

Dixie Zone Newsletter

Winter 2015

MEMBERSHIP GROWTH

All the LMSCs in the Dixie Zone had significant growth in membership in 2014. The following chart shows the counts for 2014 and the percentage increase over 2013. The counts for 2004 are also shown so you can see how far we have come in the past 10 years.

LMSC	2014	% Incr	2004
Florida	2300	7.3	1479
FL Gold Coast	1438	20.1	659
Georgia	874	8.4	748
NC	1568	5.9	775
SC	548	23.4	368
Southeastern	1103	13.9	659
Southern	752	9.9	356
National	62,268	5.4	42,131

WORKOUT INSURANCE COVERAGE

Marty Hendrick (SFTL)

I have been asked frequently about Masters Membership and structured Masters Workouts and Practices as it pertains to the USMS Membership Insurance. Let's define what is necessary for a USMS Swim Workout and Practice to be covered by the USMS Insurance:

Swim Workouts and Practices

- *Pool or Open Water Workouts*
 - All participants must be:
 - USMS registered members, or
 - Guest members in their 30-day tryout period (USMS Paperwork must be completed and sent to USMS), or
 - Foreign Guest Members (USMS Paperwork must be completed and sent to USMS)

- The coach on deck supervising the workout must be:
 - A USMS registered member

Below are a couple of the FAQ's:

For Swim Workouts and Practices, it states the activity must be under the "direct supervision" of a USMS registered member (and a USA Swimming certified coach who is also a USMS member if a combined activity with USA Swimming). How do you define "direct supervision"?

"Direct Supervision" is defined as "line of sight". The participants must be in the supervisor's direct line of sight. This means the supervisor cannot be in the water practicing with the group, in the office doing paper work, etc.

What happens to my club or practice group's liability insurance if non-USMS members are in the water at the same time as USMS members during a swim practice?

General liability coverage is voided if the swimmers are intermingled **unless**:

- There is a lane separation (USMS members are in lanes 1–3 and non-USMS members are in lanes 4–6), the swimmers in lanes 4-6 are not participating in the practice, and there is a USMS member directly supervising the USMS practice only (lanes 1-3 in this example).
- An individual(s) is involved in the USMS Guest member 30-day tryout period.
- The non-USMS members are USA Swimming members, and the coach on deck is both a USA Swimming coach AND a USMS member. However, USMS insurance coverage will not apply for the USA Swimming members (they are covered by USA Swimming's insurance).

NOTE: All of this information and much more about USMS Insurance Information can be found at www.USMS.org. Just click on the "For Coaches" tab, then click on "Insurance."

SARASOTA OPEN WATER

David Miner, Swim Without Limits, Inc.
Florida Open Water Swimming

April 11, 2015: Florida Swim Into Open Water Clinic, Lido Key, Sarasota, Florida

Taking both a classroom and in-water approach, you'll learn the skills necessary to swim safely and effectively in the open water, whether you're swimming for fitness, in open water races, or participating in triathlons. From beginner open water swimmers to the more experienced, the clinic provides valuable skills and important information for you to swim faster, more safely, and to have more fun in any type of open water swimming event.

Event website for information and registration:

<https://www.swimwithoutlimits.com/open-water-swim-clinic.html>

Direct to registration:

<https://www.clubassistant.com/club/clinics/reserve.cfm?c=2237&cid=63561>

April 12, 2015: Swim Around Lido Key open water race, Sarasota, Florida

This is a 7-mile race around the beautiful island of Lido Key. Each swimmer will have a kayak escort to provide safety, navigation, and nutrition to the swimmer.

Swimmers can enter as either a solo swimmer or as a 2-person relay, where each person swims and paddles the kayak.

Race website for information and registration: <https://www.FLOWSwimming.com>

Direct to

Registration: https://www.clubassistant.com/club/meet_information.cfm?c=2237&smid=6088

SW FL OPEN WATER EVENTS

Gulf Coast Swim Team of Ft. Myers, Florida is proud to host the following upcoming events:

2nd Annual Fran Crippen 10K Cup

The Crippen Cup is a 10k event created in memory of Fran Crippen, an internationally ranked open water swimmer who died tragically in 2010 during a race in the United Arab Emirates (UAE). Water temperatures were excessively high during this race and thought by many to be unsafe. This unfortunately was proved to

be true and Fran's death has brought a surge of awareness regarding open water safety.

The event will be held in Miromar Lake at the FGCU Waterfront on Saturday March 28th. Ironically, for the first time since Fran's death, the UAE will again be hosting an open water 10k event on March 13th. USA Swimming is boycotting the UAE event and the boycott, combined with the increasing cash purse (currently \$22,000 exceeding UAE's \$20,000) is expected to draw the best swimmers in the world to the Crippen Cup race.

Athletes must have a verified qualifying time to enter. Entry is by OME for USA Swimming athletes. Foreign athletes or Federations will need to enter by e-mail. All required information can be found at www.openwaterfestival.org. Spectators will enter the Florida Gulf Coast University (FGCU) campus for access.

2015 Open Water Festival

Join us for a fun filled family weekend at the exclusive Miromar Lakes Community in Miromar Lakes, Florida. Festival events to include:

- ❖ Friday April 24th
 - USA Swimming National 10K and World Championship Trials Selection Event
- ❖ Saturday April 25th
 - National Age Group Open Water Invitational
 - Open Water Clinic
 - Crippen Sunset Mile & Buddy Swim
- ❖ Sunday April 26th
 - USA Swimming National 5K OW Championships
 - Florida Swimming OW Championships (5K, 2.5K, 1000M)
 - LSC Challenge (5K, 2.5K)
 - OW Festival Race (5K, 2.5k and 800M)

Come witness some of the fastest swimmers in the country! For more information including Registration, Lodging and Schedule of Events check out our website at www.openwaterfestival.org.

CORAL SPRINGS HOLIDAY CLASSIC

The Coral Springs (FL) Holiday Classic SCM meet was held on December 13-14. The weather was good and the swimming was fast. Three national records were broken at the meet.

Chris Wenzel of SFTL broke the national records in the women's 55-59 50 breaststroke (38.30) and the 100 breaststroke (1:23.22). Chris also has the fastest time in the 2014 SCM top ten in the 50 free, 100 free, 50 breast, 100 breast and 200 breast.

David Quiggin of GOLD broke the national and world record in the men's 70-74 400 free (5:05.47). David had also broken the 100 and 200 freestyle SCM national and world records in meets earlier in the season. David also has the number one times in 2014 SCM top ten for the 50, 100, 200, 400, 800 free and 100 IM.

Congratulations to Chris and Dave and to all swimmers who competed in the December meet!

NOTES FROM NASHVILLE

The **2015 NAC Masters Long Course Spring Chicken Classic** will be held on weekend of June 20th and 21st, in Nashville, TN, at the Tracy Caulkins' Centennial Sportsplex Pool. As always, we promise a FAST and FUN swim meet. ☺ The meet invitation and registration will be online shortly, but feel free to e-mail the meet director, Chris McPherson, @ cmcpherson@swimnac.com with any questions before then!

Nashville Aquatic Club Masters (NASH) has been expanding tremendously over the past 4 years. We now have approximately 200 members on our roster, including numerous competitive swimmers, triathletes, open water competitors, fitness swimmers, and even beginning swimmers. We offer numerous practices with varying emphases to accommodate the wide range of interests and abilities of our swimmers, although the one constant aim is proper stroke technique. We also employ many extra tools, like GoSwim videos to provide a common technique focus throughout each week and on-deck videography to improve stroke analysis discussions between coaches and swimmers. For open water enthusiasts and triathletes, we offer "brick" (stationary biking and swimming combination) workouts, innovative open water practices in the pool (with buoys and no lane ropes), and open water swims at a nearby lake. While our home facility is excellent for training, it is even better for competitions. We have state of the art starting blocks, lane-lines, and a professional meet staff that have allowed us to run two successful swim meets a year for the past four years.

For those USMS members who plan to visit Music City for work or vacation, know that we welcome you to join us in any of our offerings! We have an up-to-date website (www.swimnac.com, look under the "Masters/Tri" heading) to find our practice schedule and special events. Be sure to also take a look at and "Like" our active Facebook page! Hope to see lots of you stopping by soon!

PENSACOLA NEWS

The Pirate Swimmers from Pensacola went to the Auburn swim meet the weekend of Feb 7 & 8. We had a great time. Everyone swam well, had some good times, and won a first place trophy for the Midsized team. Our star swimmer, Marjorie Stone, who is 91 years old, broke two records. She broke her own record for the 100 yd. breaststroke and shattered the 200 yd. breaststroke record by 90 seconds.

Just wanted to brag a little.

Kay Miller, Aquatic Coordinator, Pensacola State College

THE CARE AND NURTURING OF THE BREATHING PROCESS

Edward H. Nessel, RPh, MS, MPH, PharmD

There are several things in life we simply take for granted; you don't need intense mental effort nor demand of dedicated focus to figure them out. One of these things is the main topic of presentation. We as a species have acclimated appropriately to our environment and even more closely to our immediate ambiance. This is the way the human element has always functioned, and it is mostly directed by the way we live our lives. The human body is the most miraculous machine ever, and after so much effort to study its functions, we still don't know so much. Biological scientists are continuously engrossed to peel back and expose the hidden reasons for how and why to body acts, reacts, and adapts to its surroundings and change in immediate conditions. If we stay in our comfort zones, for example, we expect very little challenge to be created in the body's functioning. But if we push ourselves into areas of serious physical challenge, we then see much of our efforts to endure this challenge consume much of our deep energy reserves and mental toughness. Things occur to either allow adaptation or failure. And the single most important adaptation we can work to achieve, in my opinion, is the reliance on our ability to exchange air adequately as our ever-increasing need for oxygen

drives all metabolic processes and takes over our very existence in sport and exercise.

We have come to consider this a natural right our very being. Compromise our breathing ability, even a little, and the body will respond dramatically in kind. Nature has provided for us to adapt, even thrive on what the earth offers up: only 21% pure oxygen at sea level. Most of the rest of our ambient air mixture has non-physiologic nitrogen (78%) with minute amounts of trace gases. But our physiology can only work with oxygen. Our biochemical reactions are geared to how much O₂ can we inhale, absorb and chemically-turn into bio-friendly compounds to enable quality muscular activity. This is such an important process that the main computer of our body, the brain, is brought in almost immediately to control our perception of where we are moment by moment with regard to how much oxygen is available and our ability to utilize it.

The Brain's Involvement in the Breathing Process

With any serious attempt at athletics or intense physical exercise, it is the brain that takes control of our bodies. Nature gave it the software to quickly perceive our ambient oxygen supply ranging from everything is alright to there is absolutely not enough to go on. (This is an important concept which will be discussed below: "what we perceive is what we believe.") The brain's respiratory center is given such importance that it continues to function allowing us to exchange air even when other controlling centers begin to shut down under the increasing influence of alcohol and/or drugs. But it is not infallible. With sufficient damaging dosages of central nervous system depressants, the ability to breathe becomes labored and eventually can be inhibited enough to bring about suffocation.

This 10% of our body mass (the brain) absolutely influences the other 90%. And the controlling segment of the brain that is the center of all this activity is next to the respiratory center and is called the **amygdala**. It is strongly stimulated by the presence of carbon dioxide (CO₂). The more this compound builds up in the body, the stronger the amygdala "screams" stop. The participant's perception proceeds quickly from "I feel OK," to "I don't feel OK," to "I think I am going to die." Often-times panic ensues with enough amygdala stimulation. And this is manifest to a greater degree in the water than on land since humans are all born land-based beings, the water presenting as a foreign and ever-threatening medium through which swimmers choose to move. With very few exceptions (example: the appendix) Nature does not waste much time and energy providing body parts or biochemical reactions that do not have protective or activating functions. The amygdala's main activity is to sense threatening or exceptional conditions that are perceived to be interfering with the body's ability to easily move, and this perception is centered around the need to obtain as much oxygen as quickly as possible.

Since it is intuitive that our perceptions command our beliefs, to feel we are out of air causes us to work the inhale more than the exhale. With intense exercise or movement, this perception can become all-controlling; to the point that it absolutely influences what we do and how long we do it. The uninitiated or untrained athlete would show great distress with a marked grimace and veins popping from the neck desperately trying to inhale as much air as quickly as possible. This painful distortion of facial features and labored air-exchange produce what is called the "**dragon-breathing syndrome**;" all this because of the intense feeling of being out of air. Since physical law states that two things cannot occupy the same space at the same time, if forcefully exhaling the "stale" air with its carbon dioxide load is the process taught and learned, the ability to inhale adequate "fresh" air becomes easier and more successful since there is now room in the lungs. If the brain can be "schooled" to handle this situation, then the athlete would be able to push past this limitation of perceived air distress. This approach has now even come to rule present-day Navy SEAL training.

The Physical Aspects of Harnessing Ambient Air

There are many influences that come into play when working the breathing processes...what I call sufficient or insufficient "air-exchange." Our health can change quickly when encountering diseases of varying intensity that affect respiration. (While studying pathology in graduate school, my professor once opened a lecture with the question of how many of us smoked cigarettes and how many consumed alcohol on a regular basis. He then offered up a comment that if we knew what was out there waiting to "get" us, we would all hide in a cave, until we found out what was waiting for us in the cave. Interpretation: there is no safe place to hide so we better act appropriately and work to attain and maintain the best possible quality of health we can). Our health can be greatly influenced by our life styles and ambient surroundings. The intuitive activity of every athlete or participant in vigorous exercise is centered around the most important of life's processes: keeping the air exchange accessible and in good working order no matter what we choose to put our bodies through. The body must always be in a state of adequate hydration for general health; so should the air we breathe.

We move faster, we breathe faster. The more intense the movement, the more intensely the body must satisfy the inevitable increase in demand for oxygen-laden air. When the quality and/or quantity of ambient air changes such that the body must acclimate, there is an immediate added stress to pulmonary functioning. The scandalously poor air quality in China for the 2008 Games placed great stress on many of the Olympians, some of whom were forced to endure breathing difficulties over extended time and great distances. There is almost always an obvious delay in the

appropriate response to handle diminished air quality or quantity. When air becomes cold and dry as in winter months at northern latitudes, the quality of the air exchange is diminished due to lack of soothing warm moisture. If the home or place of activity becomes heated and, hence, dried to contain less than 50% humidity the nasal passages and bronchioles begin to dry out; mucous usually thickens, further interfering with an increased need for quality air exchange. The dry cotton-mouth feeling inhaling excessively dry air is just the early warning sign of the need for more moisture. The participant in sport or exercise should always hydrate before, during, and after an intense concentrated effort. Indoors at a chlorinated pool always demands adequate hydration; same for exercise in heat or extremely dry conditions. Most don't realize you sweat and lose physiologic moisture even in the water. And this can set up the athlete to become more susceptible to respiratory infections and irritants since the linings of the breathing tubes lose their ability to keep the mucus thin and flowing. Irritation over time leading into inflammation of the breathing process could develop into **exercised-induced bronchospasm** (athletic asthma) and diminished air flow when most needed. The best and most immediate form of treatment would be the use of a hot-steam or warm/moist air vaporizer. Many physicians recommend the use of a cool-mist unit but this is mostly for the reason of preventing the possibility of getting burned from the steam. Bacteria, molds, and viruses can more easily be transmitted and spread all over with cool mist equipment. The hot, soothing moist air from a steam-producer is sterile when it comes out of the unit and provides a better condition all around for the person seeking safe humidified air.

As we age, our lungs lose elasticity and the ability to exchange increasing amounts of inhaled air into our circulatory system. This markedly diminishes that which needs to be carried to where it will do the most good: the vital organs and the skeletal muscles for immediate movement. The total amount of air in the lungs, for the most part, remains the same but during the aging process the amount of oxygen-laden air for physiological use declines. The residual, or "dead air" increases over time and cannot be relied upon to deliver oxygen for our biochemical needs. We normally would have to endure what our lungs can provide with active exchangeable air. Expected decline in an aging healthy person is between eight and ten percent per decade. But this degradation can be cut in half with proper training and appropriate energy-supplementation. Inducing our physiology with the physical aspect of certain training sets to increase a specific group of enzymes involved with upgrading our VO₂max capacity (the facility to extract oxygen from our inhaled air) should be the goal of every quality coach and athlete for maximizing oxygenation of the active body. It is time-consuming and requires the right type of training over many months from someone

familiar with inducing this type of pertinent physiology. The end result will hopefully be what every athlete seeks: being able to strongly finish races.

Training at altitude has its positive effect on causing the body to increase its oxygen transport and utilization systems but this, too, takes dedication over several weeks to months to induce the proper adaptation for increased oxygen-usage. The protein complex in the blood that is mainly involved with this shuttling of oxygen to where it is needed quickly and consistently is **hemoglobin**. We have all heard of those athletes (so inclined as to give up the sportsman's code to win at all costs) who have been seen to instill their own concentrated hemoglobin back into their circulation with intent to maximize oxygen-carrying capacity without having to worry about certain markers (drugs or foreign bodies) showing up that would indicate a cheating protocol on blood tests. But if the hemoglobin is way too concentrated as compared with laboratory guidelines, it would indicate nefarious intentions. Also, as with many things in life, there is a strong potential for abuse and dangerous outcomes. The excess heme can thicken the blood and hinder its movement with formation of clots. The dangerous sequelae are obvious if this develops. Is winning or improving performance possibly worth this risk...not on your life!

And, of course, the obvious: inhaled irritants can wreak havoc on the breathing process. United States Swimming has banned smoking near pool decks and in venues. Many colognes and perfumes also have irritating properties, as does traffic exhaust which seems even more disturbing because water has a unique physical property of drawing fumes to it and concentrating these vaporous compounds right where the swimmers need air. And it is not just human athletes that can be affected by poor air quality as mentioned above with the Beijing Games. When brought to race during certain months in the Tri-State Metropolitan area (New York, New Jersey, Connecticut) having the air cool, dry, and laden with particulate matter from pollution, thoroughbred horses were often seen to bleed from their noses after several days of running. The body can often overcome this type of insult if it is infrequent, but not if continuous exposure becomes the norm. There will be a price to pay for having to continuously and forcefully exchange unhealthy air such that our breathing apparatus becomes compromised and performances will definitely be diminished.

There have been a few physical procedures that have been and are still being utilized to hopefully aid in the breathing and recovery processes. But these simply don't provide for the benefits they were hoped for. The breathing in of pure oxygen to help recovery is, for the most part, useless. In the past we have seen professional football players on sidelines, to name one sport, mask-over-face inhaling from oxygen tanks. The body can NOT store oxygen, and it cannot increase its ability to immediately carry oxygen to demanding

tissue, even at mild altitude. If the athlete thinks inhaled pure oxygen is his salvation, he is being incorrectly advised; rather, it is his physiologic condition and training that needs to be brought into question. His preparation for intense repeated movement simply has been improper and inadequate.

Also, the use of pinched breathing snorkels while swimming to supposedly increase the resistance to inhalation requiring more power of the breathing apparatus when under physiologic stress has proven to be non-beneficial. Yet, this still seems to be a very popular training mode for many programs. But in actuality, it is a waste of time and energy. This apparatus does not increase the strength and endurance of the **intercostal muscles** (between the ribs) to help the athlete inhale more air with each breathing cycle. The breathing muscles are exercised adequately through regular and dedicated training. Rather, the exact opposite is what should be stressed. It is the EXHALE rather than the inhale that aids the process of air-exchange more thoroughly and efficiently as explained previously.

The Physiological and Biochemical Adaptations to Better Utilize Ambient Air

As touched upon above in the physical aspects of breathing, the actual cellular-level biochemistry and physiology that is driven by the quality of the breathing process can and should be stressed such that the body will consistently benefit from enhanced air-exchange to more strongly finish races. As I am fond of saying to my athletes: "It's not how far you swim, nor how fast you swim; rather, it is how far can you swim fast?!" What has been shared so far is how we utilize our ambient air initiated with the natural procedure of inhalation. With the science of physiology and the concomitant biochemical study of the processes within our bodies, sophisticated and daring experiments from the lab to the athletic venue have shown that remarkable adaptations can be developed to enhance how the body can utilize its air supply over time and distance. This now brings in the concept of **enzyme-induction**.

It is the wise coach, biological scientist, and dedicated athlete who combine to form the winning combination in establishing pertinent protocols for enhanced air-utilization. All around exchange of information from experimental results with observant notation can bring about amazing results. But there first must be the desire to understand what goes on inside the body. As such, know that all major biochemical processes are influenced by enzymes and enzyme groups. And there are several that need to be induced to produce a quality athlete.

Enzymes are protein compounds that act as catalysts and drivers of how the body reacts and adapts to various types of physiological stress. The enzyme group that governs **aerobic capacity** or **maximum**

oxygen consumption (VO₂ max) is an extremely important one. If the body cannot extract sufficient amounts of oxygen for its needs from inhaled air over time and distance, quality movement will be short-lived, and performances less than stellar will be seen in mid-distance and distance events.

VO₂max is influenced by size and mass of the athlete more with land-base and weight-bearing activities (with bigger usually allowing for greater values) than with gravity-free and non-weight bearing activities such as swimming and cycling. In the latter types of exercise, the extracted and consumed amounts of oxygen per unit time are more concerned with the ability to simply extract the needed amounts of oxygen from ambient air than the actual size of the athlete. BUT, we also must not discount the actual physical dimensions of the athlete with regards to actual lung size and subsequent usable oxygen transfer to demanding organs and tissues. Maximum increase in capacity for oxygen extraction and utilization from the ambient air is the goal for building aerobic capacity and is usually optimized by eight to 12 weeks of appropriate training where distances of repeat 300 yards or meters have been shown to provide adequate physiological adaptation along with relatively short rest intervals at 75%-80% perceived effort. Even lesser distances can be utilized appropriately to enhance this capacity as long as work and rest segments are correctly used in tandem. Keep in mind that even the 100-meter distance for each swimming event, and its equivalent on land in time and energy cost (a 400-meter run) takes enough time and consumes enough energy to require an important percentage of aerobic capacity.

So once the body has been adapted to inhale and absorb increasing amounts of oxygen-laden air, what next in the chain of functions is necessary to allow ever-more intense biochemical activity to proceed smoothly? The body has to have receptors available to grab hold and direct newly-arrived oxygen to where and how it can do the most good...producing prodigious amounts of energy for maintaining speed and power.

The answer is the extremely important production of **mitochondria** throughout the skeletal musculature and vital organs. These organelles (small parts or subdivisions of organ tissue) are the only substances that can produce energy and manufacture the fuel for movement: adenosine Tri-phosphate (ATP). The more of this we have in store and able to quickly make available, the stronger, longer, faster the athlete can move. Again, there are training sets to produce more and more of this vital substance along with newly-discovered energy supplements. The appropriate utilization of both can combine to produce still sought-after optimum results.

If the reader has further interest in learning the type of enzyme-inducing sets and physiologic energy supplements that are state-of-the-art science, the author can be contacted directly by e-mail:

Ednessel@AOL.com. Specific questions would be appreciated for ease of communication. Dr. Nessel's next book, *KEEPING THE ATHLETE HEALTHY* is due out in mid- 2014.

KEEPING THE ATHLETE HEALTHY: A COMPREHENSIVE GUIDE

By Edward H. Nessel, R.Ph, MS, MPH, PharmD

Reviewed by Paul J. Kiell, M.D.

To know this book is to know the author, Ed Nessel. I sought him out in early 1992, a time when permanent running injury steered me to my original sport, swimming. For me it would become one of those great serendipitous moments.

A perfectionist who left nothing to chance, Ed too was transitioning from pharmacist to swim coach. He possessed a unique quality, that one critical element we all need in a training partner or in a coach: *He was crazier than me.* (Ed spoke in 1992 at one of our New York City Marathon seminars; I introduced him as someone crazier than me. His wife later corrected me. "He is," she whispered, "much crazier than you.")

I said he was a perfectionist, and his influence on me has been most positive, although at times he could be a taskmaster, a real pain. He surely has pursued his father's commandment: "Always do your best."

With *Keeping the Athlete Healthy* the reader gets Ed's best. As I said in my blurb:

***Keeping The Athlete Healthy* is an encyclopedic work encompassing the author's expertise in both the medical and the physical. It is written in readable terms, containing everything you'd want to know or didn't know you needed to know**

about your life as a serious dedicated athlete or, as pertains to most of us, adding sports and vigorous activity as a balance to life.

It's especially pertinent since Ed has degrees in science, public health and pharmacy, and is a championship coach, swimmer and researcher.

Accordingly, explanations and discussions are backed up by scientific data. Nevertheless the writings have to be read slowly so that important information can be digested. I wish he would have pumped some air into some of the passages that are packed with scientific elucidation, but that comes later. His topics are insightful, educational and always helpful.

That essay is entitled "Fish Gotta Swim." Here he writes for all of us who are at least a little bit crazy, crazy in a very healthy way. Swimming becomes metaphor for running, skiing, biking and similar activities, the activities that bring balance and gratification to our lives, the activities we want to engage in forever. He speaks of the strands of rhythm, of beauty, of music, of meditation, of all the reasons we cling to our sport, all the reasons that make us dread the day when we may be unable to participate any longer telling us how to stay healthy and maintain our vigorous lifestyles and avoid that dreaded doomsday.

I almost got to that day, when serious leg clotting closed out my running lifestyle. Ed was one person who helped me make an almost seamless transition. Rekindling youthful memories I even became a member of some of his championship masters teams. I thank him for helping me to be the best I could be and you will too by partaking of the knowledge and experience you'll find in **KEEPING THE ATHLETE HEALTHY** .

DIXIE ZONE CALENDAR

2015		
Mar. 7-8	SCY	Southern Masters SCY Championships – Baton Rouge, LA
Mar. 7-8	SCY	St Patrick's Day Invitational – Atlanta, GA
Mar. 14	LCM	Goodlife Games – Clearwater, FL
Mar. 21	SCY	MTSU Blue Wave Raiders Invitational – Murfreesboro, TN
Mar. 21-22	SCY	St. Pete Masters SCY Championships – St. Petersburg, FL
Mar. 27-29	SCY	Inaugural Snag Holmes Invitational – Jupiter, FL
Mar. 28-29	SCY	North Carolina SCY Championships – Cary, NC
Apr. 23-26	SCY	USMS Spring Nationals – San Antonio, TX
Apr. 8-9	SCY	The Villages Senior Games – The Villages, FL
Apr. 11	SCY	Central Florida Marlins Masters Spring Splash – Ocala, FL
Apr. 12	SCY	Chattanooga River Rats Swim Meet – Chattanooga, TN
Apr. 12	OW	Swim Around Lido Key (7 mi) – Sarasota, FL
Apr. 12	SCY	West Gwinnett Developmental Meet – Norcross, GA
Apr. 19	OW	Swim Miami – Miami, FL (Not sanctioned)
Apr. 23-26	SCY	USMS Spring Nationals – San Antonio, TX
May 2	OW	Hurricane Man – St. Petersburg, FL
May 7-10	SCY	YMCA Masters Nationals – Sarasota, FL
May 15-16	LCM	Southwest Florida Spring Fling – Naples, FL
May 17	LCM	Central Florida Marlins Masters Summer Splash I – Ocala, FL
May 23	OW	15 th Annual Ed Gaw Amelia Island Challenge – Fernandina Beach, FL
May 30	SCY	Coral Springs SCY Last Chance Meet – Coral Springs, FL
June 6	LCM	Classic City Invitational – Athens, GA
June 12-14	LCM	Bumpy Jones Classic – Sarasota, FL
June 13	OW	Dixie Zone Open Water Championships – Chattanooga, TN
June 13	OW	Swim Around Key West – Key West, FL
July 4-9	SCY	National Senior Games – Minneapolis/St Paul, MN
July 11	LCM	Central Florida Marlins Masters Summer Splash 2 – Ocala, FL
July 11-12	LCM	St. Pete Masters LCM Championships – St. Petersburg, FL
July 17-19	LCM	June Krauser Summer Splash – Jupiter, FL
July 24-26	LCM	Dixie Zone Long Course Championships – Greenville, SC
July 25	LCM	North Carolina Long Course Championships – Goldsboro, NC
Aug. 6-9	LCM	USMS Summer Nationals – SPIRE Institute, Geneva, 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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