

Dixie Zone Newsletter

Summer 2011

FROM THE ZONE CHAIR

This year's USMS convention will be held within our zone on September 14 - 18 in Jacksonville, FL. We hope to see many of you there.

This is an election year for the Dixie Zone Chair. If you are interested in running for the position, please contact Debbie Cavanaugh at cavdeb@juno.com.

Also, if you are interested in having your meet chosen to be the Dixie Zone SCY, LCM, or SCM Championship meet, please contact Debbie by September 1.

2011 ZONE LCM CHAMPIONSHIPS

The Dixie Zone LCM Championships/"Bumpy Jones International Classic" was held June 10-12 at the Selby Aquatic Center in Sarasota, FL. More than 200 swimmers representing 30 teams participated. SYSM also hosted several great social events for the meet.

New World Records were set in 10 events. Deb Walker of FACT set individual World and USMS records in the 60-64 Women's 50 Breast (40.87), 100 Breast (1:30.66) and 200 Breast (3:17.24).

Gold Coast Masters set World and USMS records in 3 relays: 240+ Women's 400 Medley Relay (5:51.60), 400 Free Relay (5:10.93) and the 800 Free Relay (11:30.92). Maureen Hughes, Pat Sargeant, Danielle Ogier and Jeannie Mitchell swam on all three relays.

Florida Maverick Masters set a World and USMS record in the 320+ Mixed 400 Free Relay (6:43.08). Relay members were Charles Weatherbee, Robert MacDonald, Patricia Tullman and Jean Troy.

The host club of the meet, Sarasota Y Sharks Masters, set World records in 3 men's relays:
240+ 400 Free Relay (4:22.05) Keefe Lodwig, Jan Soderstrom, Rick Walker and Ed Mench.
200+ 400 Medley Relay (4:34.41) Steve Mortimer, Bill Brenner, Brian Saylor and Jack Groselle.
200+ 800 Free Relay (9:03.74) Jack Groselle, Bill Brenner, Mark Drennen and Brian Saylor.

2011 USMS REGISTRATION STATS

As of July 12, the Dixie Zone is at 89.8% of last year's total membership. This is below the national rate of 93.7%. However, the Southeastern LMSC already has more members than they did at the end of last year.

LMSC Name	2010 members	2011 members	% of 2010 total
Florida	1958	1706	87.1%
FL Gold Coast	1091	990	90.7%
Georgia	1010	800	79.2%
North Carolina	1141	1100	96.4%
South Carolina	531	426	80.2%
Southeastern	681	740	108.7%
Southern	592	531	89.7%
Dixie Zone Total	7004	6293	89.8%
USMS Total	54950	51488	93.7%

USMS OPEN WATER CHAMPS

The Dixie Zone was well represented at the recent USMS 10K Open Water National Championships on June 11 in Fort Myers Beach, Florida, with 27 swimmers coming from the zone.

Sunny skies, a white sugar sand beach, and calm 82-degree waters greeted the 53 swimmers entered in the 10K, which involved five laps around a 2K course in the Gulf of Mexico.

Gold medalists and USMS All-Americans were Mary Holman (GSC, 18-24), Nicole Gundersen (YBBM, 25-29), Abigail Boburka (GOLD, 30-34), Tracy Kubiak (WIN, 35-39), Ramses Rodriguez (SYSM, 35-39), Herb Euler (40-44, SPM), Ricardo Valdivia (GOLD, 45-49), Scott Wells (EAJM, 50-54), and Jim Green (NCMS 65-69).

Silver medalists were Sara Holman (GSC, 18-24), Anna Emery (UNAT-FL, 25-29), Ann von Spiegel (TBAM, 45-49), Filippo Porco (NCMS, 30-34), Jose Raul Rodriguez (UNAT-FL, 35-39), Victor Mestre (UNAT-FG, 40-44), Michael Piazza (SOFL, 45-49), Tommy Schwartz (SYSM, 50-54), Wayne Hannum (GCST, 55-59), and Jack Brackett (FACT, 60-64).

Bronze medalists were Kristy Marques (FLAQ, 18-24),

Patricia Scheuern (SPM, 35-39), Mili Rohr (FACT, 50-54), Eugenio Galiano (UNAT-GA, 40-44), Larry Hartley (NCMS, 50-54), and William Highsmith (UNAT-FG, 55-59).

Other Dixie Zone swimmers winning medals were Julie Salvetti (SYSM, 5th 45-49) and Tony De Dominicis (SYSM, 4th 40-44).

The Canada National Open Water Team's 10K world team tryouts, where their elite 16 were vying for four spots in Shanghai for the world championships later this summer, had a seven minute head start on the Masters.

NOTES FROM THE FLORIDA LMSC

Joannie Campbell, Florida Aquatic Combined Team, adds to her list of accomplishments, a Radio Interview on June 11th, for the Ageless Media Network. Joannie's popularity continues as she is featured in the July-August 2011 issue of the USMS Swimmer Magazine.

How many times have you stopped and read a flyer? Jean Allen, a Florida Maverick Masters, did just that. She answered the flyer and found herself featured on Bright House Cable TV -- "Discovery Fit Health Channel, June 27". The program was entitled, "Are You Fitter Than a Senior?" On the show Jean competed with three others against a team of four young British individuals. The activities took place in the Sun City area.

Residents of Sun City served as host for the "kids" as Jean called them. The "kids" had to abide by the rules of the home that welcomed them in. The "kids" trained for approximately one and one half weeks. Then it was competition day. The British team won the running and biking events. The US woman took the kayaking and our own Jean Allen prevailed in the swimming event. Everything was done in the spirit of fairness, and at the end of the day everyone just had a great time.

Jean commented, "I would do it all again."

Flavia Zappa, St. Pete Masters, completed the 24 mile Tampa Bay Marathon Swim. Flavia swam solo in 15 hours and 10 minutes. That is one tremendous feat!

Hats off to Pat Marzulli, St. Pete Masters, who also completed the Tampa Bay Marathon swim. Pat was a member of "The No Names Relay", which finished the distance in 9 hours and 54 minutes. Chris Burke and Tim Kennedy made up the "Holiday in Cambodia Relay", finishing in 9 hours and 4 minutes.

The above proves that one can be fit regardless of their age and who knows what opportunity can come your way. Congratulations to Joannie, Jean, Flavia, Pat, Chris and Tim! Way to go!

FLORIDA GOLD COAST LMSC NEWS

The annual Florida Gold Coast LMSC Awards Banquet was held on June 26. All swimmers who achieved USMS All American or Top Ten status in individual and relay events were recognized and received custom printed equipment bags.

The following number of FGC LMSC swimmers achieved each category:

World Individual Top Ten – 21
World Relay Top Ten – 54
USMS Individual All American – 16
USMS Relay All American – 45
USMS Individual Top Ten – 84
USMS Relay Top Ten - 116

Swimmers of the year for the LMSC were:

Pool – Peggy McDonnell and George Schmidt
Long Distance – Dale LeClair and Ricardo Valdivia.

GOLD WINS MEDIUM TEAM AT 18TH IGLA CHAMPIONSHIPS

Eighteen swimmers arrived in Hawaii last week to compete at the Duke Kahanamoka Aquatic Complex at the University of Honolulu, July 6-10, 2011. Team GOLD from the Florida Gold Coast LMSC won the medium team award with DCAC winning the large team and Fort Lauderdale Aquatics (FLAQ) winning the small category.

The IGLA Championships comprised all five FINA sports. The open water swim had four GOLD swimmers, Bill Korey, Andrea Woodburn, Oscar Velasquez and Chris Burt competing in the 1.2 mile swim on the North Shore of Oahu in Waimea Bay. Bill and Andrea also competed in the 2.4 mile swim later that morning attaining fourth and second respectively in their age groups. Bill, AKA, Dr Distance said it was the best run ocean swim he's ever competed in. Congratulations to all and thanks to the organizers.

The GOLD team swam fast in the 50 meter pool over the five day meet with ten swimmers taking the gold medal in their events: Freddy Arends, 50 free, Zeus Boiser, 200 Fly, Chris Burt 200 back, John Colavecchio, 50 back, Mike Dively, 50, 100, 200 free, Ed Suarez, 50 back & 50 breast, James Vaucher, 100 back, Corey Welch, 50, 100 breast & 200 back, Andrea Woodburn, 400 IM and Scott Woodburn, 100, 200, 1500 free.

All eighteen swimmers from GOLD scored points with top 8 finishes. Luis Comulada, Stephen Dehnert, Susan Gunter, John Grzeszczak, Bill Korey, Mike Meyer, Diego Suarez and Oscar Velasquez all swimming well.

Coach John Grzeszczak had many winning and record breaking relays, six gold, one silver and two bronze place finishes helped to put the team into the winning position for the medium team award. Congratulations to all the GOLD swimmers. The team celebrated at the luau and event banquet in true Hawaiian style.

2011 South Carolina LMSC Long Course Championships Team Greenville Masters Invitational

The 2011 South Carolina LMSC Long Course Championships/Team Greenville Masters Invitational was held on June 25-26 at the brand new Westside Aquatic Complex in Greenville, SC. A total of 109 swimmers from 19 different clubs participated, including representation from Georgia, Indiana, Minnesota, North Carolina, Pennsylvania, South Carolina, Tennessee, and Virginia.

The top 4 scoring women, regardless of age, were all from Grand Strand Masters Swimming. These top finishers included Maria Elias Williams, Melanie Green, Janet Wood and Patti Hilton. Sally Newell of Indy Aquatic Masters rounded out the top 5 for the ladies. For the men, Pete Palmer of Beaufort Masters Swim Team led the scores with Jay Preslar of Grand Strand Masters Swimming close behind. John Zeigler and Herb Chuvencame in strong for Georgia Masters, finishing 3rd and 4th respectively, while Ben Caldwell of North Carolina Masters Swimming and Louis Ackerman of Beaufort Masters Swim Team rounded out the pack.

The combined, overall top 8 scoring teams were Grand Strand Masters Swimming, Georgia Masters, North Carolina Masters Swimming, Sea Wolves YMCA Masters, Team Greenville Masters, Beaufort Masters Swim Team, Stingrays Masters Swimming with Virginia Masters Swim Team and Indy Aquatic Masters tying for eighth. Congratulations to the overall top in-state team, Grand Strand Masters Swimming, top out-of-state team, Georgia Masters, and all of the individual high point winners. You can find complete meet results at www.tgswim.com, as well as information on Westside Aquatic Complex and the upcoming 2012 meet schedule.

SWIM FEST 11 AND THE ASCA REGIONAL CLINIC Being offered in Florida!

Swim Fest and the ASCA Regional Clinics provide a wonderful opportunity for even the most seasoned coach to learn a few new things. Through the generosity of the Florida LMSC and by recognizing that coaches really are the lifeblood of the sport, we are

helping to lead the way in making sure that every athlete in the LMSC has exposure to quality coaches that are dedicated to the sport. The Florida LMSC has chosen 4 coaches to pay the expenses for in order to attend this unique event and they are Debbie Roberts of Daytona Beach Masters, New Coaches to the LMSC Michelle Apple of Ormond Y Swim Club and Denise Metts of Deland Y Masters and Mark Canterbury of WET (Water Exercise Technologies)

In conjunction with our partner ASCA, the USMS Coaches Committee has selected 4 regional sites to host the level 1 and level 2 certification clinics. I am pleased to report that Florida has one of those clinics and that certification courses will be offered at the USAS convention in Jacksonville in September. You do not need to be a delegate to the convention in order to attend the clinics and it is a great place and time to catch up with friends from around the country that you ordinarily only get to see at major meets.

THE IV UANA PAN AMERICAN MASTERS CHAMPIONSHIPS

Join the Pan-American Swimming Union for the 2011 Pan American Masters Championships November 8-15 in Rio de Janeiro, Brazil. Swimming, open water, synchro and water polo will all be contested. Don't miss out on this opportunity to compete internationally. Information and the meet website for the Pan Am Masters in November is now posted online at <http://www.uana-aquatics.org/html/English/2panmaster1.htm> and <http://www.panamericanmaster2011.org/>

Treating Sudden Cardiac Arrest and the use of Automated External Defibrillators in the Community Setting

Edward H. Nessel, R,Ph, MS, MPH, PharmD

As a coach, masters swimming competitor, and general participant in vigorous exercise, I have eye-witnessed or was in close proximity, over a 30-year period, to several sudden deaths upon those partaking in competition, vigorous training, or informal intense athletic involvement. In all the cases but the last, there was no or very little warning something devastating was about to happen. This is a dark topic and one not comforting about which to write, but it needs to be brought forth and expounded upon so all who either partake in vigorous physical endeavors, administer same, or simply view them first hand will no longer be ignorant of the most important available life-saving procedures. We call these **"the chain of survival."** This refers to a series of critical interventions that can reduce the absolute mortality from sudden cardiac arrest. But if one of these actions is neglected or poorly

executed, it is unlikely the victim will survive. Saving a life is as responsible and serious an act as one can perform. Most hope never to be put in such a traumatic situation, but we also never know what life has in store and places directly before us. Being prepared to correct sudden cardiac arrest is the greatest service one can provide our fellow man when circumstance presents.

What takes down a person almost immediately in these cases is **sudden cardiac arrest (SCA)**. Most occur when the electrical impulses in the dysfunctional heart become rapid (tachycardia) or chaotic (fibrillation) through the more muscular segments (ventricles) assigned the task of blood circulation throughout the body. This irregular heart beat (**arrhythmia**) may cause the heart to suddenly stop beating, producing a precipitous drop to critically-low levels in arterial blood pressure. Death, if left to the natural cascade of events, usually ensues within 10 minutes due to the lack of oxygen supply to several vital organs. Less than five minutes of deprived oxygen at normal room temperature usually brings about some form of lingering brain damage.

Sudden cardiac arrest is a major health problem worldwide and is the leading cause of death in many developed countries. In the United States alone, there have been as many as a quarter million cardiac deaths in a single year; most arise from the high-risk segment of the population exhibiting several strong contributory factors of imprudent lifestyle which produce obesity, high blood pressure, coronary inflammation, excessive circulating fats in the blood, non-defusing of unremitting stress, and cardiac vessel constriction from smoking. And there are the very unfortunate who have inherited the dangerous genes which can produce cardiac anomalies that can crossover into pediatrics and the athletic world.

Cardio-pulmonary resuscitation (CPR) was developed around 1960 with closed-chest cardiac massage the key element. The **“chain of survival”** was fully described and delineated in the 1992 guideline for CPR and emergency cardiac care by the American Heart Association (AHA). Over the years the actual hands-on procedures have modulated into what is taught today where it is deemed more important to keep compressing the chest rather than interrupt this to give “rescue breaths.”

The **“chain of survival”** has four interdependent links: 1) early access, 2) early basic CPR, 3) early defibrillation, and 4) early advanced cardiac life support (ACLS). Notice the one common word in each link: **EARLY**. The guidelines were again revised in 2005 to create a single international version of evidence-based, scientific resuscitation guidelines. There must be an unbroken continuation in the rescue process to ensure the greatest possibility of survival. But the obvious most critical point is the **immediate** recognition of the

emergency and initiation of the “chain” by those surrounding the victim. If no one recognizes the signs of the emergency, and no action is taken quickly, the possibility of survival plummets to zero.

Early Access: This refers to the actions taken from the time the victim collapses until emergency medical service (EMS) personnel arrive. When someone suffers sudden cardiac arrest, the most important actions a bystander can take are to recognize the critical nature of the situation, have an emergency service number called, and to start procedures on the victim for resuscitation. Recognition of early warning signs, such as chest pain, shortness of breath, and patient activation of the emergency response system can significantly increase the rate of survival. This is the compelling reason the American Heart Association stresses education concerning the importance of recognizing the signs and symptoms of cardiac arrest, acute myocardial infarction and stroke, and initiating the action plan for survival.

Early CPR: Statistics and logic confirm that the survival rate is much higher in victims who receive early CPR than in those who get delayed attention. The physical procedures involved in CPR (chest compressions pushing blood circulation through to the vital organs) help preserve cerebral and myocardial viability, but it can not stand alone as the sole important link to increased survival mainly because of the complexity of administration and the variability of the competence of the administrator. The main cause of failure to adequately resuscitate in this chain of survival is the delay in initiating defibrillation when needed.

Early Defibrillation: The survival rate from sudden cardiac arrest, according to many studies, is poor if the victim does not receive electric-shock therapy within a few minutes to restore normal electrical cardiac activity. Studies have shown that the most critical factor for survival from ventricular fibrillation is the time difference between onset of fibrillation and administration of defibrillation. By the numbers, **the probability of survival is reduced by about 50% for each three-minute delay in administration of defibrillation.** Further, **survival rates for sudden cardiac arrest can rise to as high as 90% when immediate electrical cardiac shock is administered.** Because of this fact, **the immediate correction of fibrillatory cardiac beating is recognized as the most critical component in the chain of survival.** But, as stated previously, early defibrillation is not the only important aspect of treatment; all the factors in the chain of survival must be interconnected, attended to, and applied.

Early Advanced Cardiac Life Support (ACLS): Defibrillation works best when CPR is provided right up until the electrical shock is applied, followed by rapid advanced care to prevent fall-back to the previous

dangerous cardiac conditions. ACLS is enhancement of basic life support (BLS) and is provided by professional EMS personnel. It includes airway and breathing management, medications, and, in some cases, inducing dropping the body's temperature (hypothermia) to reduce onset of oxidative inflammation and destruction in cardiac and cerebral tissues. But since EMT personnel are almost never the first responders, it has been discussed with some persuasion that if the victim does not receive immediate adequately-provided CPR and fruitful defibrillation with an automated external defibrillator (AED), advanced life support will prove to be disappointing and of limited or no value.

AUTOMATED EXTERNAL DEFIBRILLATOR (AED):

A defibrillator (first developed in the early 1900's) is a device which applies a therapeutic electric shock to the dysfunctional heart in order to restore normal beat rhythm. It can be utilized before the heart actually comes to sudden arrest while suffering the deadly chaotic beating of fibrillation. These devices can be external, transvenous, or implanted. One type of external unit, developed in 1979, is known as an **automated external defibrillator (AED)** and is capable of accurately analyzing cardiac rhythms and advising about, and delivering, therapeutic electric shocks when appropriate.

These AEDs use internal computer algorithms to analyze cardiac beating and detect for ventricular fibrillation. The modern units deliver effective low-energy waveform shocks in strengths of 120 to 200 joules. The AEDs, themselves, are safe, effective, lightweight, easy to use and maintain, and relatively inexpensive (about \$1,500). **They require only four simple steps: 1) turning on the device, 2) attaching two electrodes, 3) pressing a button for rhythm analysis, and 4) pressing another button to administer the shocks.** If further shocks are required,

the AED will instruct accordingly. However, the operator must carefully follow all instructions.

Many studies show positive outcomes with early defibrillation in public places, as it saves precious minutes and improves survival rates for cardiac arrest victims. This positivity relies critically on the fact of having many trained lay rescuers with readily-available AEDs in public places that attract large crowds such as public transportation, shopping malls, hotels, venues that host sports competitions, high-rise buildings, and manufacturing plants. Of course, having a private-home unit is also a wise decision especially if there are cardiac patients residing. Such a unit exists by the name of **Philips HeartStart Home Defibrillator**. It comes with a training video that can be used to familiarize the viewer with the device.

As part of the **public access defibrillation (PAD) program**, a federal law was enacted in 2002 to provide AEDs to states and localities at places where circumstance might provide a need. Funds from this law also provide training for those wanting to learn to recognize symptoms of severe cardiac distress and the subsequent use, if need be, of AED's. The primary goal of a program of this type is simply to sustain the patient's previous quality of life by preserving normal neurologic functioning. The program seeks to enable rescuers to deliver early defibrillation to victims within three to five minutes of collapse, the first critical moments after sudden cardiac arrest. However, this program should not replace the care provided by EMS personnel, but rather provide a lifesaving bridge in the chain of survival during the several critical minutes it takes for advanced life support to arrive.

DIXIE ZONE CALENDAR

2011		
August 3-6	LCM	USMS LCM Nationals – Auburn University, AL
Aug. 20	SCM	Crawfish Aquatics in Lafayette Pentathlon – Lafayette, LA
Aug. 27	LCM	Last Chance LCM Meet – Coral Springs, FL
Aug. 27	OW	Hickory Nut Gorge Olympiad VII – Lake Lure, NC
Sept. 10-11	SCY	Steve Barden Memorial Meet – Ashville, NC
Sept. 14-18		USMS Convention – Jacksonville, FL
Sept. 23-24	SCY	Deerfield Masters Fall Meet – Deerfield Beach, FL
Sept. 24	SCY	Central Florida Marlins Fall Splash – Ocala, FL
Sept. 24	SCY	Peachtree City Pentathlon – Peachtree City, GA
Oct. 1	OW	Daiquiri Deck Tropical Splash(1, 2.5, 5K) – Sarasota, FL
Oct. 8	OW	Eric Shanteau's Swim for Your Life – Lake Lanier Islands, GA
Oct. 8-9	SCY	Gulf Coast Fall Splash – Ft Myers and Naples, FL
Oct. 14-16	SCM	Rowdy Gaines Classic – Orlando, FL
Oct. 15	OW	Swim Across the St. Johns (3.6 mi) – Jacksonville, FL
Oct. 16	OW	Annual Bermuda Round the Sound Swim - Bermuda
Oct. 29	SCY	3 rd Annual Spooktacular Development Meet – Mandeville, LA
Oct. 29-30	SCM	Dixie Zone SCM Championships – Charlotte, NC
Nov. 5-6	SCM	Upper Keys Fall Invitational – Key Largo, FL
Nov. 12-13	SCM	Bridge the Bay – Sarasota, FL
2012		
Apr. 12-15	SCY	YMCA Masters Nationals – Ft. Lauderdale, FL
Apr. 26-29	SCY	USMS Short Course Nationals – Greensboro, NC
July 5-8	LCM	USMS Long Course Nationals – Omaha, NE

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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