

NEM News

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

Tom Lyndon Receives Dot Award

By Al Prescott

Congratulations to New England Masters' own Tom Lyndon, the 2005 recipient of the Dorothy "Dot" Donnelly Colonies Zone Service Award.

"The purpose of this award is to recognize and honor swimmers in the Colonies Zone who exemplify the spirit of Dorothy Donnelly in their love of participation in the sport and their work to further Masters Swimming in their LMSC," wrote Debbie Morrin-Nordlund, Representative of Colonies' Zone and committee chairperson.

Tom said he was surprised to learn he had received the award but added that it was nice to be appreciated outside of New England for his contributions to masters swimming.

"Dot always said," chuckled Tom, "If you can't swim fast, swim pretty."

Though Dot gained recognition through her masters career in Connecticut, she was originally from Worcester. In fact, she used to swim in what is now the downtown YMCA pool, a 4-lane, 25-yard tiled pool with no gutter – not exactly a world class venue. Despite this handicap, she qualified for the 1940 Olympic swim team and would have competed in the games had not World War II cut her Olympic career short.

Tom's own swim career is equally interesting, if perhaps a little less distinguished. He learned how to swim at the age of six at day camp in Andover, Massachusetts. However, he never swam competitively until he went to Bowdoin College in Brunswick, Maine. There he was made captain of the men's swim team in the 1951-1952 season, and the team finished with 7 wins, 1 loss. Since 1929, only two other Bowdoin men's swim teams have had better records.

Upon finishing his college career, Tom admits to falling into a pre-masters funk.

"I smoked, ate too much, and didn't work out," admits Tom. But all that changed. When Tom was forty-two, he set a goal of swimming 8 lengths in a 25-yard pool without stopping because, in his words, "I knew I couldn't do it." Shortly after that, he entered his first masters swim meet in 1974 and finished the 100 yard freestyle in 1:06. He has since gone as fast as 0:55. In 1978 and 1979, he won the 100 freestyle at the Long Course Nationals meet. At his best, he was a mere 0.44 seconds off the masters World Record.

New England, however, will forever be indebted to Tom for his work outside of the pool. He served as NEM president from 1977 to 1990. He was the editor of the NEM newsletter from 1996 until 2002. He served as the NEM-LMSC Chairman from 1998 to 2003. He was even the Colonies Zone

Representative and a co-editor of SWIM Magazine, the USMS publication up until last year. His is a legacy that could, and should, leave New Englanders in awe.

Today, Tom gets particular satisfaction out of coaching. He speaks with pride about one of his swimmers who hopes to get her personal best of 1:15 in the 100 free down to under a minute. That way, she can swim in the faster lane.

"Being part of masters swimming in New England provides one with friendship, health, and the opportunity to compete. I've experienced these and am grateful." – Tom Lyndon



Tom Lyndon receives "Dot" Award

NEM Volunteers Needed

The New England Masters Swim Club, Inc. is looking to fill two positions: Vice President of Swim Clinics and Treasurer.

The treasurer's role is to manage the financial resources of the Club, including accounting, reporting and control functions. The responsibilities include handling of all receipts, paying bills & reimbursing volunteers for authorized expenses, managing the Club's cash accounts, preparing the IRS & state filings, and preparing periodic financial statements.

If you have an interest in either of these positions, please contact Homer Lane, NEM President, at either hlane@mbl.edu or by phone at 508-289-7201.

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2005 Colonies Zone Short Course Meters Championship and New England Masters Workout Group Challenge December 2-4, 2005: Wheaton College, Norton MA

Sanctioned by NE-LMSC for USMS, Inc.: Sanction Number 036-013-SSCM

<i>Print seed times clearly! Use a colon between minutes and seconds A seed time must be recorded for each event entered</i>			
Evt. No.	Entry Time	Entry Time	Evt. No.
	Women	Men	
Friday 12/2, 5:00 p.m. warm up, 5:30 p.m. start			
1			2
800 Meter Freestyle			
20:00 cutoff for 800 free, see information sheet			
Saturday 12/3, 8:00 a.m. warm up, 9:00 a.m. start			
3			4
100 Meter Individual Medley			
5			6
50 Meter Butterfly			
--	see below		8
400 Meter Free: MEN			
9			10
200 Meter Breaststroke			
11			12
50 Meter Freestyle			
13,15	deck entry	deck entry	14,15
200 Meter Medley Relay			
17			18
200 Meter Backstroke			
19			20
100 Meter Butterfly			
21			22
400 Meter Individual Medley			
23,25	deck entry	deck entry	24,25
400 Meter Freestyle Relay			
Sunday 12/4, 8:00 a.m. warm up, 9:00 a.m. start			
27			28
100 Meter Freestyle			
29			30
200 Meter Individual Medley			
31			32
100 Meter Breaststroke			
33		see above	--
400 Meter Free: WOMEN			
35			36
50 Meter Backstroke			
37,39	deck entry	deck entry	38,39
200 Meter Freestyle Relay			
41			42
200 Meter Butterfly			
43			44
50 Breaststroke			
45			46
200 Meter Freestyle			
47			48
100 Meter Backstroke			
49,51	deck entry	deck entry	50,51
400 Meter Medley Relay			
53,55	deck entry	deck entry	54,55
800 Meter Freestyle Relay			

Maximum of five individual events per day, plus relays: ENTER METERS SEED TIMES

<p>Name _____ Gender: M F</p> <p>Emergency Contact Name & Phone _____</p> <p>Age on 12/31/05 _____ DOB _____ Phone _____</p> <p>E-Mail _____</p> <p>Address _____</p> <p>2005 or 2006 USMS# _____</p> <p><input type="checkbox"/> New England Masters-Workout Group:</p> <p><input type="checkbox"/> Great Bay Masters <input type="checkbox"/> Maine Masters <input type="checkbox"/> Vermont Masters</p> <p>The above clubs are members of the NELMSC; swimmers must be USMS registered but do not need to attach USMS card copy.</p> <p><input type="checkbox"/> Other Club name: _____ LMSC _____</p> <p>Members of clubs outside the New England LMSC must attach a copy of your USMS card.</p> <p>ALL INFORMATION ON THIS FORM IS MANDATORY FOR AN OFFICIAL ENTRY.</p> <p>SWIMMERS WITH INCOMPLETE OR INCORRECT FORMS WILL BE PLACED ON THE MEET WEB PAGE PROBLEMS LIST AND ASSESSED A \$5 PROCESSING FEE.</p> <p>COMMON PROBLEMS: MISSED SIGNATURE; UNDERPAYMENT; USMS NUMBER PENDING; NON-NELMSC SWIMMERS WITHOUT A USMS CARD COPY.</p> <p>All problems must be resolved, and fees collected, by 11/30, or entry will be rejected.</p>	<p>Meet web site: http://www.greatbaymasters.org/05scmchamp.php</p> <p>Web site features meet information, updates, problem entry list, psych sheets, timelines, frequently asked questions.</p>
<p>Meet entry fee = \$18.00</p> <p># individual events <input type="checkbox"/> X \$5.00 = \$ _____</p> <p>Total payable to Great Bay Masters: = \$ _____</p> <p style="text-align: right;">Colonies Zone SCM Championship PO Box 1866 Dover, NH 03821</p>	<p>Mail To:</p>
<p>ENTRY DEADLINE:</p> <p>Entries must be postmarked by Wednesday November 16 or received by Saturday November 19</p>	<p>LATE ENTRIES: If you miss the entry deadline you may submit an entry form that must be received no later than 6 p.m. Saturday November 26, with an additional \$18 penalty.</p>
<p>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.</p>	
DATE _____	SIGNATURE _____

New England Masters Swim Club, Inc
Homer Lane - President

2006 Membership Renewal

Thank you for your continued support of Masters swimming by renewing your membership with New England Masters for 2006. We welcome swimmers of all abilities – those who want to improve overall fitness, develop better technique, train for a triathlon, consider competition, compete at the national/world level, or are attracted to the water for any reason – you are a perfect fit for NEM. We are all bound by one common goal, improving our fitness through swimming. We look forward to another great year!

Membership Dues - \$35.00 (\$20 USMS, \$5 NE LMSC \$10 NEM)

- USMS – United States Masters Swimming is the National Governing Body for Masters Swimming in the United States
- LMSC – Local Masters Swimming Committee (there are 53 under the USMS umbrella). The New England LMSC includes the states of MA, RI, NH, VT & ME
- NEM – New England Masters Swim Club, Inc

Membership Benefits –

- Camaraderie and opportunities for social activities, fun and lifelong friendships!
- 2006 USMS Registration Card/Travel Permit
- USMS *SWIMMER* Magazine – Official publication of USMS will be mailed to you every other month (Jan/Feb, Mar/Apr, May/June, Jul/Aug, Sep/Oct, Nov/Dec)
- Secondary Accident Insurance - in practices supervised by a USMS member or USA Swimming certified coach where all swimmers are USMS registered & in USMS sanctioned meets where all competitors are USMS registered
- NEM News – Newsletter of New England Masters - will be mailed to you 6 times per year (events, local news, tips on technique, ideas for workouts, stories that will inspire you)
- NEM E-News – periodic update on NEM/USMS events of interest (available via e-mail only)
- Visit the NEM Website at www.swimnem.org and the USMS website at www.usms.org

Looking for something to do? Get in shape. Be part of a team.

- Join a local workout group. www.swimnem.org/pools/places.html
- Participate in the 2005 Colonies Zone SCM Championships/New England Masters Workout Group Challenge, December 2-4 at Wheaton College, Norton, MA. Meet information and registration form can be found at www.greatbaymasters.org/05scmchamp.php. **Deadline is November 19th, (postmark deadline November 16th) Late entry deadline – 6pm November 26th (\$18 late fee)**
- Participate in the USMS One Hour Swim Postal Championship www.usms.org/longdist/ldnats05/1hrentry.pdf (**LMSC Registrar must receive 2006 completed membership renewal and payment by January 23rd to guarantee card is received in time to submit entry**) or other USMS Fitness events www.usms.org/fitness/fitnessevents.shtml.
- Participate in the 2006 New England SCY Championships/New England Masters Workout Group Challenge, March 18th (distance day) and March 24-26th, hosted by the Cambridge Masters Swim Club at Harvard University.
- You can find the NE LMSC meet schedule at www.swimnem.org/events/meets.html, from “mini” meets to NE Championship meets (above) to Regional and Zone meets.
- Like to travel? SC Nationals (Short Course Yards – 25 yard pool) Coral Springs, May 11-14. 11th FINA Masters World Championships (Masters Swimming, Open Water, Diving, Synchronized Swimming & Water Polo) Stanford University, Stanford, CA August 4-17 of 2006 www.2006finamasters.org. USMS Calendar of Events www.usms.org/comp/calendar.htm
- Perfect your skills at a USMS sponsored swim clinic www.usms.org/comp/calendar.htm#CLINICS
- Check out the many open water swim opportunities www.usms.org/comp/ldcaendar.htm
- Volunteer to help – it’s fun and worthwhile. If interested, check the box for NEM volunteers on the attached Membership Renewal Form. You will be placed on a list of prospective volunteers to be contacted as opportunities arise.

Make a donation.

On the renewal form you will find an opportunity to contribute to the USMS Endowment Fund (to provide for research and projects which further the goals of Masters swimming), ISHOF - International Swimming Hall of Fame (to keep alive the history of the sport).

What do we do with the information we collect?

The USMS policy on the privacy of member information is available at www.usms.org/admin/privacy/shtml. At the local level, registration information is provided to meet directors, Top Ten List coordinators, Hour Swim Coordinator, and workout group coaches to confirm current membership. Additional, membership information is provided to NEM volunteers responsible for transmitting newsletters (electronic and print) to the membership. Finally, if you enter and compete in swim meets, results may be posted on the NEM web site and those results may include publication of personal information such as your age.



2006 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. 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 ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature (required): _____

Required Membership Fees

\$_____ \$35.00 – 1 year membership fee (November 1, 2005 – December 31, 2006)

Optional Additional Fees

_____ I wish to contribute \$1.00 (or _____) to the United States Masters Swimming Foundation. I have added this amount to my 2006 registration fees.

_____ I wish to contribute \$1.00 (or \$_____) to the International Swimming Hall of Fame Foundation. I have added this amount to my 2006 registration fees.

_____ **Total of my check payable to “NE LMSC” and mailed with this form to:
 New England LMSC Registrar, PO Box 206, Londonderry, NH 03053-0206**

Your New England Masters Swim Club 2006 membership includes your USMS membership, subscription to the bimonthly USMS *SWIMMER* Magazine through Jan/Feb 2007 (\$8.00 of the annual dues is designated for the magazine subscription), and subscription to the bimonthly NEM News. Members of USMS are covered with secondary accident insurance in practices supervised by a USMS member or USA Swimming certified coach where all swimmers are USMS registered and in USMS sanctioned meets where all competitors are USMS registered. The USMS policy on the privacy of member information is at: www.usms.org/admin/privacy.shtml

I coach Masters swimmers – Yes No

I would like to have someone contact me about volunteer opportunities – Yes No

Occupation/Specific skills I can provide _____

Lane Etiquette

By Katie O'Dair

It is that time of year again when swimmers return to the pool after time off or have joined a new masters program. For some, this great migration back to the lanes can cause confusion and frustration as people figure out how to swim peacefully with others.

Fortunately, there are guidelines that all of us can follow to make sure we have a fun, stress-free workout. The most important thing to remember is that this is masters, and we are all here to enjoy each other and the swimming! These guidelines were developed using a strictly non-scientific methodology: I asked my swimming and coaching friends what drives them crazy during workouts. This article is an update of one I wrote several years ago swimming at Minuteman Masters, and is highly influenced by my current teammates at MIT Masters.

Leading the Lane

If you are the chosen one (either by choice or appointment), there are several rules to follow that will make you an effective lane leader:

1. **Know the intervals.** Make sure you are clear on the coach's instructions and can read the clock properly.
2. **Go on YOUR interval, not the interval of the lane next to you.** Sure, you are swimming strong and can keep up with the person next to you, but the rest of the lane may not be able to do so. And never change the interval without conferring with your lanemates.
3. **Finish the set.** If you start a set leading the lane, do not drop out halfway through or take a rest break. This is confusing to the other swimmers who are relying on you to - you guessed it - lead the lane.
4. **Keep your pace and pace yourself.** Do not blow out the first part of the set and die on the last part. It is your responsibility to follow the coach's instructions and set a reasonable pace for the lane.

Passing

The mere word creates anxiety for swimmers and coaches alike. But all is well once you understand the basics of passing.

1. **The Role of the "Passer".** If you have left an appropriate interval between you and the swimmer in front of you but have caught up, gently tap his toes to signal that you would like to pass *at the wall*. This is common practice, though some find it annoying. Too bad.
2. **If you DO pass someone, you had better keep the pace!** Remember, on long sets, the person ahead of you may be pacing herself (and the lane) to have enough energy to finish the set. (Remember: "descending" means you start out moderate and increase your speed!)
3. **NEVER pass in the middle of the lane.** It is dangerous as there may be unsuspecting swimmers approaching you from the other direction.
4. **The Role of the "Passee".** Don't be annoyed when someone wants to pass you. I know, I know - it's an ego thing, but in the grand scheme of things, it is better to let him pass and hope he holds the pace. Allow the swimmer

to pass at the wall. Give the person a few seconds before shoving off of the wall in hot pursuit. It's not pretty when someone is 'swimming mad.' Been there, done that. Not good.

General Swimmer Etiquette

1. **Send Intervals.** When swimming long course, leave 10 seconds between yourself and the swimmer in front of you. When swimming short course, leave at least 5 seconds. Not 3, 4.2 - 5. WHY? Leaving enough time between you and the other swimmers allows you to swim your own practice. Sure, drafting allows you to be faster, but there is nothing more annoying than coming off the wall when someone is right on your tail.
2. **Slacking, part 1:** If you sit out part of the set and want to get back in, reinsert yourself in the same order. Do not jump in front of someone who is swimming the whole workout, even though you are now well rested and can keep the interval. Don't think anyone noticed? Think again.
3. **Slacking, part 2.** If you know that you will not be able to finish the set, voluntarily go to the end of the line. Let the other swimmers keep to the interval.
4. **Finish to the wall.** The only way to get your true time is to finish all the way to the wall. Believe me, I have the best 97-yard times out there.
5. **Allow others to finish to the wall!** When you finish, move to the left to allow other swimmers to touch the wall. You don't want to get too close to the person at the wall, you say? Get over it. We're all half naked anyway.
6. **Know when to step aside.** If someone in your lane is good at one stroke, or is a distance or sprint specialist, let them lead. We all have different strengths and the sets reflect this.
7. **Don't be modest.** In terms of leading the lane, if you say "No, no - YOU go first!" you had better mean it. Don't swim on the leader's tail the whole time. I've gotten myself into hot water by claiming this and ended up frustrating myself and those in my lane.
8. **If you are new, observe before inserting yourself.** Some lanes are made up of people who swim together all the time - if you are "bumping up" a lane or are there for the first time, take a chill pill and go to the back. If you can confidently move up, politely ask to do so.
9. **Keep your sense of humor** while keeping the intensity up. This is often tough, but keeping a friendly demeanor while kicking serious butt during practice is important. If you are "swimming mad" then everyone gets bummed out.
10. **Tough Day.** If you are having a tough day, and swimming slower than usual, let the others go ahead of you in the lane. We all have tough days, and recognizing that will make things much easier for everyone
11. **Try to swim with those at your level.** Swimming in a slower lane pushes the others too hard, and swimming in a faster lane may hold that lane up.
12. **Introduce yourself** to the others in your lane. "Hey you" only works for a couple of practices. Introduce yourself to

people in other lanes; cross-lane introducing is a new concept, but let's "swim out of the box" and break out of the conventional swimming mold that binds us all.

13. **Get to practice on time**, and help set up the pool if needed. This helps the coach and helps everyone start the workout on time. If the coach is late, it may be that he is just "pahking" his "cah" because he went to Dunkin Donuts before practice.
14. **Pee in the bathroom, not in the pool**. Seriously, folks. We live in modern times with flush toilets and running water - use them!
15. **Practice Good Lane Karma**. Karma is one of those things that you either have or you don't. You know when the lane is working well, and you know when it's not. That is lane karma. Try not to bring bad karma, and realize it when you do and self-correct. Again, been on both sides of this one and best to bring good karma.
16. **Don't like the workout?** You were expecting 5 500's and the workout is 60 25's IM. You have a few choices. First, suck it up and do what the coach says. Second, get out and shower. Third, ask the coach to adapt the workout for your lane. Fourth, say you'll do the workout and don't. Most coaches hate everything but choice #1, but since we are all adults, most coaches occasionally let you choose #3!
17. **Don't whine to the coach all the time**. Something not right in the lane? Try to talk with the person directly rather than expecting the coach to solve all your problems. Again, the being an adult thing comes into play here.
18. **Have fun**. I know I have said it before, but it is true. We are so lucky to have great coaches and beautiful pools to swim in, make the most of it.

19. **Thank the coach**. Sometimes coaching is a thankless job, full of complaints and problems. Don't forget to thank your coach.

Upcoming Meets

All swimmers at Masters meets must be USMS registered!

November 13 (Sunday)

**Maine Masters Sprint Meet
Bath Area YMCA; Bath, ME**

Warm-up at 10AM. Meet starts at 11AM. Meet Director: Richard Derector at 207-442-8681 or frontstreet@hotmail.com

December 2-4 (Friday-Sunday)

**New England Masters Zone Short Course Meters Championship
Wheaton College, Balfour Natatorium; Norton, MA**

Friday December 2nd: Warm-up: 5:00-5:30 pm, Start time: 5:30 p.m.
Saturday and Sunday December 3rd thru December 4th: Warm-up: 8:00-9:00 am, Start time: 9:00 am.
<http://www.greatbaymasters.org/05scmchamp.php>

December 11 (Sunday)

Westerly YMCA Masters Meet

Fuller 25 yard pool, Westerly-Pawcatuck YMCA; Westerly, RI

Warm-up at 8:30 AM. Meet starts 9 AM. Electronic timing. Underwater video service also available in adjacent Buckley Pool. Meet director is Denise Griffin, Westerly-Pawcatuck YMCA 401 596-2894.
<http://www.wpymca.org/> or email dgriffin@wpymca.org.

January 22 (Sunday)

**Mid-Maine Masters Winter Warm-Up
Alfond Youth Center, Waterville, ME**

Sunday, Jan. 22, 2006. Warm-up at 9AM; meet starts at 10AM. Meet Director: Anne Uecker, (207) 465-4877



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