

Dixie Zone Newsletter

Spring 2007

USMS Executive Director

After a year of interviewing, USMS has finally hired its first Executive Director, Todd Smith. Todd has been the Executive Director and CEO for USA Diving for the past 25 years. While there, he was responsible for developing and implementing their strategic plan, including online membership and event registration, and increasing the budget by 1100%.

Upcoming Deadlines

Want to honor the hardworking individuals in your LMSC? USMS is looking for nominations for the USMS Coach of the Year (due by June 15) and the USMS Dorothy Donnelly Service Award (due by July 30).

Also, the deadline for submission of all proposed code (Rules, Legislation, Long Distance) amendments are due to the National Office by July 10.

Faster Than A Speeding Bullet

Dara Torres continues her assault on the Masters freestyle records. After retiring following the 2000 Olympics, Dara did not get back into the water until late 2005 when she was pregnant with her daughter. Just three and one half weeks after giving birth, Dara swam on several relays at the USMS Short Course Nationals in May 2006 at her home pool in Coral Springs. In August, Dara swam at the World Masters meet in Stanford and broke the 35-39 50 meter freestyle World record with a time of 25.98. Then, in a December Masters short course meters meet at Coral Springs, Dara broke the 35-39 50 scm freestyle World record with a time of 25.10. In a February meet in Fort Lauderdale, Dara broke the 50 and 100 yd free records in 35-39 with times of 22.34 and 49.72. In April at the St. Petersburg meet, on the weekend of her 40th birthday, Dara broke the 40-44 records in the 50 and 100 yard free in 21.91 and 48.34. Her time in the 50 was her lifetime best! All of Dara's records are the fastest of any women's age group. Dara still holds the American records in the 50 lcm free and 100 lcm fly which she set in 2000.

2006 Annual International Swimming Hall of Fame Ocean Mile and 5k Swims

FLA Masters Swimmers participated in extremely rough conditions on Fort Lauderdale Beach for the Annual

International Swimming Hall of Fame (ISHOF) Ocean Mile and 5K Swims December 30, 2006.

It was a "Victory at Sea" day with large ocean swells and wind chop! FLA Masters Swimmers Ocean Mile Age Group winners were Stephanie Brown (Women 19-24) and Tim Erickson (Men 50-54). Others FLA Masters swimmers participating in the day's Ocean Mile were Adrienne Chin-Ogilvie and Ray McLaughlin.

In the same ocean swells and wind chop, FLA Masters was well represented in the 5K Ocean Swim (3.1 miles) with FLA Masters' Matt Hooper winning the Men's 30-34 Age Group while finishing 4th overall out of all 5K swimmers. Joining Matt as Age Group Winners were Brady Berg (Men 25-29) and Bill Zenga (Men 50-54).

14th Annual Masters Challenge

FLA Masters won its first ever Team Championship at the 14th Annual Master Challenge which was hosted by the City of Fort Lauderdale February 23 through February 25 at the Fort Lauderdale Aquatic Complex, home to the International Swimming Hall of Fame. 78 FLA Masters swimmers participated in this event swimming away with the Team Championship. In second place was GOLD Coast Masters, followed by Illinois Masters in third.

Congratulations to the following FLA Masters FGC LMSC Record Setters: Eddie Lovell (25-29M, 1000 Free), Matt Hooper (30-34M, 1000 Free), Tim Erickson (50-54M, 500 Free, 1000 Free, 1650 Free).

Congratulations to the 23 FLA Masters **First Timers** Competitive Swimmers!

FLA One Hour Postal Swim

The question was posed; "how far can you swim in one hour?" The answer for 28 FLA Masters Swimmers was 635,108 yards, over 65 miles! The following decided to answer the question for themselves by participating in this annual National Championship; Anita Mitchell, Jane Basch, Adrienne Chin Ogilvie, Karsten Kalthoff, Glenn Schrager, Stephen Vanderburg, Linda Webb, Heidi Paskoski, Roger Powell, Ellen Itzler, Ann Thomas, Rick Rhodes, Joe Balacco, Liz Herbst, Vanessa Aron, Jen Hulett, Willie Phillips, Blake Williams, Russell Weaver, Amadeo Quiroga, Sheena Johnson, Heidi Hester, Andy

Fischer, Marty Hendrick, John Andrews, Stephanie Brown, Tim Erickson and Matt Hooper.

The following finished in the Top 10 Nationally in their respective age groups:
Stephanie Brown, Linda Webb, Matt Hooper, Tim Erickson.

FLA Masters placed 12th in the Large Team Division (Team Sizes between 26 swimmers and 85 swimmers, FLA had 28 swimmers). FLA Masters took 16th out of 146 Total Teams Entered. Not too bad for the team's first One Hour Postal Swim.

South Florida Senior Games

FLA Masters made a very strong showing at the South Florida Senior Games which also took place Saturday, January 27, 2007 at the Fort Lauderdale Aquatic Complex.

FLA Masters Gold Medal Winners included; Anita Mitchell, Tim Erickson, Bill Zenga, Joel Burns. Other strong swims were turned in by Glenn Schrage, Rick Rhodes, Jake Jacobson, Lars Pedersen, and Jim Ward. FLA Masters Swimmers swam away with a lot of "Hardware" (GOLD, SILVER & BRONZE)! Congratulations to all who participated! A special thank you goes out to USMS Swimmer and FLA Official, Ann Thomas, who along with Kathy Jackson and Jay Thomas, officiated, making sure this meet would be recognized by USMS.

St. Pete Masters News

Spring is in the air and St. Pete hosted its 37th Annual Short Course Yards Championships. For those of you who attended ~ Thank You! For those of you who missed the meet, we are hosting our Summer Long Course Meet on July 14th and 15th.

As for what has been going on...

In January, St. Pete had 59 swimmers compete in the Hour Swim hosted by the Mavericks. The highlight was the swim of Robert Margalis, who set the Postal record for his age group, completing more than 6,000 yards and holding sub 60 second 100's through out the swim. It was also the most yardage anyone has ever completed for any age group in the event. Another remarkable swim was Peter Betzer's 1 hour of 400 IM's. Our SPM swimmers recorded many yards and as usual the aftermath of the swim included much grumbling about not doing it again in 2008. I assure you that most of us will be back next year giving it another try.

If you don't know about Robert Margalis, he recently joined SPM. He has been swimming for St. Pete Aquatics and is a 2008 Beijing Olympic hopeful. In early March, at a Senior Meet at the Long Center he set the American Record for the 1000 yard Free. Charlotte

Petersen and Ted Bradley also swam a couple events at the meet, all recoding new SPM Team records. At Senior Nationals, last month in New York, Robert won many of his events and recorded Olympic Trial cut times in all of them.

Auburn Hosts Dixie Zone Championships, February 17-18, 2007

Conner Bailey, Auburn Masters

Auburn Masters Swimmers hosted another fast meet with 180 swimmers registered from 6 of 7 Dixie Zone LMSCs (missing only the Florida Gold Coast), as well as from the Indiana and Potomac Valley LMSCs. One national record was set in the Men's 45-49 age group by Roger von Jouanne of the Madison (Alabama) Titans, who clocked 4:19.29 in the 400 IM (yes, that is 4 minutes and change), smashing a 7 year old record by over 4 seconds.

Nowhere was the competition hotter than the men's 200 yard medley relay on Saturday afternoon. Australian Olympian and current Auburn University varsity sprint coach Brett Hawke anchored the winning relay with a sizzling 20.25 split, barely running down P.K. Karkoska, the varsity strength and conditioning coach competing in his first ever swimming competition. Many of Auburn's varsity swimmers attended as spectators to watch this featured event. Hawke's celebration made it seem he'd won rather more than a relay ribbon! More importantly, Auburn's varsity swimmers and coaches got a taste of Masters swimming and came away impressed with the positive energy that we bring to our sport.

Much of that positive energy comes from the Pirates of Pensacola, who once again came away with the overall high point championship, scoring a total of 1,548 points fueled by a total of 20 point-scoring relays. The Georgia Superteam and the Auburn Masters team placed second and third overall with 1,344 and 828 points, respectively.

The Atlanta Water Jocks won the trophy for top middle sized team (590.5) followed by the Shoals Sharks (411) and Central Alabama Masters (380), another spirited team of swimmers. In the small team category, the Atlanta Rainbow Trout (183) edged out Decatur Aquatics (171) and the Coosa Valley Y Stingrays (153).

Chattanooga News

The Chattanooga River Rats are having its 2nd annual Open water swim. It is called the Chattanooga rat race. We will have 2 distances a 2.0 and a 4.5 mile swim. The sanction # is 157007. The race is Sat., June 16th at 7:00 a.m. For more info contact Peggy Grall at grall_p@mail.chattanooga.gov.

Southern Masters Swimming

Crawfish Aquatics is going to host the Long Course Championships on June 9th and 10th in Baton Rouge.

One of the Crawfish Aquatics swimmers, Pat Fellows, made an incredible 32 mile swim from Bay St. Louis to Ocean Springs this past Friday night, March 30th. He did it to bring awareness to childhood obesity and raise money for camps and equipment for schools in Mississippi. He has a site - www.rocketkidzfoundation.com

Red River Masters has eleven swimmers out of the 14 who participated for Southern Masters Swimming in the USMS One Hour Postal Swim. They went a total of 48,850 yd to finish 36th out of 135 clubs. Red River swimmers were: Steven Carter, Bill Cleveland, Louis Covington, Jack Wellborn, Carolyn Parke, Randy Patton, Leah Ramoz, Annie Reese, Martha Siskron, Karen Soileau, and Tim Winter.

Georgia News

The Georgia LMSC sponsored a Grand Prix this year, where awards are based on swimmers performance over a series of five different swim meets/open water events. The winners in their respective age groups for the 2006 Georgia Grand Prix were: Carolyn Deacon, Pamela Beard, Dana Grailer, Donna Houe, Charlotte Thornton, CeCe Carlton, Michelle Martin, Diana Williams, Chris Gay, Sean Fitzgerald, David Eng, Rob Copeland, David Eisner, John Zeigler, Raymond Woller, and George Gfroerer.

The Annual Classic City LC Invitational will be held at UGA on June 2. Contact Ray Woller at rwoller@uga.edu for meet information.

FKCC Swim Around Key West and Kayak Around Key West

Saturday, June 16 Sanctioned by USMS and USA Swimming

This 12.5 mile event will circle the island of Key West going clockwise. Entries will close on June 9 or when 250 swimmers have entered. There will be divisions for Solo Swimmers, Solo with fins, 3 person relay, 6 person relay, and kayaks. All swimmers must provide their own escort boat.

Also, there will be the FKCC Key West Open Water 1 or 2 Mile Swim on the same day.

For information, contact Lori Bosco at (305) 809-3562, aqualb@aol.com or check out www.fkccswimaroundkeywest.com.

Bermuda Round the Sound EcoSwim

Sunday, October 21, 2007

10K 7.25K 4K 2K 0.8K

Bermuda has been voted the Best Island in the Caribbean/Atlantic region by the readers of *Conde Nast Traveler* magazine (NEW YORK, October 17, 2006). A mere 650 miles east of North Carolina, flights from New York and other eastern US cities reach Bermuda's shores in less than two hours. The open water swimming events take place in beautiful Harrington Sound.

The 7th Annual Bonaire EcoSwim

Saturday, November 10th 2007

10K 5K 3K 1K

The Jan 2007 Scuba Diving Magazine January 2007 Readers Choice Awards places Bonaire #1 in the following categories: Top Dive Destination - Healthiest Marine Environment - Beginner Diving-Underwater Photography - Shore Diving

INFO and ENTRY for both events are posted here: www.AquaMoonAdventures.com or contact Randy Nutt at: info@RandyNutt.com or 954-821-3294

The Race Club Swim Camps

Learn racing and training secrets from the world's fastest swimmers. Train with Olympic Gold Medallist, Gary Hall, Jr., and members of The Race Club World Team. Learn revolutionary Race Club swim techniques, sprinting and training strategies, racing preparation and strategies, visualization techniques, and more! bring the entire family and stay at the luxurious Mariner's Club Resort and Marina. Call and schedule a camp so it's convenient for you!

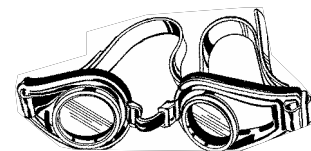
Swim Camps Run Year-Round in Islamorada, Florida
Coaches: Mike Bottom and Jon Olsen

Contact and Registration Information:

Bebe Hall, Director of Camps and Clinics

877-SWIM-RACE Fax: 305.853.3999

info@theraceclub.net www.theraceclub.com



DIXIE ZONE CALENDAR

2007		
June 2	LCM	Classic City Invitational, Athens, GA
June 2-3	OW	NC Swimming Open Water Champ., Seven Lakes, NC
June 8-10	LCM	Southern Masters Championship, Baton Rouge, LA
June 9-10	LCM	Bumpy Jones Classic, Sarasota, FL
June 10	LCM	June Krauser Summer Splash I, Ft Lauderdale, FL
June 16	LCM	Water Spider Invitational, Panama City, FL
June 16	OW	Annual Swim Around Key West, Key West, FL
June 16-17	LCM	NC State Games, Greensboro, NC
June 27 - July 2	SCY	National Senior Games – Louisville, KY
July 7		Deadline for input for the Dixie Zone newsletter summer issue
June 30	OW	Amelia Island Open Water Challenge, Fernandia Beach, FL
July 7-8	LCM	South Carolina LC Championship, Greenville, SC
July 8	LCM	June Krauser Summer Splash II, Ft Lauderdale, FL
July 14-15	LCM	St Pete Masters LC Championship, St Petersburg, FL
July 22	LCM	Dynamo Masters Invitational, Atlanta, GA
Aug. 10-13	LCM	USMS Nationals – Woodlands, TX
Aug. 25	LCM	Blue Wave Masters Meet, Brandon, FL
Sept. 15-16	SCY	Steve Barden Memorial Meet, Asheville, NC
Sept. 22	SCY	Pentathlon – Peachtree City, GA
Sept. 26-30		USMS Convention – Anaheim, CA
Oct. 6	OW	Daiquiri Deck Tropical Splash, Sarasota, FL
Oct. 13	SCY	Central FL Marlins Masters Fall Splash, Ocala, FL
Oct. 21	OW	Bermuda Round the Sound EcoSwim, Bermuda
Oct. 27	SCY	North Carolina Autumn Splash, Hillsborough, NC
Nov. 10	OW	Bonaire EcoSwim, Bonaire, N.A.
Nov. 11	SCY	Collins Hill Veterans' Day Meet, Suwanee, GA
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
May 15-18	SCY	YMCA Nationals – Fort Lauderdale
Aug. 14-17	LCM	USMS Nationals – Mt. Hood, OR

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

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