

# NEM News

*The Newsletter of the New England Masters Swim Club, Inc.*

## New USMS National Publication

*By Jim Miller, MD, President USMS*

Many of you received the latest issue of SWIM Magazine and saw the reference to the cessation of that magazine as United States Masters Swimming's official publication. Unfortunately, it was not made clear that USMS will have a new official publication for its members in 2005. Here is additional information about the periodical.

USMS's contract with Sports Publications, the publisher and owner of SWIM Magazine, will expire at the end of 2004. Beginning with a March/April issue, USMS members will receive another publication with a new and exciting format. It will also have a new name, 'USMS SWIMMER'. These developments followed a year-long and complex process of request for proposals, submissions, interviews, comparison, and evaluation. The 2004 House of Delegates voted to accept the recommendation of the Executive Committee to enter into a relationship with Douglas Murphy Communications to publish our magazine. USMS will own the magazine and its contents. While we specialize in content and service to you, both fitness and competitive athletes, Douglas Murphy will specialize in production, design, graphics, and writing excellence.

This opportunity is exciting to us. USMS is a dynamic organization which is unique among all masters organizations. We have become unique by dedicating ourselves to insisting upon excellence in education and service for all of our members. We are constantly looking for opportunities to enhance this service. The new publication will offer us the next level of service by allowing USMS to control quality and ensure that our members' needs and interests are being addressed. A transition team composed of representatives from several areas of USMS is hard at work to assure the best product for our members.

Your new national publication will not have a new price tag. All the costs of development will be done within the current budget with no dues increase needed. I appreciate your feedback as we implement this change and work to provide the best service to you.

A 6-issue subscription to the NEM News newsletter is included in your NEM/USMS registration. We welcome input for the January issue by Dec 23<sup>rd</sup> to [nemnews@swimnem.org](mailto:nemnews@swimnem.org)

## Host Your Own Mini Meet

**Coaches and Workout Group Swimmers - We Need You!** *By Kim Goodwin*

NEM would very much like to add to our mini meet schedule. Although attendance has been down in recent years, we feel it is very worthwhile not only to continue sponsoring mini meets, but also to encourage attendance at the meets. We can not do this without your help! Mini meets are a vital part of our club. New swimmers attend mini meets to experience their first competition in a less threatening environment. Experienced swimmers use them as a tune up for a big meet or simply as a way to get in a good quality workout! For many, it is just a great way to meet new people. Whatever the reason, mini meets are valuable and we want to keep them alive!

**Coaches** - please think about hosting a mini meet at your pool. Besides being a great experience for your own workout group swimmers, it is a great way to bring in money to your swim groups. Many age group and masters workout groups help run the meets and can take in up to 80% of the profits. Groups that hosted mini meets last year brought in approximately \$150 - \$250 for their swim teams (age group, college and masters).

**Swimmers** - please consider attending a meet in your area. It truly is an excellent way to have fun, get in a great workout, experience competitive swimming, and socialize!

For more information on hosting a masters mini meet, please contact Kim Goodwin at [skwim3@aol.com](mailto:skwim3@aol.com)

Thanks to all coaches and members who have already offered to host or look into hosting a mini meet at their pools!

### This Issue: Swim Off the Winter Blahs

Host a Mini Meet	Page 1
Motivate! & Get Motivated!	Page 2
<b>Renew Your Membership Now</b>	Page 3
Ready for Wheaton?	Page 5
Think Ahead for the One Hour Swim	Page 6

Also, a word from our presidents: USMS (page 1) and NEM (page 4).

## Motivate!

We asked our coaches what they do to motivate us when it's **cold and dark** outside. Here's what a few of them had to say:

*I make sure that the swimmers have goals before the winter season sets in, adding lots of variety to the workouts, including things like shoes and finding things to improve on a daily basis. I also make sure that everyone knows I'm watching them all the time, and that I care. It doesn't hurt to yell now and again either.*

Coach Nate McBride, Minuteman Masters @ Hanscom

*What I have found to be the best motivator for practices is to remind them that, after going some crazy-hard distance or sprint set, they can now enjoy that extra doughnut and coffee with full-fat cream from Dunkin Donuts with no guilt!*

Coach Joe Kurtz, triathlon group @ MIT (formerly of BU Masters)

*Cold and darkness have no effect on the Andover crew. The morning swimmers begin six days a week at 5:30m in the cold and dark. It's what they know best. The evening swimmers have similar conditions at the end of the day. The YMCA pool is like slipping into your jammies. It's a comfort thing we all enjoy. The beer and pizza after Thursday's practice have a drawing effect as well.*

Coach Dan Rogacki, Andover Y in North Andover

*When it's cold and dark outside, I make it a point to be bright and cheerful. The last thing swimmers need when they are getting out of bed on a cold, dark, winter's morning is a coach who is not excited to be at the pool. Every coach has the opportunity to improve a swimmer's quality of life. This is truly tested at 5:30 AM on a morning in January.*

Coach Rich Axtell, Minuteman Masters @ Hanscom

*It's pretty easy to keep masters motivated during the long, dark months. Having goals to shoot for, (e.g., Wheaton SCM meet, One Hour Swim, Harvard SCY meet) breaks up the winter into short, manageable segments to keep the enthusiasm high. Also I never repeat the same workout. Introducing new drills and setting aside time in practice for conversation, like social kicking sets, motivates swimmers to be there night after night. In addition, doing 3-week cycles of different stroke emphasis and drills keeps it fresh.*

Coach Frantic Fred Bartlett, South County YMCA Masters in Wakefield/South Kingstown

## Get Motivated!

### Plan Now for Winter Meets

#### November 20 & 21

Fort Eustis Aquatic Center in Newport News, Virginia. Pre-register by November 12: [www.swimnem.org/events/2004FallMeet.pdf](http://www.swimnem.org/events/2004FallMeet.pdf).

#### November 21

Annual Fall Classic & Metro SCM Champs (sc meters) at the Nassau County Aquatic Center on Long Island  
Entries must be RECEIVED by Friday, November 12, "Events" section of the [AquaFit Masters website www.aquafitmasters.com](http://www.aquafitmasters.com)

#### December 3

NEW ENGLAND MASTERS SHORT COURSE METERS CHAMPIONSHIPS/800 FREE

Wheaton College, Norton, MA

5:00 p.m. warm-up, 5:30 start

The 800 free is a LMSC sanctioned event.

Get information on the meets at [www.greatbaymasters.org](http://www.greatbaymasters.org)

Entries must be postmarked by Nov 17 or received by Nov 20

#### December 4 & 5 - Championships

NEW ENGLAND MASTERS & COLONIES ZONE SHORT COURSE METERS CHAMPIONSHIPS

Wheaton College, Norton, MA

8:00 a.m. warm-up, 9:00 start (both days)

Get information on the meets at [www.greatbaymasters.org](http://www.greatbaymasters.org)

Entries must be postmarked by Nov 17 or received by Nov 20

#### December 10 & 11

Friday evening & Saturday morning, December 10 & 11, 2004

Andrew Fisher & Doug Irgang Masters Meet (sc meters) at Asphalt

Green Aqua Center in upper Manhattan

Entries must be RECEIVED by Friday, December 3, "Events" section of the [AquaFit Masters website www.aquafitmasters.com](http://www.aquafitmasters.com)

#### January 29, 2005

Wheaton Sprints - Sat., Jan. 29th 8:00 warm ups

Wheaton College, Norton, MA

Mini meet featuring 50s and 100s. Challenge the Totally Unofficial 25s'

NEM records, if time permits.

Meet director - JP Gowdy - [gowdy\\_jp@wheatonma.edu](mailto:gowdy_jp@wheatonma.edu)

#### February 6 2005

Exeter, NH - Tracy Grilli - meet director - [tracyswims@mindspring.com](mailto:tracyswims@mindspring.com)

#### February 13, 2005

JCC in Marblehead - Andrew Dalton - meet director -

[ADalton@JCCNS.com](mailto:ADalton@JCCNS.com)

#### February 26, 2005

035-021-SSCY--Third Annual Mid-Coast Masters Swim Meet to be

held at Penobscot Bay YMCA; 116 Union St.; Rockport, Maine. Warm

up at 12 noon, Meet start at 1:00 P.M. Meet Director: Frank Giustra;

Contact for meet information; Douglas Roth at 207-273-2907

#### March / April 2005

NEM SCY @ Harvard University. More information to follow.

#### April 22 – 24, 2005

Colonies Zone SCY Championship at George Mason University in

Fairfax, Virginia. More information to follow.

#### May 19-22, 2005

Short Course Nationals, Ft. Lauderdale, FL. More information to follow.



# 2005 New England Masters Swim Club, Inc. Membership Application

Renewal – my last USMS number was \_\_\_\_\_  
 New registration

**Register with the same name you will use for competition. Please print clearly.**

Last Name		First Name		MI
Street Address				
City/State/Zip			Phone	
Date of Birth (mm/dd/yy)	Age	Sex (circle) M F	E-mail address	
Workout Group/Pool			Today's Date	

WAIVER: 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 ACTIVITES. In addition, I agree to abide by and be governed by the rules of USMS.

**Signature (required):** \_\_\_\_\_

I am contributing this additional amount (\$ \_\_\_\_\_) to New England Masters to help the club provide even more benefits. I have added this amount to my 2005 registration fees.

I wish to contribute \$1.00 (or \$ \_\_\_\_\_) to the International Swimming Hall of Fame Foundation. I have added this amount to my 2005 registration fees.

I wish to contribute \$1.00 (or \$ \_\_\_\_\_) to the United States Masters Swimming Foundation. I have added this amount to my 2005 registration fees.

Fees, 11/1/04 to 8/31/05		Fees, 9/1/05 to 12/31/05	
USMS fee	\$20.00	USMS fee	\$15.00
LMSC fee	\$ 5.00	LMSC fee	\$ 2.50
NEM fee	\$ 5.00	NEM fee	\$ 2.50
<b>Total Fee</b>	<b>\$30.00</b>	<b>Total Fee</b>	<b>\$20.00</b>

**Total Amount** \_\_\_\_\_ **Enclosed**

I coach Masters swimmers.

I would like to have someone contact me about volunteer opportunities.

Benefits of Membership include: A subscription to USMS's magazine during the length of the membership year (\$8.00 of the annual dues is designated for the magazine subscription), and periodic mailings from New England Masters.

USMS Registered swimmers are covered with secondary accident insurance:

- 1) in practices supervised by a USMS member or USA Swimming certified coach where all swimmers are USMS registered.
- 2) in USMS sanctioned meets where all competitors are USMS registered.

**Make check payable to: New England LMSC (NELMSC)**

**Mail check and completed form to:** New England LMSC Registrar  
 PO Box 206  
 Londonderry, NH 03053-0206

## Focus on the Good Times

*By Homer Lane, President NEM*

On July 12, 2004 the New England Masters (NEM) celebrated its 25<sup>th</sup> Anniversary. The old saying "time flies when you're having a good time" is apt as I have been a proud member of NEM for 19 of those years. This past year has seen a major changing of the guard at the New England LMSC level. We now have a new LMSC Chairman, three new Top Ten recorders, and our third Registrar in 14 months. It would be easy to focus on how those changes have adversely affected my ability to perform the NEM President's role. Or I could bore you with the details necessary to finalize the incorporation of NEM that my predecessor initiated. I have instead made a conscious decision to focus on the "good times" past, present and future.

Good times were certainly had and posted this past August as we entered our next quarter century. Thirty-six members of NEM competed in the 2004 Long Course Nationals in Savannah, GA and made an outstanding showing. The women finished second in the Medium Team division with 434 points, the men finished first with 531 points, and NEM won the combined Medium Team division only 9 points ahead of the second place finisher. Our team average of 29.6 points per swimmer was the fifth best at the competition.

The individual NEM stars included Michael Ross with five gold medals and a World Record in the 100 Meter Fly (56.07), Stewart Cromarty with five gold medals, Jacki Hirsty with four gold medals, Joel Feldmann with three gold medals, Jeremy Gross with three golds and two silvers, and Billie Burril with two gold medals. Joel Feldmann, Barbara Hummel, Jacki Hirsty, and Wiki Royden set a National Record in the woman's 200 Plus Medley Relay (2:20.58). Messrs. Cromarty & Lane with Mmes. Hirsty & Feldmann set a World Record in the mixed 200 plus Free Relay (1:49.85). To me the true highlight was the mixed 320 plus Free Relay. Billie Burril, Petey Smith, Ted Haartz & Jim Edwards were a treat to watch as they got psyched and set a World Record of 2:57.49.

The USMS Annual Convention held September 15-19 had eight representatives from the New England LMSC. Laszlo Eger, Tracy Grilli, Ted Haartz, Jacki Hirsty, Homer Lane, Tom Lyndon, Al Prescott, and Bill Volckening capably represented the LMSC members. Highlights of the Convention included a rule change that made 18 year olds eligible for Masters Swim competition, selection of the SCM championship meet held in New England as the Colonies Zone Championship for 2004, an array of governance changes that will reduce the USMS Board of Directors from 43 to 16 members, and the selection of an association publishing firm, Douglas

Murphy Communications, to handle the publication of Swim Magazine.

In early October it was determined that a team of individuals should handle the LMSC Registrar function this coming year. Tracy Grilli and Mary Lamport were selected to handle this function and now will receive all membership applications for 2005. Renewal notices will be sent out soon to all existing members; there is also a form in this issue. Please note two changes this year. First, all membership checks must be made payable to the New England LMSC. Second the NEM Membership fee for 2005 has been increased with the additional \$5 going to the LMSC. These funds will be utilized by the LMSC to cover the costs of the registration process and to fund the costs associated with sending LMSC representatives to the USMS Annual Convention.

The Annual Meeting for NEM was held on October 28. The Board and Officers met for three hours to chart the course for NEM over the next year. The primary goals for the coming year are to improve communications with our members, continue our efforts to build a business culture for the new corporation, and improve our membership services. The leadership team agreed that we need to get our house in order before we strive to increase our membership from the current 1640 members. Copies of the Minutes of the Annual Meeting are available upon request.

Key to this effort to improve services is arranging the most effective staffing in our volunteer management team. Listed below are the key positions and a brief explanation of the roles they perform.

- President – Homer Lane: Lead the Club's efforts to deliver the best possible member services and grow membership. Build consensus on policy issues and goals for the organization, assist volunteers with problem solving, recruit new volunteers, approve major expenditures, and respond to inquiries from members and potential members.
- Treasurer – Tim Duncan: Responsible for all aspects of money management and cash flow for the club. Pays bills and reimburses volunteers for authorized expenses, manages all of the club's cash accounts, oversees the preparation and auditing of tax returns and the financial statement, and assists the president in developing an annual budget.
- Clerk/Secretary – George Sichelstiel: Maintains corporate records and minutes of all meetings of the Club.
- VP of Communications – Al Prescott: Manages the club's internal and external communications with all key audiences. Works with NEM News Editor to prepare the newsletter and e-news messages to members, designs the NEM brochure & arranges

effective distribution, and helps encourage participation in club events.

- VP Mini-Meets - Vacant: Develops the annual NEM mini-meet schedule, promotes mini-meets and ensures mini-meet directors have all the tools necessary to run a successful meet.
- Championship Meet Coordinators – Bob Seltzer and Rick Osterberg: Schedule, manage and promote New England Championship Meets for SCY, SCM and LCM. Grow participation in these meets. Ensure the best possible meet experience for members through communication, technology, effective organization and meet management.
- NEM News Editor – Laurie Damianos: Produces the NEM newsletter, determines editorial policy based upon comments and recommendations from all NEM members, seeks, edits, writes and lays out material into pages and provides for printing and mailing.
- Web Site Team – Jacki Hirsty & Tom Mack: Oversee continued development of NEM web site to further Club's marketing, public relations and communication goals.
- One Hour Swim Coordinator – Tom Lyndon: Organizes, publicizes and works with workout group coaches to promote club members participation in National Postal One Hour Swim Championship and ensures NEM data is successfully submitted.
- Meet Official – Kim Goodwin: Helps arrange meet officials for Mini and Championship meets.

Other volunteer positions the Club has occasionally utilized include VP Marketing, E-News Editor, Director Membership Information, and Director of Workout Group Data. As you can tell the Club is regularly seeking new volunteers for these and other specific tasks. The primary criterion for assuming any role is an aptitude for the position. Aptitude in this instance is defined as having the appropriate abilities for the function, a willingness to serve, as well as the availability to serve. NEM is committed to serving its membership and it realizes that this can best be achieved through talented volunteers. If you have any interest in increasing your level of participation in these NEM governance activities, please contact me directly at [hlane@mbl.edu](mailto:hlane@mbl.edu).

### Announcement

Masters workouts are starting up again at Wheaton College in Norton. Coach JP Gowdy welcomes all levels of swimmers to join his masters workouts on Tuesday and Thursday evenings from 7:30 - 8:30 and Saturday mornings from 8 - 9:30. Monthly payments or \$5 drop-in fees are options. Working out at Wheaton will be a great warm up for the upcoming SCM Champs to be held at Wheaton in early December. For more info, contact JP at [gowdy\\_jp@wheatonma.edu](mailto:gowdy_jp@wheatonma.edu).

## Colonies Zone Championship

By Ed Gendreau

This year the New England 25-meter championship is also the Colonies Zone championship (December 4-5 at Wheaton). The Colonies Zone stretches south to Virginia, and we hope to see representation from some new visiting teams.

If you are ready to join in a fierce (but friendly) competition with our southern friends who plan on invading New England, and want to see how you stack up, check out records and results for past Colonies Zone meets at [www.colonieszone.org](http://www.colonieszone.org)

## Exciting Team Contest Expected At Colonies Zone Championship

The 2004 25-yard championship at Harvard featured one of the most exciting New England Masters Workout Group competitions ever, with Cambridge, Andover and Minuteman dicing for the lead throughout the weekend.

Great Bay Masters has had a lock on the NEM Workout Group contest at the 25-meter championship for the last five years. But this year it will be different. Great Bay Masters has formed a new USMS club and will be competing in the USMS club division, leaving the NEM Workout Group competition wide open. This year, there *will* be a new NEM champion.

## Special Meet Features

For the first time since 1998, the 25-meter meet will feature an equipment vendor. Cabana Swimwear, the vendor at NE SCY Championship the past four years, will be there for your swimming gear needs.

For the first time ever, the meet will feature wireless internet access and "live" meet results. Bring your laptop with wireless card to access "live results" at [www.seacoastswimming.com/liveresults](http://www.seacoastswimming.com/liveresults), surf the web for fun, or even get some work done between races.

Seacoast Massage Therapy returns to the meet for the 7th consecutive year, and yummys will be offered by the Wheaton College Synchronized Swim Team at the concession stand.

## Deadline Approaching

If you have already missed the postmark entry deadline of Wednesday, November 17<sup>th</sup>, there's still time to get your entry in if it is received by Saturday, Nov 20<sup>th</sup>. For meet literature and other information, go to our site at [www.greatbaymasters.org/04scmchamp.php](http://www.greatbaymasters.org/04scmchamp.php)

Initial psych sheets and entry lists should be posted by now. Check the meet web page to see if your information has been posted.

## January Is NEM One Hour Month

By Tom Lyndon

Last January, 335 New England Master Swim Club swimmers did the national One Hour Swim. One in every five NEMs swam it compared to only one in twenty across the country. NEM has dominated this event for many years ever since Fred Schlicher led us from only 51 to close to 500 a few years ago.

I have taken on the job of encouraging NEMs to do the One Hour Swim. My goal is more than 400 NEMs swimming it this time. To make this happen, I would like everyone who has not swum it to seriously consider doing it. Speaking for many others as well as for myself, the swim will reward you with a great feeling of accomplishment. You will get that feeling whether or not you swim a lot of yards. The biggest reward of the swim for many is the joy of finding out, yes, you can do it. Something like The Little Engine That Could.

Last January, we had some of our NEM swimmers go amazingly long distances and others who were far from that league of speed. Nonetheless, those who were not so fast feel just as good about their swims.

What does it take to do it?

### 1. **Commitment**

Get over it, guys, commitment is really not such scary word. Commit yourself.

### 2. **Preparation**

If you put off thinking about it until sometime in January, you may decide it's too late to get your act together.

### 3. **A 2005 NEM/USMS Registration Card**

You must attach a copy of it to your One Hour Swim entry when you mail the entry in. To get your 2005 card in time for this, your 2005 registration application must be received by January 24<sup>th</sup>. The application form is available on page 3 of this newsletter, downloadable from the NEM ([www.swimnem.org](http://www.swimnem.org)) website, and will also be mailed to current members in the near future.

### 4. **Yardage**

Now is a good time to get in some yardage to prepare for the OHS and whatever you opt for in your spring swimming regimen. David Grilli's article in the Nov/Dec issue of SWIM has excellent suggestions for OHS prepping. Scott Rabalais's article in SWIM about Streamlining is also most relevant for a long swim like this.

### 5. **Entry Form**

It's in this month's SWIM and on the USMS website ([usms.org](http://usms.org).) Click on the Long Distance with the triangle by it in the bar on the left side. Click on 1 Hour Postal Entry at the top of the right side.

### 6. **A Lane for 60 Minutes**

If your workout group provides that, great. If not, ask around. You will likely find someone who can help you out. A list of pools that will accept OHS "outsiders" may be available soon. (I am working on that list. If your workout will be participating please let me know. If you do not have a workout group but think your pool may be available, please let me know about that, too, at [tomlyndon@aol.com](mailto:tomlyndon@aol.com).

### 7. **Someone to Record your Yardage**

Someone must be at one end of the pool for 60 minutes and write down your time after each 50 yards.

### 8. **Entry in the Mail**

Since you must have a copy of your 2005 registration card attached to your entry and it takes time to process your NEM/USMS registration application and mail your card back to you Tracy Grilli must receive your application by January 24. Suggestion: Register now and avoid that potential hassle.

### 9. **NEM is the Club**

On the OHS entry form, enter NEM on the "CLUB ABBR." Line. If you don't, your entry will not count for NEM.

### 10. **Mail Directly to**

Tom Lyndon, 12 Steepletree Lane, Wayland, MA 01778.

Do not mail it directly to Mel Goldstein with Indy SwimFit.



## NEM News

