

Dixie Zone Newsletter

Fall 2011

CONVENTION RECAP

This year's USMS convention was held within our zone on September 14 - 18 at the Hyatt Regency Riverfront in Jacksonville, FL.

Elections were held this year for the following positions:

President – Nadine Day

VP of Administration - Michael Heather

VP of Community Services – Jody Smith

USMS's top award of the year, the Ransom Arthur Award, was presented to Rob Copeland of GA. The Kerry O'Brien Coaching Award was presented to 12 coaches including Dixie Zone members Diane Bartlett of the Grand Strand Masters (SC) and Marty Hendrick of Fort Lauderdale Aquatics.

Locations for the 2013 Nationals Championships:

Spring – Indianapolis, IN – May 9-12, 2013

Summer – Mission Viejo, CA – August 7-11, 2013

The 3-6 mile Open Water National Championship will be held within our zone at Ft Myers, FL on April 27 or 28, 2013.

Complete convention details, including meeting minutes and workshop videos, can be found at: <http://www.usms.org/admin/conv/2011/>.

CONVENTION ZONE NEWS

Debbie Cavanaugh stepped down after six years as the Dixie Zone Chair. Congratulations to Jerry Clark of North Carolina who has been elected as the new chair.

The 2012 Dixie Zone Championship meet locations were chosen:

SCY: Baton Rouge, LA – March 16-18

LCM: Greenville, SC – August 4-5

SCM: Orlando, FL – October 12-14

OW: Sarasota, FL – September 29

Complete minutes of the Dixie Zone meeting held at convention can be found at: <http://www.dixiezone.org/Minutes/Minutes11.pdf>.

FROM THE NEW ZONE CHAIR

JERRY CLARK

The team of Debbie Cavanaugh, Barb Protzman, Dick Brewer, Andy Dyer and Ed Saltzman has done a wonderful job with Dixie Zone swimming for many years. We all owe them sincere thanks. Debbie and Andy have said enough is enough, so I've stepped in for Debbie and Ed has agreed to keep up the Top Ten and records work that Andy did. Thanks to Barb, Dick and Ed for continuing to help.

2011 USMS SUMMER NATIONALS

The 2011 Summer Nationals were hosted by Auburn Masters Swimming and held at Auburn University this past August with great success. We were able to welcome 688 swimmers from around the US and the World to our community. The meet was highlighted by the 34 national record broken and numerous other spectacular performances by young and old alike.

Auburn Masters Swimming would like to thank all of you who attended and we hope you had a great time in and out of the pool. A special thank you to our officials and other volunteers who helped us run the meet instead of or in between swimming in it. It was our pleasure to showcase our facility and community.

2012 USMS SPRING NATIONALS

The 2012 Spring Nationals will be hosted within the Dixie Zone at Greensboro, NC on April 26-29, 2012. We hope to see a great turnout from our Zone at the meet. The Greensboro Aquatic Center is the country's newest major aquatic complex. Information on hotels and qualifying times is available on the USMS website.

3RD ANNUAL ROWDY GAINES MASTERS CLASSIC

What an incredible weekend of swimming! It was so great to share the water with my swimming family, doing what we all love to do swim, cheer each other on and be inspired by so many incredible people.

Congratulations to Gold Coast Masters for winning the Colorado Timing System provided by USMS.

Congratulations to Andrea Kremer for being awarded the first Inspiration Award, sponsored by Growing Bolder. It was incredibly flattering to have you come and not only participate but compete at such a high level, you are truly an inspiration and so deserving of this year's award.

There were so many amazing swims, yes world records were broken, but there were so many incredible swims and wonderful experiences throughout the entire meet. My good friend, Tiger Holmes at 90 years old swimming, competing and cheering us all on. GOLD's world record relay team of Cav Cavanaugh, Jose Ferraz, Howard Rolston, and David Quiggin was amazing. All of you inspire me to keep swimming and training hard to try and keep up with you!

There are so many to thank; our sponsors; our officials, our volunteers, everyone at the LIMU company, Gary Raser, but most of all I want to thank you, the swimmers. We are all blessed to be a part of such an amazing sport. We know how hard we train, we know the sacrifices we make to go fast, but when we dive in that water and race, we know we are home.

Once again, Thank you for coming, I look forward to seeing you all next year, the dates are already set, October 12-14th so mark your calendars. I can't wait to see you next year! Updates will be available at www.rowdygainesclassic.com.

Rowdy

THE V UANA PAN AMERICAN MASTERS CHAMPIONSHIPS

The Sarasota Family YMCA will partner with U.S. Masters Swimming to host the 2013 Pan American Masters Championship, which will be held May 31-June 10, 2013.

The event schedule is: Synchro: May 31, 2013 through June 2, 2013; Swimming: June 5-9, 2013
Open Water: June 10, 2013

The event will be held at the Selby Aquatic Center, Sarasota Family YMCA, 8301 Potter Park Dr, Sarasota, FL 34238.

Full details will be available at this site soon:
www.panamericanmasters2013.org

NOTES FROM THE FLORIDA LMSC

Sue Moucha, Florida LMSC Masters swimmer, was

featured on the Tampa Bay local ABC affiliate in September regarding her involvement in sports. You can view the video by clicking on:
http://www.abcactionnews.com/dpp/news/region_east_hillsborough/brandon/despite-cerebral-palsy-diagnosis%2C-sue-moucha-is-a-star-swimmer.

Meegan Wilson, Florida LMSC Chairperson, was named Volunteer Profile, "Inside USMS", page 46, September - October 2011 issue, USMS Swimmer magazine. Meegan has quite an extensive involvement in USMS. Go read the article and learn more. Congrats to Meegan, Great job!!!!

AUBURN MASTERS SWIM CAMP

After a hiatus of several years, Auburn Masters Swimmers are hosting the Auburn tiger Swim Camp for Master Swimmers featuring Rowdy Gaines, Brett Hawke, Mark Gangloff and Beth Eldridge. The camp is being organized by our two coaches, Tom Healey and Lionel Moreau and will be held on the campus of Auburn University December 9-11, 2011. Information on the camp can be found on our team website, www.auburnmastersswimmers.org.

Many swimmers in the Dixie Zone are familiar with the Auburn facilities, where the 2012 USMS Long Course National Championships were held, and where we have hosted annual SCY invitationals every February for the past dozen-plus years. Everyone reading this will know the name and accomplishments of Rowdy Gaines, an Auburn alum who needs no further introduction.

For those not familiar with the other swimmers and coaches who will be involved in this camp, Brett Hawke is the head coach of Auburn's varsity men's and women's swim teams and is himself an Olympian, a sprinter representing Australia. Tom Healey also works with the AU varsity and has coached national champions and Olympians over his long career. Mark Gangloff is an Auburn alum and two-time Olympic gold medalist in the breaststroke. Beth Eldridge is a USMS national champion and a specialist in the butterfly and sprint freestyle. Finally, Lionel Moreau is an Auburn alum and NCAA champion in the 200 IM who has been coaching locally and internationally, including Olympic coaching experience with two Olympic gold medal winners, Oas Mellouli from Tunisia and Kirsty Coventry from Zimbabwe.

The camp itself will be a mix of classroom instruction and pool time with individualized instruction and attention to technique through analysis of underwater video.

Conner Bailey, Auburn Masters Swimmers

DIXIE ZONE CALENDAR

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| 2011 | | |
| Nov. 5-6 | SCM | Upper Keys Fall Invitational – Key Largo, FL |
| Nov. 6 | SCM | St. Nick's SCM Invitational |
| Nov. 12-13 | SCM | Bridge the Bay – Sarasota, FL |
| Nov. 12 | SCY | Fall Brawl – Chapel Hill, NC |
| Nov. 27 | SCY | Dorothy Whitcomb Memorial Turkey Dip – Pensacola, FL |
| Dec. 2-4 | SCM | South Carolina SCM Championships – Columbia, SC |
| Dec. 3-4 | SCM | Holiday Classic – Coral Springs, FL |
| Dec. 3-4 | SCY | Greater Knoxville Masters SCY Invitational – Knoxville, TN |
| Dec. 10-11 | SCM | Southern Masters SCM Championship – New Orleans, LA |
| Dec. 10 | SCM | Holiday Hoot – Charlotte, NC |
| Dec. 10-11 | SCY | Florida State Senior Games – Lakeland, FL |
| 2012 | | |
| Jan. 7 | SCY | Crawfish Aquatics Relay Meet – Baton Rouge, LA |
| Jan. 8 | OW | Tampa Bay Frogman Swim (5K) – Tampa, FL |
| Jan. 14 | SCY | Hammerhead Winter Fest – Ft. Lauderdale, FL |
| Jan. 28-29 | SCY | Charlotte Sunbelt Championships – Charlotte, NC |
| Feb. 4-5 | SCY | Upper Keys Invitational – Islamorada, FL |
| Feb. 10-12 | SCY | North Myrtle Beach, SC |
| Feb. 11-12 | SCY | Auburn Masters Invitational – Auburn, AL |
| Feb. 11-12 | SCY | Valentine's Meet – Clearwater, FL |
| Feb. 25-26 | SCY | Masters Challenge – Ft. Lauderdale, FL |
| Mar. 3 | SCY | Frank Clark Masters Open – Greensboro, NC |
| Mar. 16-18 | SCY | Dixie Zone SCY Championships – Baton Rouge, LA |
| Mar. 17-18 | SCY | Savannah, GA |
| Mar. 23-25 | SCY | St Pete Masters SCY Championships – St. Petersburg, FL |
| Apr. 7-8 | SCY | Hammerheads Invite – Ft. Lauderdale, FL |
| Apr. 12-15 | SCY | YMCA Masters Nationals – Ft. Lauderdale, FL |
| Apr. 21 | OW | Tampa bay Marathon Swim (24 miles) – Tampa, FL |
| Apr. 26-29 | SCY | USMS Short Course Nationals – Greensboro, NC |
| May 12 | OW | Hurricane Man (1K, 2.4 Mi) – St. Petersburg, FL |
| May 13 | | Southwest Florida Spring Splash Pentathlon – Naples, FL |
| May 26 | OW | Ed Gaw Amelia Island Open Water Challenge – Fernandina Beach |
| July 5-8 | LCM | USMS Long Course Nationals – Omaha, NE |
| Aug. 4-5 | LCM | Dixie Zone LCM Championships – Greenville, SC |
| Sept. 29 | OW | Dixie Zone OW Championships – (1K, 2.5K, 5K) Sarasota, FL |
| Oct. 12-14 | SCM | Dixie Zone SCM Championships – Orlando, FL |

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