



October 1998

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New England Local Masters Swim Committee Annual Meeting

The annual membership meeting of the NELMSC will be held at 4 PM on Saturday, October 24 1998 at Pizzeria Uno Chicago Bar & Grill, 1875 S. Willow Street, Manchester, New Hampshire.

At this meeting, all members of the NELMSC (i.e., members of NEM and MESC, Vermont masters, etc.) have a vote. This meeting has the power and the duty to approve or amend actions taken by the Board of Directors since the last Annual Membership Meeting, October 24, 1995.

Additionally, at this meeting:

- Participants will be presented with a draft of ByLaws amended for the first time in more than 20 years to reflect the way we run our affairs now.
- Participants will be presented with the draft of an Annual Budget and the reports of the Directors, i.e. Chair, Registrar, Treasurer, Top Ten Times, Sanctions, Officials, Safety, and our Delegates to the 1998 USMS Annual Convention.
- Participants will be presented with candidates for all NELMSC offices. You will be electing them for two-year terms. All of our elected Directors are interim appointments. This means that they were appointed at a Director's meeting.

Only a meeting like this one may elect Directors for two-year terms. With the exception of the office of Chair, all of the candidates who will be presented to you are incumbents. The candidate for Chair will be submitted to you by the Nominating Committee. In all cases, nominations from the floor are always welcome, but such nominees must have indicated a willingness to serve.

In the past 18 months or so there have been deficiencies in the operations of your LMSC. We believe these have been corrected, but that may not remain the case unless you play an active role.

Please attend, or send any comments to **John P. Woods**, Acting Chair:

jwoods@gwi.net
207-725-8006

RR2, Box 580
Harpswell ME 04079

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NEMorabilia

The Crowder Crowd Heads West

Barb and Bob Crowder and their two sons have moved to Los Gatos, California. They say,

"We are enjoying the swimming-friendly environment here in California. So many pools and teams to choose from! The boys are swimming for San Jose Aquatics with Bill Thompson. He coached Pablo Morales at one point in his career. I'm swimming with Peter Kreig, Angie Wester's husband, at Lynbrook Masters. Angie is still swimming at Santa Clara and easily ranks top 25 in the world. She will be 35 at the next Olympic Trials and will have swum in more Olympic Trials than any other swimmer. That's quite an accomplishment!

We plan to stay with New England Masters so keep sending us those newsletters!"

Their new address is:

19241 Montara Drive
Los Gatos, CA 95033-9104

New Workout Group Forming

Coach Ben Bump is developing preliminary plans for a masters program at Western New England College in Hampden County, and he would welcome input as to convenient times. The pool is 8 lanes, 25 yards. Contact Ben at 413-782-1516.

New Fitness Center Opening

HealthPoint Wellness and Fitness Center, scheduled to open in April of 1999, is offering discounts to charter members. Located right off Route 128 in Waltham, MA, the fitness and rehabilitation center will include a 25-meter pool as well as basketball and squash courts, aerobics studios, and a pro shop. HealthPoint is being developed by CareGroup, a Boston-based network of health care providers that includes New England Baptist Hospital, Deaconess-Waltham Hospital, Beth Israel Deaconess Medical Center, Mt. Auburn Hospital, and other community hospitals. Our own Barr Clayson serves on one of the hospital boards.

We expect a NEM masters coached workout to be available shortly after opening. Call Paul Forte, Account Executive of the facility, at 781-522-2005 for more information.

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Email from NEMs

from Susan Livingston, re: Long Course Nationals

"I am happy to add to the previous commentaries on Long Course Nationals. It was the most enjoyable and relaxed meet I have been to. Enjoyable because our group of 29 NEMs banded together, sitting in the stands behind our bright blue banner, wearing the colorful tank tops that Tracy designed. There was lots of cheering for individual swims and relays. Friday evening we had an impromptu gathering with refreshments kindly provided by Jim Edwards.

It seemed relaxed because the schedule of events on two mornings allowed me to amble over to the pool at 9:30 and noon! We were generally through relays by 2 or 3 pm, with time to go to the beach, etc. Going to this meet was also the nicest way I could think of to celebrate turning sixty (on August 19th). Even as the youngest in my new age group, I did not have great expectations; my "training" involved lots of biking and canoeing and only about 5000 yards a week in a pool. And, according to the heat sheets posted on the Internet, there were faster swimmers seeded in all my events. But I lucked out for some reason and came home very happy with a birthday gift of four gold medals!

from Tracy Grilli, re: the FIRMAN Half-Iron Marathon

"The FIRMAN Half-Iron Marathon: The best part was lying on the beach after, soaking in some sun. I received a call from a friend I swim with at the Nashua Boys and Girls Club. His brother Michael was looking for a female swimmer to round out a combined team for the FIRMAN Half Iron Triathlon at Narragansett Beach in Rhode Island. Because I had never met Michael (runner) or Dan (biker) we agreed to meet at the registration desk at 7:00 am.

I started to panic around 7:10 (the race started at 7:30 and I still had to put my wetsuit on (actually it's not mine, I borrowed it from Andra Jaunzeme) and get to the start which was a 7 minute walk down the beach). We finally met up (just as panic was really setting in) and walked to the transition area, where we discussed some details of the race as I put the wetsuit on. As I was walking down the beach, I realized that I had put the wetsuit on backwards. Now for those of you who haven't worn these before, the zipper goes in the back, and they are rather snug - a project to put on and a sandy beach is not the best place to do it (especially the long legged ones). I decided that maybe I should jog to the start, that would get me there faster and give me more time for the change and would probably act as my warm up because I was running out of time. As I jogged down the beach a gentleman called out to me, "Miss, your wetsuit is on backwards." I smiled, said "thank you, I know" and picked up the pace. I had a plan. I would go down to the water and wet my feet to prevent any sand from getting inside. I took it off with no problem and got back into it by balancing and hopping on one leg and causing a slight scene. As I started to pull it up, I realized that I had put it on backwards AGAIN! I couldn't believe it and by this time, I am in a total panic and thinking 'what a moron' and 'I can just imagine what everyone is thinking/saying='. I ended up just pulling the thing off and putting it back on, sand and all, correctly this time.

I was in the second of three waves. My last ocean race was 15 years ago and it was a straight shot in from the breakwater in Rockport, eyeing in on two church steeples. This race was set up where you swim out from the beach around a buoy that was out a 100 yards or so, keeping the buoy to the right as you pass. Then you swim along the beach, past 2 more buoys then around the fourth and head in diagonally and come through 2 gate buoys then on to the beach. Well, 4 buoys spaced out over approximately a mile was very difficult to see with the waves and a number of times I

would look up and not see them. Being one to let someone else do the work, I relied on the guy in front of me and followed him "out to sea". I realized this about half way through and was angry at myself for getting so off course. I got back on track and as I was wading through the water to the beach, a guy (the leader) went by the other way -- he hadn't come through the gate and had to go back out. He was less than happy. The worst part of the race was running up the beach and into the transition area and trying to get the zipper down so that I could breath.

I have no idea how fast I swam or where I came in, I was so preoccupied with getting to Dan. What I do know is that Dan did great and was the third biker in overall and that Michael ran a 1:20 half marathon and was the first finisher! What a hoot! Thank you John Dionne for thinking of me."

from Marian Coakley, re: NEM's Second Annual "Swims Like Rock" Swim

"Thanks, Tracy and David (Grilli), for putting on the 1 mile "Swim Like A Rock" swim in Barnstead, NH . As usual it was fun to meet the swimmers in a more relaxed meet. We appreciate you taking the time to set this up for us. You and your helpers did a great job. Compared to last year's one mile swim, this one mile swim definitely seemed to be much longer. How do you measure the distance for a one mile lake swim?! I don't know of a one mile measuring tape, do you?

Being strictly a sprinter who never races any race over the 50 and 100, I was not sure I was going to make it. Then, I found out that we had to swim the course not just once but twice! I thought I'd swim it once and see if I had anything left in me to swim the course twice. After the first time around I simply would not let myself quit and kept on going, keeping all the buoys = to my left at all times. Not getting lost without the familiar black line to follow was also important and I made sure I stayed on course to avoid swimming the extra yards.

Well, I did it, even though I felt slightly wobbly the first couple of minutes after the swim. I felt really good.

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1998 New England Short Course Meters Championships

by Ed Gendreau

New Venue for 1998 NEM SCM Championship

The second annual New England Masters Short Course Meters Championship will take place December 12 and 13 at Bentley College in Waltham, MA. The facility boasts a 10 lane by 25-meter competition pool, diving well, ample deck space, fine pitch scoreboard, on-site parking, and a concession stand. Bernal's Gator Swim Club (BGSC) will host the meet. BGSC has hosted several large swim meets in the past including the 1998 USS Age Group Championships with over 600 individual competitors. The meet presentation promises to be highly professional.

All individual events except the 800 free will be offered, in addition to all relays through the 800 free. The individual and relay entry forms, as well as the meet information sheet, will be published in the

October NEM newsletter, and are presently available on the [Great Bay Masters web page](#).

Tune Up SCM Meets

In preparation for the SCM championship, NEM will host two SCM meets this fall. The second annual Clara Walker Invitational will be held on October 10 at Providence College. All events through the 400 free and 400 IM will be offered. A mini-meet featuring all events 200 meters and under will be held at Portsmouth High School on November 15. The 400 free and 400 IM will also be swum if time permits. The Fourth Annual Portsmouth Pentathlon will move from its traditional November date to March of 1999. See On Deck - Upcoming Meets and Events for full details on these meets as they are available.

Workout Group Challenge

Once again the meet will be scored as a competition among workout groups. Each swimmer will record his or her workout group or workout pool on the entry form. All swimmers from a common workout group or pool score points as a team. The top ten individuals in each age group event score points, and the top ten age group relays score double points. With seventeen individual events, five relays, a minimum of twelve age groups, and ten-deep scoring, there is ample opportunity to accumulate points. Maximizing participation and swimming a lot of relays are the keys to success in the workout group competition. The first place workout group will receive a trophy and plaques will be awarded for second through tenth place.

NEM recognizes the importance of our workout groups and intends to foster their development. Organized workout groups provide the framework for us to swim consistently, receive stroke instruction, and usually motivate us to train better than we would by ourselves. The workout group competition is intended to provide a fun atmosphere for those who train together to compete toward a common goal. There's great camaraderie in cheering for your teammates and swimming relays together. Several workout groups have had fun showing their colors through custom T-shirts, caps, and banners. "New kid on the blocks" swimmers are important in the workout group competition and this is a great opportunity to introduce your new swimmers to masters competition. As always, heats are seeded by time so everyone races against people of their own speed.

Relays

Relays will be deck entered and seeded at the meet. Deadlines for submitting the completed relay entry forms will be included with the heat sheets provided to each swimmer at the meet. Organizing relays and filling out relay forms can be very time consuming. It is strongly recommended that workout group coaches plan their relays and fill out the relay forms in pencil before arriving at the meet. In order to facilitate timely relay seeding, no late relay entry forms will be accepted. This policy will be strictly adhered to. The relay entry form is posted on the web (see above) and will be printed in the October newsletter.

Swimmers in workout groups containing fewer than four people are welcome to compete in relays, too. Any four swimmers may compete in a relays together. If all swimmers are not from the same workout group, then write "Unattached" in the workout group space. If the four swimmers are not from the same workout group but are from the same USMS team, the time will be counted for national top ten times and for the NE-LMSC relay record list.

USMS Membership

1998 or 1999 United States Masters Swimming (USMS) membership is required for this meet. If you are in the New England LMSC (NE-LMSC) you must be registered by November 27, 1998. Members of USMS teams from Maine, Vermont, New Hampshire, Massachusetts, and Rhode Island as well as USMS unattached swimmers living in these states belong to the NE-LMSC. Swimmers outside the NE-LMSC must be USMS registered in time to include a copy of their registration card with their entry form. Any entries that do not meet these requirements will be rejected. There will be no exceptions. The moral of the story is this: swimmers not currently USMS registered who wish to compete in this meet should get USMS registered early.

Entry Times

Your entry seed times should be submitted for short course meters. If you are only familiar with your yards times, there is an example of how to convert your yards times to short course meters times on the meet entry form. If you are an Excel user you can download a spreadsheet to convert your times between any two of the three courses (SCY, SCM, LCM) from the [Great Bay Masters web page](#).

Results

The complete meet results with splits will be posted on the NEM web page. Final times will also be printed in the NEM newsletter.

Call for Volunteers

New England Masters will provide a table to distribute heat sheets, record distance event check-in, sell T-shirts, and answer questions. We are looking for volunteers to work at this table. The day will be divided into two-hour shifts starting at 8 a.m., and the table should always be staffed by two people. If you are interested in volunteering to help at this information table, email [Ed Gendreau](#) or call him at 603-742-7850.

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Questionable Stroke Counting

by Coach Emmett Hines, H2Oouston Masters

Johnny Weismuller swam a 51.0 100 yard freestyle in the mid 1920's. Now backstrokers best that by five seconds and current day sprinters do that distance almost ten seconds faster. We do a fair amount of work at ever lower stroke counts where you are bordering on drilling as opposed to swimming. The idea is that, as you get better at doing the super-low counts, even for short distances, it makes doing your 'normal' and just-under-normal stroke counts easier to do: primarily because you must get more streamlined and slippery to do the lower counts.

Then the idea is to take this visceral knowledge of slipperiness back to your more 'normal' counts. I don't expect nor suggest that you try to swim your races or do your high intensity sets at the super-low counts. Super-low stroke count work is primarily technique refinement: think of it as conditioning your nervous system for lower resistance swimming. Doing these swims will improve your ability to do your normal count swims at lower energy levels.

Another frequent question is where one should focus attention to achieve a lower stroke count at any given speed. At slow speeds we can get a large portion of our desired stroke length as a result of front-quadrant timing (semi catchup swimming) and excellent streamlining (longitudinal balance, swimming on your sides, keeping compact body lines). Good body roll power transfer (hand/hip connection and vertical forearm through the stroke) also plays a role at slow speeds but to a lesser degree.

As speed increases, however, low resistance and power transfer become greater factors in stroke length than catchup timing. You can see this in sprinters like Biondi, Popov and Hall whose strokes become less front quadrant as they move into intermediate speeds yet they still maintain very streamlined positions and vertical forearms (also known as 'high elbows') to keep their strokes much longer than their competition.

In elite swimmers moving at the highest speeds the front quadrant aspect is gone altogether, but there is still impeccable streamlining and vertical forearms for excellent power transfer. Of course, your top speed is probably equivalent to an elite swimmer's intermediate speed (or perhaps even his slow speed) so, even when going at your top speed you most likely need to focus on a combination of stroke length elements that elite swimmers use at their intermediate (or slow) speeds. Another query often tossed around is "Coach, if swimming lower stroke counts is more efficient, then how come I get so tired doing it?"

Whenever you change stroke counts you employ different muscles or muscle fibers. If one is making a large change, say going from 24 spl (strokes per length) to 15 spl or fewer, it means using perhaps 70 percent different and completely untrained muscles. This is the range where someone shifts from swimming primarily with their arms and legs to swimming primarily with their core body, changing the role of the arms to that of transmission rather than engine. From a muscular conditioning standpoint this is almost like starting over from scratch. There is a rather long conditioning curve just as you would expect from taking up a new sport that asks you to use previously untrained parts of your body.

On the one hand, this shifting of work to new muscles may seem like a major drawback of going to lower stroke counts. On the other hand, once we have conditioned the new muscles used in a long stroke, we can make this shifting of muscle involvement work for us. Making small changes, say going from 16 spl to 14 spl is much less of a physiological shake-up than making large changes, but does still shift the muscular work load to some extent. Swimming a long event requires a certain amount of total work to be done. We use technique to try to minimize the work required to swim at any given speed. We do this through active streamlining. We further use technique to subtly shift the work around a bit during the = swim so that the workload may be shared by a greater percentage of the muscle at your disposal. Doing part of the swim at 16 spl then part at 15 spl then part at 14 spl allows muscular fatigue to be spread out across more muscle mass and therefore delayed. Judiciously and purposefully shifting through several stroke counts in your endurance swims or sets increases the conditioning levels of the muscles you might want to employ in competition. The more stroke counts you have in your range of well-conditioned muscles the more stroke count vs. turnover-rate options you have at your disposal in a competition.

A gray spot for many people is, "How many strokes is too few?" How low you should go is easily determined by dividing your fully stretched palm-to-palm wingspan into the distance you swim. In a 25 yard pool you glide for about 5 yards and swim the remaining 60 feet. If your wingspan is 5 ft. 6 in, your long term goal should be the ability to swim (not drill) 11 spl with only a two-beat-kick, and be able to keep up with this very low stroke count for a long time at a slow, easy pace. Of course, at faster speeds you'll take more strokes, but the goal at every speed is to accomplish that speed with fewer strokes than you did, say six months or a year ago. Constant attention to and actively seeking lower stroke counts will yield the greatest number of options for you to work with when it comes down to finding the perfect

stroke length and speed combinations for any given moment of a race.

Yes, stroke counting is questionable. But I hope I've provided some answers... and perhaps they'll spark some more questions.

from the May 1998 issue of the Gulf Masters newsletter

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North Andover-Andover YMCA Masters Swim Team

by Bill Burt, Eagle-Tribune Writer
The pizza party every Thursday night is a blast. The camaraderie among the masters swimmers--19 and older--and the chance to swim amongst friends is even better. But the best part, the reason why the North Andover- Andover YMCA Masters Swim team numbers 50 plus adults, is the competition.

Adults of all ages, 23 to 77, show their faces and strokes off at the pool nearly every day. Most of the older swimmers, about 16 in all, are here at the crack of dawn doing laps. The others get an hour, 8:15 p.m. to 9:15 p.m., to improve their skills and get ready for the big boys, Robert and Ellie Wright of Andover, 77 and 73 respectively, are the patriarch and matriarch of the crew.

"They're both amazing," says Dan Rogacki, who is not only the coach, but a world record holder in the 50-54 year old age group. "They're here all the time. They love to compete as much as anyone." The Wrights have combined for 13 New England records and are listed 172 times in the top 10 of various categories. At the YMCA nationals last year, the North Andover branch was more than respectable. The women's team finished 14th out of 124 teams. And the men finished 12th. Four area swimmers won national titles: Rebecca Poulo, of Andover, in the 1000 free (19-24 age group); Nanci Sirois, of Windham, N.H. in the 1000 free (35-39); Robert Wright, in the 1000 free (75-79); and Rogacki, of Billerica, in the 50 and 200 breaststroke (45-49).

One of the most amazing stories is that of J. Berry Mahoney, of Andover. The 53-year-old learned to swim at the adult swim evening classes and has gone on to compete at the last six YMCA nationals. Probably the most famous team member was former U.S. Sen. Paul Tsongas. "I'll never forget the time he announced his presidency. It was at the (U.S. nationals) in Indianapolis," recalls Rogacki "We saw him write the announcement and fax it over. It was unbelievable. Paul was like that. He was like a regular guy."

Rogacki says Tsongas was a stickler for competition. "Because of his schedule and later the cancer, he didn't work out as much with the team," says Rogacki. "But he always wanted to know the best times nationally. He was real competitive." Which is pretty common for most of the area swimmers. "I think we're the only competitive programs around for adult swimmers," says North Andover-Andover YMCA executive director Gary Morelli.

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Coaching Position Available

Masters Coach -- Atkinson Pool

Atkinson pool in Sudbury, MA is seeking a Masters Coach. Hours are 6-7 am for a minimum of three mornings per week. Contact Aquatic Director Debbie Watelet at 978-288-7120 or at 40 Fairbanks Road, Sudbury, MA 02776.

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Ask Dr. Swim

Q. Is it OK to seek clinical breakthroughs in order to surpass our inborn capacities?

A. In 1796 an English country doctor, Edward Jenner, discovered how to successfully vaccinate against small pox. He had figured out to refine the biological process. Did he surpass or 'enhance' our inborn capacities?

It would seem the answer is yes. We routinely take substances to counteract heart, brain and other functions that we are not satisfied with. And how about that pill made for Masters -- Viagra?

Some in the medical world see a distinct difference between enhancement and clinical therapy, seeing the former as 'health' and the latter as 'disease.' This brings up the Masters \$64 question: is aging a disease?

During the next 20 years, a flood of products will carry us toward superior working order, says Madeline Drexler in her Boston Globe 9/13 article from which some of this information is taken. The same folks who brought us Viagra are working on a pill that raises one's metabolic rate and painlessly mimics the effect of exercise.

And what about tuning a person's gene pool? What are and, much more importantly, what will be the rules for swimming in that still murky soup of life determination? While the rightness of substances that enhance swimming and other athletic performance are generally frowned on or barred, the rules will evolve, maybe even be enhanced.

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NEW ENGLAND MASTERS SWIM CLUB

This page is maintained by [Carolyn Dooman](#).

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