

Dixie Zone Newsletter

Summer 2007

Upcoming Convention

I am looking forward to seeing everyone as delegates at this year's USAS Convention Sept. 26-30 in Anaheim, CA. All delegates should review the convention packet prior to arriving to be prepared. Bring your ideas to the Dixie Zone meeting on Saturday.

USMS LCM Nationals

The Dixie Zone excelled at the 2007 USMS LCM Nationals held at Woodlands, TX. A total of 37 individual and 4 relay national or world records were broken at the meet. Of those records, 17 individual and 3 relay records were broken by swimmers from the Dixie Zone. Our record breakers include: Hyun Seung Lee (3), Doug Malcolm, Susan Walsh (6), Hugh Wilder (2), Clarke Mitchell (2), Lorenzo Benucci, Leif Lyons (2). The three relay records were broken by the FLAQ mixed and men's 72+ teams. Fort Lauderdale Aquatics placed 2nd overall in the team standings. Other Dixie teams in the top 15 included NCMS (4th), SMS (9th), and GOLD (11th).

Faster Than A Speeding Bullet

Dara Torres has moved on from her assault on the Masters freestyle records to the USA Swimming Nationals. At the summer nationals held at Indianapolis on July 31 to August 4, Dara was national champion in the 50 and 100 meter freestyle events. In the 50 free, Dara set a new American record of 24.53 which broke her record set in 2000. Dara appeared on the awards stand with her 16-month-old daughter, Tessa, to receive her medal.

DIXIE ZONE SHORT COURSE METER CHAMPIONSHIPS DECEMBER 7 - 9, 2007 TULANE UNIVERSITY REILY CENTER NEW ORLEANS, LOUISIANA

Elmwood Masters Swim Team and Southern Masters Swimming would like to invite all swimmers to the first Masters swim meet to be held in New Orleans since Hurricane Katrina. Our regular venue, the University of

New Orleans Lakefront Arena, was damaged during the storm, and repairs have not yet been completed.

The meet will be held at the Tulane University Reily Student-Recreation Center Natatorium which houses a beautiful 50 meter x 25 yard Olympic Sized Pool equipped with a moveable, flow-through bulkhead. Along two walls of the complex large windows allow patrons to view the Varsity athletic track, soccer fields, training fields, as well as the outdoor social pool and sundeck. Natural light fills the natatorium through these windows as well. The competition will take place in the deep end of the pool. The pool is located on Tulane University's uptown campus.

The meet will begin on Friday evening with the 1500 meter freestyle. An order of events will be posted on www.southernmastersswimming.org in the near future.

While parts of New Orleans are still trying to rebuild from the hurricane, the main tourist areas such as the French Quarter and Garden District are completely recovered. New Orleans is a premier vacation spot, with fantastic food, music, and tourist attractions. Our zoo and aquarium are world-class and linked, in true New Orleans style, by a river boat. More local information can be found at www.neworleansonline.com/.

We will be placing more information on our web site soon. We hope to see you "way down yonder in New Orleans."

Southern Masters Swimming

Thirty swimmers from Southern Masters attended LCM Nationals at The Woodlands and were very pleased with our overall 9th place finish – it was our first meet as an LMSC team and this really built some relationships that will help to sustain and grow the number of competitive swimmers in our area.

Florida Gold Coast LMSC News

The Florida Gold Coast LMSC held their 2006 Annual Awards Banquet on Mother's Day. A luncheon with orchids for all the Moms made for a great time.

The banquet honored over 100 swimmers who made USMS All American and Top Ten Times with beautiful monogrammed blue towels for the recipients.

Special Star Award recipients included:
400 Med Relay SCM National Record team of **Sean Frampton, Jim Harper, Jonathan Olsen** & posthumously **John O'Keefe**.
Ricardo Valdivia for breaking the 800 Free SCM National Record.
Matt Hooper – outstanding swimmer both pool and open water.
John Grzeszczak as coach and swimmer.
Dara Torres - World records.

Major Award Winners:
Swimmer of the Year - **Peggy McDonnell** and **Cav Cavanaugh**
Long Distance Swimmer of the Year - **Andrea Woodburn, Jonathan Olsen** and **Bill Korey**.

Gold Coast Masters News

FUN! FUN! FUN! That's what the June Krauser Summer Splash I & II are all about.

Two Sundays a month apart in June and July make these LCM Masters meets low key. With all the events split over the two meets, nobody will miss a distance. Plenty of rest, cool water and great relays make these long course meter meets special.

This summer was no exception. There were great times, LMSC records, and Dixie Zone records that were achieved. Most exciting is you get to see the "mother of masters swimming" June Krauser.

To celebrate this year, we not only had one birthday cake but two! Of course there were plenty of pink roses on both cakes.

Hope to see you next year!!!

Congratulations to Debbie & Cav Cavanaugh, Dave & Dale LeClair, Mark Kowalak and David Quiggin. These 6 swimmers placed 2nd overall at the Orlando Masters Meet on August 4-5.

Congratulations to the 14 GOLD swimmers who placed 11th in the combined scoring at USMS Long Course Nationals. Ned Smith was the oldest competitor at 92 winning 3 individual events and 1 relay. June Krauser and Peggy McDonnell were our other individual national champions. Lars Ferron, Bill Dykstra, Mike Dively, Chela Devanney & David McIntyre added relay wins. Terry Lage, George Schmidt, Kerri Roussain, Roger Parsons, Tanya Hanson & Larry Caldwell all placed in the top ten in their events. Congratulations to all of you. A super effort. It was really great to see Coral Springs Masters, Hammerhead Aquatics, Key Rats, Boca, Indian River & West Palm swimmers together.

All of you make GOLD a great team! Special thanks to Peggy McDonnell for getting the relays going at nationals!

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 on:
www.AquaMoonAdventures.com
or contact Randy Nutt at: info@RandyNutt.com
or 954-821-3294

World Renowned Coach to Head The Race Club

MIAMI – World renowned sprint coach Mike Bottom is taking his talents to the Florida Keys where he will coach The Race Club World Team, a group of international elite swimmers, in Islamorada. Bottom comes to The Race Club after 10 years at the University of California at Berkeley where he was co-head coach of the men's team.

While Bottom certainly enjoyed success at the top collegiate level, including coaching NCAA champions, it's his reputation in international success at the highest levels that makes him a perfect fit for the goals of The Race Club.

"Mike Bottom has been my personal coach for the last 13 years," said five-time Olympic Gold Medalist and The Race Club founder, Gary Hall. "His unique and innovative approach to coaching sprinters played a huge role in my, and many others', accomplishments. The Race Club is very fortunate to have someone of Mike's caliber join our team."

For the last 11 years, Bottom has split time between his

college coaching duties and coaching a select group of international swimmers in the summers. In the last three Olympics, 50% of the medals (9 of 18) won in the freestyle sprint events (50m and 100m) have been claimed by Bottom's swimmers from around the world.

Bottom's Olympic medalists include Gary Hall, who won back-to-back gold medals in the 50m free at the 2000 and 2004 Games. He also coached Anthony Ervin, who tied with Hall for gold in 2000, and Duje Draganja, who took silver behind Hall by one-hundredth of a second in 2004.

Bottom was a highly sought-after coach at the 2004 Olympic Games where he was the personal coach to 10 Olympic swimmers from eight different countries and also served as head coach of the Croatia team. Six of the top 10 world-ranked 50m free swimmers in the 2004 Olympic year were coached by Bottom.

The Race Club is currently accepting applications to join the World Team at The Race Club. Applications should be sent to info@theraceclub.net and include information on top accomplishments. Successful applicants for the few remaining spots on the World Team will have competed at the elite level. Financial assistance is available. For more information, visit theraceclub.net or call 305 469 5500.

Mike Bottom Fact Sheet

COLLEGIATE COACHING STINTS

- University of California at Berkeley Men's Co-Head Coach, 1998-2007
- University of Southern California Assistant Coach, 1995-1998
- University of Auburn Assistant Coach, 1991-1994

INTERNATIONAL COACHING HIGHLIGHTS

- Coached 50% (9 of 18) of the Olympic medalists in the sprint freestyle (50m and 100m free) at the last three Olympic Games
- Personal coach to Gary Hall who won back-to-back Olympic gold in 2000 and 2004
- Coached international sprint group for last 11 summers
- Head Coach of the 2004 Croatian Olympic Swim Team
- Personal coach to 10 swimmers from eight countries at the 2004 Olympic Games
- Head Coach of the 2002 Croatian and Polish European Championships Swim Teams
- Assistant Coach of the U.S. Team at the 2001 World Championships

PERSONAL

- Graduated Summa Cum Laude from University of Southern California (B.A. Psychology)
- Received Scholar-Athlete Award at USC as the

graduating athlete with the highest GPA

- Masters degree in Counseling from Auburn University
- Swam for three NCAA Championship teams and qualified for the 1980 U.S. Olympic team
- Married to Laura Lynn
- Couple has two daughters, Dublyn Omeara, born October 2005 and Micaiah Lyn born January 2007

ABOUT THE RACE CLUB

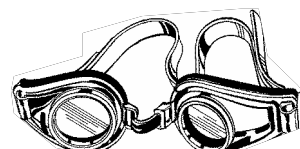
The Race Club was founded in 2003 by Gary Hall Jr. and David Arluck. It is jointly owned by Gary Hall Sr. and Jr., the only father-son duo in the history of the Olympic Games to compete in three different Olympics. Through corporate sponsorship, merchandise sales, services and tax-deductible contributions to the Phoenix Swim and Sport Foundation (PSSF), The Race Club financially supports the training of select elite level swimmers on The World Team, a subset of The Race Club.

The mission of The Race Club is to promote the sport of swimming and improve swimmers' performances and self esteem through education, services, and the creation of popular race events. By so doing, The Race Club hopes to broaden economic opportunities, which will lengthen the careers of the world's fastest swimmers. For more information, visit theraceclub.net.

USMS 2007 Membership As of mid-July

Age Group	Women	Men
18-24	1082	641
25-29	1818	1256
30-34	1974	1686
35-39	2294	2455
40-44	2748	3179
45-49	2959	3491
50-54	2173	3110
55-59	1362	2097
60-64	731	1428
65-69	457	779
70-74	263	468
75-79	174	329
80-84	113	170
85+	<u>73</u>	<u>111</u>
Total	18221	21200 = 39,421

Grand total for 2006 = 43,425



DIXIE ZONE CALENDAR

2007		
Sept. 15	OW	That Dam Swim (12 mi), Muscle Shoals, AL
Sept. 15-16	SCY	Steve Barden Memorial Meet, Asheville, NC
Sept 15–Nov 15		USMS 3000 and 6000 Postal Event
Sept. 22	SCY	Pentathlon – Peachtree City, GA
Sept. 26-30		USMS Convention – Anaheim, CA
Sept. 30	OW	Swim Miami 2007 (800yd, mile, 5K, 10K)
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. 21	SCY	Gainesville Senior Games, Univ of FL (recognized)
Oct. 27	SCY	North Carolina Autumn Splash, Hillsborough, NC
Nov. 3-4	SCM	South Carolina SCM Championship, Columbia, SC
Nov. 10	OW	Bonaire EcoSwim, Bonaire, N.A.
Nov. 11	SCY	Collins Hill Veterans' Day Meet, Suwanee, GA
Nov. 11	SCM	Sarasota Shark Masters, Bridge the Bay Meet Day 1
Nov. 18	SCM	St. Pete Masters, Bridge the Bay Meet Day 2
Dec. 1-2	SCM	Holiday Classic, Coral Springs, FL
Dec. 1-2	SCY	Florida Senior Games, Estero, FL (recognized)
Dec. 7-9	SCM	Dixie Zone SCM Championship, Tulane Univ, New Orleans
Dec. 8-9	SCM	Marietta, GA
Dec. 15	SCM	St. Nick's Meet, Georgia Tech, Atlanta, GA
2008		
Feb. 16-17	SCY	SUN Masters Valentine Meet, Clearwater, FL
April 15-25	LCM	FINA World Masters Championships, Perth, Australia
May 1-4	SCY	USMS SCY Nationals – University of Texas, Austin
May 15-18	SCY	YMCA Masters Nationals – Fort Lauderdale
Aug. 14-17	LCM	USMS LCM Nationals – Mt. Hood, OR
Sept. 13-17		USMS Convention, Atlanta, GA

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