

Dixie Zone Newsletter

Summer 2012

FROM THE NEW ZONE CHAIR

JERRY CLARK

Hello fellow Dixie Zone swimmers. I hope all the delegate slots available to the LMSCs in our zone will be filled at the annual United States Aquatic Sports convention September 12-16 at Greensboro NC. It is always a pleasurable experience when our zone meets each year and I really look forward to that again this year.

To our LMSC chairs, please try to get a handle on the probable meets in your areas during 2013 and send those to me at jerryclark@bellsouth.net and please also encourage pools in your area to consider hosting a zone championship meet next year. I attended the zone LCM meet in Greenville SC yesterday (Sat 8/4) and they had a lot of entries for their one year old pool. I've put a short time to discuss zone awards on the agenda when we're together next month; please give some thought to whether or not to require awards for our zone championship meets. Payment for the awards is part of the question.

At the time of this writing, there are still a few LMSCs (not ours) that have not returned the surveys that were sent out not long ago, but I think each zone chairperson will soon be given a report about the LMSCs in his/her zone; I am confident that all the LMSCs in our zone met all the standards that the USMS board is looking for. There is a move afoot to have the zone chairs become more involved with the LMSCs in their zones – rather than have the LMSCs report to the national office. It might turn out that they will send reports to the zone chairs instead. That will be ok with me if it is decided to adopt that policy – there will be a conference call or two about this, and my guess is that this will be a discussion item when the LMSC Development Committee meets at the convention. I'm not sure if the House of Delegates will have to vote on this or not; I'll keep you posted about this.

USMS saw substantial increases in registration after the Beijing games and I'm hoping all the LMSCs in our zone will gain new members due to the exposure swimming has gotten at the London games.

Don't hesitate to send questions, comments, items for discussion at the convention, etc. to me anytime.
Thank you, Jerry

OLYMPIC SWIMMERS

I am sure we all watched the Olympic swimming events and cheered on the Americans. But, do you know how many Olympians are members of USMS? On the USMS website under the History and Archives section, there is a list of all USMS members that were Olympians for any country in any sport. It may surprise you to find out that you know some of these people but had no idea about their background. Check out the list at <http://www.usms.org/hist/oly/>. If you know of someone who is missing from the list, please contact the chair of the History and Archives committee.

CHECK-OFF CHALLENGE

Hammerhead Aquatics, part of GOLD Masters, is hosting the 2012 USMS Check-off Challenge this year.

The Check-off Challenge is where one tries to swim each event on the books. It is a great team event. You can do the events at workout or a meet. You register online and try to complete each event in yards, long course meters, or short course meters during the calendar year. It does not matter what the times are. Challenge your teammates to do every event!

You can register at www.hammerheadaquatics.com or www.dixiezone.org.

For more information, contact coach John at swimjohnswim@bellsouth.net

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: Synchronised: June 1-4, 2013;
Swimming: June 5-12, 2013
Open Water: June 13, 2013

The event will be held at the Selby Aquatic Center, Sarasota Family YMCA, 8301 Potter Park Dr, Sarasota, FL 34238. Online entry for the meet will begin in November. The order of events and lists of hotels are available at this site:
www.panamericanmasters2013.org

CUBA TO KEYS SWIM

By: Andrea Woodburn

Penny Palfrey is one of the world's most adventurous and accomplished marathon swimmers, specializing in channel swims around the world. Formerly a world-class pool swimmer, Penny has set records in the Strait of Gibraltar, Molokai Channel (12 hours 7 minutes) and Santa Barbara Channel as well as completed swims in the Cook Strait, English Channel, Catalina Channel, Tsugaru Channel, Molokai Channel. She has completed 6 out of the 7 channels of the Oceans Seven and various other swims from Lake Taupo in Australia to the Cayman Brac Channel in the Caribbean Sea, where she made history by swimming for 40 hours, 41 minutes and 12 seconds to cover the distance of 67.25 miles between Little Cayman and Grand Cayman.. This historic swim set the world record for the longest unassisted open water swim. In June, Penny attempted to swim from Cuba to the Florida Keys. Bill Korey, Andrea Woodburn and Scott Woodburn from the FGC LMSC were all part her support crew. We thought you might like to know a few things about Penny and her most recent project - Cuba 2012, so we sat down and asked her a few questions that she was more than happy to answer.

What do you love most about open water swimming? Least?

The freedom in the water, the travel, the challenge, the friends and the beautiful places that I get to see are what I love about open water swimming.

My least favorite is being forced to abandon a swim before the completion due to conditions and or marine life after I have put in all the effort and training.

Why Cuba to Florida?

Last year I was successful in the Cayman Islands swim. It seemed like a natural since I live and train in the tropics. It made sense to me, after I set the world record of swimming 67.25 miles/108 Kilometers, to attempt this swim. The wonderful view from shore to shore during a fly over one trip, had me saying "I think I'd like to try that swim"

How do you prepare mentally for such an extraordinary swim?

That starts a long time out from the actual swim-getting organized and preplanning towards the swim.

Organization is part of my preparation for the swim. Looking at charts, maps and the body of water itself are all an important part of preparing for my swim.

Once it gets closer to the swim my focus shifts to the job at hand-the actual swim. Handling what comes at me-weather, marine life, stingers, and waves, awareness that all of these and more are part of it and being ready to handle it all.

How did you prepare for this incredible feat of endurance?

I have been training in open water swimming for 20 years and this experience has helped me greatly in this and other long swims. Additionally, I have swum

almost exclusively in the open water for the past year, swimming up to 25 K daily for 3 days in a row and 145 K in a week at my max. I get up a 4 am to start early and I train in a similar climate to South Florida and Cuba back home in Australia.

Describe a typical training day

I usually swim for 3 ½ hours in the morning, a massage or physiotherapy (depending on the day) then I go home and do some chores, nap for an hour then off to the gym. I work out about 5 hours per day. On the weekends I get a 6 or 7 hour swim in on Saturdays. I try to take at least one day per week, usually Sundays. I have spent 30 hours per week training for this swim.

How do you push through the pain and fatigue?

A lot of it is mental. "I try to manage things" At times I back off through a rough patch then I may push harder to get through. I work the problems as they come. I rely on my strength and know that I am prepared. I draw on my 20 years of experience to help me push through.

Is there anything you think about while you swim that you want to share?

Music. I usually have a song in my head, sometimes it is the same song for 40 hours. During my Cayman Island swim it was the Led Zeppelin song Stairway to Heaven. I am also very aware of my immediate surroundings-my team, the kayak, the support boat, the wildlife, if there are any around, the sun, the waves. This becomes my world. "I am zoned out completely yet completely aware."

Tell us about the food/drinks you consume while swimming

I take in carbohydrates, electrolytes, chocolate, some coffee and oats throughout the swim. The chocolate and the oats are my treats. I have them at 4 hours and 8 hours. It is something I look forward to.

What is the largest logistical challenge for the Cuba 2012 swim?

"You mean apart from swimming 103 miles, the extreme heat, sun exposure, marine stingers and the gulfstream." Nothing else was said about this.

Tell us some of the things your support crew does while you are swimming

The kayakers escort me. The medical team looks after all the medical needs of me and the crew. The handlers feed me, change and recharge the shark shields, send information to shore, organizing illumination at night. I keep them very busy. I need to add that they are also very supportive and positive during my swim.

Estimated cost of the whole Cuba 2012 adventure

The budget of \$166,000 was our starting point. We have good local support from my hometown of Townsville, Australia Sponsors are always welcome, and we financed most of the swim ourselves.

What hazards did you face during your Cuba 2012 swim?

The air and water were very warm so exposure was certainly a problem. I also saw hammerhead sharks but the Shark Shields worked well and they kept their distance. I was stung repeatedly by jellyfish especially

at night.

What went wrong?

The conditions were good, I felt strong, and the crew was keeping me on target until the "north wall effect" of the Gulf Stream began pushing me east. It made landfall impossible and the swim had to be called.

What was the best part of the swim?

The overall experience, the adventure, the challenge and the friends I made. Also the feedback from others in support has been amazing.

What was the worst?

Swimming 92+ miles in over 41 hours and not being able to reach Florida because of the Gulf Stream pushing me too far east.

Are you proud of your accomplishment?

I am proud of the team and the effort, just upset with the outcome.

How do you recover from this and when do you start training again?

My mouth is incredibly painful from the exposure to the salt water so I have to keep that out of the water for now. I do try to get back in early and keep moving, then increase slowly.

Will you try again?

A lot is involved with a swim like this. Financially it is cost prohibitive...this trip was personally funded and cost over \$160,000. Coordinating an expert team such as I had on my crew, the paperwork and logistics and of course the training are all major factors in organizing this and future swims. That said, I would consider doing it again.

What other swimmers do you admire?

My support team, I admire them for their commitment and continued support. I mainly concentrate on my own swims however I must say that the marathon swimming community is a wonderful group of people where I have developed many lifelong friendships.

What drives you to swim? Who/what is your inspiration?

The challenge. "I find a challenge, I have a look at it find out all the information I can about the swim then I am half way there" she says with a smile. The completion after all the hard work and training is part of the driving force.

My team is my inspiration. They are a wonderful group of accomplished people in their own right. They are up for an interesting challenge. And find the time in their busy schedules to help me.

Do you have a message for your swims?

Friendship without borders. I have met so many wonderful people through my swimming from home in Australia, to the Flowers family and others in the Caymans, people in Japan, the USA and so many other places. I am grateful I can now add friends in Cuba to that ever growing list. People from all over the world have contacted me and I am so inspired by their outpouring of love and support.

As I complete this article I have been in touch with Penny and she is getting back to swimming each day while she continues to recover from her Cuba 2012

swim. Penny is scheduled to swim the North Channel between Ireland and Scotland in August. Here is what Penny said, "I'm now committed and will give it my best to become the first woman to complete the Ocean Seven." To follow and support Penny on her swims around the Globe visit her blog:

<http://pennypalfreyproject.blogspot.com.au/>

NEWS FROM GREENVILLE, SC

Swimmer of the Month: Melissa Coleman

Melissa Coleman is an extremely dedicated swimmer and athlete. She is very modest about her abilities, although she is an awesome swimmer, runner and cyclist. She works out all the time including swimming 3 times a week no matter how busy she is. She gets many of her workouts done early in the mornings at Caine Halter due to her hectic work schedule at Carolina Cornea. Melissa is a lane leader and usually leads the lane of six swimmers. She is the lap counter and her swim buddies joke that if she's not leading they do too many or too few laps. Her lane mates enjoy her for many reasons. Sally loves her attitude and says, "she is a kicker extraordinaire. When she puts fins on she's like a shark." Andrea says, "she never complains." Kristen says, "even though we are in the slow lane, she is determined to do whatever set is given to us, even if it means we'll have to swim a set a bit longer than the others." Melissa shows her dedication in many ways. She injured her foot a few months ago so she had to stop running, but she just increased her spin and swim rather than giving up. On a recent bike ride she was stung near her eye by a bee, but still completed the ride and came swimming the next day before going to the doctor to go on steroids. What I most admire and so do many others is the fact that she is so dedicated to her husband. Her husband Craig is training for an Ironman and Melissa has completed many of the training runs and rides with her husband so he doesn't have to train by himself. She completed many 100 mile bike rides these past few months with Craig. So even though Craig will be the one crossing the finish line, Melissa showed love and dedication to make it possible. Melissa is a true friend and inspiration to all that know her!

NOTES FROM THE FLORIDA LMSC

Sue Moucha, Florida Maverick Masters, was one of 40 Tampa Bay area female athletes profiled in the [Tampa Tribune](#), Sunday, June 24 for the 40th Anniversary of Title IX---women in the sports field who have made an impact. Sue was also the Keynote Speaker for the Tampa Catholic High School Athletic Hall of Fame Induction Ceremony/Dinner on August 4.

PLANTATION, FL INSPIRATION

By: Heidi Hester

Molli Serrano has been a member of Plantation Swim Team Masters in the FGC LMSC since 2009. She focuses on triathlons but has been convinced on occasion to enter a few distance events in pool competitions. She fits in a swimming workout after her twin children eat dinner or sometimes after a bike or a run on a Saturday morning. Molli quickly became known for her furious kick and endurance. One teammate called her a windup toy. She could just go and go and go.

A little over a year ago, Molli Serrano was diagnosed with pancreatic cancer. It began with slight stomach discomfort that persisted to the point where her doctor insisted on further testing. Upon diagnosis in the early summer of 2011, Molli was only weeks away from a triathlon competition: Ironman Austria. Molli is such a fierce and determined athlete, she asked her doctor if the surgery could wait until after the competition. It could not.

Molli spent the next few weeks travelling to prepare for her next challenge: pancreatic surgery. She entered the hardest and most challenging race: the race for her life. And she intended to win from the outset.

During those first few weeks after diagnosis, Molli often came to practice to clear her head and have some personal time where the only thing that she could think about was what she was doing in the water.

Would you be surprised if you heard that Molli asked how many laps around the hospital floor it was to equal a mile? If you know Molli, you wouldn't be. She wanted to keep her life as normal as possible, even with a large portion of her stomach and intestines removed. During her recovery, she gradually worked her way up to that mile of walking (14 laps) while hooked up to tubes containing her medication. She quickly found a stationary bike during her two-week post-operational recovery.

Once she was home, nearly from the start, she rode her bike with the chemo pump tucked away in her bike jersey. She wasn't allowed to swim because the tube inserted into her chest and chemo pump aren't waterproof. But, Molli rode. It was her sanctuary and one small way her life could remain normal. She still took her children to all of their activities fighting through the pain. When the doctor said her blood tests indicated a break from the rigorous chemotherapy, she didn't want to take the break because she knew the cancer wouldn't.

In the spring of 2012, the Ironman Corporation began a new initiative: Kona Inspired. This initiative was to give 5 people the opportunity to compete in the Ironman

World Championships in Hawaii. Normally, athletes must qualify, but this unique opportunity would be based solely on personal stories. Molli's video was submitted and she asked her friends to help her win by voting for her video. After many weeks of monitoring voting results, Molli was notified in mid-July that she was selected as a Wild Card to compete in the competition of her dreams. In October, she will travel to Hawaii just 15 months after pancreatic surgery to compete in her first Ironman competition in over 2 years. Her attitude, commitment to sport and passion for excellence drives her to do her best. Today, Molli is cancer free and the Plantation Swim Team Masters wishes her all the best in this wonderful opportunity to fulfill her dream of competing in Kona.

THE EVOLUTION OF USMS

By: Barb Protzman

Since I first joined USMS in 1978 when I was just 23, the organization has gone through many changes. My first nationals had to wait until I was 25 in 1980. USMS did not allow swimmers younger than 25 to participate in nationals until 1991. FINA international meets still do not recognize the younger swimmers. 19-year-olds weren't allowed to join USMS until 1989 and 18-year olds were added in 2005. Qualifying times were introduced for Nationals in 1992.

USMS originally used your actual age as of the last day of a meet as your age for competition in all courses. In 1999, the age calculation for long course and short course meters meets was changed to match FINA rules, being your age as of 12/31.

The list of events has grown over the years. The 1000 yard and 800 meter free were added in 1985. FINA did not add the 400 and 800 relays for international competition until 2009. Do you remember when you had to be on your back and touch the wall before you could roll over for backstroke turns? That didn't change until 1991.

The organization has grown tremendously as well. The first paid employee was part time, Dot Donnelly. USMS hired its first executive director in May 2007 and Rob Butcher has been the ED since June 2008. USMS now has its permanent headquarters in Sarasota, FL and a paid staff of 10.

Computerization has made life so much easier for the meet directors and registrars. HyTek became highly used for running meets in 1994 when they offered to give a highly discounted copy to each LMSC. Registration moved from the MS-DOS version of Leoware to online with Club Assistant in November 2007. Online entry for Nationals began in the late 1990's and credit cards were accepted for payment starting in 2000.

USMS communications have evolved over the years. We started out with Swim Master which was produced by June Krauser using a typewriter beginning in 1972. The first USMS Rule Book was published in 1989. In 1993, USMS began an agreement with SWIM Magazine to include USMS as a portion of their content. In March 2005, USMS decided we needed our own magazine which we could control the content

of. SWIMMER Magazine is now produced in-house by our own staff. The USMS website debuted in 1996 and has grown tremendously over the years.

USMS has come a long way since it was founded in 1970 and now has over 55,000 members.

DIXIE ZONE CALENDAR

May 15- Sept 15		5K/10K Postal (50m pools only)
Sept 9	OW	USMS 2-mile Championship – Lake Hopatcong, NJ
Sept. 15	SCY	Steve Barden Memorial Meet – Asheville, NC
Sept. 22	SCY	Central Florida Marlins Fall Splash – Ocala, FL
Sept. 29	OW	Triangle Open Water Championship – Chatham, NC
Oct. 6	OW	Dixie Zone OW Championships – (1K, 2.5K, 5K) Sarasota, FL
Oct. 12-14	SCM	Dixie Zone SCM Championships/Rowdy Gaines Classic – Orlando, FL
Oct. 14	OW	22 nd Annual Bermuda Around the Sound Swim - Bermuda
Oct. 14	LCM	ESMS October Splash – Fairhope, AL
Nov. 3-4	SCM	Upper Keys Fall Invitation – Largo, FL
Nov. 10-11	SCM	Shark Tank SCM Meet – Sarasota, FL
Sep 15–Nov 15		3000/6000 yd Postal (25 yd or 25 m pools only)
Nov. 17	SCY	Mandeville, LA
Nov. 25	SCY	Pensacola, FL
Nov 30 – Dec 2	SCM	South Carolina SCM Championships – Columbia, SC
Dec. 1-2	SCM	Coral Springs Holiday Classic – Coral Springs, FL
Dec. 1-2	SCY	Lakeland, FL
2013		
May 9-12	SCY	USMS Spring Nationals – Indianapolis, IN
June 5-12	LCM	Pan American Masters Championships – Sarasota, FL
Aug. 7-11	LCM	USMS Summer Nationals – Mission Viejo, CA
2014		
May 1-4	SCY	USMS Spring Nationals – Santa Clara, CA
Aug. 14-17	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.

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