

Dixie Zone Newsletter

Fall 2006

WHAT IS THE DIXIE ZONE?

United States Masters Swimming (USMS) has divided the country into 53 Local Masters Swimming Committees (LMSC) which are grouped into eight zones. The Dixie Zone is made up of the following LMSCs: Florida, Florida Gold Coast, Georgia, North Carolina, South Carolina, Southeastern, and Southern. Georgia, North Carolina, and South Carolina LMSCs are those states. The Florida Gold Coast LMSC is the southeast portion of Florida, while the Florida LMSC is most of the remainder of the state. Southeastern is the state of Alabama, the state of Tennessee, and a portion of the western FL panhandle that is south of Alabama. Southern is the states of Louisiana and Mississippi.

2006 USMS CONVENTION

The 2006 USAS (United States Aquatic Sports) Convention was held Sept. 13-17 in Dearborn, MI. Highlights of the convention include:

- The locations for the 2008 national championships were chosen: SCY – University of Texas (Austin); LCM – Mt. Hood, OR.
- The new meet schedules for nationals for the next three years were chosen. They will be included in the 2007 USMS Rule Book. This new paid position within USMS will allow for more concentrated effort on expanding our membership, programs, and sponsors.
- The search for the USMS Executive Director continues with candidates still being interviewed.
- The Worlds Masters Championship hosted at Stanford University was a huge success. However, the organizing committee will probably not be able to repay the full amount loaned to them by USMS.
- Work is in progress on developing online registration. The system will be implemented in phases.
- Rule Proposals that did NOT pass: (1) Prohibiting of drafting in open water swims. (2) The addition of 25 yard/meter events for swimmers age 75 and over.
- USMS national dues will remain the same for 2007, but there will be a \$5 increase in 2008.
- An extensive survey of USMS members was conducted in the past year. Details can be found on www.usms.org.

- The complete minutes of the Dixie Zone meeting can be found in this newsletter.

If you are interested in more details, full minutes of all meetings at the convention will be available on the USMS website.

The 2007 USAS Convention will be held Sept 23-30 in Anaheim, CA.

USMS SERVICE AWARD RECIPIENTS

At the 2006 USMS Convention in Dearborn, MI on September 13-17, the following Dixie Zone members were among those honored with the USMS Dorothy Donnelly Service Award.

Debbie Cavanaugh

Debbie is the Secretary of Gold Coast Masters Swim Club and manages all the club's relay entries for national and international meets. She is currently in her eighth year as Chairman of the Florida Gold Coast LMSC. At Convention, she is in charge of the USMS Certification Desk. She has served on the Championships Committee for the past 3 years and was the committee's liaison to the 2005 Short Course Nationals in Fort Lauderdale.

Sue Haugh

Sue is assistant coach of the Raleigh Area Masters Swim Team and has served as a long-standing Board member of the team. Every year she arranges for lane space for the team and handles the often-extended negotiations with the City and other local teams. She coordinates team social events and regularly serves as Meet Director for the annual State Short Course Master Championships. She also served as a key member of the host committee for the Raleigh Area Masters 25th Anniversary Celebration.

Fritz Lehman

Fritz has recently retired as the Chairman of North Carolina's LMSC. In that capacity he served as North Carolina delegate to the USMS Convention. He has also served as the long-running Chairman of the Board of the Raleigh Area Masters Swim Team where he has helped maintain the team as the largest in the Carolinas. Over 9 months ago, Raleigh Masters lost its head coach and Fritz on a purely volunteer basis has coached the team and helped fill the void.

Patricia Tullman

Patricia Tullman has served as the Registrar for the Florida LMSC, the seventh largest among USMS LMSCs, for the past four years. She has put significant time and effort into the addition of the national permanent ID and constant changes to registrar procedures and programs. Her always patient and understanding dealings with 1460 USMS members and 34 different USMS clubs has earned her the Dot Donnelly Service Award.

VIRTUAL ONE HOUR POSTAL

Paul & Margie Hutingger

The Florida Maverick Masters, one of the Dixie Zone clubs, are hosting the 2007 One Hour Postal Swim, in January, 2007. We are extending a Virtual Swim challenge to the seven LMSCs in our zone.

The Mavericks will offer a special award to the LMSC who has the greatest number of entries for this January event. We will base the award on a PERCENTAGE of total registered swimmers within each LMSC.

Now is the time to not only think about swimming for an hour, but to actually start your training. Included in this issue is an article by Paul Hutingger, coach of the Mavericks, with some training tips to help you get started on your journey.

Make a copy of the entry, which will be published in the November/December issue of USMS SWIMMER magazine. Swimmers, all you have to do is complete your hour swim and submit your entry. The Hutinggers will do the math from the total number of entries submitted from Dixie Zone swimmers.

The award will be presented at the Dixie Zone meeting at the USAS convention in Anaheim, CA, 2007.

NEW ATLANTA MEET IN SPRING '07!

The Georgia Killer Whales, with coach TIM STORSTEEN to serve as meet director, will be hosting a regional SCY meet at the Marist School Natatorium on April 27-29. Marist is a private school with a beautiful 8 lane pool, along with diving well, and plenty of seating. It is located just inside the north perimeter off of Ashford Dunwoody Rd. Information will be posted on the Dixie Zone website- hope to see a big Dixie turnout and make this a tradition for years to come. For questions, contact Tim Storsteen at tstorsteen@hotmail.com

DIXIE ZONE TOP TEN

Andy Dyer from South Carolina has volunteered to compile the Dixie Zone Top Ten. In order to do this, we are requesting that all meet directors of events sanctioned in the Dixie Zone, submit their meet results to Andy according to the same requirements as the submission of meet results for national top ten. The results must contain the name of the meet, the location of the meet, the date of the meet, the name and address of the meet director, and the sanction or approval number. The results must be in publication order:

- Individual Events – Women's results followed by men's results. For each gender, print results by age group from youngest to oldest. For each age group, print results in the following stroke order: Free, Back, Breast, Fly, IM. For each stroke, print events in order from shortest to longest.
- Relay Events – Print women's relay results first, then men's relay results, then mixed relay results. For each gender, print results in order of age groups, from youngest to oldest. Print in the following order: 200 free, 200 medley, 400 free, 400 medley, 800 free.
- Split Results – These should be identified separately following the relays.

These instructions can be found in Appendix B of the USMS Rule Book and are required as a condition of the meet sanction. If your meet is run using the HyTek Meet Manager software, publication order is a Format option for the results.

TRAINING HINTS FOR THE ONE HOUR POSTAL SWIM

by Dr. Paul Hutinger

Start your training program by setting your goal. Use your time for the 500 or 1650 as a base. You should be able to be close to your 1650 pace for this swim. The chart below, will give you ideas on what kind of pace you would need for a specific time. If, for example, you would like to do 22:00, then practice on a 1:20 pace for a series of 20 x 100 yds. on 2:00. As you improve, decrease the rest time so you can do the 1:20 pace @ 1:30 (10 sec. rest) and increase the series to 40 x 100. This is an example of slow interval training. Use any of the distances and make up your own similar training schedules. You could do a set of 500 yd. repeats on the pace of 1:20 for each 100 yds. which would be a 6:40. Do 4 x 500 @ 8:00 and try to average 6:40. Increase the number of repeats until you can do 10 x 500 at an average pace of 6:40 every 7:00 (20 sec. rest between each 500). As you progress in your training, try a challenge swim of 30 min. and use this pace as a goal for your one hour pace time. This is an example of marathon training. This would give you 2250 yds. in 30 min. if you maintained the 1:20 pace, and give you a goal of 4500 yds. for the one hour swim.

Since this event is scheduled for your own pool any time in January, practice in a lane where you can see the pace clock and use that to keep track of your pace. When you swim for an hour, you must hold back on the first part of your swim, so you can maintain your pace for the total time. This pace may seem slow in the first 15 min., but as you get into the last 15 min., you will realize the importance of maintaining your pace. Many swimmers are coached on doing negative splits, so the last half of your swim would be faster than the first half. This is a more efficient way to plan your event and you will achieve a better performance if you avoid going into early oxygen debt. You need to maintain a pace that enables your body to supply the energy at a steady state, so the last part of the event can gradually be increased in pace. This puts you into an oxygen debt that can be paid back after your race.

In summary, the Master swimmer should use a variety of techniques for training. Set a goal time for yourself based on your best 1650 time. Establish a pace that you can maintain in a set of 40 x 100 yds. with 10 sec. rest or 10 x 500 yds. with 20 sec. rest. Take a 30 min. challenge swim to test yourself on your pace. Start training by Nov., so you have two to three months to get ready for this Postal Swim. Rest is an important aspect to top performance. Your last training swim, of one half your estimated goal, should be a week before your swim. Take the day off before you swim. **GOOD LUCK!!**

1650 SWIM PACE

	1:00	1:10	1:20	1:30	1:40	1:50	2:00	2:05	2:15	2:30	3:00
100	1:00	1:10	1:20	1:30	1:40	1:50	2:00	2:05	2:15	2:30	3:00
200	2:00	2:20	2:40	3:00	3:20	3:40	4:00	4:10	4:30	5:00	6:00
300	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:15	6:45	7:30	9:00
400	4:00	4:40	5:20	6:00	6:40	7:20	8:00	8:20	9:00	10:00	12:00
500	5:00	5:50	6:40	7:30	8:20	9:10	10:00	10:25	11:15	12:30	15:00
600	6:00	7:00	8:00	9:00	10:00	11:00	12:00	12:30	13:30	15:00	18:00
700	7:00	8:10	9:20	10:30	11:40	12:50	14:00	14:35	15:45	17:30	21:00
800	8:00	9:20	10:40	12:00	13:20	14:40	16:00	16:40	18:00	20:00	24:00
900	9:00	10:30	12:00	13:30	15:00	16:30	18:00	18:45	20:15	22:30	27:00
1000	10:00	11:40	13:20	15:00	16:40	18:20	20:00	20:50	22:30	25:00	30:00
1100	11:00	12:50	14:40	16:30	18:20	20:10	22:00	22:55	24:45	27:30	33:00
1200	12:00	14:00	16:00	18:00	20:00	22:00	24:00	25:00	27:00	30:00	36:00
1300	13:00	15:10	17:20	19:30	21:40	23:50	26:00	27:05	29:15	32:50	39:00
1400	14:00	16:20	18:40	21:00	23:20	25:40	28:00	29:10	31:30	35:00	42:00
1500	15:00	17:30	20:00	22:30	25:00	27:30	30:00	31:15	33:45	37:30	45:00
1600	16:00	18:40	21:20	24:00	26:40	29:20	32:00	33:20	35:00	40:00	48:00
1650	16:30	19:15	22:00	24:45	27:30	30:15	33:00	34:22	36:07	41:15	49:30
HOUR	6,000	5,150	4,500	3,950	3,600	3,300	3,000	2,850	2,700	2,400	2,000

Paul Hutinger is the coach of the Florida Maverick Masters, based in St. Petersburg, FL. He holds numerous national and world records, including the Hour Swim in 1986. The Mavericks sponsored the One Hour Postal National Championship in 2002, and again, in 2007.

Other training hints may be found at www.maverickswim.org under the newsletter link.

DIXIE ZONE MEETING - 2006 USMS CONVENTION - DEARBORN, MICHIGAN

Minutes Recorded by: Lisa Watson

Date/Time of Meeting: 9/16 10:30 AM

PROPOSED EXPENDITURES:

None at this time.

ACTION ITEMS:

1. MSA to create a position of Dixie Zone Newsletter Editor.
2. MSA to elect Barb Protzman as the Dixie Zone Newsletter Editor.
3. MSA to change our Dixie Zone policy to reflect that the distribution of the Dixie Zone newsletter will only be done electronically.
4. MSA to award the 2007 Dixie Zone Championships to the following venues: Auburn, Alabama on Feb 17&18 for SCY, and Cleveland, Mississippi on Nov 30- Dec 2 for SCM. LC Championships will be held as a Virtual Championship, combining the results of all the Dixie Zone meets.

Committee Chair: Debbie Cavanaugh

Vice Chair: Stu Marvin

Number of members present: 25

Committee members present: Debbie Cavanaugh, Barb Protzman, Margie Hutinger, Sue Moucha, Elizabeth Novak, George Simon, Marty Hendrick, Jeff Stafford, June Krauser, Randy Nutt, Mary Lee Watson, Jean Fox, Ed Saltzman, Karol Welling, Joannie Campbell, Stu Marvin, Vicki Buccino, Sean Fitzgerald, Bill Cleveland, Ed Nessel, Tom Bliss, Meegan Wilson, Jerry Clark, Rhea Wilkins, Lisa Watson

The meeting was called to order at: 10:30 AM

1. Financial Report. Debbie reports that our current balance is \$1207.12. Expenses included sending out 4 Dixie Zone newsletters to approximately 100 people each time.
2. Dixie Zone Newsletter. Debbie reported that this was a very time consuming job and questioned if it was necessary to continue sending it out. The committee felt that it was necessary to have a Dixie Zone newsletter. Stu Marvin made a motion that we create a position of Dixie Zone Newsletter Editor, which should be someone other than the Dixie Zone Chair. Lisa Watson seconded the motion. MSA TO CREATE A NEW POSITION OF DIXIE ZONE NEWSLETTER EDITOR. Lisa Watson nominated Barb Protzman for this position, seconded by June Krauser. MSA TO ELECT BARB PROTZMAN AS DIXIE ZONE NEWSLETTER EDITOR. The committee discussed the method of distribution for the newsletter. Karol Welling made a motion that we change our current Dixie Zone policy to include wording that states that the newsletter will only be distributed electronically. The new wording would state: "A Dixie Zone newsletter shall be published electronically to Dixie Zone clubs, convention delegates, and Dixie Zone LMSC Chairmen and newsletter editors, as well as the National Office, USMS President, Zone Chairman, and Zone representatives." MSA TO CHANGE OUR DIXIE ZONE POLICY TO REFLECT THAT THE DISTRIBUTION OF THE DIXIE ZONE NEWSLETTER WILL ONLY BE DONE ELECTRONICALLY.
3. Dixie Zone Top Ten. We currently do not have Dixie Zone Top Ten Records at this time. Andy Dyer from South Carolina has volunteered for this position. Ed Saltzman will work with Andy to make sure he has the proper guidelines in which the meet results should be submitted. Barb Protzman will put a list of guidelines in the next Dixie Zone newsletter to assist meet directors in submitting their results to Andy in the proper format and manner.
4. Dixie Zone Records. Ed Saltzman reported that he is currently updating the Dixie Zone records.
5. 2005/2006 Dixie Zone Championships. Clearwater, Florida was the venue for the 2006 Dixie Zone SCY Championships. Joannie Campbell reported that the meet ran very well, with a meet attendance of 250 swimmers. Debbie Cavanaugh reported that, unfortunately, the LC Championships, scheduled to be held in Raleigh, NC, were cancelled to lack of entries. Bill Cleveland also reported that the 2005 Dixie Zone SCM Championships, originally scheduled for New Orleans, had a change of venue due to the damage from Hurricane Katrina. The meet was relocated to Cleveland, Mississippi, and was attended by 30 swimmers.
6. Dixie Zone patches. Ed Saltzman reported that there has been no need to order Top Ten patches since we have not been doing Dixie Zone Top Ten records. However, one person did order 30 patches, which leaves us with a supply of about 20 patches. Ed will order more patches, since we are reinstating Dixie Zone Top Ten.

7. 2007 Dixie Zone Championships. The following venues made bids for the 2007 Dixie Zone Championships: Auburn, Alabama for SCY; Cleveland, Mississippi for SCM. There was no bid for LC, so the committee decided to do a Virtual Championship for LC. Karol Welling made a motion to approve these bids, and Ed Saltzman seconded the motion. MSA TO AWARD THE 2007 DIXIE ZONE CHAMPIONSHIPS TO THE FOLLOWING VENUES: AUBURN, ALABAMA ON FEBRUARY 17&18 FOR SCY; AND CLEVELAND, MISSISSIPPI ON NOVEMBER 30-DECEMBER 2 FOR SCM. LC CHAMPIONSHIPS WILL BE HELD AS A VIRTUAL CHAMPIONSHIP, COMBINING THE RESULTS OF ALL DIXIE ZONE EVENTS.

8. Dixie Zone Calendar.

2006 -

Oct 14-15	St Petersburg, FL	SCM	
Oct 21-22	Baton Rouge, LA	SCM	
Nov 5	Lawrenceville, GA	SCY (Developmental Meet)	
Dec 1-3	Cleveland, MS	SCM	
Dec 2-3	Coral Springs, FL	SCM	
Dec 2-3	Florida State Senior Games		
Dec 9-10	St Nicholas Inv-Marietta, GA	SCM	
Dec 9-10	Charlotte, NC	SCY	

2007 -

Jan 27-28	Charlotte, NC	SCY	
Feb 17-18	Auburn, AL	DIXIE ZONE SCY CHAMPIONSHIP	
Mar 10-11	Clearwater, FL	SCY	
Mar 17-18	St Patrick's Day Inv - Atlanta, GA		SCY
Mar 24-25	Baton Rouge, LA	SCY	
April 21-22	Franklin, TN	SCY	
April 21-22	Raleigh, NC	SCY	
April 28-29*	Marist Inv - Atlanta, GA	SCY	(*tentative date)
May -	No Dixie events scheduled as yet		
June 2	Athens, GA	LC	
July -	No Dixie events scheduled as yet		
August -	No Dixie events scheduled as yet		
Sept 22	Peachtree City, GA	SCY Pentathlon	
October -	No Dixie events scheduled as yet		
November -	No Dixie events scheduled as yet		
Nov 30 – Dec 2	Cleveland, MS	DIXIE ZONE SCM CHAMPS	
Dec 8-9	Marietta, GA	SCM	

9. Hot Convention Topics-

- The Florida Mavericks are sponsoring the 2007 1 Hour Postal Championship, and encourage everyone to participate
- Drafting restrictions have been dropped for open water swims
- Ed Nessel and Tom Bliss offer stroke clinics and encourage the LMSCs to promote these among their members.

10. New Business

- Debbie reminded the LMSCs that they need to have their By-Laws and LMSC Grievance Policy on file with the National Office
- Ed Saltzman encouraged the committee members to promote the SCM Virtual Championships among their respective LMSCs.

The meeting was adjourned at: 11:45 AM

USMS DIXIE ZONE POLICIES

As revised September 1995

Dixie Zone - The USMS Dixie Zone consists of the following Local Masters Swim Committees: Florida, Florida Gold Coast, Georgia, North Carolina, South Carolina, Southeastern & Southern.

Dixie Zone Committee - The Dixie Zone Committee consists of the Dixie Zone Representative & the voting delegates from the above LMSCS. The USMS Dixie Zone Committee shall meet annually at the United States Aquatic Sports Convention.

Zone Representative - The Dixie Zone Representative shall conduct the business of the Dixie Zone. The Dixie Zone Committee elects the Zone Representative to a two-year term in odd-numbered years. The Zone Representative's expenses to the convention shall be paid by the Zone's LMSCs. Expenses reimbursed include round-trip coach airfare, ½ hotel room cost, airport – hotel ground transportation cost. The Representative's convention registration fee shall be paid from the Dixie Zone account.

Newsletter - A Dixie Zone newsletter shall be posted on the Zone website four times each year with notification to the Dixie Zone clubs, convention delegates, & Dixie Zone LMSC chairmen & newsletter editors, the National Office, The USMS President, Zone Chairman & Zone Representatives. A Newsletter Editor will be elected at the United States Aquatic Sports Convention.

Top Ten & Records - A Dixie Zone Top Ten & Records shall be tabulated & maintained by the Zone Recorder. The Zone Representative Shall appoint the Recorder. Top Ten & Records shall be maintained in three courses: short course yards, long course meters, & short course meters. Swims by Dixie Zone members at all sanctioned or recognized meets inside or outside the Dixie Zone are asked to send a copy of their final results to the Zone Recorder. Zone Top Ten & Records are sent to the Dixie Zone clubs, convention delegates & LMSC chairmen & newsletter editors.

Zone Championship - Meets - Three Dixie Zone Championship meets shall be held each year, one in each course. The championship meet sites for the following year shall be selected at the convention. A brief presentation will be allowed by each meet wishing to be considered as a Zone Championship. Meets will be selected in the following order: SCY, LCM & SCM. If necessary, a written vote by the Zone committee will determine the meet site. No LMSC shall be eligible to host a championship meet in the same course in two consecutive years, unless no other bids are considered. The Dixie Zone shall promote the championship meets by mailing a copy of the meet's entry form to the Zone clubs & LMSC chairmen & newsletter editors. The Zone championship meets shall also be listed in the Calendar of Events in SWIM magazine. In return, a \$1.00 entrant surcharge shall be charged to the meet, payable to the Dixie Zone for assistance in the handling the affairs of the Zone. It is requested that this fee be paid within thirty days after the meet.

Financial - Two financial accounts shall support the activities of the Dixie Zone.

- a) The USMS Dixie Zone allocation (currently \$300.00), which is not a "carry over" amount:
- b) The Zone championship meets funds that are monies raised through the \$1.00/entrant fee at Zone Championship meets.

A reporting of financial activity shall be made by the Zone Representative at the Zone Committee meeting, & shall be published annually in the Dixie Zone newsletter.

DIXIE ZONE CALENDAR

2006		
Nov. 11	SCY	Emerald Coast Masters Invitational – Panama City, FL
Dec. 1-3	SCM	Cleveland, MS
Dec. 2-3	SCM	Holiday Classic - Coral Springs, FL
Dec. 9-10	SCM	St. Nicholas Invitational – Marietta, GA
Dec. 9-10	SCY	Holiday Hoot - Charlotte, NC
2007		
Jan. 1		Deadline for input for the Dixie Zone newsletter winter issue
Jan. 1-31		One Hour Swim – FL Mavericks
Jan. 27-28	SCY	33 rd Annual Sunbelt SC Championship Charlotte, NC
Feb. 3-4	SCY	SC SCY Championship – Mount Pleasant, SC
Feb. 17-18	SCY	Dixie Zone SCY Championship – Auburn, AL
Mar. 10-11	SCY	Sun Masters March Madness Meet - Clearwater, FL
Mar. 17-18	SCY	St. Patrick's Day Invitational – Atlanta, GA
Mar. 24-25	SCY	Southern Masters Championships - Baton Rouge, LA
April 1		Deadline for input for the Dixie Zone newsletter spring issue
Apr. 12-15	SCY	YMCA Nationals – Indianapolis, IN
Apr. 21-22		Franklin, TN
Apr. 28-29	SCY	North Carolina State Championship – Raleigh, NC
May 17-20	SCY	USMS Nationals – Federal Way, WA
June 2	LCM	Athens, GA
June 27 - July 2	SCY	National Senior Games – Louisville, KY
July 1		Deadline for input for the Dixie Zone newsletter summer issue
Aug. 10-13	LCM	USMS Nationals – Woodlands, TX
Sept. 22	SCY	Pentathlon – Peachtree City, GA
Sept. 23-30		USMS Convention – Anaheim, CA
Nov. 30 - Dec. 2	SCM	Dixie Zone SCM Championship – Cleveland, MS
Dec. 8-9	SCM	Marietta, GA
2008		
Apr. 24-27	SCY	USMS Nationals – University of Texas, Austin
Aug. 14-17	LCM	USMS Nationals – Mt. Hood, OR

For more calendar details, check out www.usms.org

Zone Website: www.dixiezone.org	Zone Representative: Debbie Cavanaugh cavdeb@juno.com	Newsletter Editor: Barb Protzman swimbarb@hotmail.com	USMS Website: www.usms.org
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