

Florida Gold Coast LMSC

Newsletter - Spring 2011

2011 ZONE SCY CHAMPIONSHIPS

The 2011 Dixie Zone SCY Championships were held on Feb. 25-27 in Fort Lauderdale, FL. 244 swimmers from 25 different clubs participated, including groups from Canada and Costa Rica. Several national records were broken at the meet. The GOLD 55+ women broke the records in the 800 free relay and the 200 medley relay.

We hope to see everyone at the Dixie Zone LCM Championships June 10-12 in Sarasota, FL.

SWIM MEET RECAP

Since the last newsletter, there have been four sanctioned meets in the FGC LMSC.

- On Feb. 25-27, the Dixie Zone Championship was held at the Ft Lauderdale Aquatic Center.
- On March 5, the John O'Keefe Spring Splash was held in Miami at the Florida International University.
- On April 8-10, the Hammerhead Invitational was held in Pompano Beach.
- On April 14-17, the YMCA Masters Nationals was held in Fort Lauderdale.

Upcoming meets in the LMSC are:

July 2-3 Plantation
July 16-17 Islamorada
July 23-24 Ft Lauderdale
Aug TBD Coral Springs Last Chance LCM

The LMSC encourages all swimmers to support the meets in their home LMSC. These meets attract first-time competitors as well as seasoned veterans. It is always fun to try new events and meet new people.

On April 30, the May Day Sprint Meet was held in Ft Myers. Dara Torres swam the 50 m free as part of her comeback from major reconstructive knee surgery in her quest to make her sixth Olympic team.

2011 YMCA MASTERS NATIONALS

The 2011 YMCA Masters Nationals were held April 14-17 at the Fort Lauderdale Aquatic Center. The local Broward County YMCA team finished third overall.

Four swimmers from our LMSC broke YMCA national records: Darcy LaFountain in the 55-59 1650 free; Tim Shead in the 55-59 200 back; Peggy McDonnell in the

55-59 200 IM; Cathy Mancino in the 60-64 100 and 200 fly. The relay record in the 55+ 400 free relay was broken by the team of Barb Protzman, Jeannie Mitchell, Catherine Rust, and Danielle Ogier.

National champions from the FGC LMSC included: Jen Martin, Heidi Hester, Suzanne Dearworth, Deven Christopher, Kelly Legaspi, Letty Castro, Celia Devanney, Debbie Cavanaugh, Danielle Ogier, Darcy LaFountain, Peggy McDonnell, Barb Protzman, Cathy Mancino, Linda Webb, Mary Jane Mullins, Tom Cuticchia, Ozzie Quevedo, David LeClair, Joe Wotton, Tim Shead, David Quiggin, David McIntyre, Cav Cavanaugh, and Joaquin Silverio.

2011 USMS SCY NATIONALS

The 2011 USMS SCY National Championships were held on April 28 - May 1 in Mesa, AZ. FGC LMSC swimmers who were National Champions were Kelly Legaspi in the 35-39 50 breast; Matt Hooper in the 35-39 500 and 1650 free; and Richard Garza in the 18-24 400 IM. Complete results are available on usms.org.

REGISTRATION UPDATE

As of May 7, there are 859 swimmers registered for 2011. A total of 448 swimmers from 2010 have not renewed. If you know one of them, urge them to renew! You can renew online at usms.org, or using the 2011 form that will be found on the LMSC website, www.fgcmasters.org.

Lost your USMS card? Moved to a new address? Changed your email address? Contact the FGC LMSC Registrar, Barb Protzman, at swimbarb@hotmail.com. Also, you can now update your address, email and phone online at usms.org.

2011 USMS LCM NATIONALS

Auburn Masters Swimmers Getting Ready For LC Championships

Auburn Masters Swimmers (AMS) are getting ready to host the 2011 USMS Long Course National Championships, August 3-6, 2011. All races will take place indoors in the James Martin Aquatics Center, which many in the Dixie Zone know to be a fast pool with minimum 9 foot depth and a gutter system designed to eliminate turbulence. In addition, we will have three separate places for warm-up and warm down, including the diving well next to the competition

course, an 8-lane 25 yard indoor pool immediately adjacent to the competition course, and an outdoor 10-lane 50 meter pool. It will be hot in Auburn in early August, so afternoon thunderstorms might affect access to the outdoor pool. Short of hurricanes and tornados, however, the indoor water should be safe in virtually all weather conditions.

Auburn is located approximately 90 minutes down I-85 from the Atlanta airport and 2 hours from the Birmingham airport. Swimmers also can fly into Montgomery, AL or Columbus, GA, which are less than 60 minutes from Auburn, though you usually need to fly through Atlanta anyway. There is a shuttle service (Express 85) that runs between Auburn and the Atlanta airport. We will have shuttle service between selected hotels in the area and the pool and free parking will be available in select lots around the pool.

APPLICATION TO OFFICIATE

USMS 2011 Summer National Championships
August 3-6, 2011 – Auburn University, Auburn, AL

Please contact FGC LMSC officials chair Steven Goldman at goldman@comcast.net and he will forward the application.

Return applications via mail, electronic mail, or fax to the Meet Referee: Clark Hammond, 2729 Old Trace, Birmingham, AL 35243;

hamm5690@bellsouth.net; 205-967-1346

Assignment preferences will be given to officials who submit applications by May 13, 2011.

All assignments will be at the discretion of the Meet Referee. All officials will be required to attend mandatory pre-session briefings. Meet uniform is white polo shirt over navy pants, shorts, or skirt; white socks, and shoes.

5 FOR 5 FOR 55+

The Gold Coast Masters team of Maureen Hughes, Peggy McDonnell, Danielle Ogier, Barbara Protzman and Pat Sargeant, in various combinations, have broken all five United States Masters Swimming SCY relay national records in the women's 55+ age group this year. The "GOLD"en Girls of Florida broke the five records by a grand total of one minute and 5.90 seconds.

This may be the first time that one team has broken all the relay records for an age group for one course within the same season, in fact in just two meets. Two records were broken at the Dixie Zone SCY Championship at the Fort Lauderdale Aquatic Center on Feb. 25-27 and the other three at the Hammerhead Invitational at the Pompano Beach Aquatics Center on April 9-10.

The team had been waiting for a year for their final member to turn 55 to wage their assault on the record book. And they did it without the long, zippered, buoyant tech suits!

200 Free Relay – 1:53.58 (previous record 1:54.53)
400 Free Relay – 4:15.58 (previous record 4:24.31)
800 Free Relay – 9:27.53 (previous record 10:02.88)
200 Medley Relay – 2:08.83 (previous record 2:12.46)
400 Medley Relay – 4:43.19 (previous record 5:00.43)

THE IV UANA PAN AMERICAN MASTERS CHAMPIONSHIPS

Join the Pan-American Swimming Union for the 2011 Pan American Masters Championships November 8-15 in Rio de Janeiro, Brazil. Swimming, open water, synchro and water polo will all be contested. Don't miss out on this opportunity to compete internationally. Information and the meet website for the Pan Am Masters in November is now posted online at <http://www.uana-aquatics.org/html/English/2panmaster1.htm> and <http://www.panamericanmaster2011.org/>

TOP TEN AND RECORDS

If you swim in a meet outside of the FGC LMSC and would like to have your times included in the LMSC top ten and be considered for LMSC records, please send a copy of the meet results or the link to the online published results to Chela Devanney at 11862 NW 25th Ct, Coral Springs, FL 33065 or chela@devanney.com.

OPEN WATER SAFETY CONFERENCE REPORT

by David Miner,
Florida LMSC Open Water and Long Distance Chair

The Open Water Safety Conference took place in San Francisco, March 18-20, 2011. The conference was sponsored and put on by USMS and Pacific Masters Swimming. Steven Munatones from the Open Water Source and open water guru was the conference coordinator pulling together over 130 open water swimming race directors, administrators, lifesaving professionals, doctors, writers, athletes, and officials from over 26 U.S. states and seven countries. The conference was designed to bring light to the fact that safety must be the primary goal for every open water swim around the world and to address how the open water community could better protect its athletes going forward as the sport grows by leaps and bounds.

Below are summaries of the lectures I was able to attend. The entire event was video taped and will be available on USMS's website for everyone to view.

Keynote Speech – Shelley Taylor-Smith (7-time World Professional Marathon Swimming Champion and one of the 50 iconic women of Australia)

- Shelley was an amazing swimmer in her time marveling not only other female competitors and her native country of Australia but also her male competitors that at times she would beat. Shelley's unparalleled determination, focus, drive, and sheer guts in swimming has led her to a career in motivational speaking. Some of her motivational thoughts include:
- Your mindset should be: Focus, Attitude, Self Belief, and No Excuses.
- "When it's too tough, too hard, too cold, too too too, you keep going!
- Desire + emotion = movement

What To Consider, Plan And Do In Open Water Events: An Overview From Lifesaving Professionals – B. Chris Brewster (President U.S. Lifesaving Association) Lt. Greg Buchanan, (San Diego Lifeguard Service and San Diego Fire Rescue), Ralph Goto (Administrator, Ocean Safety and Lifeguard Services Division, City & County of Honolulu)

- The need to hire professionally trained lifeguards for all open water events.
- A need for a command system with excellent communications during an event.
- The ability to account for all swimmers starting and finishing the event no matter what.
- The ability of the lifeguarding command system to create the safety planning, logistics, financial requirements (for safety), and operations.
- Have qualified lifeguards for the area with which the event is taking place (e.g. ocean trained lifeguards for events taking place in the ocean).
- Equipment readiness for an event including radios, vehicles, rescue boards, other vessels, rescue tubes, etc.
- Safety should be a lifestyle not an option.
- Even though USLA doesn't support this due to every area/event being different, the possibility of using one lifeguard for every 10 swimmers was discussed.
- Visit and use websites: www.usla.org and www.lifesaver1.com for lifeguard information.

The Inherent Risks of Open Water Swimming: Setting The Stage, What To Prepare For And Look For – Chris Sheen (Race Director, Big Shoulders 5K), Eric Juneau (General Manager, Traversée internationale du lac St-Jean), Ralph Goto (Administrator, Ocean Safety and Lifeguard Services

Division, City & County of Honolulu), Jim Wheeler (Total Aquatic Management)

- Open water races have many risk factors for athletes, and race directors, safety coordinators, race officials have a big responsibility to get safety right for their event.
- Volunteers: Instructions must be provided to safety event volunteers so that they understand their roles, must be there but not in the way, must be able to recognize conditions of a swimmer, must have good surveillance skills, must be able to recognize a critical versus a non-critical event, know how to communicate to and with the established event communication system, should have rescue tubes with them, and know what to do with a swimmer when they rescue them.
- Race directors and/or safety directors must have the ability to cancel or postpone a race due to safety concerns.

Current Rules and Guidelines Used in Open Water Swimming: What Rules To Follow and What Guidelines To Use – Lynn Hazelwood (Open Water Swimming Committee Chairperson, USMS), Shelley Taylor-Smith (7-time World Professional Marathon Swimming Champion and one of the 50 iconic women of Australia), John Dussliere (USA Swimming 2008 Olympic open water coach), David Robinson (Aquatic Specialist, Sonoma County Regional Parks), Marcia Cleveland (author of Dover Solo, Race Director and Long Distance Swimming Committee Chairperson, USMS)

- Each event is different so having strict guidelines for events may be problematic.
- Create your own event guidelines and rules as needed for your event.
- Use the current USMS guidelines for open water events.
- Establish some "best practices" of different kinds and types of open water races for distribution online. These could be used by race directors and safety coordinators to get started in planning their race.
- Avoid using the terms "rules" and "guidelines" and in turn use words like "best practices" to describe the tools available.
- Provide training for event directors and safety coordinators as opposed to writing and publishing guidelines. USA Triathlon has done this and it has been very successful.

Emergencies and Contingencies: What Should You Do When Disaster Strikes - Preparation, Communications, Logistics and Medical – B. Chris Brewster (President, US Lifesaving Association), Bob Placak (Founder, RCP Tiburon Mile), Mike Carr (Safety Director, RCP Tiburon Mile), Kate Alexander (Safety

Officer, Flowers Sea Swim), Dale Petranech (Honorary Secretary, International Marathon Swimming Hall of Fame)

- The key take away here was to “have a plan.” When disaster strikes and there is no plan or no one understands the plan, things get much worse very quickly. Plan for contingencies of all kinds and know what to do when things go bad.
- Communicate the plan to the entire event team. Make sure they understand.
- Evaluate the plan after the event ends. Make changes as necessary for the next event.

Safety in Ocean Swims: Things to Consider in Ocean & Sea Events – *Kaia Hedlund (President, Waikiki Roughwater Swim), Malcolm Cooper (Safety Officer, Maui Channel Swim), Lt. Greg Buchanan (San Diego Lifeguard Service and San Diego Fire Department), Joel Wilson (Race Director, Santa Cruz Cruise Swim), Dale Petranech (Honorary Secretary, International Marathon Swimming Hall of Fame), Ralph Goto (Ocean Safety Administrator, Ocean Safety and Lifeguard Services Division, City & County of Honolulu)*

- Perform a risk assessment of the event location.
- Have lifeguards trained in the ocean environment.
- Don't sacrifice safety because of the budget for the event.
- Evaluate using online tools and local officials for information on the tides, currents, water temperatures, winds, make-up of the bottom, etc. of the event location.
- Know that ocean event locations can quickly go bad due to weather and have a plan if such a thing happens.

Safety in Cold Water: Things to Consider: Hypothermia – *Paul Asmuth (Open Water Swimming Advisor to USA Swimming National Team Coach and 7-time World Professional Marathon Swimming Champion), Eric Juneau (General Manager, Traversée internationale du lac St-Jean), Marcia Cleveland (Author of Dover Solo, Race Director and Long Distance Swimming Committee Chairperson, USMS)*

- Hypothermia is a very real and dangerous result of being in cold water that can come on very quickly.
- Knowing what the signs of hypothermia are (slurred speech, confusion, etc.).
- The low water temp for elite swimming competitions is 16 C (60.8 F).
- The low temp for masters swimming competitions is 18 C (64.4 F).
- Acclimation is the only way to get accustomed to swimming in cold water.
- Must train in cold water to race in cold water.

- Must have an accurate way to measure water temperature for a race and a specific location to measure it. Measuring in the shallow water at the shoreline may be different than the water temp out beyond the surf, where swimmers will be swimming.
- Use silicone caps or wear two caps to insulate your head when swimming in cold water.
- Use silicone earplugs.
- Hypothermia can happen even in warmer water conditions.

Safety in Warm Water: Things to Consider:

Hyperthermia – *Dr. Jim Miller (multi-time USA Swimming National Open Water Swimming Team physician), Lori Bosco (Race Director, FKCC Swim Around Key West), Liz Tucker (USA Triathlon Race Director Certification Manager)*

- There is no hard upper temperature limitation for race events.
- Work is being done to come up with an upper temp limitation.
- Training in warmer temperatures is a must to race in warmer temperatures.
- Must have an accurate way to measure water temperature for a race and a specific location to measure it. Measuring in the shallow water at the shoreline may be different than the water temp out beyond the surf, where swimmers will be swimming.
- The surprising thing to me was that there was much less information and desire to create an upper limit temp and that much less discussion took place in this lecture. I was hoping since the death of Fran Crippen that this would be a lively and very productive discussion, but it wasn't.

Tools of the Trade: Equipment Used in Races – What Equipment To Purchase, Borrow, Prepare And Use – *Bruce Wigo (CEO, International Swimming Hall of Fame), Dick Sidner (Race Director, USMS National 25K Championships), Bob Placak (Founder, RCP Tiburon Mile), Mike Carr (Safety Director, RCP Tiburon Mile), B. Chris Brewster (President, US Lifesaving Association)*

- A new safety tool dry bag/float is being created by the International Swimming Hall of Fame. The float clips around your waist and floats in the spot just below your waist but out of way for kicking. It's colored in bright orange for visibility and is easily seen. Recommendations were brought up that this could be used in every open water race where lifeguards could easily see if a swimmer stopped swimming. It can also be used as a float the swimmer can hold onto. The dry bag version opens to hold a towel, shoes, etc. for swimming from point-to-point or for security reasons. I really liked this idea and

- feel it could be very useful as a safety tool for open water swimmers when training or racing.
- Having paddleboards and jet skis with rescue boards, not just kayakers.
- Make sure every safety person on the water has a float tube that can be given to a swimmer. Actual lifeguards could have red ones and volunteers could have yellow ones to distinguish between them.
- Have radios for all safety and event personnel with a reserved safety channel and event channel. Make sure all radios have fresh batteries and that people know how to use them.
- Using a timing chip system to help in accurate timing and accounting for athletes.
- Using some stand up paddleboards is good because they can look down on the course/swimmers.
- Have binoculars for safety personnel for spotting athletes that need help.
- Use specific turn buoys and course buoys (e.g. triangle buoys for turns and round buoys for in between turns).

Closing Speech – Maddy Crippen (Fran Crippen Elevation Foundation)

- Maddy gave a great speech about her brother, her exposure now to open water swimming, and her goals (and the foundations goals) to make events safe for all athletes.

Initiatives for the Coming Year

The following are ten key points discussed by everyone during the last session. These items are things we all decided were important to implement as soon as possible for the open water community. Others may be added during the year, but this was the first set compiled.

1. Create and utilize an independent Safety Officer position that is separate from the Race Director with the responsibility to plan and execute the safety aspects of a race and the authority to postpone or cancel a race.
2. Establish educational and certification programs for key positions responsible for open water swimming events.
3. Set and make uniform race safety standards and check lists.
4. Create an online repository of information with shared documents and content.
5. Collaborate across events, borders, and organizations.

6. Offer pre-race and regularly scheduled clinics to help elevate the awareness and increase the education of swimmers and coaches.
7. Create a mindset and lifestyle of safety at all levels of open water swimming – training and racing, solo and mass participation, fitness and competitive.
8. Establish, formalize, and annually review risk assessment before races are approved or sanctioned.
9. Interact, incorporate, and defer to the knowledge and experience of professional safety personnel (lifeguards, Coast Guard, Coast Guard Auxiliary, etc) in the pre-race planning and execution of safety before and during the race.
10. Establish standards and recommendations for athlete education for training and racing so athletes learn themselves what is required.

Final Comments

Overall this was a great event. There was a tremendous amount of experience present and this was very obvious with the amount of information that was discussed. At times it seemed a little overwhelming, but Steven and team kept things moving and well organized.

The key here will be what happens with all of this information and what we as an open water community will do with it. A representative from USA Triathlon was present and made the comment that this conference reminded her of where USA Triathlon was ten years ago. A humble wake up call in my opinion. Open water swimming is growing very quickly and the opportunities for issues also grow along with it. It was good to hear that USMS and USAT were going to have a meeting and discuss ways to work together in open water swimming. If some of USAT's best practices can be adopted in open water maybe we'll have a shorter learning curve, which will result in fewer safety issues and better events for all open water athletes. I truly hope so.

The goal is to have this open water conference every year going forward. I think it is a great idea and something the open water community really needs. USMS is very focused on open water swimming, which is great for all of us. I look forward a year from now to see where we are and what steps have been taken to make our sport better and safer. What will next year's topics be? I look forward to finding out.

FGC LMSC CALENDAR

May 21	SCY	Coral Springs Last Chance Meet – Coral Springs, FL
May 22	LCM	Ocala Marlins Summer Splash I – Ocala, FL
May 28	OW	Dixie Zone Open Water Championships/Ed Gaw Amelia Island Open Water Challenge – Fernandina Beach, FL
June 10-12	LCM	Dixie Zone LCM Championships/Bumpy Jones – Sarasota, FL
June 11	OW	USMS 10K Open Water Championships – Fort Myers Beach, FL
June 18	OW	Swim Around Key West (12.5 mi) – Key West, FL
July 2-3	LCM	Plantation Masters LC Meet - Plantation, FL
July 6-10	LCM	IGLA Championships – Honolulu, HI
July 9-10	LCM	St. Pete LCM Championships – St. Pete, FL
July 16	LCM	Ocala Marlins Summer Splash II – Ocala, FL
July 16-17	LCM	Upper Keys Summer Invitational – Islamorada, FL
July 23-24	LCM	June Krauser Summer Splash – Ft. Lauderdale, FL
August 3-6	LCM	USMS LCM Nationals – Auburn University, AL
Sept. 24	SCY	Ocala Marlins Fall Splash – Ocala, FL
Oct. 1	OW	Daiquiri Deck Tropical Splash (1, 2.5, 5K) – Sarasota, FL
Oct. 8-9	SCY	Gulf Coast Fall Splash – Ft Myers and Naples, FL
Oct. 14-16	SCM	Rowdy Gaines Classic – Orlando, FL
Oct. 15-16	SCM	Dixie Zone SCM Championships – Charlotte, NC
Nov. 5-6	SCM	Upper Keys Fall Invitational – Key Largo, FL
Nov. 12-13	SCM	Bridge the Bay – Sarasota and St Pete, FL
2012		
Apr. 26-29	SCY	USMS Short Course Nationals – Greensboro, NC
July 508	LCM	USMS Long Course Nationals – Omaha, NE

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

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