

NEM News



Members of the HealthPoint workout group at the October 28 Wheaton meet check out the pool and continue training.

NEM One Hour Swim The Tradition Continues

Bill Paine, Coordinator, One Hour Swim

Can you believe it? In two short months, NEMs will come together to defend our National One Hour Swim (OHS) championship. We will have our hands full shooting for three in a row. For other clubs, the heat is on. We pummeled them last year, but we can not rest on our laurels. This January, our competitors' goal is to rise up and force us to fall flat on our faces. And I am saying loudly, we will not fall!

But don't be fooled. For NEM to defend the National One Hour title, everyone's participation is essential. This means small clubs and solo swimmers who may workout by themselves.

Getting to the top was hard. Staying on top will be harder. Our NEM OHS success is a combination of big and small workout groups and those who do it on their own — fast swimmers and not so fast, older swimmers and younger, and experienced and inexperienced. There's that old saying, "It's not any one of us, but all of us." To win the One Hour, it's mostly about the *One Hour Swim...continued on page 4*

Registrar Needs Volunteers For Project

Our new registrar, Paul Griffin, will soon begin the mammoth job of re-registering the 2001 NEMs for 2002 and signing up new NEMs. We are seeking several reliable and organized volunteers to help mail out the new registration cards to members. Ideal candidates live not too far from our registrar in Newmarket, NH, and can volunteer about three hours during one or two weekends in November or December. Since we are an EOE volunteer organization, breaststrokers, backstrokers, butterflyers and even freestylers will have the necessary skills and may apply. E-mail Paul at: pgriffin@starcg.com

New England Short Course Meters Championships Wheaton College December 8-9

by Ed Gendreau, meet director

We're looking forward to an exciting and well-run meet at the New England 25-Meter Championship at Wheaton College December on 8-9.

We have a top notch meet management team in place and a nice facility with a fast pool. Please join us for a fun event. Entry deadlines are approaching. Sending your entry form early is a courtesy to meet management.

Wheaton
entry
deadlines:
November 16
postmark or
November 23
received

Address change

The address in the October NEM newsletter entry form and information sheet was incorrect. Below is the correct address. It is on the revised entry form and information sheet on pages 6 and 7 of this issue.

Harold Whitney, 9 Oak Drive, Hampton Falls, NH 03844. If you have already mailed your form, don't worry. The mail has been getting to its intended destination. If you have already mailed your form and would like to confirm that it arrived, please send Ed Gendreau an Email: gendreau@nh.ultranet.com

Another note about the entry form

The entry fee is \$13.00 plus \$3 times the number of events you enter, plus an extra \$5 if you have not attached a copy of your USMS card. The entry form published in last month's NEM newsletter included the line: "other individual events ___ X \$3". This line should have read "# individual events ___ X \$3." The revised entry form is on pages 6 of this issue. You can download the revised meet instruction sheet and entry form on the following web page:

<http://www.nh.ultranet.com/~gendreau/01scmchamp.html>

Workout Group competition

Great Bay Masters will be looking to win the 25-meter Championship Workout Group competition for the third consecutive year. Can Great Bay's quest for a "three-peat" be derailed? Minuteman, Cambridge, Andover, and East Providence could all make a run for the top position. The top ten Workout Groups at Wheaton will receive banner awards. Other contenders for a coveted Workout Group Championship banner: South County YMCA, Longfellow, the Nashua Penguins, Western New England College, Newton JCC, Wellesley,

Wheaton: continued on page 2

**2002 NEM
membership
form for new
NEMs is on
page 4**

The NEM membership form on page 4 is for new members.

If you know some swimmers who may want to join, please pass it on to them.

If you are a 2001 registered NEM, do not use that form. Use the renewal form that you will receive in the mail soon.

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How I Train

produced by Kim Goodwin —
Skwim3@aol.com

Help, help!

Kim wants your training story. She has done a fine job of seeking, wheedling, begging, challenging and imploring many NEMs to tell her how they train. Now she needs more How I Train “volunteers.” Please email her and say you will join those who have already bared their workout secrets to the many NEMs patiently waiting to know how other NEMs do it. And remember, Kim is not looking for just the swiftest. We all have something to share with our fellow NEMs. Help one of the major contributors to NEM News get it done; email her and tell her you a volunteer! Thanks.

Coached Workout — Danver’s YMCA
34 Pickering St., Danvers, MA 01923
Monday and Wednesday 8-9 PM
Contact: JulieAnne Rhorchi
Telephone 978-774-2055

Swimming is just what I do...

Swimming is just what I do.
It’s an incredible thing, I know.
It’s good for every part of me
And not just the ones that show.

It helps my heart, my arms, and my thighs.
My abs, of course does,
Just moving my legs up and down —
Each flutter creates a buzz.

I love it so much ‘specially
‘Cause it helps me to unkink.
It keeps my brain a moving,
While it causes me to think...

I’m always on the look-out
For a better way to swim..
I see how others do it
And I’ll ask them, then begin...

So when you need a big boost,
Both to body and to brain,
Just get yourself to water —
Start to swim and swim again!

by Kathy Brodsky

Wheaton...continued from page 1

Twin Oaks, Concord, BUMS, Healthpoint and of course, Wheaton!

Backup timers needed

Sixteen active backup timers are needed each day of the meet. We are looking to contract with a swimming team to provide backup timing. NEM will make a cash contribution to the swim team in exchange for the service. This could be a youth team (USA Swimming, YMCA, town, etc.), or a scholastic team (high school or college). We are willing to consider contracting both days to a single team, or each day to a different team. Contact Ed Gendreau at gendreau@nh.ultranet.com if you can help us make a deal!

USMS/NEM registration

You must be USMS registered to compete at the Wheaton meet. Page four in this issue has the 2002 New England Masters registration form for use by new members and the NEM web site (www.swimnem.org) has the 2002 New England Masters registration form as a PDF file, a Word file and a text file. New Masters must be registered by November 23. To avoid a \$5 charge, you must attach a photocopy of your USMS card to your Wheaton entry.

Swimmers who are not USMS registered need to mail their registration forms immediately to the registrar, He may need up to two weeks to process registrations. Two weeks may also be needed to issue replacements for lost cards.

Paul Griffin, NEM Registrar, P.O Box 602, Newmarket NH 0385-0602.

Sign the waiver!

Take care to fill out your Wheaton entry form correctly. One of the most common errors we see is swimmers forgetting to sign the waiver at the bottom of the entry form. You will not be entered in the meet until we have an entry form with a signed waiver in hand.

Workout Group leaders encouraged to help

Workout Group Leaders can do a lot to help with the Wheaton meet entry process. By taking an active role, Workout Group Leaders can help assure that all their swimmers who wish to compete at Wheaton will actually do so:

- Make sure that your swimmers who are not presently NEM registered do so immediately
- Check over your swimmers’ Wheaton entry forms. Look for common errors like unsigned waivers, no copy of NEM registration card, and seed time errors. Work with your swimmers to correct these errors.
- Collect your swimmers’ Wheaton entry forms and mail them in one package.

All events are positive check-in

All events will be deck seeded from entry form times. Swimmers must confirm their entries by 8:30 a.m. each day. Swimmers who do not check in by 8:30 a.m. will be scratched from all their events for that day. If you arrive late, check in immediately and you will be re-entered in events that have not yet been posted.

Dive over starting

“Dive Over Starting” is a meet management technique used to reduce the time between heats. There may be close to 200 heats in a day, so saving 20 seconds per heat could save an hour during the course of the session. Swimmers completing a heat will finish at the wall, and stay in the water until the next heat is called to the blocks. Swimmers will stay in the water until the next heat “dives over” the top of them. Immediately after the next heat has started, the swimmers from the previous heat will exit the pool. The touch pads will be dead for 20 seconds, so swimmers must exit the pool within 20 seconds of the starting tone for the next heat. Some swimmers may wish to use the ladder to climb out of the pool. If you are a swimmer who wishes to use the ladder to climb out of the pool, go to the information table during the warm-up session at the beginning of the day. Notify the personnel at the table that you will be using the ladder to exit the pool after your heats. Each heat you will swim that day will be flagged, and the starter will not use the “dive over” starting procedure after the completion of your heats.

New records and fast swimming expected

New England records were set in 111 individual and 38 relay age group events at the 2000 championship. Cambridge Masters set five relay national records at the 2000 meet. More exciting swims are on the way this year. Be sure to be on hand to participate and enjoy the action.

New England 25-Meter All Time Top Ten

Take a look at the New England 25-Meter All Time Top Ten:

<http://www.nh.ultranet.com/~gendreau/gbmstcmtt.html>

There are still plenty of opportunities for swimmers of all abilities to achieve a top ten time on this list.

Wheaton
October 28



The Self Coached Swimmer

by David Grilli, LMSC Fitness Chairman
mushield@aol.com

It's what you do with what you've got

Having coached age group and Masters swimmers of all abilities, I have seen what swimmers do right and what swimmers do wrong. I have found the best way to offer critique to swimmers is to first tell them what they are doing correctly. This gets the young ones listening and

When self critiquing, figure out what you do correctly with your swimming, then figure out what you need to improve upon.

the older ones feel flattered.

Likewise, when self critiquing, figure out what you do correctly with your swimming, then figure out what you need to improve upon. There are certain issues that, no matter how hard you try to correct, your

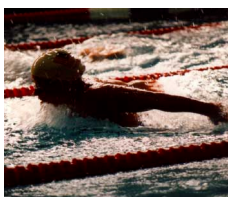
efforts will be futile. Swimming is a study in natural buoyancy, hydrodynamics and athleticism. Figure out which is your strong suit.

If you are the long lean type, you will tend to have good hydrodynamics. You will cut through the water like a fine racing yacht. Work on this! Really work on your streamline and keep trying to make yourself longer in the water.

Good natural buoyancy can be determined by simply floating on your back. If you tend to float easily and not have your legs sink, you have good natural buoyancy. You want to ride high in the water. Try to imagine keeping your butt and shoulder blades dry while your swimming. Work your body position and balance while swimming.

Athleticism is God given. If you show great prowess in a number of sports, you probably came from the deep end of the gene pool. Your strength to weight ratio is high, you have quick hands and can jump through the ceiling. You will excel at swimming no matter what. You simply have to understand that there is just no money in it.

One of my favorite drills to determine someone's swimming potential is to have them swim 10 x 50 on a comfortable interval. Alternate the 50s by sprinting a fifty and then swimming a easy fifty. Compare the times it takes to complete both types. If your swim time only differs by a few seconds, you are a floater. If it differs by several seconds, you are probably a lean machine. If your times differ by a fair amount say 10 seconds or more, you are probably the gifted athlete type. Or maybe you are just going too slow.



The Non-Elite Swimmer

by Al Prescott
alprescott@charter.net (new email address)

My Goals

Goals. Most of us have them. It's certainly difficult to train day in and day out without them. My goal at the Wheaton meet is to do all events that have the number 200 in them (i.e., finish them). Recently, Elizabeth Kane, 52, from the Andover YMCA shared her goals with me.

I started swimming at the Andover Y after 35 years. Was lucky to find Dan Rogacki as a coach, Esther Pelletier as a lane mate, and a very friendly team. I found out early that I'm not very motivated and have to have clear goals about my swim season. That's really the most fun for me — setting goals and attaining them. No matter how silly they may seem to the elite swimmers over in the fast lanes, they fuel my competitive personality.

First year goals (1998 – first meet at Bentley)

- Goal 1 Find a suit I'm not too embarrassed to wear (not accomplished)
- Goal 2 Get on the block without assistance - getting off is another matter (check this off)
- Goal 3 Keep goggles and bathing cap on the whole race (check this off - sometimes!)

Second year goals (1999)

- Goal 1 Find a suit I'm not too embarrassed to wear (not accomplished)
- Goal 2 Beat Kathy Slifer (competitor from childhood.) Check this off!
(note: After I beat Kathy at Brown in the 50 back and 100 breast, she started training and I have only been in her backwash since!)
- Goal 3 One hour swim (done)

Third year goals (2000)

- Goal 1 Find a suit I'm not too embarrassed to wear (not accomplished)
- Goal 2 Swim a long distance race - (done -swam the 3 mile pond swim at Mashapee)
- Goal 3 Get out of the pool gracefully (depends on the pool - better percentage of success when near a ladder!)
- Goal 4 Make a New England top ten time (check it off)

Fourth year goals (2001)

- Goal 1 Find a suit I'm not too embarrassed to wear (not accomplished but there is hope after watching the Olympics. Do those body suits come in XXL?)
- Goal 2 Make a national TT time done - (note: did this with teammates in the 220+ age group medley and free relay. Thanks to my relay teammates!)
- Goal 3 Swim a distance event in the ocean! (Went to swim Gloucester, but the water was too cold!)

Fifth year goals (2002)

Will I finally check off the #1 goal? I'm definitely gonna try and accomplish an ocean swim. Put the hour swim back on the list. As for my other goals? Just have to wait and see!

One Hour Swim: continued from page 1

number who participate. And it must be swum some time during the month of January.

For some of us, the One Hour is part of our tradition. We do it each year, using it as a tool to see how our training is progressing and what sort of shape we are in, compared with last year. We attempt to go a little bit further — or, in some cases, not slow up — each year. Our coaches add some push with longer sets and distance swims.

For workout groups within NEM, the One Hour is a factor in awarding NEM's Workout Group Champion. For every swimmer who participates in the One Hour, additional points are earned. Participating in the One Hour can be the curve ball that makes or breaks any team vying for the Championship.

While listening to the radio on a long drive last week, I caught NPR's Satellite Sisters, a talk show hosted by five sisters living in five different places. Their subject was "Strong Ties and Lasting Friendships."

One listener had sent an email explaining that her true friend over the years had been her pool and lap swimming. The sisters thought this was odd, but not me. At times, we all have found some solace in the water. For many NEMs, it's a place for training and physical exertion. For some it also is a place to find peace and rejuvenation. If you have been on a swim sabbatical, why not use the One Hour as your goal to get back into a training regimen?

To keep our title, we need to get everyone motivated. With about sixty days until the swim, it's time to start planning. Talk up the One Hour to your coach, teammates, and lanemates.

Get ready, and sign on to the OHS. Look for more info in the upcoming issues on NEM News.

Mark your calendar for January 2002. Be part of NEM's One Hour of Power! As we continue the tradition and make it 3 in a row!

**Wanted: Open Water Swim Coordinator
Be Half an Ackerman**

Lisa Ackerman has had two jobs for several years as NEM resource for open water swim opportunities. 1. She puts together an annual calendar of open water swim events that has encouraged many NEMs (including your NEM President) to swim in a few open water races. 2. Lisa's name is on the NEM web site and in the NEM brochure as the NEM contact for swimmers interested in information on open water races and open water workouts.

Lisa is ready to let someone else handle her second job of being the contact. We are looking for someone who goes to several of the open water races. Lisa says being the NEM contact amounts to fielding about 10 phone calls a year, plus a few emails here and there. Many can be referred to Lisa's Open Water Calendar on the web site. Volunteer to be NEM's next Open Water Swim Coordinator. Email NEM president Sharon Theriot (sharontheriot@mac.com).

Wheaton College, Norton, MA November 28 – Short Course Meters (SCM)

Bella Marlow, Meet director; Bella Marlow and Ed Gendreau, results

			50 FR	100 FR	200 FR	400 FR	50 BA	100 BA	200 BA	50 BR	100 BR	200 BR	50 FL	100 FL	200 FL	100 IM	200 IM	400 IM	
WOMEN																			
NEM	01061	23		Christine Barnaby	1:13.37				1:25.11							1:24.13	3:05.60		
NEM	01620	27	34.62	Kristen Larsen	1:13.73	2:40.69							39.15						
NEM	NA	27		Ellen Mahoney			41.40	1:30.92											
NEM	00743	30	37.14	Kristen Phillips	1:24.15	3:11.29	7:13.26							1:51.01					
NEM	01434	31		Amy Leveroni	1:05.64	2:30.07							32.50						
NEM	00189	33		Josephine Humphreys			43.59			46.07			38.88						
NEM	01474	33		Mary Beth Connolly	1:07.01	2:31.13		1:25.32											
NEM	00268	35	31.82	Jennifer Lakins	1:09.15		36.77						34.28						
NEM	00707	38		Laura Swain	1:17.46	2:47.52	45.41									1:32.50			
NEM	00139	38		Paula Pollard					3:01.53	40.69		3:09.43					2:50.87		
NEM	00747	39	33.23	Gail Pentheny	1:13.28	2:40.04													
NEM	00622	43		Kim Goodwin		2:26.09		1:22.13	2:50.62	42.39	1:32.72								
NEM	00769	45	39.04	Sandra Witten	1:25.44					46.66									
NEM	00584	46		Karla Nisley-Black				1:25.80	3:01.26		1:35.04					1:24.42			
NEM	00455	48		Judith Sharlin		3:12.40					1:45.37	3:46.38							
NEM	00574	48		Kelly Sherwood	1:35.20														
NEM	00521	48		Joan Geoghegan	1:16.62	2:52.52	47.33												
NEM	01263	49		Karen Lewis	1:31.19														
NEM	00478	50		Eileen Craffey				1:39.53	3:31.08	53.18	1:40.97	3:33.26							
NEM	00051	56		Kathy Slifer			43.16			46.55			41.44			1:29.78	3:17.12		
CONN	*	56		Janit Romayko						47.27	1:44.80								
NEM	00939	57		Susan Regan	1:58.86		1:02.88												
NEM	01004	63	46.87	Barbara Matorin	1:41.09	3:35.20					2:10.91		54.70						
NEM	00503	73		Joan McIntyre					4:19.81						6:53.74			10:23.63	
MEN																			
NEM	00137	23	25.96	Pieter DeHart	55.68								28.05			1:05.40	2:20.21		
NEM	01205	24	27.13	Joseph Nappi				1:08.79								1:10.50			
NEM	00883	25		Sean Barow	1:07.57					38.98	1:22.47	3:00.65							
NEM	01022	31		John Rogers		4:49.16							1:01.69				2:30.83		
NEM	01561	32	31.73	Steven Veneman	1:12.59	2:51.69				42.16									
CONN	*	32		Michael Mahoney	2:35.68	5:43.12													
NEM	01216	33		Chris Wood				1:09.24	2:32.64		1:21.71						1:09.73		
NEM	00616	39		Edmund Gendreau		4:48.68	32.10					2:40.84					1:06.27		
NEM	01108	39		Chris French	57.92	2:08.60				2:42.94			1:10.35						
UNAT	01224	40	32.08	Frank Kiley	1:15.50														
NEM	01063	41	29.10	Michael Hirst			34.04	1:12.74	2:39.12										
NEM	00710	41	29.16	Frank Wuest	1:02.76	2:20.10							31.03						
NEM	new	41		Peter Neilley	1:07.53								1:17.27	2:42.06			2:45.99	5:51.96	
NEM	01631	44	28.69	Jim Duffy	1:02.74	2:25.91													
NEM	00949	45		Robert Bristow						35.11	1:17.24								
NEM	00468	47		Douglas Ross	1:08.42	2:37.69				43.15			38.97						
NEM	01078	50		Greg Shaw									27.84	1:01.98			2:25.61		
NEM	01370	54	55.51	John Boudreau			1:13.01			1:18.06									
NEM	new	54	39.40	William Ream						DQ									
NEM	00534	55		Joseph Keilty									54.29	2:07.83					
NEM	00308	56	31.98	Laszlo Eger	1:10.64		38.19	1:26.69		45.28									
NEM	01577	56	42.62	Brad Lawrence			50.62			49.45									
NEM	00096	57	32.11	David Baxter		6:33.41	44.19		1:55.59	46.61									
NEM	01214	64		Wayne Pickering		3:28.39							39.08						
NEM	00472	66		Arthur Cotter	1:47.23	3:45.30	7:47.91												
NEM	00773	68	33.76	Ted Webster	1:17.22	3:04.53													
NEM	00881	68	37.93	Art Scott			44.78	1:45.21	3:48.39										
NEM	00006	70	37.93	Tom Lyndon	1:33.15	3:43.85	52.60												
NEM	00987	79		James Edwards	3:19.47	7:05.50													
CONN	*	84		John Merrill		8:51.56	50.02	1:54.86	4:11.40										

Swim Meets — continued from page 8

From the west (via Route 90, Massachusetts Turnpike)
Take Exit 22 (Copley Square), and bear right. Proceed to the first traffic light, and turn right onto Dartmouth Street. Take the next right onto Columbus Avenue. The Northeastern University Parking Garage is approximately one mile ahead on your right, at 795 Columbus Avenue.

From the west (via Route 9)
Proceed east on Route 9; it will become Huntington Avenue. Turn right onto Ruggles Street. At the third traffic light, turn left onto Tremont Street, take the next left, and then turn right onto Columbus Avenue. The Northeastern University Parking Garage is two blocks ahead on your left, at 795 Columbus Avenue.

From the south (via Route 3, Southeast Expressway)
Take Exit 18 (Massachusetts Avenue), and proceed onto Melnea Cass Boulevard. Continue for approximately two miles, and turn right onto Columbus Avenue. The Northeastern University Parking Garage is two blocks ahead on your left, at 795 Columbus Avenue.

Via public transportation
Northeastern is accessible by subway via the Green Line of the MBTA. From downtown Boston, take an "E" train outbound to the Northeastern stop, the first stop above ground. The campus can also be reached from downtown via the Orange Line by taking any train going outbound to Forest Hills and getting off at Ruggles Station. Commuter rail lines connect with the Orange Line at Back Bay Station and North Station.

- **December 8-9, Saturday-Sunday**
New England Short Course Meter Championship
(8 lane/25 meter pool with warmup pool & electronic timing)
Wheaton College
Norton, MA
See pages 6 and 7 for the revised entry form and information sheet.
 - **December 8-9, Saturday-Sunday**
Colonies Zone Short Course Meter Championship
(8 lane/25 meter pool with warmup pool & electronic timing)
Rutgers University, Piscataway, New Jersey
Alex Antoniou or Ellen Zera: 732-445-0462 or antoniou@rci.rutgers.edu
 - **January 20 (tentative)**
Dedham Sprints
Dedham Town Pool
Dedham, MA
This will be the second year for the 25 yard sprints. The meet will also have longer events. Meet info and the "records" set in 2001 next month.
 - **January 13, Sunday**
Southern Connecticut State University
New Haven, CT
8:00 warmup; 9:00 start [A Conn Masters meet]
 - **March 24-30, 2002**
IX FINA Masters World Championships (50 meter pool)
Christchurch, New Zealand
• USMS National Office, PO Box 185, Londonderry, NH 03053-0185, 603-537-0203, 603-537-0204(fax), usms@usms.or. Info and packets available from USMS National Office in late 2001.
• Neil Blanchfield, Chairman, (64-3) 377-1700, (64-3) 377-1710 (fax), masters.swim@greatevents.co.nz. To receive regular updates, send a blank e-mail to masters-list@eventnz.co.nz; www.eventnz.co.nz/masters-swimming/; Pre-entry (2/8/2002)
 - **April 18-21, 2002**
YMCA Nationals (25 yard pool)
International Swimming Hall of Fame Pool, Ft Lauderdale, Florida
YMCA headquarters is running the meet: ymcaswimminganddiving.org. Stu Marvin is a pool administrator at Ft Lauderdale: 954-828-4581
 - **April 19-21, 2002**
Colonies Zone Championships (two 25 yard pools plus 25 yard warm up pool)
University of Maryland, College Park, Maryland
David Diehl: 301-314-5372 (work), 301-946-0649 (home-before 9 pm please)
 - **May 14-17, 2002**
2002 USMS Short Course Championships (25 yard pool)
University of Hawaii, Honolulu, Hawaii
Amy Patz, U of HI Swimming, 1337 Lower Campus Rd., Honolulu, HI 96822, 808-956-7510, patz@hawaii.edu
 - **August 2002**
2002 USMS Long Course Championships (50 meter pool)
Cleveland, Ohio
Pieter Cath, 35400 Bainbridge Rd, Solon, OH 44139, 440-248-8270, cath.p@worldnet.att.net
- Note: www.usms.org has info for the USMS national meets and New Zealand.

2002 NEM membership form for new NEMs

This 2002 NEM membership form is for new members only. If you are a 2001 registered NEM, please do not use this form. Wait and use the 2002 NEM membership renewal form that you will receive in the mail shortly.



Last name _____
First name _____ Middle Initial _____
(Please use exactly the same name you will use if you swim in meets.)
Street _____
Town _____ State ____ Zip _____
Home telephone _____
Work telephone _____
E-mail address _____

Date of birth (mm-dd-yy) _____ Sex _____


The pool where I swim _____

My pool has coached workouts: yes or no

My coach's name _____

My workout group's name (if applicable) _____
(Examples: Great Bay Masters, Cambridge Masters, East Providence Masters)

Release: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature _____ Date _____


My \$30 membership includes a copy of the New England Masters newsletter mailed to my home each month --- OR ---

My \$20 membership does not include a mailed copy of the New England Masters newsletter. (You can receive the New England Masters newsletter PDF by downloading it from the New England Masters web site each month.)

Optional: I am contributing \$1.00 or \$_____ to the United States Masters Swimming Foundation. I have added that amount to my membership check.

Optional: I am contributing \$1.00 or \$_____ to the International Swimming Hall of Fame in Ft Lauderdale. I have added that amount to my membership check.

\$_____ Total of my check payable to "NEM" and mailed with this form to:

Paul Griffin, New England LMSC Registrar
P.O. Box 602
Newmarket, NH 03857-0602

Please allow two weeks for processing.

• Your 2002 membership is from 11/1/01, or whenever you join after that date, through 12/31/02. (If you join after 9/1/02, your membership cost will be less. At a later time the New England Masters web site will post that lower membership cost.)

• New England Masters offers an emailed NEM E-News. You can receive it if you include your email address on this form.

• Your New England Masters 2002 membership includes a USMS membership. The USMS membership includes a subscription to SWIM magazine thru Nov/Dec 2002.

— for more information —
WWW.SWIMNEM.ORG or 1-888-SWIMNEM

10/24/01

New England Masters 2001 Short Course Meters Championship

December 8 and 9 at Wheaton College, Norton MA

Sanctioned by NE-LMSC for USMS, Inc.: Sanction Number 032-015-SSCM

*Print seed times clearly! Use a ":", on times one minute or greater
A seed time must be recorded for each event entered*

Evt. No.	Entry Time Women	Event	Entry Time Men	Evt. No.
Saturday December 8, 8:00 a.m. warm up, 9:00 start				
1		100 Meter Individual Medley		2
3		50 Meter Backstroke		4
5		200 Meter Breaststroke		6
7		100 Meter Freestyle		8
9, 45	deck enter	200 Meter Medley Relay	deck enter	10, 45
11		200 Meter Backstroke		12
13		100 Meter Butterfly		14
15		200 Meter Freestyle		16
17		400 Meter Individual Medley		18
19, 46	deck enter	400 Meter Freestyle Relay	deck enter	20, 46
Sunday December 9, 8:00 a.m. warm up, 9:00 start				
21		200 Meter Individual Medley		22
23		100 Meter Breaststroke		24
25		400 Meter Freestyle		26
27		50 Meter Butterfly		28
29, 47	deck enter	200 Meter Freestyle Relay	deck enter	30, 47
31		100 Meter Backstroke		32
33		50 Meter Breaststroke		34
35		200 Meter Butterfly		36
37		50 Meter Freestyle		38
39, 48	deck enter	400 Meter Medley Relay	deck enter	40, 48
41, 49	deck enter	800 Meter Freestyle Relay	deck enter	42, 49

Maximum of five individual events per day, plus relays

Name _____ Gender: M F
 Age on 12/31/01 _____ DOB _____
 Workout Group (NEM's only) _____
 Phone (Evening) _____ (Day) _____
 Address _____
 2001 or 2002 USMS # _____ USMS Club _____
 Email Address _____
 Email seltzer@metsoft.com to be added to meet email distribution list.
 Meet website: <http://www.nh.ultranet.com/~gendreau/01scmchamp.html>

Note: Seed times submitted must be for meter distances. If you need help converting times from yards to meters, see the Information Sheet.

Attach copy of USMS registration card HERE

- Entries without a card copy:
 - * swimmers outside New England LMSC, entry will be rejected
 - * New England LMSC: pay a \$5 additional processing fee, must be registered by November 23, 01

Meet entry fee = \$13.00 **Mail To:**
 No card copy, NE-LMSC @ \$5.00 = \$ _____ Harold Whitney
 # individual events X \$3.00 = \$ _____ 9 Oak Drive
 Total of above (payable to NEMSC) = \$ _____ Hampton Falls, NH 03844

Entries must be received by November 23 or postmarked by November 16

RELEASE: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition I agree to abide by and be governed by the rules of USMS.

DATE _____ SIGNATURE _____ **(* ** * NO SIGNATURE, NO SWIM * ** *)**

2001 New England Masters Short Course Meters Championship

and

Workout Group Challenge!

December 8 and 9, 2001

Sanctioned by NE-LMSC for USMS, Inc.: Sanction Number 032-015—SSCM

Pool

The Balfour Natatorium, Wheaton College, Norton MA, is an eight-lane pool with additional area for continuous warm up and warm down, electronic timing and scoreboard.

Directions

95S or N to 495S. Take exit 10 (to Rt. 123 Norton/Easton), right on 123 towards Norton. Go about 1 mile, past fire station on right. Take next left just after white Trinitarian church (Pine Street). Take first right onto Campus (200 yards). Athletic center is the first building on left past the athletic fields. Parking opposite the building or beyond on the left. Limited parking, carpooling recommended.

Eligibility

2001 or 2002 registered United States Masters Swimming (USMS) swimmers 19 years or older as of November 23, 2001, and 2001 registered masters swimmers from other countries. If you are outside the NE-LMSC, a copy of your registration card must accompany your entry form. If you are in the NE-LMSC, you must be registered by November 23, 2001. Any entries that do not meet these requirements will be rejected. There will be no exceptions.

Rules

2001 USMS rules apply.

Entries

Enter a maximum of five individual events each day, plus all relays. Entries must be postmarked by November 16 or received by November 23. Mail entry form, copy of your USMS card, and check payable to NEMSC to:

Harold Whitney
9 Oak Drive

Hampton Falls, NH 03844

Seed Times

You must include a seed time for each event entered. Seed times submitted must be for meter distances. A spreadsheet for converting times is available at:

<http://www.nh.ultranet.com/~gendreau/gbmspreadsheets.html>

Or convert per the following example: If yard time is 2:54.38

1) Convert yards time to the total number of seconds:

$$(2 \times 60) + 54.38 = 174.38 \text{ seconds}$$

2) Multiply by 1.1: $174.38 \times 1.1 = 191.81$ seconds

3) Convert total number of seconds back to minutes and seconds: $191.81 \text{ seconds} = 3:11.81$

Heat Seeding

Heats seeded by gender from slowest to fastest. All events are timed finals.

Awards

Certificate for mounting an adhesive label record of your performance in each individual event. The man and woman

with the highest point total from individual events swum will receive a High Point Trophy. The ten highest scoring New England Masters Workout Groups will receive awards.

All Events Require Positive Check-In

All events will be deck seeded from entry form times. Swimmers must confirm their entries by 8:30 a.m. each day. Swimmers who do not check in by 8:30 a.m. will be scratched from all their events for that day. If you arrive late, check-in immediately and you will be re-entered in events that have not yet been posted.

Warm-Up/Warm-Down

The competition pool will be open for warm up from 8 a.m. to 9 a.m. on Saturday and Sunday. Lanes will be labeled for warm up pace. Additional area will be open for pre and post race swimming at all times during the meet.

Hotels

Courtyard Marriott, Foxboro, MA, 508-543-5222

Holiday Inn, Taunton, MA, 508-823-0430

Comfort Inn, Foxboro, MA, 508-543-1000

Raynham Courtyard Marriott, Raynham, MA 508-822-8383

Call for rates.

Relays

Relay swimmers must be individually entered in the meet. Relays will be deck entered at the meet. Relay entry deadlines will be posted at the meet. Relay age groups at meters events are determined by the sum of the ages of the four participants. The relay age groups are: 76-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, and 320-359. All four members of a relay must be members of the same USMS club. Unattached swimmers may not participate in relays. Swimmers may participate in either the single or mixed gender, but not both, of each relay event.

Scoring

The meet will be scored as a competition between workout groups. All NEM swimmers from an NEM "Workout Group" will be scored together. The first ten places in each individual age group event will score in the following sequence: 11, 9, 8, 7, 6, 5, 4, 3, 2, 1. The top ten relays in each age group event will score double points.

For More Information

For more information contact Ed Gendreau at 603 742 7850 or gendreau@nh.ultranet.com. To add name to meet Email distribution list send message to: seltzer@metasoft.com Pre-meet information posted on the following web page: <http://www.nh.ultranet.com/~gendreau/01scmchamp.html>

Swim Meets

■ **November 11, Sunday**
Portsmouth High School Pool (6 lane/25 meter pool)
Portsmouth, NH
 Warm up 8:00 a.m.; 9:00 a.m. start. Must be finished by 12:30 p.m.
 Racing in 5 lanes. One lane reserved for warm up/warm down. Hot Tub for relaxing between races and after the meet. Ed Gendreau, meet director gendreau@nh.ultranet.com, 603-742-7850. \$3 meet entry fee plus \$5 for 400 free and 400 IM and \$2 for all other events. Maximum of five individual event. Hand watch timing. Notify meet personnel if you are attempting a USMS or Masters world record, and we will provide three hand watches (a requirement for national and world records). All swimmers must be 2001 USMS registered. Sanction 032-016-SSCM

- Day of the meet Notes:
- 1) You must sign the WAIVER SHEET. If you do not sign the waiver sheet, you will not appear in the meet results. There will be no exceptions.
 - 2) Your age for this meet is your age on December 31, 2001.
 - 3) Yellow seed cards are for women, blue seed cards are for men.
 - 4) Seed times submitted must be for meter distances. If you need help converting your times from yards to meters, ask meet personnel.
 - 5) Children may not swim in the warm up/warm down lane during the meet.

100 free	200 IM	100 IM
200 back	100 breast	50 breast
50 fly	50 back	100 fly
200 breast	200 fly	100 back
50 free	200 free	*/**400 IM or 400 free

*Swim either the 400 IM or the 400 free **Time permitting.
 Some relays if enough want to swim them.

Directions:
 From I-95 North or South: Take Exit 5 to the Portsmouth traffic circle. Follow signs for Route 1 Bypass South (to Beaches/Hampton). Go to the third light (about one mile) and take a left. Go up the short hill to the stop sign and take a very sharp right. Go 60 yards to the blinking yellow light, and take a left onto Andrew Jarvis Drive. You will see the Portsmouth High School straight ahead. The pool is on the right and has a white plastic roof.

Hotels: Holiday Inn of Portsmouth: 603-431-8000
 Join us at the Redhook Brewery for lunch after the meet!
 Directions from Portsmouth High School Pool to the Redhook Brewery (Cataqua Public House), Portsmouth.
 Leave the pool the way you came in, on Andrew Jarvis Dr.
 At the end of Andrew Jarvis Dr., take a right.
 Proceed a short distance and take the first left, a very sharp turn.
 Follow to the light. Take a right (Route 1 By-pass).
 Follow through two more lights, proceeding to the Portsmouth traffic circle. Go part way around the circle, and follow the sign to Rt. 4, Rt. 16, Spaulding Turnpike. Take Exit 1 off the Spaulding Turnpike. (Pease)
 Go to light at end of ramp, take a left (Pease).
 Straight through next light. Take next left. First left again, at Barnstormers. And, the very next left enters the parking lot (see sign for Redhook Brewery, Cataqua Public House). The building has a pointy green roof.

■ **November 18, Sunday**
Barletta Auditorium, Northeastern University
Corner of Huntington Ave and Forsyth St., Boston, MA
(6 lane/25 meter pool with warmup pool & electronic timing)
 9:00 am warm up; 10:00 start. Must be finished by 2:00 pm. Roy Coates, meet director, nuswimming@hotmail.com. \$3 meet entry fee plus \$5 for 400 free and 400 IM and \$2 for all other events. Maximum of five individual events. Notify meet personnel if you are attempting a USMS or Masters world record, and we will provide extra timing a requirement for national and world records). All swimmers must be 2001 USMS registered. Sanction 032-017-SSCM.

200 breast	50 breast	200 IM
100 IM	100 fly	100 free
200 free	100 back	50 back
50 fly	50 free	200 fly
200 back	100 breast	*/**400 IM or 400 free

*Swim either the 400 IM or the 400 free **Time permitting.
 Some relays if enough want to swim them.

Directions:
 From the north (via Route I-93 or Route 1)
 Take the Storrow Drive exit, and proceed to the Fenway exit. Follow signs for Boylston Street inbound, and bear right onto Westland Avenue. Turn right onto Massachusetts Avenue, proceed to the third traffic light, and turn right onto Columbus Avenue. The Northeastern University Parking Garage is approximately one-half mile ahead on your right, at 795 Columbus Avenue.

Ask Dr. Swim

Q. How important is it that I get it back?
A. The Boston Globe (10/2/01) had more to say on aerobic fitness in connection with the longitudinal study reported by the New York Times (9/25/01) [Six months of moderate, steadily increasing exercise can undo effects of aging]:

"The major way in which the subjects "turned back the clock" is in their bodies' abilities to distribute and use oxygen, a key fuel of any kind of physical work. Even for nonathletes, a steady supply of oxygen to the muscles spells the difference between a walk upstairs seeming easy or leaving them breathless.

"I don't like to pit one factor against another, but lack of aerobic fitness is a stronger indicator of mortality than is smoking, high blood pressure, high cholesterol, and obesity." said epidemiologist Steven Blair, 62, research director of the Cooper Institute for Aerobic Research in Dallas, and a scientific editor of the Surgeon General's report on physical fitness and cardiovascular health.

"It's not only mortality. People who don't preserve their fitness also are more likely to develop hypertension, type-2 diabetes and certain types of cancer," said Blair who has run daily for the past 30 years.

"It was just like being 19 again," said test subject Gregg Hill, a high school science teacher who lost 45 pounds since the follow-up testing ended five year ago. "The smell of wild onions in spring came back to me when I was running along the road."

How did the five subjects get it back 30 years later? "In the first week, the men exercised for 15 minutes...With some individual variations, they gradually increased their exercise times about 10 to 15 percent a week, until the target level of five hours a week of moderately intense exercise over five sessions a week."

More Info

- **NEM telephone info**
1-888-SWIMNEM
- **NEM web page**
www.swimnem.org
- **NEM newsletter pdf**
download it (in color) at www.swimnem.org
- **USMS web page**
www.usms.org
- **NEM newsletter**
Tom Lyndon, editor
9 Sunset Road
Wellesley, MA 02482
tomlyndon@aol.com
781-235-8587

Mastering It

"[Exercise] is not a cure all but it is a cure for almost all."

Dr. Frank Koken, 70, a many time world record holder in his Ironman Triathlon age group



NEM News

November 2001