelming week and something I will not soon forget." She brought home Gold in the 100 IM and 100 Back while taking Silver in the 200 free. Cheryl also competed outside the pool and brought home Silver in the 20k Bike.

To see how you can learn more about Organ Donation, go to any one of the following websites:
United Network for Organ Sharing: www.unos.org
National Kidney Foundation: www.kidney.org or www.nkfpeoplelikeus.org

GEORGIA NEWS

Georgia Masters had a great showing at USMS SCY Nationals in Austin, TX. All swimmers at the meet brought home at least one medal. National records were broken by two GA swimmers: Francine

Williamson (60-64) in the 100 free and 200 free; Bob Bugg (50-54) in the 200 free.

Georgia is also putting together a bid for the 2010 USMS SCY Nationals at the Georgia Tech Aquatic Center which was the site of the 1996 Olympics.

KNOXVILLE NEWS

The Greater Knoxville Masters team is now working out in the recently opened Allan Jones Intercollegiate Aquatic Center on the Univ. of Tenn. Campus. The new 50 meter indoor facility is located due west of the Student Aquatic Center.

Master swimmers who may be visiting the Knoxville area are welcome to join us for workouts 11:30 a.m. To 12:45 p.m. Monday through Friday; Sundays from noon until 1:30 p.m. There are two evening workouts as well: 6:15 p.m. Until 7:30 p.m. Monday and Wednesday. There isn't any charge for visiting masters.

LEE COUNTY (FL) OPEN WATER FESTIVAL

The Florida Gold Coast LMSC swam past the Florida LMSC in the first FGC vs FL LMSC One Mile Open Water Challenge on Saturday, May 31 on Fort Myers Beach. The Masters Mile was one of nine different events in the Open Water Festival that ran from May 30 through June 3.

The overall men's winner was Ricardo Valdivia, who also won the Masters 10K Open the following day. Lisa Squires won the women's 10K and finished third overall in the women's mile.

FGC's age group winners in the open water mile included: Lisa Squires, Belle Forino, Andrea Woodburn, Sarah Bennett, Barbara Protzman, Jarrod Gac, Ricardo Valdivia, Jonathan Olsen, Carlos Lloreda, David Quiggin and Lars Pedersen.

16th Annual Flowers Sea Swim Cayman Islands

The 16th Annual Flowers Mile Swim took place on Saturday, June 14, 2008 along the pristine seven-mile beach, Grand Cayman Islands. With crystal clear water and perfect wave conditions, the Cayman Islands were the perfect setting for the "world's flattest, fastest ocean mile." 620 Swimmers finished the one mile swim ... and what a finish it must have been. The top 3 overall finishers were separated only by 8 seconds. 1st and 2nd place were only separated by 1 second!

Matt Hooper of FLA Masters finished 2nd Overall. Congratulations Matt! Two women of FLA Masters had

awesome swims lead by Laura Ingoldsby 38th Overall Finish and Heather Sherman 137th Overall.

FLORIDA GOLD COAST NEWS

The annual FGC LMSC Awards Banquet was held in May and recognized all swimmers who achieved USMS All American or Top Ten designations. The LMSC honored Birgit Lohberg as Female Pool Swimmer of the Year and Matt Hooper as Male Pool Swimmer of the Year and honored Kerri Roussain as Female Open Water Swimmer of the Year and Ricardo Valdivia as Male Open Water Swimmer of the Year.

ASK THE SWIMMING DOCTOR

Paul Hutinger

Question: I want to live at least ten years longer than my statistical age. Will exercise help my aging potential? How much swimming is needed for health benefits?

Answer: Research in the past 30 years has keyed in on the effects of exercise on the decline of physiological performance.

A recent study in biological aging has been a result of an increase in technology. Dr Tim Spector, a professor of genetic epidemiology at Kings College in London, published his study in Jan, 2008, in the "Archives of Internal Medicine." He used telomeres from white blood cells, collected from 2,401 twins participating in a long-term health study. He examined whether there was a relationship between the subjects' telomere length and how much exercise they did in their spare time, over a ten year period. The telomere length was a marker of the rate of biological aging.

Exercise appears to slow the shriveling of the protective tips on bundles of genes inside cells.

Telomeres cap the ends of chromosomes, the structures that carry genes. Every time a cell divides, the telomeres get shorter. When the telomeres get too short, the cell can no longer divide. Scientists believe that aging occurs as more and more cells reach the end of their telomeres and die--muscles weaken, skin wrinkles, organs fail, eyesight and hearing fade and thinking is clouded.

The results of Dr Spector's study demonstrated that the length of the twins' telomeres was directly related to their activity levels. Subjects who did a moderate (100 minutes a week) of tennis, swimming or running, had telomeres that on average looked like those of someone about five or six years younger than those who did the least, (about 16 minutes a week). Those who did the most (about 3 hours a week) of moderate to vigorous activity, had telomeres that appeared to be about nine years younger than those who did the least.

The researcher put it into a gradient, so that as the amount of exercise increased, the telomere length

increased.

This study was done with twins, so individual differences were held to a minimum. However, his study did not address what happens to the telomeres of people who are sedentary for years and later on begin to exercise. This basic study at the cellular level, opens up many interesting possibilities for the future.

Readers need to keep in mind that both at the cellular and physiological level, if you train regularly, even at the recreational level, you are affecting the aging level of your body, in a positive manner.

Starting in 1970, as a doctorate student (age 46), I had the opportunity to collect a full range of physiological measurements, such as O2 uptake, max HR, lung volumes, as well as my times from six events I swam in early Masters Meets, through the 1980's. I took lab tests every year and 16 years later, at age 62, made comparisons.

- **AVERAGE NON-EXERCISERS** decline an average of 1% per year.
- **MY RESULTS**, from training an average of 2000 yds, five days a week, demonstrated I only declined 1% every five years, or 9.9% during these 16 years.

Want additional information? Contact Dr. Paul Hutinger: 727-521-1172 OR phut@usms.org.

CORRECTION FROM LAST ISSUE: SWIMMING TIP - FINISH YOUR RACE!

BREAST - You will NOT be DQ'd for taking a short, arm pull at the wall. If you are too far from the wall for a full arm stroke, you CAN take a short arm stroke, NEVER an extra kick.

MISCELLANEOUS

Thank you to Andy Dyer for his continued hard work on the Dixie Zone top ten!

Anyone -- especially LMSC officers, newsletter editors, web masters, and coaches -- who would like to be on the email list to receive announcements about meet entries and results, please contact Dick Brewer at rdbrewer@gmail.com.

LAKE LYTAL MASTERS SWIM TEAM PROUDLY HOSTS THE 6th ANNUAL 12-Hour Swim

To benefit
POST - Pediatric Oncology Support Team

Saturday, August 16, 2008

7 a.m. – 7 p.m.

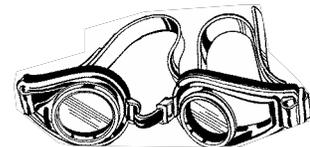
The **Pediatric Oncology Support Team (POST)**, of the **Child Life Institute** at St. Mary's Medical Center and Palms West Medical Center (in Palm Beach County, FL), is a unique program designed to help children and their families deal with the impact of diagnosis and treatment of cancer. POST provides a comprehensive plan of care, available to any child diagnosed with cancer in a six-county area, regardless of where they are diagnosed and/or treated.

When a child is diagnosed with cancer, every aspect of the child and family's lives are affected. POST's qualified team of privately funded, dedicated professionals works with families to assess needs and provide assistance.

Involvement is so easy!

Besides the Lake Lytal team swimming in rotation until 7 p.m., they are raffling off dozens of valuable prizes, 100% of all proceeds going to help KIDS with Cancer. Tickets are available from all swim team members and Coach Ken Nemet.

Coach Nemet discovered POST in 2003 while reading a moving news story in the Palm Beach Post about helping kids with cancer. After reading the article, he was determined to do something to help out, and fortunately the swim team pitched right in with him. Last July, the swim team raised \$18,000 from this event to support POST !!!



DIXIE ZONE CALENDAR

2008		
Aug. 10	LCM	Last Chance Meet – Coral Springs, 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 Fall Splash – Ocala, FL
Sept. 20-21	SCY	Steve Barden Memorial Masters Meet – Asheville, NC
Sept. 24-28		USMS Convention – Atlanta, GA
Oct. 4	OW	Tropical Splash (1K, 3K, 5K) – Siesta Key – Sarasota, FL
Oct. 19	OW	Around the Sound Swim (0.8K, 2K, 4K, 7.2K, 10K) – Bermuda
Nov. 9	SCY	Collins Hill Veteran’s Day Developmental Meet – Suwanee, GA
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..
Dec. 6-7	SCY	Florida State Senior Game – Estero, FL
2009		
Feb. 14-15	SCY	SUN Masters Valentine Meet – Clearwater, FL
Apr. 16-19	SCY	YMCA Masters Nationals – Ft. Lauderdale, FL
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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