

Dixie Zone Newsletter

Fall 2012

FROM THE NEW ZONE CHAIR

JERRY CLARK

Happy upcoming holiday season to all the Dixie Zone swimmers. How time flies!

Being together at the US Aquatic Sports convention in September was nice. The enthusiasm level is high and I think will get higher this coming year. The LMSC chairs in our zone are very energized, which will undoubtedly carry over into the ranks of our swimmers. I hope our membership numbers grow during the current registration year; will be interesting to see if they grow like they did after the Beijing Olympics.

Our webmaster Dick Brewer stays on top of upcoming events in our zone; take a few minutes each week to check for new meets, open water events, clinics, Top 10 times and new zone records. Dick, Ed Saltzman and Andy Dyer are very efficient and make our zone website easy to prowl through.

The matter of LMSCs complying with standards that have been voted on and approved by the House of Delegates is ongoing, and I'm happy to report that our LMSCs have done very well with compliance. I also think the standing LMSC Development Committee membership is aware that reaching out to a few LMSCs that have not quite met some of the standards needs to be done thoughtfully and patiently. The zone chairs throughout the country have been asked to do the talking with the Chairs of the few LMSCs that still have a ways to go. Hopefully that will help bring good results.

The Long Distance committee has asked our zone to have an Open Water Series in 2013 and I'm lining up some committee members who in turn will be in touch with the Open Water Chair people in each of our LMSCs. Check the Dixie Zone website and you'll see that a number of open water events have already been calendared for 2013. More will be posted when our committee chooses venues for the proposed Series.

Last, our zone Long Course Meters championship pool meet will be held in Sarasota as part of the Pan-American Meet June 5 – 12, 2013. We're appreciative of Rick Walker's willingness to allow us to have our championship meet with the already scheduled Pan-American Championship. Info about this meet is already posted on www.dixiezone.org and the Dixie

Zone logo should be posted by the time you read this letter. Check it out; participating in an international meet is really fun. If you've never been in one, here is a great opportunity without having to travel afar. Get some people in your club and/or workout group to put a trip together for this meet.

Please be sure to renew your USMS registration (and get a friend to join too).

2012 CONVENTION RECAP

The 2012 United States Aquatic Sports Convention was held at the Sheraton Greensboro Four Seasons, Greensboro, N.C. on September 12-16. Below is the list of current and newly elected officers and committee chairs.

Executive Committee

President - Nadine Day
V.P. of Administration - Michael Heather
V.P. of Community Services - Jody Smith
V.P. of Local Operations - Ed Tsuzuki
V.P. of Programs - Dave Diehl
Secretary - CJ Rushman
Treasurer - Ralph Davis
Past President - Jeff Moxie
Legal Counsel - Patty Miller

At-Large Directors

Jim Clemmons - Oceana Zone
Phil Dodson - Great Lakes Zone
Maria Elias-Williams - Dixie Zone
Chris McGiffin - Colonies Zone
Jill Gellatly - South Central Zone
Hugh Moore - Northwest Zone
Bruce Hopson - Breadbasket Zone
Phillip Whitten - Southwest Zone

Committee and Zone Chairs

Elyce Dilworth - Audit Chair
Sarah Welch - Comp & Benefits Chair
Jeanne Ensign - Finance Chair

Hugh Moore - Governance Chair
David Burgio - Investment Chair
Bruce Hopson - Policy Committee Chair
Doug Church - Swimming Saves Lives Chair
Jeff Roddin - Championship Chair
Scott Bay - Coaches Chair
Marcia Anziano - Fitness Education Chair
Meegan Wilson - History & Archives Chair
Sean Fitzgerald - Legislation Chair
Paige Buehler - LMSC Development Chair
Donn Livoni - Long Distance Chair
Edward Saltzman - Officials Chair
Lynn Hazlewood - Open Water Chair
Sally Dillon - Recognition & Awards Chair
Chris Stevenson - Records & Tabulation Chair
Leo Letendre - Registration Chair
Katherine Casey - Rules Chair
Jane Moore - Sports Medicine & Science Chair
Stacy Broncucia - Breadbasket Zone Chair
Jeffrey Strahota - Colonies Zone Chair
Jerry Clark - Dixie Zone Chair
Daniel Cox - Great Lakes Zone Chair
Tim Waud - Northwest Zone Chair
Michael Moore - Oceana Zone Chair
Tyler Blessing - South Central Zone Chair
Mary Hull - Southwest Zone Chair

Championships Awarded

2014 Pool Championships Locations

Spring Nationals (SCY): Santa Clara Swim Club, Santa Clara, Calif.; tentative dates May 1-4, 2014

Summer Nationals (LCM): University of Maryland, College Park, Md.; tentative dates August 13-17, 2014

2015 Pool Championships Locations

Spring Nationals (SCY): San Antonio, Texas; tentative dates April 23-26

Summer Nationals (LCM): Spire Institute, Cleveland, Ohio

2014 Long Distance National Championships Locations/Hosts

Speedo 1-Mile: Davis Aquatic Masters, Lake Berryessa, Calif., 6/7/2014

1-3-Mile: Outdoor Chattanooga, Tennessee River, Tenn., 5/17/2014

3-6 Mile: Central Oregon, Elk Lake, Oreg., 8/3/2014

6+ Mile: CIBBOWS, Hudson River, N.Y., June 2014 (TBA)

9+ Mile: Genesis/Hopkins, Lake Minnetonka, Minn., 7/26/2014

2-Mile Cable: Adirondack Masters, Mirror Lake, Lake Placid, N.Y. 8/16/2014

1 Hour Postal: Indy Aquatic Masters

5K/10K Postal: Rogue Valley, Oreg.

3000/6000 Postal: Central Oregon

Major Rule Changes

Starts:

Swimmers starting in the water must have at least one foot on the wall and one hand in contact with the wall or starting block. (Articles 101.1.1 and 103.8.5)

Swimwear for Pool Competition:

Medical identification items may be worn in competition. (Articles 102.12.1E and 102.13.9)

Snorkels and neoprene caps are prohibited. (Articles 102.12.1E and 102.13.9)

Timing:

If the secondary timing system is a fully integrated video system, a tertiary system of one stopwatch per lane is not required. (Article 103.17.2C)

When overhead video cameras replace timers, other meet personnel shall perform other duties normally performed by timers. (Articles 103.11.2A&D, 103.11.3B, and 104.5.10C)

If there is a touchpad malfunction and fully integrated, stationary overhead cameras are operating properly as the secondary system, then the video camera time shall be the official time without adjustment. (Article 103.17.3D)

Scoring:

For non-standard meets the LMSC and/or meet host may establish the scoring point values to suit the format of the meet. (Article 103.19.3)

National Championship Meets:

All bids for a national championship meet shall be submitted to the chair of the Championship Committee no later than July 1 (or the next business day if July 1 falls on a Sunday or holiday). (Article 104.3.4)

The Championship Committee may limit participation in the 800/1000 or the 1500/1650 freestyle to only those who meet the national qualifying time for that event. (Article 104.5.3C[2])

A swimmer shall notify the meet host of a valid club transfer prior to the first event in which that swimmer competes. (Article 104.5.4A[3])

National championship meet information shall be published according to Championship Committee policy. Entry forms and additional information shall be published on the USMS website. (Article 104.5.4B2) Eliminated the option of swimming two-to-a-lane in freestyle events over 200 meters.

Pool Measurement:

Record applications and Top 10 submissions shall not be accepted unless certification of course length accompanies them or is on file with USMS or FINA. USA Swimming verification of pool length certification will be accepted if it meets the USMS requirements for pool measurement. (Article 105.1.6A&B)

Structural changes to a pool include resurfacing. (Article 105.1.6C)

If a bulkhead is used and the initial pool length certification for all lanes is on file, the measurement rules and policies of FINA shall be the standard for events sanctioned by a FINA Masters member federation other than USMS. (Article 105.1.7E)

If a bulkhead is used and the initial pool length certification for all lanes is on file, the measurement rules and policies of USA Swimming shall be the standard for Top 10 eligibility for events sanctioned by USA-S. The measurement rules and policies of USMS shall apply for dual sanctioned events. (Article 105.1.7F)

All-American and All-Star:

All-Star criteria were added to the rule. (Article 105.4)

Facility Standards:

Water temperature from 25 to 28 degrees Celsius (77 to 82 degrees Fahrenheit) shall be maintained for competition. (Article 107.6)

The rule requiring a line marking the midpoint of a long course pool has been deleted.

If you are interested in reading the complete meeting minutes from the convention, they are available on the USMS website under the Convention tab.

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 meet will also serve as the Dixie Zone LCM Championships. The order of events and lists of hotels are available at the official meet site: www.panamericanmasters2013.org.

Improvements are being made to the facility in order to host the meet. They have already installed the new track start blocks. Additional bleachers have been added and the locker rooms will be totally re-modeled as well.

The event schedule is: Synchro: June 1-4, 2013;
Swimming: June 5-12, 2013
Open Water: June 13, 2013

ORLANDO SCM MEET

The Rowdy Gaines Masters Classic featured swimmers from all around the world, of all ages and abilities. From current and former Olympians to 85-year-old superstars, the pool was filled with inspirational stories.

At this year's event, one attendee, though, stood out perhaps more than any other. It could be because he was the smallest ... and the only one with four legs.

Find out how Goby, the 6-pound wonder dog, puts the can in canine and is ready to detect danger, dial an iPhone and jump into the pool to save the life of his best friend. Seriously.

Want to know more about Goby and Dana? Check out <http://growingbolder.com/media/living/pets/goby-the-wonder-dog-824839.html>

NEW POSTAL EVENT

There's an awesome new postal event, the 400 Kick for Time! This runs through the month of December 2012 and costs only \$10 to enter. Check out the website for details:

<http://www.usms.org/comp/event.php?MeetID=20121201MEMO-1Y>.

YMCA MASTERS NATIONALS

The 2013 YMCA Masters Nationals Championship Meet will be held in Ft. Lauderdale on April 11-14. This may be the last time for a while that the meet is in Ft. Lauderdale as they plan to undergo major renovations beginning in the summer of 2013.

There have been a few changes in the conduct of the meet. Swimmers may now entry a maximum of 12 individual events (previous limit was 8). Also, you must be a member of the YMCA by March 15, instead of 3 months prior to the meet as in the past. For complete meet information, see:

http://www.ymcaswimminganddiving.org/nats/2013Masters/F-11-1-2012_18182013Masters-Meet-Packet-Final.pdf.33

NOTES FROM THE FLORIDA LMSC

Congratulations to Doris Prokop, Florida Maverick Masters, for being featured in the **4 YOU** Section of the Tampa Tribune for her outstanding achievements in the Florida Senior Games and for setting example for everyone. Being active can be fun!

On September 8, 2012 Sarasota resident and Florida Maverick Masters swimmer Gregory S Rotole successfully accomplished his Golden Gate Bridge 4 Mile Medley Swim to raise awareness about the Wounded Warrior Project. Sunrise began at 6:45 with air and water temperatures of 57 and 58 degrees respectively. But there was a 2 ½ foot chop on the water with 6 foot swells which provided a pounding boat ride to the Golden Gate. Commencing at 7:00 AM, the butterfly leg was completed with a pounding undulation in the predicted time of 41 minutes. And then, the backstroke was accomplished in a similar time of 55 minutes with the chop pounding over Greg's head. Both strokes were swam directly under the

center of the Bridge, which proved to be a deceptive affair when Greg found himself going backwards 10 minutes into the breaststroke leg almost slamming into the South Tower. After repositioning to be removed from an eddy, Greg then continued with the breaststroke for 66 minutes in severely eroding unpredicted conditions to the point he felt as if he did not know how to swim and was going to drown. After repositioning, Greg finished the third leg of the IM doing the freestyle pull for 11 minutes, his legs exhausted from an inability to get a catch with his feet due to the horrific currents, chop, and swells. The sturdy breaststroke – the diesel engine of swimming – failed Greg in those horrific conditions requiring a time two times longer than was predicted. In contrast, it took 18 minutes to reach the South Tower in the freestyle leg requiring only one-half the predicted time.

Indeed, Greg found the Golden Gate Medley to be the hardest swim of his life, certainly more difficult than the open water medley swims in Florida or even the 12.5 miles around Key West. Had the swim been started an hour earlier than the predicted time, the ebb and secondary currents around the Towers would not have had as severe an impact, once again proving the uncertainty about swimming under the Golden Gate, which is why Greg said he would consider the swim a success if he accomplished a mile of fly - the rest he didn't know about! Finally, a video of Greg's Swim will be coming out in October for all of you to see....

So, help Greg raise awareness about the Wounded Warrior Project by making your donation today. Send your check made payable to the Wounded Warrior Project to: Gregory S Rotole, PMB 182, 15 Paradise Plaza, Sarasota, FL 34239

Further inquiries may be made directly to Greg at: 941-256-6903 or gregswims@gregorysrotoledds.comcastbiz.net.

AVOID SHOULDER INJURY

Chris Frederic

Injuries to the shoulder are the most common injury for athletes in all aquatic disciplines. Shoulder injuries mean critical time is lost from training and competition. Prevention is a must in order to train at the level you desire. Lucky for us, Dr. Jim Miller of Virginia Masters and Past President of US Masters Swimming, has put together a great video of exercises to prevent shoulder injuries in aquatic sports. The exercises are easy to do and can be done at home with minimal equipment. The exercises are for prevention; so if you are injured already, please see your orthopedist or physical therapist. To watch the video, go to www.fina.org and click on the Sports Medicine page.

NEW BREASTSTROKE RULE INTERPRETATION

Chris Frederic

By now you have probably heard about the “new breaststroke rule” adopted by FINA earlier this year. To clarify, this is not a new rule; it is strictly a new interpretation of the existing rule. Rule 101.2.2 (Stroke) says, “Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.” Rule 101.2.3 (kick) says, “After the start and after each turn, a single butterfly (dolphin) kick, which must be followed by a breaststroke kick, is permitted during or at the completion of the first arm pull, following which, all movements of the legs shall be simultaneous...”

With this “new interpretation,” FINA is clarifying that the arms must start BEFORE the legs, and there must be “visible separation” of the hands to indicate the start of the pull.

For the swimmer, this means your hands MUST move apart to indicate the beginning of the pull. If you dive in with your hands in locked, one-hand-on-top-of-the-other streamline position, your hands must unlock and move apart (separate) before you initiate the dolphin kick. If you dive in with your hands apart, in “Superman” position, you must move your hands farther apart to indicate the start of the pull.

As an Official, we're looking for “blue” (i.e., water) between the hands, or “more blue” (i.e., more water) between the hands before the dolphin kick starts. Once your hands separate, you can begin the dolphin kick. .

If you have questions about this new interpretation or if you aren't sure your pull-out is fully legal, please discuss it with your coach. The coaches have been aware of this new rule for a while and are very familiar with it. Good luck!

OPEN WATER RULE CHANGE

Doug Holmes

The question on wet suits in open water was answered when the USMS House of Delegates at their annual convention voted to follow new regulations regarding swimsuits for open water competitions. There are now two categories for open water swimwear: Category I is required for all Open Water National Championships and shall be scored separately from Category II, whether in a National Championship event or not.

Category I swimwear shall be made from textile materials. For men, the swimsuit shall not extend above the navel or below the knee. For women, the swimsuit shall not cover the neck, extend past the shoulder, nor extend below the knees. There are no

"fastener" specifications. Everything else, such as wetsuits, rash guards, arm warmers, arm bands, etc., is considered to be included in Category II.

USMS CONVENTION DIXIE ZONE MEETING MINUTES

ATTENDEES:

Jerry Clark, Lisa Watson, Barb Protzman, Debbie Cavanaugh, Matt Hooper, Nan Destafney, Neal Vestal, Joel Schmaltz, Maria Elias-Williams, Chris Frederic, Greta Van Meeteren, Hans Van Meeteren, Ed Saltzman, Meegan Wilson, Kay Miller, Scott Bay, Jillian Williams, Jack Groselle, Laura Groselle, George Simon, Jim Matysek, Anna Lea Matysek, Joan Campbell, Kyle Deery, Susan Kuhman, Luke Shaheen, Sherri Bogue, Marianne Bradley, Bob Jennings, Doug Holmes, Rob Butcher, Rob Copeland, Judy Childers, Diane Bartlett, Leslie Scott, Pate Palmer, Bill Brenner, Sean Fitzgerald.

MINUTES:

1. **INTRODUCTION OF LMSC CHAIRS**
Jerry introduced the LMSC Chairs from the Dixie Zone: Meegan Wilson, Florida; Matt Hooper, Florida Gold Coast; Lisa Watson, Georgia; Greta van Meeteren, North Carolina; Joel Schmaltz, South Carolina; Nan DeStafney Southeastern; Chris Frederic, Southern.
2. **ENDORSEMENT OF ZONE CANDIDATE FOR BOARD OF DIRECTORS: MSA TO ENDORSE MARIA ELIAS-WILLIAMS AS THE AT LARGE DIRECTOR FROM THE DIXIE ZONE.**
3. **NEWSLETTER**
Newsletter Editor Barb Protzman encouraged the LMSCs to be sure to send her information for the Dixie Zone newsletters.
4. **TOP TEN/RECORDS**
Ed Saltzman is in charge of records and Andy Dyer is in charge of the Dixie Zone Top Ten. Ed asked the LMSCs to encourage their meet directors to get their meet results submitted in a timely manner. He also reminded everyone that if someone competes at an out of state meet, they need to be sure to send those meet results to their state Top Ten Chair. Chris Frederic asked who should be contacted if an error is noted in the Top Ten results. Ed said either he or Andy could be contacted to correct the error.
5. **DIXIE ZONE 2013 MEET CALENDAR AND ZONE CHAMPIONSHIP MEETS**
Dick Brewer has compiled a list of all 2013 Dixie Zone events that are known at this point and these are posted on the Dixie Zone website. The entire Dixie Zone thanks Dick for

his fantastic work in building and maintaining the website throughout the years. Bids were taken for the 2013 Dixie Zone Championships. MSA TO AWARD THE DIXIE ZONE 2013 CHAMPIONSHIPS TO CLEARWATER, FLORIDA FOR SCY, GREENVILLE, SOUTH CAROLINA FOR LCM, AND ORLANDO, FLORIDA FOR SCM. Joel Schmaltz said he would check with the Greenville meet director to make sure that she was agreeable to hosting the LC Championships again. It was also noted that there was a potential conflict with the South Carolina SCY Championships in North Myrtle Beach being held the same weekend as the Dixie Zone SCY Championships in Clearwater. The LMSC Chairs voted to allow both meets to take place at their scheduled dates, citing the geographical distance between them should not pose a conflict for swimmers. There were no firm open water bids at this time. MSA FOR JERRY TO SEEK OUT BIDS FOR THE DIXIE ZONE OPEN WATER CHAMPIONSHIP AND HAVE THE LMSC CHAIRS VOTE TO AWARD THE BID.

6. **LMSC STANDARDS**
Jerry asked for brief comments from the LMSC Chairs on the recent survey on LMSC standards sent out by the LMSC Development Committee. Meegan expressed some frustration that the survey was very time consuming, as it required feedback from other LMSC members as well. She also cited additional frustration at being given a score of '0' for meet results when in fact, there was only one instance where meet results were not turned in because the pool measurements had not been certified. Meet results were turned in for 9 other meets, yet their score was still a '0'. Other LMSC Chairs expressed similar comments regarding the scoring. Matt felt that the two week window for submitting results was too narrow. Lisa felt that the LMSCs were becoming somewhat micro-managed. She stated that she thought the purpose of the LMSC Development Committee was to assist struggling LMSCs who are in need of help. She also said that all LMSCs have their own unique situations which should be respected. Greta expressed similar sentiments to Lisa's comments. Joel, while sharing some of the same concerns that others had already voiced, appreciated the new survey, and thought it was very well written. Nan felt that LMSCs standards are necessary for our success and praised the LMSC Development Committee for their work. She also expressed concern over the scoring system, feeling that giving a score of '0' was far too drastic when only one of many items in a specific category did not meet

the LMSC Standards criteria. LMSCs should not be forced to compete with one another in a ranking system. Chris said she would like for an LMSC to be able to be compared with its own performance throughout the years to hopefully look for improvement. She also felt that the 2 week window for submitting results is too narrow. Meegan further commented that she agrees that minimum standards should be upheld: however, she felt that additional standards had recently been added by the committee which are above the minimum level (such as requiring an LMSC Vice Chair position). Rob Copeland addressed the members as a representative of the LMSC Development Committee. He appreciated all

the comments and will convey these to Paige Buehler, chair of that committee.

7. OTHER

USMS President Nadine Day addressed the Dixie Zone and thanked them for their volunteer work. Bill Brenner, Club and Coach Services Director encouraged the LMSCs to take advantage of this opportunity for educating their coaches. Debbie Cavanaugh was disturbed that the meeting time for Zone meetings had been reduced to an hour: she recommended that 90 minutes be allotted for Zone meetings in the future.

DIXIE ZONE CALENDAR

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	Florida State Senior Games – Lakeland, FL
Dec. 8-9	SCM	Southern Masters SCM Championships – New Orleans, LA
Dec. 15	SCM	St. Nicholas Invitational – Atlanta, GA
2013		
Jan. 13	OW	Tampa Bay Frogman Swim (5K) – Tampa, FL
Jan. 19-20	SCY	396h Annual Sunbelt Championships – Charlotte, NC
Feb. 8-10	SCY	South Carolina SCY Championships – North Myrtle Beach, SC
Feb. 9-10	SCY	Dixie Zone SCY Championships/Valentines Meet – Clearwater, FL
Feb. 16-17	SCY	Auburn Masters Invitational – Auburn, AL
Mar. 1-3	SCY	20 th Annual Masters Challenge – Ft. Lauderdale, FL
Mar. 1-3	SCY	Crawfish Masters SCY Championships – Baton Rouge, LA
Mar. 3	SCY	Frank Clark Memorial Meet – Greensboro, NC
Mar. 9	LCM	Goodlife Games – Clearwater, FL
Mar. 9-10	SCY	St. Patrick's Day Meet – Atlanta, GA
Mar. 22-24	SCY	St. Pete Masters SCY Championships – St. Petersburg, FL
Apr. 6-7	SCY	North Carolina SCY Championships – Cary, NC
Apr. 11-14	SCY	YMCA Masters Nationals – Ft. Lauderdale, FL
Apr. 20	OW	16 th Annual Tampa Bay Marathon Swim (24 mi) – Tampa, FL
Apr. 27	SCY	3 rd Annual Stephen Billeaud Memorial Pentathlon – Lafayette, LA
Apr. 27	OW	USMS 5K Championship – Ft. Myers, FL
May 4	OW	SMS Open Water Swim (1K, 3K) – Baton Rouge, LA
May 4	OW	Hurricane Man (1K, 2.4 Mi) – St. Petersburg, FL
May 9-12	SCY	USMS Spring Nationals – Indianapolis, IN
May 25	OW	Ed Gaw Amelia Island Open Water – Fernandina Beach, FL
June 1	LCM	Classic City Masters Meet – Athens, GA
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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