

Dixie Zone Newsletter

Fall 2008

2008 USMS CONVENTION

This year's USMS Convention was held Sept 24-28 at the Hyatt Regency in downtown Atlanta, GA, within our own zone. Thank you to the Georgia LMSC for hosting the Masters hospitality suite.

Rob Butcher started as our new Executive Director on June 9. He hired Ashley Gangloff as his assistant in July, and set up a satellite office in Charlotte, NC. The office has assumed responsibility for the Features section on the USMS homepage which is now updated weekly.

The following events were awarded to the bidders:
2010 USMS SCY Nationals – Atlanta, GA (May 20-23)
2010 USMS LCM Nationals – Puerto Rico (Aug 9-12)
2009 Check-off Challenge will be hosted by the GOLD Hammerheads.

2009 SCY Nationals at Clovis will include the 1-mile Open Water National Championship on Monday.
2009 LCM Nationals in Indy will use a five-day meet format with Saturday being a relay day with all the 200, 400 and 800 relays being contested. Monday will be the distance events.

The 2009 UANA Pan American Championships will be held in Vera Cruz, Mexico in October and will be short course meters and also include open water and diving. The U.S. (Fort Lauderdale) plans to bid on the 2011 Pan American Championships. If they are awarded the bid, the USMS LCM Nationals will be suspended that year.

The House of Delegates approved a deficit budget for the first time, in an amount over \$300,000. The USMS portion of the membership fee will remain \$25 for 2009. Beginning in 2010, the fee will rise \$2 a year for up to 8 years.

The top USMS award is the Ransom J. Arthur Award, named after the founder of USMS. This year's honoree was Barry Fasbender (CA). The USMS Coach of the Year was Susan Ingraham (TX). The Club of the Year was the Woodlands (TX). The USMS Fitness Award was given to Linda Shoenberger (NV). The winner of the USMS Newsletter of the Year was the Florida Mavericks Masters (Margie and Paul Hutinger, editors). The June Krauser USMS Communications Award went to Paul Hutinger (FL).

Dorothy Donnelly Service Awards went to fifteen people this year. Dixie Zone members receiving this award included Tom Bliss (FL), Charles Kohnken (FL), and Randy Nutt (FGC).

National Club Scoring – Club scoring will now be tabulated in two categories: Regional Clubs and Local Clubs. A regional club consists of a club made up of those swimmers who represent a club at nationals, but at competitions within their LMSC, they compete for an entity or subgroup (such as a workout group) that is different than the one they compete with at nationals. The Championship Committee shall publish a list of Regional and Local clubs no later than February 15 of each year. A club may contest its designation by filing an appeal with the chair of the Championship Committee at least 45 days prior to the national championship meet.

The deadline for bids for USMS national championships was changed to be due 60 days prior to convention to allow more time in case no bids are received.

This year's election was for the At-Large Directors. Those elected/re-elected are: Betsy Durrant (Colonies Zone), Jerry Clark (Dixie), Nadine Day (Great Lakes), Jeanne Ensign (Northwest), Michael Moore (Oceana), Don Mehl (South Central), and Laura Winslow (Southwest).

Full convention meeting minutes will be available on the USMS website.

USMS SUPPORT

The USMS Endowment Fund, founded in 1989, assists each of us in our daily quests to be a better version of ourselves. It supports USMS, LMSCs, clubs and coaches through its commitment to seek out and fund projects that focus on medical and health research, development assistance for new Masters programs, outreach to other adult fitness organizations and education that positively impacts Masters swimming and Masters swimmers. The USMS Endowment Fund has funded projects such as the effect of Pilates and dry-land workouts on Masters swimmers and the effect of aging on stroke rate. It is the only national institution addressing the matters of concern to Masters swimmers.

Take Dr. Joel Stager, for example. Dr. Stager, of Indiana University, applied for and received a USMS Endowment Fund grant to study and understand the impact of swimming on our bodies. Dr. Stager began his research on Masters swimmers in 2002. Since then, Dr. Stager, also a Masters swimmer, has been one of the champions of Masters swimming and Masters swimmers research.

The activity level that swimming provides, “helps people maintain their independence and mobility, it helps maintain people’s ability to think and process,” according to Dr. Stager.. Dr. Stager has seen a 15-year offset in the bodies of swimmers, meaning that a 60-year-old swimmer can have the body composition and muscle mass of a 45-year-old person of the general public. “High-activity people live longer,” claims Dr. Stager, and swimming provides that high activity level. Dr. Stager is enthusiastic about continuing his research on Masters swimming and Masters swimmers. “It just makes people better,” he said. The USMS Endowment Fund is one of many USMS programs that continue to support USMS members in their pursuit of fitness, health and wellness.

2008 AWARD WINNERS

Paul and Margie Hutinger of the Florida LMSC are the editors of their popular club newsletter, Maverick Lane Lines. During the USMS convention held in September, they accepted the award for the 2008 USMS Newsletter of the Year, for the most outstanding LMSC or club newsletter. It was selected from over 300 USMS club and LMSC newsletters. In the past ten years, it has ranked in the top five or ten, six of those years. It can be viewed at <http://www.maverickswim.org/FMMnewsletter.htm>.

Paul was also the recipient of the 2008 June Krauser Communications Award, which is presented annually to an individual or group whose communicative efforts have contributed to the growth, improvement, or success of USMS.

From 1974-1980, Paul wrote and published “Lane 4,” a Masters quarterly swim journal, with over 400 national and international subscribers. Topics included analysis of swimming strokes, physiology, psychology, training techniques, sport’s medicine, living a healthy life and the social benefits for swimmers and spouses. At that time, he also served on the staff of “Aquatic World Magazine,” published bimonthly, as a Special Contributor, and wrote an “Advice for the Swimmers’ Body” column.

Hutinger distributed his “Masters Swimming Log and Guide” in 1976, with space for daily and weekly yardage. He wanted swimmers to realize the importance of a regular swimming training program, and how they could track their goals. In 1982, he

published “Journal of Masters Swimming”, a 214 page book, compiled from selected articles from “Lane 4.”

Since 1970, Dr. Hutinger has compiled a scientific study of the affects of aging and swimming, from research he has gathered on himself. He presented this research to the Canadian Masters Swim Clinic in 1977, the World Swimming Conference in 1992 and the Masters convention in 2000.

Since 1997, he regularly writes two columns, which benefit his Masters club and LMSC swimmers. His “Tip of the Month” column appears in the Maverick Lane Lines, published bimonthly. He initiated an “Ask the Swimming Doctor” column for the FL LMSC newsletter, published quarterly. Both publications include a variety and range of topics, including training, health & nutrition, competition, stroke technique, mental strategies, sports medicine and fun & fitness.

Paul Hutinger continues to study swim techniques and stroke analysis, inspired by the work of his college mentor, Doc Counsilman. He has made valuable and significant contributions to Masters swimming, by continuing to communicate his expertise and knowledge of the vast expanses of the sport, in a style that’s easily absorbed and understood, by swimmers at all levels of achievement.

MASTER OLYMPIAN

As I am sure everyone knows, one of our own, Dara Torres, had a spectacular showing at the 2008 Olympics! Dara is the oldest swimmer (41) to ever be on the team and the first to qualify for five separate Olympics (1984, 1988, 1992, 2000 and 2008). Dara won three silver medals in the 50 free (American record – 24.07) and the 4 x 100 freestyle and medley relays. Since she returned from China, Dara has been on a whirlwind media tour, with appearances on Jay Leno and Oprah and articles in dozens of magazines. Look for her book which will be coming out in early 2009.

AARON PEIRSOL RACE FOR THE OCEANS

Growing up in Southern California, Aaron Peirsol spent most of his time in the water. Though he now trains in a chlorinated pool in Austin, Texas, Aaron’s finest childhood memories took place in the Pacific Ocean. As a child, Aaron recalled many days when the beach would close due to pollution. As a teenager, Aaron remembered seeing fast food wrappers and other waste on the beach and worrying about getting sick from the obvious pollution. Without knowing exactly how he could help the global issue of water pollution, Aaron filed these “beach closed” days in his memory.

Practically 20 years, two Olympic silver and five Olympic gold medals later, Aaron is using his

swimming success and celebrity status to give back to the ocean that gave him so many memories. Aaron now works with Oceana, an organization that fights the issues that the oceans face every day. Oceana is the largest international group focused on ocean habitat protection, over-fishing and pollution. Oceana and Aaron have teamed up to create "Aaron Peirsol's Race for the Oceans," a campaign that connects supporters, "wave-makers," with Aaron, his training and his efforts to contribute to Oceana. "It is changing people's perception of how to make a difference," Aaron says. Aaron Peirsol's Race for the Oceans has grown to more than 2,000 wave-makers and hopes to one day enlist 10,000 wave-makers.

Aaron's sponsors such as Bank of America, Pure Sport and Toyota have also partnered with Aaron to help save the oceans. In Beijing, Bank of America presented Aaron with a \$15,000 donation for Race for the Oceans. "We have all joined forces for this cause and I appreciate their support of not only me, but of the oceans I swim for," Aaron said.

Swimming has taken Aaron all over the world; during his travels he often blogs about his travels and the evidence of water pollution and over-fishing that he encounters. Blogging is one way Aaron informs and educates the world about the oceans that he loves and hopes to save. "Some people think that even though they don't live at the beach that their daily activity doesn't affect them. Each of us can change habits in our daily life to positively impact our oceans." Changing out lightbulbs, using canvas bags at the grocery store, understanding the impact of building projects on our natural resources are all examples of environmentally smart habits. Aaron also appears in a PSA for Oceana.

"This is a terrific cause that Oceana and Aaron are promoting," said Rob Butcher, USMS executive director. "USMS is pleased that by sanctioning the event that we can also educate and encourage membership to support Aaron and Oceana in their fight to save the oceans."

"It's the little things we do," Aaron says. "It is education that gets the movement started, but it is action that gets it done."

Aaron Peirsol's inaugural Race for the Oceans event will be held in Fort Myers, Fla., beginning November 8-9, 2008. The weekend-long event will feature opportunities for all and includes a junior open water event, a Masters 1K, a Masters individual 5K and a 5K relay, and a swimming clinic open to all event participants. Aaron Peirsol's Race for the Oceans Open Water Weekend hopes to attract both swimmers and ocean enthusiasts. For more information about this event, visit www.racefortheoceansevent.com.

CELEBRATE VALENTINES DAY AT AUBURN

The Auburn Masters team is hosting another SCY Invitational this February, with dates set for February 14-15th. The Auburn meet has attracted on average 185 swimmers over the past decade. The pool is super fast and many national records have been set at the Auburn meet. Competition for team trophies has been intense over the year, with very close margins of victory in the large team division going to the Pirates of Pensacola over the Georgia Superteam. Will 2009 be different? Swimmers showing up Saturday morning are likely to be able to watch the Auburn University men's and women's varsity teams working out in the pool. Many of them return as spectators to watch some of their coaches compete, and they come away with a real appreciation for what Masters swimming is all about.

The 8th Annual Bonaire EcoSwim Saturday, December 6th, 2008

Looking for a great get-away with some swimming thrown in? Join us in Bonaire! The Readers Choice Awards in the January 2008 Scuba Diving Magazine rates Bonaire #1 in the following categories: Top Dive Destination, Top Marine Life, Top Shore Diving, Top Underwater Photography, Top Beginner Diving, Top Advanced Diving. The Caribbean island of Bonaire, Netherlands Antilles, is located 50 miles north of Venezuela, 30 miles from Curacao, and 86 miles east of Aruba. The island is 24 miles long and 3 to 7 miles wide.

Events include: 10K solo swim, 5K solo, 5K with fins, 3K solo, 3K with fins, 1 K solo, 1K with fins, and the kids pier to pier fun swim. New this year is the 2k 2-person relay (each swimmer does 1K). A swimmer may only enter one event.

Complete information and entry for the event is posted on: www.AquaMoonAdventures.com or contact Randy Nutt at: info@RandyNutt.com or 954-821-3294.

MISCELLANEOUS

Thank you to Andy Dyer for his continued hard work on the Dixie Zone top ten and Ed Saltzman for maintaining the Zone records.

Anyone -- especially LMSC officers, newsletter editors, web masters, and coaches -- who would like to be on the email list to receive announcements about meet entries and results, please contact Dick Brewer at rdbrewer@gmail.com.

DIXIE ZONE CALENDAR

2008		
Nov. 8-9	OW	Aaron Peirsol's Race for the Oceans – Ft Myers Beach, FL
Nov. 9	SCY	Collins Hill Veteran's Day Developmental Meet – Suwanee, GA
Nov. 16	SCM	Bridge the Bay Meet I – Sarasota, FL
Nov. 23	SCM	Bridge the Bay Meet II – St. Petersburg, FL
Dec. 6	OW	Bonaire EcoSwim (1K, 3K, 5K, 10K) – Bonaire N.A..
Dec. 6-7	SCM	Coral Springs Holiday Classic – Coral Springs, FL
Dec. 6-7	SCY	Florida State Senior Game – Estero, FL
2009		
Jan 24-25	SCY	35 th Annual Sunbelt Championship – Charlotte, NC
Feb. 14-15	SCY	SUN Masters Valentine Meet – Clearwater, FL
Feb. 14-15	SCY	Auburn Masters Invitational - Auburn, AL
Feb. 20-22	SCY	Masters Challenge - Ft. Lauderdale, FL
Mar. 6-8	SCY	Dixie Zone SCY Championship – Pompano Beach, FL
Mar. 14-15	SCY	St. Patrick's Day Invitational – Atlanta, GA
Mar. 27-29	SCY	St. Petersburg, FL
Apr. 16-19	SCY	YMCA Masters Nationals – Ft. Lauderdale, FL
Apr. 18-19	SCY	NC SCY Championship – Raleigh, NC
Apr. 24-26	SCY	Gary Eaton Memorial Meet – Atlanta, GA
May 7-10	SCY	USMS SCY Nationals – Fresno, CA
June 6	LCM	Athens, GA (tentative date)
June 12-14	OW	Open Water Festival, Ft Myers Beach, FL
June 13-14	LCM	Bumpy Jones Classic – Sarasota, FL
June 19-20	LCM	Dixie Zone LCM Championship/June Krauser Summer Splash – Ft. Lauderdale, FL
June 27-28	LCM	Greenville, SC
Aug. 6-10	LCM	USMS LCM Nationals – Indianapolis, IN
Sept. 16-20		USMS Convention – Chicago, IL
Sept. 26	SCY	Peachtree City SCY Pentathlon – Peachtree City, GA
Oct.	SCM	UANA Pan American Championship – Vera Cruz, Mexico
Nov. 8	SCY	Developmental Meet – Lawrenceville, GA
Nov. 15-16	SCM	Dixie Zone SCM Championship – Columbia, SC
2010		
May 20-23	SCY	USMS SCY Nationals – Atlanta, GA
Aug. 9-12	LCM	USMS LCM Nationals – San Juan, Puerto Rico

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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