

Dixie Zone Newsletter

Fall 2013

2013 USMS CONVENTION

The 2013 United States Aquatic Sports Convention was held at the Hyatt Regency - Orange County, Garden Grove, Calif., September 11-15. We have compiled a list of current and newly elected officers and committee chairs as determined during the convention. More information, including awards and honors, can be found in the Convention press release.

Executive Committee

- President - Nadine Day
- V.P. of Administration - Ed Tsuzuki
- V.P. of Community Services - Jody Smith
- V.P. of Local Operations - Chris Stevenson
- V.P. of Programs - Chris McGiffin
- Secretary - Chris Colburn
- Treasurer - Phil Dodson
- Past President - Jeff Moxie
- Legal Counsel - Patty Miller

At-Large Directors

- Jim Clemmons - Oceana Zone
- Phil Dodson - CJ Rushman
- Maria Elias-Williams - Dixie Zone
- David Diehl - 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
- Ralph Davis - Investment Chair
- Brandon Franklin - Swimming Saves Lives Chair
- Jeff Roddin - Championship Chair

- Scott Bay - Coaches Chair
- Marcia Anziano - Fitness Education Chair
- Meegan Wilson - History & Archives Chair
- Meg Smath - Legislation Chair
- Paige Buehler - LMSC Development Chair
- Donn Livoni - Long Distance Chair
- Edward Saltzman - Officials Chair
- Lynn Hazlewood - Open Water Chair
- Ray Novitske - Recognition & Awards Chair
- Jeanne Seidler - Records & Tabulation Chair
- Leo Letendre - Registration Chair
- Kathrine Casey - Rules Chair
- Jane Moore - Sports Medicine & Science Chair
- Lori Payne - Breadbasket Zone Chair
- Jeffrey Strahota - Colonies Zone Chair
- Matt Hooper - 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

2015 Pool Championships

- Nationwide USMS Spring Nationals (SCY):
San Antonio, TX Apr. 23-26, 2015
- Marriott USMS Summer Nationals (LCM):
Spire Institute, Cleveland, OH Aug. 6-9, 2015

2015 Open Water and Long Distance National Championships

- 1-Mile: Tri-Valley Masters, Livermore, CA,
June 14, 2015
- 1-3-Mile: Green Leaf Racing, Lake George,
NY, Aug. 29, 2015
- 3-6 Mile: Chicago Masters, Chicago, IL, Sept.
12, 2015
- 6+ Mile: Tri-Valley Masters, Livermore, CA,
June 13, 2015
- 9+ Mile: NASTI, Noblesville, IN, June 20, 2015

- 2-Mile Cable: COMA, Foster Lake, OR., June 27, 2015
- Speedo 1-Hour Postal: Chicago Smelts, Jan. 1 to 31, 2015
- Speedo 5K/10K Postal: COMA, May 15, 2015 to Sept. 15, 2015
- Speedo 3000/6000 Postal: Davis Aquatics Masters, Sept. 15, 2015 to Nov. 15, 2015

DIXIE ZONE CHAMPIONSHIPS

The 2014 Dixie Zone Championships were awarded at the USMS Convention in September:

SCY: March 29-30, 2014 – Raleigh, NC
 LCM: June 27-29, 2014 – Tupelo, MS
 SCM: December 13-14, 2014 – Atlanta, GA
 OW: June 14, 2014 – Chattanooga, TN

USMS INSURANCE CHANGES

A new workout insurance requirement has been put into effect by our insurance carrier. Effective immediately, for a workout to be covered by USMS insurance, the person supervising the workout must be a USMS member. In the past, a USA Swimming certified coach was allowed to supervise the workouts, even if the USA Swimming certified coach was not a USMS member. This is no longer true; now if the person supervising the workout is a USA Swimming certified coach, he or she must also be a USMS member.

FINA CHANGES TO USMS RULES

NOTICE TO ALL USMS MEMBERS FROM THE USMS RULES and LEGISLATION COMMITTEES Effective September 25, 2013 except as otherwise noted.

The 2013 USMS House of Delegates adopted the following changes to USMS rules to conform to rule changes adopted by the FINA Congress July 2013. FINA rule changes are effective September 25, 2013.

Unattached Swimmers:

All swimmers in a meet must belong to a club. If there is even one unattached swimmer competing at a short course or long course meters meet, NONE of the times from that meet will count for FINA Top 10 and World Records.

This rule change is necessary to comply with recent FINA rule changes that will disallow any times from USMS long course and short course meters meets for FINA Top 10 and World Records if a swimmer who does not belong to a club competes in the meet. All

other rules regarding unattached swimmers will continue to function as previously interpreted (102.9.1 p. 7, 104.5.4A[3] pp. 32-33, 201.1.2 p. 53, 201.1.3A p. 53, 201.1.3B p. 53, and 201.3.5 pp. 54-55). All currently unattached swimmers will automatically be registered with the club Unattached and do not have to notify their registrars.

201.3 Representation

201.3.4 An unattached swimmer is an individual member who is registered with the club Unattached through an LMSC. Swimmers registered with the club Unattached shall not compete in relays or score club points in competition. Competing while registered with the club Unattached shall not be considered as representing a club for purposes of 201.3.5.

Effective immediately.

Breaststroke:

FINA and USA Swimming have added clarifying language and one change in the following four areas:

- 1) turns
- 2) kicks
- 3) touches at turns and the finish (**new interpretation**)
- 4) incomplete cycle at turn and finish

101.2 Breaststroke

101.2.1 Start—The forward start shall be used.

101.2.2 Stroke—After the start and after each turn when the swimmer leaves the wall, the shoulders must be at or past the vertical toward the breast. The swimmer is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.

Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.

All movements of the arms...at the widest part of the second stroke.

101.2.3 Kick—After the start and after each turn,...and in the same horizontal plane without alternating movement.

The feet must be turned outwards during the propulsive part of the kick. Scissors, alternating movements or downward butterfly (dolphin) kicks are not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly (dolphin) kick.

101.2.4 Turns and Finish—At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above or below the water level.

At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. The head may be...preceding the touch.

FINA Interpretation of "...the touch shall be made with both hands separated and simultaneously at, above or below the water level...": The hands may touch but cannot overlap or be on top of each other.

Effective September 25, 2013.

Butterfly:

FINA and USA Swimming have added clarifying language and one change in the following three areas:

- 1) turns
- 2) stroke
- 3) touches at turns and the finish (**new interpretation**)

101.3 Butterfly

101.3.1 Start—The forward start shall be used.

101.3.2 Stroke—After the start and after each turn...until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Both arms must be brought forward simultaneously over the water and pulled back simultaneously under the water throughout the race.

101.3.3 Kick—All up and down...scissors kicking movement is not permitted.

101.3.4 Turns—At each turn the body shall be on the breast. The touch shall be made with both hands separated and simultaneously at, above or below the water surface. Once a touch has been made...swimmer leaves the wall.

101.3.5 Finish—At the finish, the body shall be on the breast and the touch shall be made with both hands separated and simultaneously at, above or below the water surface.

FINA Interpretation of "...the touch shall be made with both hands separated and simultaneously at, above or below the water level...": The hands may touch but cannot overlap or be on top of each other.

Effective September 25, 2013.

Backstroke:

FINA and USA Swimming have added clarifying language two areas:

1) the finish (delete "at the finish" from permission to be completely submerged to clarify that a swimmer cannot be completely submerged prior to the touch)

2) turns

101.4 Backstroke

101.4.1 Start—The backstroke start shall be used.

101.4.2 Stroke—Standing in or on...throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn, at the finish and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point, the head must have broken the surface of the water.

101.4.3 Turns—Upon completion...the wall. During the turn the shoulders may be turned past the vertical toward the breast, after which an immediate continuous single arm pull or an immediate continuous simultaneous double arm pull may be used to initiate the turn. Once the body leaving the wall. **Note:** The swimmer turning action.

Effective September 25, 2013.

Swimwear:

FINA and USA Swimming have added power bands and adhesive substances to the list of devices or substances that are not permitted.

102.12 Swimwear for Pool Competition

102.12.1 Design

E No swimmer is permitted to wear or use any device or substance to enhance speed, pace, buoyancy or endurance during a race (such as webbed gloves, fins, power bands, adhesive substances, snorkels, neoprene caps, etc.). Goggles...by the referee.

102.13 Disqualifications

102.13.9 No swimmers are permitted to wear or use any device or substance to enhance speed, pace, buoyancy or endurance during a race (such as webbed gloves, fins, power bands, adhesive substances, snorkels, neoprene caps, etc.). Goggles may be...referee.

Effective September 25, 2013.

For any questions about rules in Part 2 contact: Sean Fitzgerald, Chair USMS Legislation Committee legislation@usms.org

For any questions about rules in Part 1 contact: Kathy Casey, Chair USMS Rules Committee rules@usms.org

MY FIRST USMS CONVENTION

By Richard Garza, FGC LMSC

I was excited about attending my first United States Aquatic Sports convention, but didn't realize exactly how big United States Masters Swimming and USAS really are until my "New Delegates" orientation on the first day.

If you have not yet heard, USMS is 60,000+ members nationwide. Up until 2008, every aspect of our organization was built by passionate, diligent and hard-working volunteers who loved to swim. I never realized this until almost 500 of us gathered in the first House of Delegates meeting. I am still in awe of the success our organization has achieved since 1970, and all from volunteers!

While there, I attended as many meetings and lectures as I could, absorbing as much of the conference as my brain would allow. The meetings I attended focused on Officials, Coaches, LMSC Development, Legislation, Facility Management, and Dual Sanctioning swim meets.

If you are like me, then you learn best by getting your hands dirty and experiencing something first hand.

Being among the House of Delegates did both perfectly and was the most valuable experience for me.

I learned firsthand how everything from LMSC fees, rule changes, policies, procedures, absolutely everything was created, by passionate Masters swimmers like you and me.

If I had to pick one thing I learned, and pass it on you to; I would say this:

Give back to swimming. All of us enjoy the many benefits swimming has to offer. Including maintaining a healthy lifestyle, socializing, having fun, competing, and in general, improving our overall well-being. That

being said, we easily get lost, or forget that a lot of people out there have worked thousands of hours for free to allow us to swim. Yes, we could simply swim in our backyards, or in the ocean. But if you are receiving this, you are a member of USMS. Even if all you are interested in is lap swimming, you are still insured and entitled to all the resources and benefits that every other swimmer has. Each of us can think of something positive swimming has in our lives. Be grateful for being able to swim, honor our sport by giving back. Become a coach, official, or volunteer with our LMSC so that others can enjoy and honor our sport as well.

FORT LAUDERDALE AQUATIC COMPLEX

The Fort Lauderdale Aquatic Complex was scheduled to close in January 2014 for about 18 months to undergo a total renovation. The closure has now been postponed until August 2014. This means that the normal SCY meet will be held Feb 28 – March 2 and the LCM meet will be held in July.

The future location of the International Swimming Hall of Fame is still undecided, but it will not be at the renovated Fort Lauderdale Aquatic Center.

ST PETE MASTERS NEWS

Late summer brought the not so faint of heart to the pool to swim their 5K and or 10K for the USMS Postal event. Several swimmers completed both events this year in hopes of completing and collecting a 2013 Leather Lungs award from the FL.

Away from St. Pete, Bob Beach was our lone member to make the trek to California and swim in this summer's LC National meet. Bob was 5 for 5 with top 3 finishes in all his events. Ron Collins all made a couple trips west late in the summer. Once to swim a relay in the annual swim across Lake Tahoe and later to successfully cross the Catalina Channel and complete the OW Triple Crown. Team mate Chris Burke had the difficult job of observing Ron's swim while most of us were following his achievement via his GPS on-line.

Several swimmers completed both events this year in hopes of completing and collecting a 2013 Leather Lungs award from the FL. LMSC. Most recently 10 of our team mates travelled to Orlando to participate in the Rowdy Gaines meet. A fun time was had by all and the 8 women and 2 men brought home a 3rd place team award for their efforts. Now on tap a team practice devoted to the USMS 3000 / 6000 Postal

event and hopefully a group will head south across the Skyway to swim the SCM meet in Sarasota come November.

DISTANCE BUTTERFLY FOR MULTIPLE SCLEROSIS

Over the course of two years, Florida Mavericks Masters Swimmer and Sarasota resident Gregory S. Rotole swam Distance Butterfly in a several races to promote awareness about Multiple Sclerosis (MS), a devastating disease which destroys individual's central nervous system causing partial to complete paralysis resulting in many of them to be confined to a wheel chair.

- Approximately 400,000 individuals have MS in the United States.
- MS is most frequently diagnosed in young adults between the ages of 15 and 50.
- Women are more likely than men to develop relapsing-remitting MS.
- Common symptoms of MS include fatigue, weakness, spasticity, balance problems, bladder and bowel problems, numbness, vision loss, tremors and depression.

Races included the following: Miami Mile (0.55), Miami 5K (3:58), 2.4 Mile Hurricane Man (2:05), Amelia Island 1 Mile (0.24), One Hour Postal (2525 yds.), 3000 Postal (1:16), 6000 Postal (3:03), 5K Postal (2:59), 2.5K Tropical Splash (1.38), not to mention the 4 Mile Golden Gate Bridge Individual Medley (See UTUBE - Gregory Rotole or Golden Gate Bridge Swim), and several other Individual Medley Races.

Considering this remarkable achievement, please consider making a donation today to help support MSA and the MS community. Make your donation online at

<http://support.mymsaa.org/goto/rotoleswimsgood>,
Or please make your check payable to the "Multiple Sclerosis Association of America" and send to:
Gregory S. Rotole, PMB 182, 15 Paradise Plaza,
Sarasota, FL 34239, (941) 256-6903,
rotoleswimsgood@verizon.net

USMS Convention — Garden Grove, California 2013

Committee Name: Dixie Zone	Session #: 1	Report #:
Committee Chair: Jerry Clark	Vice Chair:	
Minutes recorded by: Lisa Watson	Date/time of meeting:	September 14, 2013 8 AM

Actions Requiring Approval by the HOD:

Motions Passed:

1. **MSA TO USE THE \$205 CURRENTLY IN OUR DIXIE ZONE BUDGET TO FUND THE POSTING AND USE OF THE DOMAIN NAME ON THE DIXIE ZONE WEBSITE.**
2. **MSA TO AWARD THE 2014 DIXIE ZONE CHAMPIONSHIPS TO THE FOLLOWING BIDDERS: SCY-RALEIGH, NC; LCM-TUPELO,MS; SCM-ATLANTA, GA.**
3. **MSA TO DETERMINE THE SITE FOR THE DIXIE ZONE OPEN WATER CHAMPIONSHIPS WITH AN ONLINE VOTE OF THE LMSC CHAIRS AFTER THE CONVENTION.**
4. **MSA TO REQUIRE ALL DIXIE ZONE CHAMPIONSHIP EVENTS TO HAVE A MINIMUM OF 3 COMBINED TEAM AWARDS, WHICH SHALL HAVE THE WORDS "DIXIE ZONE CHAMPIONSHIP" INCLUDED IN SOME FORM. THIS INFORMATION SHALL BE LISTED IN THE MEET INFORMATION.**
5. **MSA TO ELECT MATT HOOPER AS THE NEXT DIXIE ZONE CHAIR.**

Number of committee members present: 40	Absent:	Number of other delegates present:
Committee members present (list all, including chair and vice chair): Jerry Clark (Chair), Lisa Watson, Matt Hooper, Don Gilchrist, Greta Van Meeteren, Hans Van Meeteren, Ed Saltzman, Debbie Cavanaugh, Pat Baker, Diane Bartlett, Chris Powers, Helen Naylor, Viki Hul, Jon Blank, Laura Groselle, Jack Groselle, Susan Kuhlman, Luke Shaheen, Richard Garza, Marty Hendrick, Barbara Aguirre, Leslie Scott, Cheryl Kupan, David Holmds, Marianne Bradley, Bob Jennings, Anna Lea Matysek, Jim Matysek, Chris Frederic, Sean Fitzgerald, Debbie Cavanaugh, Cav Cavanaugh, Joan Campbell, Meegan Wilson, Barb Protzman, Cathy Fedako, Scott Bay, Rob Copeland, Maria Elias-Williams		

Minutes

The meeting was called to order at 8 AM

1. **INTRODUCTION OF LMSC CHAIRS**
Chairman Jerry Clark introduced the various Dixie Zone LMSC Chairs: Southern-Chris Frederick; Southeastern-Helen Naylor; Florida Gold Coast-Matt Hooper; Florida-Scott Bay; Georgia-Lisa Watson; South Carolina- Diane Bartlett for Joel Schmaltz; North Carolina- Jon Blank. He also introduced Ed Saltzman who is in charge of Dixie Zone records and Barb Protzman, our Dixie Zone newsletter editor.
All Dixie Zone members introduced themselves and identified their LMSC.
2. **DIXIE ZONE BUDGET** Jerry announced that we currently have \$205 in our Dixie Zone budget. He suggested using the funds to support Dick Brewer's efforts in maintaining the Dixie Zone website. **MSA TO USE THE \$205 CURRENTLY IN OUR DIXIE ZONE BUDGET TO FUND THE POSTING AND USE OF THE DOMAIN NAME ON THE DIXIE ZONE WEBSITE.**
3. **2014 DIXIE ZONE CALENDAR EVENTS** A list has been accumulated of known Dixie Zone events, both pool and open water, for 2014. These lists will be posted on the Dixie Zone website after being updated.
4. **2014 DIXIE ZONE CHAMPIONSHIP EVENTS**
A. Pool Meets
The following bids were received for the 2014 Dixie Zone Championships:
SCY- Raleigh, NC March 29 & 30
LCM- Clearwater, Fl (July 26&27); Greenville,SC (June 21&22); Tupelo, MS (June 27-29)
SCM- Atlanta, GA (December 13&14); Orlando, FL (October 10-12)
MSA TO AWARD THE 2014 DIXE ZONE CHAMPIONSHIPS TO THE FOLLOWIING BIDDERS:

SCY-RALEIGH,NC; LCM-TUPELO,MS; SCM-ATLANTA,GA.

B. Open Water

MSA TO DETERMINE THE SITE FOR THE DIXIE ZONE OPEN WATER

CHAMPIONSHIPS WITH AN ONLINE VOTE OF THE LMSC CHAIRS AFTER THE CONVENTION.

5. OPEN WATER SERIES 2013 Jerry Clark thanked Tim Root, who developed the scoring system for the Open Water Series and will be tabulating the results. Micah Lawrence has designed certificates for the winners-Jerry suggested we send this to each winner in a PDF or Word File so that swimmer has the option to print it out for a certificate.

6. OLD BUSINESS
 - A. GUIDELINES FOR HOSTING DIXIE ZONE EVENTS- Rob moved that all Dixie Zone Championships should have some sort of team awards. There was discussion as to how the teams should be labeled, and the general consensus was not to be too restrictive since some Zone Championships would have much smaller attendance than others. **MSA TO REQUIRE ALL DIXIE ZONE CHAMPIONSHIPS TO HAVE A MINIMUM OF 3 COMBINED TEAM AWARDS, WHICH SHALL HAVE THE WORDS "DIXIE ZONE CHAMPIONSHIP" INCLUDED IN SOME FORM. THIS INFORMATION SHALL BE INCLUDED IN THE MEET INFORMATION.**
 - B. LMSC STANDARDS Jerry noted that some meet directors felt that 2 weeks was not enough time for submitting meet results for Top Ten and Records. Several meet directors at the meeting commented that they felt that 2 weeks was in fact ample time.

7. NEW BUSINESS
 - A. Election of Dixie Zone Chair Jerry notified the members that it was time to elect a Dixie Zone Chair for the next 2 year term. Lisa Watson nominated Jerry Clark for re-election. Ed Saltzman nominated Matt Hooper. Jack Groselle nominated Lisa Watson- Lisa declined. **MSA TO ELECT MATT HOOPER AS THE NEXT DIXIE ZONE CHAIR.** Lisa thanked Jerry for his service as Dixie Zone Chair for the last 2 years.
 - B. Other- Don Gilchrist announced that Greensboro is planning to bid for 2016 SC Nationals. They will likely co-host with Raleigh Masters. Jack Groselle pointed out that these bids could be for 2016 or 2017.

The meeting was adjourned at 9:20 AM.

DIXIE ZONE CALENDAR

2013		
Dec 6-8	SCM	South Carolina SCM Championships – Columbia, SC
Dec 7	SCY	Florida Tech Masters Meet – Melbourne, FL
Dec 14-15	SCM	Southern Masters SCM Championships – New Orleans, LA
Dec 14-15	SCM	Holiday Classic – Coral Springs, FL
Dec 14-15	SCY	Florida State Senior Games – Fort Myers, FL
2014		
Jan 18	SCY	Ft Lauderdale High School Aquatics Sprint Meet – Ft Lauderdale, FL
Jan 25	SCM	St. Nicholas Invitational – Atlanta, GA
Jan 25-26	SCY	Sunbelt Championships – Charlotte, NC
Feb 15-16	SCY	Auburn Masters Invitational – Auburn, AL
Feb 15-16	SCY	Valentine's Meet – Clearwater, FL
Feb 28 - Mar 2	SCY	21 st Annual Masters Challenge – Ft Lauderdale, FL
Mar 1	SCY	Marlins Masters SC Meet – Ocala, FL
Mar 8	LCM	Goodlife Games – Clearwater, FL
Mar 15	SCY	Frank Clark Memorial Meet – Greensboro, NC
Mar 29-30	SCY	Dixie Zone SCY Championships – Raleigh, NC
Apr 4-5	SCY	The Villages Senior Games – The Villages, FL
Apr 4-6	SCY	St Pete Maters Short Course Championships – St Pete, FL
Apr 10-13	SCY	YMCA Masters Nationals – Sarasota, FL
Apr 26	SCY	Stephen Billeaud Memorial Pentathlon – Lafayette, LA
May 1-4	SCY	USMS Spring Nationals – Santa Clara, CA
May 3	OW	Hurricane Man – St Pete, FL
May 17	OW	USMS >1/<3 mile Championships – Chattanooga, TN
May 18	LCM	Marlins Masters LC Meet 1 – Ocala, FL
Jun 7	LCM	Eastern North Carolina Spring Splash – Goldsboro, NC
Jun 7-8	LCM	Spring Chicken Classic – Nashville, TN
Jun 20-22	LCM	Bumpy Jones Classic – Sarasota, FL
Jun 14	OW	Dixie Zone Open Water Championship – Chattanooga, TN
Jun 27-29	LCM	Dixie Zone LCM Championships – Tupelo, MS
Aug 2-9	LCM	FINA Masters World Championships – Montreal, Canada
Aug 13-17	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.

Zone Website: www.dixiezone.org	Zone Chair: Matt Hooper hooperswim@yahoo.com	Newsletter Editor: Barb Protzman swimbarb@hotmail.com	USMS Website: www.usms.org
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